“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 killer of police officers is... law enforcement suicide.

http://legacyproductions.org/
Important Dates:

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

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La Mesa Rotary
Installation Dinner

Save the Date! Monday June 18\textsuperscript{th} will be this year’s Installation Dinner. It will be held at Crossepointe 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 919942
Congratulations to Larry Perna for earning his Blue Badge! Larry has able to accomplish this in record time! Great job Larry!

La Mesa Rotary
2017-18
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Jack Dargitz
President Elect:
Dani Womack
Past President:
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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
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!