

Chartered October 26, 1925
Wednesday 12:00 noon
La Mesa Community Center
4975 Memorial Drive
La Mesa, CA 91942

Board Members

President Gabriela Contreras-
Misirlioglu
President-elect Greg Erickson
Past President Bonnie Welch
Secretary Kathy Olsen
Treasurer Ryan Barnhill

Board Members

Directors

Dale Bailey
Marsha Darling
Mary Elington
Mike Fellows
Louise Herr-Marshall

Membership

Greg Erickson

Youth Service

Mark Matthews

Speaker Chair

Bill Ashman



La Mesa Rotary was pleased to welcome Nathan Ball, Social Media Marketing Specialist for the Southern Indian Health Council (SIHC). SIHC is a Native American organization dedicated to protecting and improving the physical, mental, and spiritual health of the American Indian community.

Founded in 1982 as a small outreach effort, SIHC has grown into an accredited health center serving a seven-tribe consortium: Barona, Campo, Ewiiapaayp, Jamul, La Posta, Manzanita, and Viejas.

Located on a 10-acre campus in Alpine, SIHC provides comprehensive medical, dental, behavioral health, pharmacy, social services, and community health programs for the entire community—not only Native Americans. The Community Services division offers Meals on Wheels, transportation assistance, health screenings, and community health fairs. SIHC also established the first Boys & Girls Club on an Indian reservation, located at the La Posta Reservation in the Laguna Mountains.

Nathan shared that drug addiction remains a significant challenge in many Native American communities. In response, SIHC has installed three Narcan vending machines, available at no cost. In calendar year 2025, these machines were credited with saving 112 lives.

SIHC will host a **Health & Wellness Conference** from **10 AM to 4 PM on October 2, 2026**, with the theme **“Music is Medicine.”** The event, hosted by Sycuan, is open to everyone. For more information, contact Nathan at nball@sihc.org or 619-755-7449.

Lunch Assignments

Please exchange with someone if you're unable to perform your assignment.

September 2, 2026

Greeter Mary Elington
Pledge Ron Morell
Thought Mike Fellows
4 Way Test Bonnie Welch

September 9, 2026

Greeter Ron Morell
Pledge Mary Elington
Thought Bonnie Welch
4 Way Test Marsha Darling

September 16, 2026

Greeter Marsha Starr
Pledge Dr Jay
Thought Ryan Barnhill
4 Way Test Jim Kline



Nearly 100,000 people in San Diego have Alzheimer's or another form of dementia.

Join the La Mesa Rotary team at the local **Walk to End Alzheimer's Walk** at 8 AM on Saturday, October 3, 2026, at Liberty Station.

Ryan Barnhill has been busy coordinating Rotary's involvement with Rotary International and La Mesa Rotary to have a table at the Walk to End Alzheimer's Walk.

Let's have a great showing at the walk. Sign up to join our team by using the link below.

<http://act.alz.org/goto/LaMesaRotaryClub>



Official Recognition



A small group of LM Rotarians were recognized by the La Mesa Spring Valley School District on August 19th.

Individuals in the photo are Yama Fazi CRC staff, Bill Ashman L M Rotary, Meg Betts LMSVSD Asst. Supt, Mrs. Babbitt Dale Ele. School Principal Staff, Bonnie Welsh L M Rotary, Jade Medina volunteer, Gabriela Contreras-Misirlioglu President L M Rotary, Keith Dindinger L M Rotary, student, Scottie Hill Volunteer.

East County Rotary Mixer

Scroll down in this Tattler to read about the East County Rotary Clubs Mixer. Please see **Bonnie Welch** to register before **September 15th**.

New Member Proposal

Joyce Puopolo is being proposed as a new member for the La Mesa Rotary. Joyce who recently retired after decades in the banking industry moved to San Diego from San Jose to be closer to her children and grandchildren. A former member of the San Jose Rotary Club she enjoys an active lifestyle.

Marsha Starr met Joyce at a community event and invited her to LMR.

La Mesa Chamber Mtg.



Ryan Barnhill, Becki Schwartz, Gabriela Contreras-Misirlioglu and volunteer Jade Medina represented La Mesa Rotary at the La Mesa Chamber of Commerce Mixer on August 13th.

