

The Tattler

Rotary Club of La Mesa

Volume 2019-20, No.246

Meeting Date: 7/31/19

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



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."

At Whole Bodied Coaching, I help people like you who are living incredible, full lives. You want to know how to:

- 1) keep your mobility and stay active through your *whole life*,
- 2) feel great in your body every day, confident and comfortable, and
- 3) perform your best at home, at work, and at play.

The only problem is that **pain, tension, stiffness and fatigue are getting in your way**. And no matter what you've tried or how much work you do, you don't feel much better.

You deserve to feel amazing in your body while you kick ass at what you love to do, your whole life long.

www.wholebodied.com

Lunch Time Service Opportunities

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 |

August 14, 2019

| | |
|---------|--------------------|
| Greeter | Burnie Dunlap |
| Songs | Scott Elam |
| Pledge | Steve Looser |
| Thought | Courtney Patterson |
| Raffle | Ray Aguilar |
| Fines | Martin Brickson |
| 4-Way | Bill Ashman |

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

Important Dates:

- July 31st Whole Bodied Coaching - Graeson Harris-Young
Aug 5th Board of Directors Meeting – 5:30 pm – Joan Kroc Center
Aug 7th Father Joe's
Aug 10th District Membership Seminar – 8:00 am- Noon – USD
Aug 28th La Mesa Rotary Blood Drive – Community Center

DISTRICT 5340 MEMBERSHIP WORKSHOP AUGUST 10, 2019

UNIVERSITY OF SAN DIEGO
JOAN KROC INSTITUTE OF PEACE & JUSTICE

This Workshop is designed for Club Presidents, Presidents Elect,
Membership Chairs/Committee
and ALL Rotarians who want to see their clubs grow and thrive.

The session will include Fresh Ideas, Best Practices, Resources and more to
help you:

1. Assess your Club Culture and Identify Areas of improvement.
2. Learn how other clubs handle similar issues and get new ideas from success stories.
3. Develop a Membership Plan for your club with steps to address Areas of improvement, Grow, Develop and Retain members.

8:00 - 8:30 REGISTRATION AND CONTINENTAL BREAKFAST

8:30 - 12:00 MEMBERSHIP WORKSHHOP

Rotarians - \$30.00, Red Badgers - \$20.00, Rotaractors - \$20.00

Rotary International: Our Causes

Rotary is dedicated to six areas of focus to build international relationships, improve lives, and create a better world to support our peace efforts and end polio forever.

- **Promoting Peace:** Rotary encourages conversations to foster understanding within and across cultures.
- **Fighting Disease:** We educate and equip communities to stop the spread of life-threatening disease like polio, HIV/AIDS and malaria.
- **Providing clean water, sanitation and hygiene:** We support local solutions to bring clean water, sanitation, and hygiene to more people every day.
- **Saving mothers and children:** Nearly 6 million children under the age of 5 die each year because of malnutrition, poor health care, and inadequate sanitation.
- **Supporting education:** More than 775 million people over the age of 15 are illiterate.
- **Growing local economies:** We carry out service projects that enhance economic and community development and create opportunities for decent and productive work for young and old.

Read more about these causes at www.Rotary.org

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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La Mesa Rotary 2019-20 Board of Directors

President:
Jerry Esqueda

President Elect:
Scott Elam

Past President:
Dani Womack

Secretary:
Dolly Juntilla

Treasurer:
Larry Perna

2018-20 Directors:
Mark Matthews
Kathy Olsen
Marsha Starr

2019-21 Directors:
Courtney Patterson
Robert Aguilar
Sue Richardson

Foundation President:
Tim Miller

New Generations:
Rose Hurst

Speakers Chair:
Bill Ashman

Membership:
Courtney Patterson

Grants Chair:
Burnie Dunlap

Social Chair:
Marsha Darling
Dolly Juntilla