

The Tattler

Rotary Club of La Mesa

Volume 2018-19, No.236

Meeting Date: 5/22/19

Wednesday's @ Noon, La Mesa Community Center,
4975 Memorial Drive, La Mesa CA 91942



www.LaMesaRotary.org

How We Can Reduce Stress and Perform better: Lisa Pedace

Funny Speaker and comedian Lisa Pedace is a **balance and relaxation expert**. By that, she means she's a Libra and she likes to take naps. She loves to entertain audiences and make them laugh. Audiences love her simple, self-tested **relaxation techniques** that they can begin using immediately.

Lisa's performed at the **Edinburgh Fringe Festival** and the **Seattle International Comedy Competition**, among others. She has a B.A. from the **University of Notre Dame** and an M.A. from **San Diego State University**. Her humor self-help book, *The Diet Joke*, is a **Foreword Book of the Year Award Winner** and a **Dr. Laura Recommended Book**.

Lisa's lived in Italy, had a gas bubble in her eye following emergency retinal detachment surgery, and been a caregiver for her mother who suffers from **Alzheimer's Disease**. Through it all, she has learned the importance of **managing our stress**, taking good care of ourselves, keeping a positive attitude, and **embracing the bold font**

If you'd like to see some of her comedic work, check out LisaComedy.com.

Lunch Time Service Opportunities

May 22, 2019

Greeter	Larry Scott
Songs	Bill Ashman
Pledge	Guy Elam
Thought	Malcolm Graham
Raffle	Nathan Oestreich
Fines	Kathy Olson
4-Way	John Carlson

May 29, 2019

Greeter	Marsha Starr
Songs	Mark Bagula
Pledge	Scott Elam
Thought	Don Jenkinson
Raffle	Kathy Olson
Fines	Courtney Patterson
4-Way	Martin Brickson

June 5, 2019

Greeter	Jay Thompson
Songs	Dale Bailey
Pledge	Mike Fellows
Thought	Dolly Juntilla
Raffle	Courtney Patterson
Fines	Larry Perna
4-Way	Mark Bagula

**If you cannot perform
your assigned duty,
please arrange for a
replacement.**

Important Dates:

- May 21st Rotary District 5340 night at the Padres!
- May 22nd Lisa Pedace: Lighten Up - How We Can Reduce Stress and Perform Better
- May 28th INSTALLATION DINNER! 6:00 pm - La Mesa Community Center
- May 29th DARK for Lunch
- June 1-5 Rotary International Convention – Hamburg, Germany
- June 27th 20149 Governors Dinner – La Jolla Marriott

La Mesa Rotary Installation Dinner

SAVE THE DATE!

La Mesa Rotary Installation Dinner

Tuesday, May 28th 6:00pm

La Mesa Community Center

We will be DARK for lunch on Wednesday May 29th.

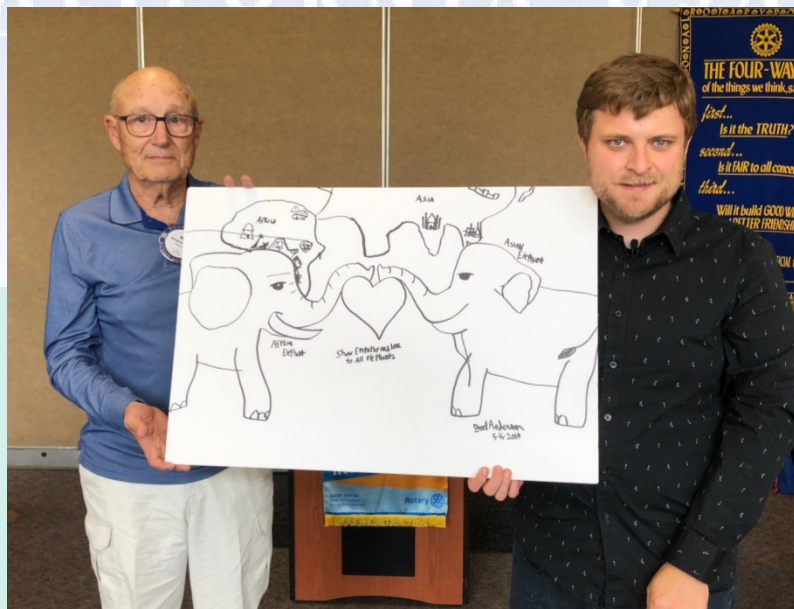
Our Installation Dinner is a fun night to thank and recognize Dani for being our President for the past year along with the out-going members of the Board.

Then we get to install Jerry as our incoming President along with his new Board members!



Joel Anderson – Mainly Mozart

We had a very fun speaker last week! A very talented young man with Autism who is an artist! Here is made a picture for Ron and Bonnie.



Visit the La Mesa Rotary online! www.LaMesaRotary.org
Or find us on Facebook! Just search for La Mesa Rotary.

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