

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



How Anthony Dittman Turned Soccer on Its Head with OmegaBall



Anthony Dittman, a graduate of SDSU, enlightened us today on OmegaBall. Dittman co-founded Kilowatt Events after spending 15 years with ESPN. Kilowatt produces major events for ESPN, including the ESPYS Red Carpet and the National College Football Championship, as well as events for clients such as the NFL, NBC, NetJets, the *LA Times*, and Pepsi.

In 2021, Anthony built on his relationships and experience with friends and former ESPN colleagues Bob Funk and Jamie Hemann to develop a new sport called OmegaBall. Dittman set out to eliminate the offside rule and make soccer less linear. He envisioned a circular field and introduced a third team—each with its own goal—to create nonstop action.

OmegaBall is a fast-paced, three-team variation of soccer played simultaneously on a circular field. Three five-a-side teams compete on a 60-yard-diameter pitch, with each goal positioned roughly 30 yards from the center and evenly spaced around the perimeter. Each team defends its own goal while attempting to score on the other two.

Teams earn one point for every goal scored against an opponent and do not lose points for goals conceded. In the case of an own goal, each of the other two teams receives a point. The team with the highest point total wins. When the ball goes out of bounds, play resumes with a corner kick. Key rule differences from traditional soccer include no offside penalties, no throw-ins, no timeouts, unlimited substitutions, and permitted goal-hanging. After a goal is scored, play restarts within five seconds from that spot. Games last 39 minutes, divided into three 13-minute periods with two 4-minute breaks. Matches are high-scoring with minimal penalties.

The game debuted in Irvine, California, in April 2022 and has since aired on both Fox Sports and ESPN2. Today, OmegaBall has grown into an international sport played on five continents.

Lunch Assignments

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

September 30, 2026

Greeter Jim Kline
Pledge Ron Morell
Thought Becki Schwartz
4 Way Test Mary Elington

October 7, 2026

Greeter Dale Bailey
Pledge Jim Kline
Thought Mark Matthews
4 Way Test Ron Morell

October 13, 2026

Greeter Mark Matthews
Pledge Louise Herr-Marshall
Thought Kathy Olsen
4 Way Test Mike Fellows



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.

<https://alzm.org/10llo>



September 30th Meeting



We will **NOT** be meeting at the Community Center on September 30th. Instead, the meeting will be held at **Oasis** in **Grossmont Center**. **Oasis** is in the center of the mall.

Oasis is an educational program for 50+ adults who want to continue to learn and be productive throughout life. They provide exciting opportunities to participate in classes, lectures, discussion groups, performances, trips, off-site adventures, and mentoring children in our community through our intergenerational tutoring program.

Upcoming Programs

September 30, 2026
Meeting at Oasis

October 7, 2026

Steve Brown
International Scholar

October 14, 2026

East County Cribbage Club
Widows and Widowers

October 21, 2026

Alzheimer's Assoc

East County Rotary Club Social Tuesday, September 22, 2026



Approximately 50 East County Rotarians gathered at the Cuyamaca Conservation Garden on Tuesday, September 22, 2026, for a get to know you social. Each of the five club presidents gave a mini update on their club activities. Gabriela is boasting about LMR in photo above.



PDG Keith Dindinger, son Craig, and LMR Secretary enjoyed the evening as did Becki Schwartz and Bonnie Welch.

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

FALL CHARITABLE GIVING CAMPAIGN – Deadline 10/31/2026

The Rotary Club of La Mesa, California, Foundation (the “Foundation”) is proud to support deserving programs in need through its Charitable Giving Program. Through the generous contributions of community members and members of the La Mesa Rotary Club, the Foundation offers semi-annual donations following a review and approval process for each Charitable Giving Request submitted to the Foundation by the Rotary Club of La Mesa. The following are the Foundation’s guidelines for Charitable Giving Requests. The Foundation reserves the right to waive, amend or supplement these guidelines at any time or as circumstances may require.

1. Charitable Giving Requests may be made be submitted by any person on behalf of a charitable organization qualified as a charitable entity under Section 501(c)(3) of the Internal Revenue Code.
2. Each Charitable Giving Request must be accompanied by a separate letter from a member of the La Mesa Rotary Club who shall serve as the sponsor for the Request. Each sponsor letter shall specify why the Foundation should consider the Request.
3. Each Charitable Giving Request shall specify how the charity will use the funds being requested.
4. The combined amount of Charitable Giving Requests submitted by any one charitable organization during each fiscal year (July 1 through June 30) shall not exceed the sum of \$1,000.00.
5. Each Charitable Giving Request must contain the organization’s federal and state tax identification numbers.
6. Each organization must be able to attend a La Mesa Rotary Club meeting via a representative for the purpose of receiving the donation, as subject to the deadlines set forth below.
7. Charitable Giving Requests will be provided to the Foundation through the La Mesa Rotary Club.
8. The Foundation will duly consider Charitable Giving Requests recommended by the La Mesa Rotary Club. However, the Foundation reserves the right to increase, decrease, deny, approve, or place any limitations or restrictions on any Charitable Giving Request.

The La Mesa Rotary Foundation was created as an Internal Revenue Code Section 501(c)(3) Foundation to accept donations to support the work of the La Mesa Rotary Club. The La Mesa Rotary Club supports activities to benefit underprivileged, elderly, children, and world-wide projects. Evaluation of competing applications to determine which activities will be funded and the amounts shall be based on “impact”: Relative Impact. Preference shall be given to activities that will be significantly impacted by the amount of the contribution. For example, a contribution of \$1,000 to an organization with a \$25,000 budget has more impact than one to an organization with a \$1,000,000 budget. Impact might, however, be assessed on specific projects within an organization. Local Impact. Preference shall be given to projects that specifically benefit La Mesa and East San Diego County. Organizations that serve East County shall be given preference even if the organization is located elsewhere.

Member Impact. Preference shall be given to projects in which La Mesa Rotary Club members have invested substantial time and treasure. All submissions need to go to Kathy Olsen, Chair of the Community Giving Committee at kolsen@rcpblock.com by October 31, 2026

Event	Date/Time	Location
Charitable Giving Opens	10/1/2026	Guidelines listed below.
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 Hike for Joy	10/24/2026 11 AM - 3 PM \$15.00	See included flyer
Fall Charitable Giving Closes	10/31/2026	
US District Court House Visit Rotary Tour	11/13/2026 8:30 AM-Noon	See included flyer
Fill-A-Bag	November 2026	
Bike Build	December TBD	Christian Brothers Resortation 10176 Riverford Rd, Lakeside
Bikes for Kids School Presentation	December TBD	Harriet Tubman School 6880 Mohawk St, SD 92115
New Year Club Social	January 2027	
District 5340 Trip to Rotary Headquarters Chicago	5/3 - 5/7/2026	
District 5340 Picnic	4/18/2027	TBD
RI Convention - Barcelona	6/26 - 6/30/2027	