08-19 Club Assembly: Community Outreach and Service Projects

Author: Ryan Barnhill

La Mesa Rotary strengthens community outreach and service projects

The Rotary Club of La Mesa used its latest club assembly to review upcoming service projects, improve its public communication, and encourage members to reconnect with local partners across East County.

At a recent meeting in La Mesa, club leaders discussed several initiatives aimed at expanding the Rotary's visibility and impact, from international giving to local volunteer events and membership engagement.

A key topic was the Rotary International Foundation. Members were reminded that contributions help fund projects locally and abroad, including PolioPlus, the endowment, district grants and global grants. One speaker stressed that the club benefits directly from past giving: "The money that we give to Rotary International, we do get that money back." This year, the club expects to use about \$10,000 to \$11,000 in district-related funding, including \$3,000 earmarked for a bicycle project.

The annual bicycle donation remains under discussion, with organizers hoping to shift the giveaway to Christmas in order to keep the food bag project in November. The club also noted its participation in community landmarks, including a donation toward Freedom Park near the Midway and a commemorative tile linked to a La Mesa project.

Communication and recruitment were another major focus. Members reviewed a new tri-fold brochure designed to answer a simple question often heard at public events: "What do you guys actually do?" The brochure presents the club's yearly calendar, service areas, sponsored organizations and contact information. Members suggested improvements, including consistent branding, updated website content, clearer calls to action and references to the Rotary International Foundation.

The club also reported positive results from a La Mesa Chamber event held the previous week, where members collected around 50 contacts and built links with local businesses, the Women's Club, the Lions Club and hospitality representatives. "We don't want to sell memberships," one leader said. "We want to push our projects, tell them what we do."



EAST COUNTY JOINT SOCIAL NIGHT

FIVE CLUBS. ONE COMMUNITY.
Stronger Together.



**TUESDAY,
SEPTEMBER 22, 2026**

Guests and non-Rotarians welcome.



**5 – 6 PM
NETWORKING**
with hosted
beer, wine and
soft drinks



**6 PM
DINNER**



**Water Conservation Garden
at Cuyamaca College**
12122 Cuyamaca College Drive West
El Cajon, CA 92019



ATTIRE
Rotary or
Business Casual



COST
\$25
PER PERSON

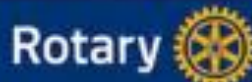


**RSVP & PAY
THROUGH YOUR
ROTARY CLUB
BY SEPT. 15, 2026**

**BROUGHT TO YOU BY YOUR
EAST COUNTY ROTARY CLUBS**

Rotary Club of El Cajon
Rotary Club of El Cajon Sunset
Rotary Club of La Mesa
Rotary Club of La Mesa Sunrise
Rotary Club of Santee-Lakeside

**ONE COMMUNITY.
FIVE CLUBS. ENDLESS OPPORTUNITIES.**



PEOPLE OF ACTION

Visit to the United States District Court for the Southern District of California (CASD)

Friday, November 13, 2026, 8:30 am to 12 noon.

<https://www.casd.uscourts.gov/judicial-learning/>



District 5340 Rotarians and guests are being offered a unique invitation to visit the federal court in San Diego, observe criminal court proceedings and then discuss the process with United States District Judge Janis Sammartino. Judge Sammartino has served on the federal bench since 2007, prior to which she was a San Diego Superior Court Judge. Judge Sammartino chairs the Community Outreach Committee for CASD and has also served in this same role for the 9th Circuit Court of Appeals.



Following the in-court observation and presentation, Rotarian Kathleen Walford will take us on a guided historical walking tour of the Federal Judicial Center which encompasses three buildings on the downtown campus.

Because we will be observing an actual criminal calendar, we will need to gather downtown at the corner of Front St and Broadway by 8:30 a.m. to get through the screening process. Because most people don't like to drive downtown, and parking is always a challenge, you may want to consider ridesharing or utilizing the San Diego trolley and exiting at the America Plaza stop and walking one block south to Broadway.

Following the tour, you will have access to the many nearby eateries if desired. There is no cost for this opportunity other than optional trolley tickets, parking and/or lunch. However, there are a limited number of spots available and you MUST RSVP with your name, guests' name & club name to Kathleen at the-walford-astoria@cox.net no later than November 6 if you plan to participate in this event. You will need to bring your ID with you to get through security at the courthouse. The less items you bring, the easier it is to get through security. **NO PHOTOGRAPHY IS PERMITTED IN THE COURTROOM!** Any additional questions or concerns may be directed to Kathleen at the email address above.

