

# The Tattler

## Rotary Club of La Mesa

Volume 2019-20, No.288 Meeting Date: 7/22/20

Wednesday's @ 12:30pm Via

ZOOM <https://us02web.zoom.us/j/618141217>

Meeting ID: 618 141 217



[www.LaMesaRotary.org](http://www.LaMesaRotary.org)

### Deborah Lindholm & Angela Benson Foundation for Women

Deborah Lindholm is the Founder/CEO of the Foundation for Women (FFW). She shares, "I met a woman who borrowed \$4 - she had never seen \$4 in her life. She bought a comb, a pair of scissors and a mirror and she put her husband in business as a barber. Now she has a home and her children are in school - all because of \$4." She has been the recipient of a number of prestigious awards highlighting outstanding work in the non-profit sector. She is a member of Women Moving Millions and is passionate about raising unprecedented resources for women and girls. She is a 20+ year member of Rotary and has served in several board capacities; a founding member of the global Rotarian Action Group for Microfinance and Community Development. She has served on numerous boards, including the Women's Leadership Board at the Kennedy School of Government at Harvard University.

<https://www.foundationforwomen.org/>

#### Lunch Time Service Opportunities

##### July 22, 2020

Songs	Dale Bailey
Pledge	Bonnie Welch
Thought	Bill Ashman
4-Way	Jay Thompson

##### July 29, 2020

Pledge	Bonnie Welch
Thought	Jen Flynn
4-Way	Keith Dindinger

##### August 5, 2020

Pledge	Bonnie Welch
Thought	Becky Schwartz
4-Way	Dennis Knight

##### August 12, 2020

Pledge	Bonnie Welch
Thought	Nathan Oestreich
4-Way	Mark Matthews

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

Chartered  
1925

## Important Dates:

- July 22<sup>nd</sup> Club Meeting on ZOOM – 12:30pm  
Guest Speaker: Deborah Lindholm – *Foundation for Women*
- July 29<sup>th</sup> Club Meeting on ZOOM – 12:30pm  
Guest Speaker: *Beyond the Teams* – Ex-Navy Seals
- Aug 4<sup>th</sup> La Mesa Rotary Board of Directors meeting – 6:00 pm – ZOOM
- Aug 5<sup>th</sup> Club Meeting on ZOOM – 12:30pm  
Guest Speaker: *Solana Beach ECO Rotary Club*
- Aug 12<sup>th</sup> Club Meeting on ZOOM – 12:30pm  
Guest Speaker: *Marty Peters - PDG*
- Aug 19<sup>th</sup> Club Meeting on ZOOM – 12:30pm  
Guest Speaker: *Diane Jacob – County Supervisor*

## Guest Speaker Angela Benson

Angela Benson, MD, DCH, MPH, FLCPS, FWACP, is a Medical Doctor with specialization in International Public Health with emphasis on Maternal Child Health. Dr. Benson worked at the Government Hospitals and Ministry of Health at Sub- National and National Levels in Liberia till the civil war of 1989, and worked in UNICEF- Liberia during the war years and was instrumental in helping to prevent outbreaks of childhood diseases e.g. measles. Dr. Benson joined the World Health Organization at International level and worked in several African Countries in the West, Central and South Africa as epidemiologist, Head of Office as Representative of WHO at Country level and finally as Regional Adviser on Emergency & Humanitarian Action. Additionally, she worked as Secretary General for the Liberia College of Physicians & Surgeons (LCPS) from 2012 - 2016, and co-founded Benson Hospital Inc., a 60-bed hospital caring for the vulnerable communities in the suburb of Monrovia. Health care catchment of about 50,000 people and treats about 12,000 patients per year. She has been a member of Rotary since 2004, and is Past President of the Rotary Club of Maseru 2008-09, Southern Africa, Past President of the Rotary Club of Sinkor in 2017 – 18, and served in the Service Committee and Foundation Committee. At RI level, became one of the Cadre of Technical Advisers to The Rotary Foundation in 2019 and a Board member of Rotary Against Malaria (RAM)-Global Action Group in June, 2020.

## La Mesa Rotary

Board of Directors Meeting

Tuesday August 4<sup>th</sup>

6:00 pm via ZOOM

Join Zoom Meeting

[https://us02web.zoom.us/j/85851740916?pwd=N1htYjZvV  
DJyWEt0QUdpTDE5K05JQT09](https://us02web.zoom.us/j/85851740916?pwd=N1htYjZvV<br/>DJyWEt0QUdpTDE5K05JQT09)

Meeting ID: 858 5174 0916

Password: 265606

## Community Giving

The Community Giving Committee presented the Board of Directors their recommendations for the last round of Community Giving Grants. These have been approved by the Board and the Foundation. Each will receive \$1,000.

### **Grossmont Instrumental Music Association –**

Becki Schwartz

### **Wings of the Way, Inc. – Dani Womack**

### **Meals on Wheels – Ron Morell**

### **La Mesa Historical Society – Keith Dindinger**

### **La Mesa Parks & Rec Foundation –**

Sue Richardson

Visit the La Mesa Rotary online! [www.LaMesaRotary.org](http://www.LaMesaRotary.org)

Or find us on Facebook! Just search for La Mesa Rotary.

La Mesa Rotary TATTler Editor: Scott Elam  
[elamshallmark@cox.net](mailto:elamshallmark@cox.net)

## La Mesa Rotary

2020-21

Board of  
Directors

President:

Scott Elam

President Elect:

Sue Richardson

Past President:

Jack Dargitz

Secretary:

Kathy Olsen

Treasurer:

Ron Morell

2019-21 Directors:

Courtney Patterson

Larry Perna

Jen Flynn

2020-22 Directors:

Dale Bailey

Mark Matthews

Becki Schwartz

Foundation Chair

Bill Ashman

New Generations:

Rose Hurst

Speakers Chair:

Bill Ashman

Membership:

Jen Flynn

Marsha Starr

Social Chair:

Marsha Darling

Dolly Juntilla



City Hope is accepting Food Donations to be distributed throughout Spring Valley & La Mesa. You can drop off donations at the Spring Valley Academy at 2:30pm on Friday's or Bonnie would be glad to pick up any donations you have. Right now they are looking for Pasta, Pasta Sauce, Peanut Butter, Tuna, Cereal, Chili & Soup. They are taking volunteers for the food distribution station at the Spring Valley academy each Friday.

Dani would also appreciate if anyone could call the La Mesa Police Depart Dispatch and just offer words of encouragement. (619) 667-1400

## **Food Drive**

**For the LMSV School District Students and Families during Summer**

**CEREAL, COMPLETE PANCAKE MIX,  
OATMEAL, SOUP, CANNED VEGGIES,  
CANNED FRUIT, CANNED MEAT/PROTEIN,  
RICE, BEANS, PASTA, PASTA SAUCE,  
PEANUT BUTTER, MAC AND CHEESE, CHILI,  
SNACKS, OTHER NON PERISHABLE ITEMS.**

**Food will be handed out every Friday from 3-5 at Spring Valley Academy.**

**TO ARRANGE PICK UP/DELIVERY OR FOR QUESTIONS,  
CALL 619-319-4423**

1925