

The Tattler

Rotary Club of La Mesa

Volume 2018-19, No.192

Meeting Date: 6/13/18

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



www.LaMesaRotary.org

“Keeping the Peace” Documentary **James Ellis**

Dan Willis, a past member of La Mesa Rotary, wrote a book called *Bulletproof Spirit: The First Responder's Essential Resource*. In the book he explains the extreme stress put on first responders. Dan has worked with the La Mesa Police Department and with Jim Ellis of Legacy Productions in creating an educational training film which supports officers and first responders in identifying and seeking support around PTSD encountered on the job.

A little bit of context

Out on the streets, police officers are given the task to uphold the laws and keep the peace. No matter your impression of officers, these are human beings who need to be in sound mind, steady emotion and physical balance. We need them to be at their best.

But there's a problem

- "More than any other occupation, law enforcement is an emotionally and physically dangerous job. Police officers continuously face the effects of murder, violence, rape, child abuse, accidents and disasters. Long hours, rotating shifts and constant exposure to tragedy exacts a heavy toll on police officers and their families."
~ Researcher and therapist Beverly J. Anderson
- According to Officer.com, there are an estimated 150,000 officers who have symptoms of Post Traumatic Stress Injuries (PTSI). Recent research indicates that 1/3 of active-duty and retired officers suffer from post-traumatic stress, with some unaware of this condition.
- The Badge of Life Organization states law enforcement officers are 1.5 times more likely to commit suicide than the general population. With over 100 suicides per year - the #1 one killer of police officers is ... law enforcement suicide.

<http://legacyproductions.org/>

Lunch Time Service Opportunities

June 13, 2018

Greeter	Jim Kline
Songs	Becki Schwartz
Pledge	Malcolm Graham
Thought	Louise Marshall
Raffle	Courtney Patterson
Fines	Jerry Esqueda
4-Way	Dale Bailey

June 20, 2018

Greeter	DARK
Songs	
Pledge	
Thought	
Raffle	
Fines	
4-Way	

June 27, 2018

Greeter	Dennis Knight
Songs	Courtney Patterson
Pledge	Martin Brickson
Thought	Rose Hurst
Raffle	Bridgette Tabor
Fines	Marsha Starr
4-Way	Jack Dargitz

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

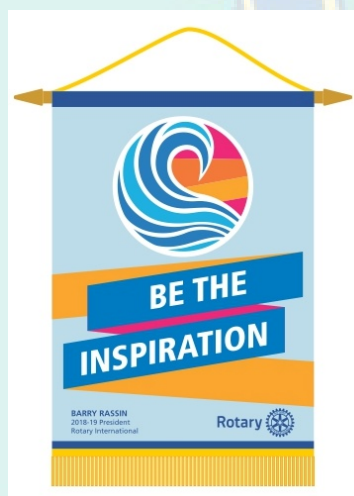
Important Dates:

- June 13th James Ellis – Legacy Productions
- June 18th Installation Dinner – Crossepointe Church
- June 20th DARK
- June 23rd 2018 RI Convention – Toronto, Ontario, Canada
- June 27th Music for Health Therapy
- July 4th Dark
- July 15th Rotary Day at the Ballpark: Padres vs. Cubs

La Mesa Rotary Installation Dinner

Save the Date! Monday June 18th will be this year's Installation Dinner. It will be held at Crosspointe Church in La Mesa. We expect all members of La Mesa Rotary to be there to thank President Jack for his year as President as well as the current Board of Directors. We will also be inducting Dani Womack as our new incoming President! Dani will then induct her incoming Board members. Bring a guest! We will have more details soon.

Crosspointe Life Church
8809 La Mesa Blvd
La Mesa, CA 91942



Congratulations to Larry Perna for earning his Blue Badge! Larry has able to accomplish this in record time! Great job Larry!



Larry Perna & Jenny Flynn

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

La Mesa Rotary TATTLER Editor: Scott Elam
elamshallmark@cox.net

La Mesa Rotary
2017-18
Board of
Directors

President:
Jack Dargitz

President Elect:
Dani Womack

Past President:
Steven Looser

Secretary:
Dolly Juntilla

Treasurer:
Ron Morell

2017-19 Directors:
Jenny Flynn
John Kalas
Ray Aguilar, Jr

2016-18 Directors:
Dale Bailey
Jim Kline
Parker Cox

Foundation President:
Tim Miller

New Generations:
Rose Hurst

Speakers Chair:
Bill Ashman

Membership:
Jen Flynn

Grants Chair:
John Fistere

Social Chair:
Marsha Darling
Dolly Juntilla

Congratulations to Larry Scott for being honored by Rotary International at the Governors Dinner Monday June 4th with the “*Service Above Self*” Award! Keith Dindinger is the only other La Mesa Rotarian to have won this prestigious award!

