

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



Pres. Gabriela, Melanie Navarro, YMCA,
Greg Erickson, & Kathy Olsen

La Mesa Rotary was pleased to welcome Melanie Navarro, East County YMCA Camp Director, who shared an inspiring update on their new camping program, Camp-I-CAN (Camp Including Children with Autism NOW).

Camp-I-CAN was created by the Autism Society San Diego in partnership with the **YMCA** to provide a fun, safe, and nurturing camp experience for children on the autism spectrum. This year marked the first time the **McGrath YMCA** hosted the program, an ideal location thanks to its many amenities—including a 50-foot climbing wall and a large grassy activity area.

The **Autism Society** selects the children who participate in the weekday camp. Campers include youth who are unable to attend traditional camps and who may be non-verbal, have speech delays, use assistive communication devices, or have sensory-related needs.

The first week welcomed 14 campers ages 6-12, who enjoyed two exciting field trips: one to the Scripps Aquarium and another to the San Diego Zoo. The second week served 12 campers ages 13-16, highlighted by an energetic outing to a local trampoline park.

The La Mesa Rotary Club's Charitable Giving Committee and the La Mesa Rotary Foundation were proud to present a \$1,000 check to support Camp-I-CAN. The donation was given to Melanie Navarro and Greg Erickson, East County YMCA Director, in recognition of the meaningful impact this program has on local families.

Lunch Assignments

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

September 9, 2026

Greeter Ron Morell
Pledge Mary Elington
Thought Bonnie Welch
4 Way Test Dr. Jay

September 16, 2026

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

September 23, 2026

Greeter Mike Fellows
Pledge Dale Bailey
Thought Dave Petri
4 Way Test Kathy Olsen

Upcoming Programs

9/9 Mr. Bowtie

September Birthdays

9/7 David Petri



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>



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.

East County Rotary Mixer

Scroll down in this Tattler to read about the East County Rotary Clubs Mixer. Please see **Bonnie Welch** to register and pay the \$25 before **September 15th**. Bonnie will accept cash or a check for the payment.

Fill-A-Bag Project



The Board made the decision to move the annual Fill-A-Bag project back to November.

Mary Elington will be developing the plan for this project and discussing it at an upcoming meeting.

Thank you in advance for your support.





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

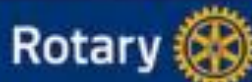


**RSVP & PAY
THROUGH YOUR
ROTARY CLUB
BY SEPT. 15, 2026**

**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 DEDUCTIBLE, 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
Fall Charitable Giving Opens	10/1/2026	
Walk to End Alzheimers	10/3/2026 8 AM	Liberty Station
Rotary Board Meeting	10/5/2026 5 PM	
End Polio Now Walk	10/24/2026 8 AM	1788 El Prado
Camp Julian Oaks BBQ Fundraiser	10/24/2026 11 AM - 3 PM \$15.00	
Fall Charitable Giving Closes	10/31/2026	
US District Court House Visit Rotary Tour	11/13/2026 8:30 AM-Noon	
Fill-A-Bag	November 2026	
Trip to Rotary Headquarters Chicago	5/3 - 5/7/2026	
RI Convention - Barcelona	6/26 - 6/30/2027	
District 5340 Picnic	4/18/2027	TBA