JULIAN OAKS AUTUMN BENEFIT

19th Annual, 2026

OCT 24
11:00-3:00

\$15/person
\$45/family of 4

TICKETS!



SPONSOR

HIKE

JULIANOAKS.ORG

Come enjoy a fun filled day at the camp and support Julian Oaks Youth Ministries! Your participation will help to provide both a summer and winter camp experience, and year round events for children who have been abused or neglected and are now living in foster and group homes.

- BBQ Lunch
- Raffles
- AUCTION
- Boutique
- Horses
- Live Music
- Kid's Carnival
- Camper Testimony

S A M E D A Y !

HIKE *for* **J.O.Y.**
Ministries

4TH ANNUAL HIKE-A-THON

Help send a foster child to camp by enjoying a hike around the beautiful property in Julian and inviting friends to support the work of the ministry by sponsoring you. The ministry of Julian Oaks is completely supported by donations, so hurting children are blessed by your efforts! There will be two hikes available, one for those wanting a leisurely walk and one that traverses the hills of the camp. **Participants will then enjoy the usual festivities of the Annual BBQ Benefit, free of charge.**

Top three Fund Raisers will receive a prize!

Contact us to let us know you'll be hiking! (or walking!)

IMMEDIATELY PRECEEDING BBQ - 10:00AM

Yes, I would like to attend the BBQ Fundraiser!

Please count on _____ adults & _____ children attending

I've enclosed a check in the amount of \$ _____

Name _____

Email _____

Phone _____

Make checks payable to "Julian Oaks Youth Ministries" and use the envelope provided to mail to

TO PURCHASE TICKETS ONLINE
VISIT
JULIANOAKS.ORG/EVENTS

PO Box 835
Julian, CA,
92036

EVENT SPONSOR \$2000



- 20 MEALS
- COMPANY BANNER AT ENTRANCE
- PROMINENT RECOGNITION ON BANNER
- COMPANY SIGNAGE AT REGISTRATION TABLE

BBQ SPONSOR \$1000



- 15 MEALS
- RECOGNITION IN PROGRAM
- PROMINENT DISPLAY OF COMPANY BANNER
- COMPANY SIGNAGE AT BUFFET LINE

ENTERTAINMENT SPONSOR

\$750



- 10 MEALS
- RECOGNITION IN EVENT PROGRAM
- COMPANY SIGNAGE ON EVENT'S MAIN STAGE

AUCTION SPONSOR \$500



- 8 MEALS
- RECOGNITION IN EVENT PROGRAM
- COMPANY SIGNAGE ON AUCTION TABLES

DESSERT SPONSOR \$500



- 8 MEALS
- RECOGNITION IN EVENT PROGRAM
- COMPANY SIGNAGE ON DESSERT TABLES
- COMPANY SIGNAGE ON DESSERT TABLES

TABLE SPONSOR \$200



- 4 MEALS
- COMPANY SIGNAGE AT ONE TABLE
- RECOGNITION ON BANNER AND IN PROGRAM

FAMILY SPONSOR \$100



- 2 MEALS
- RECOGNITION IN EVENT PROGRAM

ALL SPONSORSHIP PROCEEDS ARE TAX DEDUCTABLE, OFFSET EVENT COSTS, AND FUND THE MINISTRY YEAR ROUND

East County Rotary Club Mixer \$25/PP	9/22/2026 Networking 5 - 6 PM Dinner 6 PM	Cuyamaca Conservation Garden
Walk to End Alzheimers	10/3/2026 8 AM	Liberty Station
End Polio Now Walk	10/24 8 AM	1788 El Prado
Camp Julian Oaks BBQ Fundraiser	10/24 11 AM - 3 PM \$15.00	
Court House Rotary Tour	11/13/2026 8:30 AM	
Trip to Rotary Headquarters Chicago	5/3 - 5/7/2026	
RI Convention	6/26 - 6/30/2027	Barcelona
District 5340 Picnic	4/18/2027	TBA