

# The Tattler

## Rotary Club of La Mesa

Volume 2019-20, No.245

Meeting Date: 7/24/19

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



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

### Whole Bodied Coaching Graeson Harris-Young

Be best friends with your body! "Not your grandma's posture! Go beyond "shoulders back and down" and "sit up straight" and learn how the modern science of good posture can help you. The practical tips in this presentation can help you relieve recurring pain and tension, and they will show you how to stay active and mobile at any age. Presented by Graeson Harris-Young from Whole Bodied Coaching."

[www.wholebodied.com](http://www.wholebodied.com)



#### Lunch Time Service Opportunities

##### July 24, 2019

Greeter	Jack Dargitz
Songs	Jenny Flynn
Pledge	Glenn Kellogg
Thought	Ron Morell
Raffle	Dan Willis
Fines	Mark Bagula
4-Way	Dani Womack

##### July 31, 2019

Greeter	Marsha Darling
Songs	Mike Fellows
Pledge	Jim Kline
Thought	Nathan Oestreich
Raffle	John Witt
Fines	Bill Ashman
4-Way	Ray Aguilar

##### August 7, 2019

Greeter	Keith Dindinger
Songs	Guy Elam
Pledge	Dennis Knight
Thought	Kathy Olsen
Raffle	Dani Womack
Fines	Dale Bailey
4-Way	Robert Aguilar

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

## Important Dates:

- July 24<sup>th</sup> Bake Sale to benefit our charities – Marsha Starr
- July 24<sup>th</sup> Whole Bodied – Not your grandma's posture! Graeson Harris-Young
- July 28<sup>th</sup> Rotary night with the Padres! Padres vs. Giants 1:10pm
- July 31st Whole Bodied Coaching - Graeson Harris-Young
- Aug 5<sup>th</sup> Board of Directors Meeting – 5:30 pm – Joan Kroc Center
- Aug 7<sup>th</sup> Father Joe's
- Aug 10<sup>th</sup> District Membership Seminar – 8:00 am- Noon – USD
- Aug 28<sup>th</sup> La Mesa Rotary Blood Drive – Community Center

La Mesa Rotary's

# BAKE SALE

Calling all bakers of pies,  
cakes and cookies,  
Highly skilled or just plain  
rookies...

Bring goodies for our  
auction. Let's raise some  
funds....

Selling brownies, cupcakes  
and cinnamon buns!

Wednesday, July 24th



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Fellow Rotarians, we need your participation to make this a grand success. If you like to bake, that's AWESOME. But if it isn't your thing perhaps you know someone who would love to bake something to donate. If not, feel free to pick up something to contribute. All proceeds fund the charities we support. So the more we have the greater the success of this mini-fund-raiser.

# Patrick Henry Interact

## Donate to Patrick Henry High School Kids:

The kids at Patrick Henry High School will have a booth at Koby's Swap Meet August 10th to raise money for school supplies, used laptops, prom tickets and other items the kids can't afford on their own.

How can Rotarians help? These kids need our donated items to sell at the swap meet. Bring good quality items to our next meeting on July 24th and Jen Flynn will collect what you have. If you have a lot of items and don't want to transport them, contact Dawn Marino at Patrick Henry High directly, and she will organize items to be picked up at your house! You can reach Dawn at: [dmarino@sandi.net](mailto:dmarino@sandi.net). Let's be generous and have these kids start their new school year in style!

## Save the Date:

Many of you know Jen Flynn founded **Mary's House**, a foster home for girls in Vietnam, 8 years ago. Jen will be having her annual fund raiser on Thursday evening, Sept. 26th. This year, the event will be hosted by Kettner Exchange located at 2001 Kettner Blvd in San Diego near Little Italy. Tickets will go on sale soon. In the meantime, Jen is requesting donations for the silent auction and sponsorship packages are available. Contact Jen for details at (860)830-4454.



Visit the La Mesa Rotary online! [www.LaMesaRotary.org](http://www.LaMesaRotary.org)  
Or find us on Facebook! Just search for La Mesa Rotary.

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## La Mesa Rotary 2019-20 Board of Directors

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