

The Tattler

Rotary Club of La Mesa

Volume 2018-19, No.238

Meeting Date: 6/5/19

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



www.LaMesaRotary.org

Back In The Saddle Elisa Peskin

B.I.T.S.- Back In The Saddle is a 501c3 non-profit, PATH (Professional Assn. Therapeutic Horsemanship) Certified Center & Instructor. We offer weekly riding or non riding sessions & have worked with many students on varying degrees of the spectrum.

It's not news that hanging out with animals can be good for human health - helping to improve blood pressure and reduce stress, for instance. But now there's a growing interest in Australia in how horses can help treat conditions such as addiction, problems with mental health, PTSD and autism.

It's not just the feel-good factor of being around animals either – there's something about horses that gives them an edge when it comes to helping troubled humans, says Eliza Henry-Jones, an equine therapist with Odyssey House Victoria which provides treatment for problems with alcohol and other drugs.

That "something" is that unlike cats or dogs which are predators, horses are prey animals that evolved to live in herds and for survival's sake they're highly sensitive to changes in body language in other animals that can signal danger. On top of that, thousands of years of domestication has tuned them into human emotions. It's because of these qualities that horses can help teach humans to manage a variety of problems, she explains.

With the help of equine therapy, children in Odyssey House Victoria's Kids in Focus program have become more aware of their emotions and able to regulate themselves better, and often do better at school as a result, Henry-Jones says. These are kids from families affected by drug or alcohol abuse and the horses are part of the treatment that helps the whole family.

Lunch Time Service Opportunities

June 5, 2019

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

June 12, 2019

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

June 19, 2019

Greeter	Terrence Young
Songs	Gary Clasen
Pledge	Ben Hamilton
Thought	Dennis Knight
Raffle	Larry Perna
Fines	Courtney Patterson
4-Way	Ray Aguilar

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

Important Dates:

- June 1-5 Rotary International Convention – Hamburg, Germany
- June 5th Elisa Peskin – “Back in the Saddle” – Therapy Horses for Veterans
- June 27th 20149 Governors Dinner – La Jolla Marriott
- July 28th Rotary night with the Padres! Padres vs. Giants 1:10pm

Installation Dinner May 28, 2019



Passing of the Gavel!

Dani passes the gavel to Jerry, or was it Jerry passing the Gavel to Dani...

Visit Another Club Next Week

Do you have the Rotary Locator app on your phone? You can download it for FREE. You can use this to find out where there might be another club meeting to visit. Whether you want to visit a club on a Friday here in San Diego or you are traveling and want to visit a club. You can use this app to find!

Here are a few options:

Tuesdays:

El Cajon Noon – El Cajon Elks Lodge
Old Mission – Noon - Best Western Seven Seas

Wednesdays:

Coronado – Noon - Hotel Del Coronado
San Diego Downtown Breakfast Club – 7:00am

Thursdays:

El Cajon Sunset – 6:00 pm
San Diego (the big club) – Noon at Liberty Station

Fridays:

La Mesa Sunrise – 7:15am at Marie Calendars
Point Loma – Noon - SD Yacht Club

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
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Installation Dinner

May 28, 2019

The Installation dinner is a fun time to get together as a club and thank the outgoing President & Board for the work they have done and to install the incoming President and Board for the coming year. Last Tuesday was our opportunity to do just this!



Rotarian of the Year: Ron Morrell!



Larry inducts Jerry as our President for 2019-2020



Your incoming Board of Directors for 2019-2020!