

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



Adrian Hill, owner of **Mr. Bowtie's Hair Studio** on Avocado, a licensed Master Barber, Cosmetologist and Educator, spoke to us today about the biggest thing he learned throughout his 13-year career. His biggest learning is what the hair stylist does can go beyond a haircut or a service.

Mr. Bowtie's Hair Studio, mission is centered around community, mentorship, education, confidence, and transformation. Throughout the year, he and his team work to stay involved in our community through outreach projects and events. They try to organize or participate in something that gives back approximately every other month because he believes a local business should be an active part of the community it serves.

He was especially excited to share with us their **Community Transformation Experience**. Completed in July, they created a program to offer individuals in the community complimentary professional makeovers and an uplifting experience designed to build confidence and help them feel seen, supported, and valued. This event was held in their shopping center and brought together his team, community members, local businesses, and supporters. Participants received personalized transformations including haircuts, hairstyling, grooming, hair color, and other services tailored to their individual needs.

He felt this project was truly special because it wasn't just about changing someone's appearance. It's about honoring the person in the chair. Sometimes taking the time to listen, to hear someone's story, and to help them see themselves in a new light can have a far greater impact than we realize.



Lunch Assignments

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

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

September 30, 2026

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

Member Update



Keep Marsha Darling in your thoughts and prayers. Marsha is in Sharp Memorial Hospital recovering from a stroke.



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>



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.

District 5340 Oktoberfest for Rotary Youth



Marianne Gonzalez, President East Lake Rotary Club, visited today and announced a district-wide Oktoberfest to raise \$50,000 for District 5340 youth programs such as RYLA, LEAD, 4-Way Speech, etc. The Rotary and Fall event on Saturday, October 17th from 1-6:00P, will be held at San Jeronimo Ranch located at 2012 A Sunset Avenue, San Diego. Marianne suggested each club in the district donate \$500.

Interested in donating, use the following link or QR Code:
<https://rotary5340.org/events/oktoberfest-donation-sponsorship>



East County Rotary Social Night

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.

Recognize this Fellow?



Our prodigal son, Mark Matthews, returned today after months of traveling and community service.

It was nice to have Mark back in the fold. Mark and his wife Nancy returned last night after spending two weeks in Spokane with Rotary's Disaster Aid. Mark and Nancy were helping the fire victims who lost over 800 homes because of an arsonist.

Thank you for helping those unfortunate folks, and welcome back!

Clean Water 4 Ecuador



Bill Stumbaugh, a former district leader now a member of the Rotary Club of Bahia de Caraquez, detailed comprehensive water system development. Bill and his wife Estella are developing their twelfth water project in Barlomechico, to assist the citizens with safe water. Bill is seeking donations to assist with this project.

Fill-A- Bag



The Board conducted a survey today regarding the Thanksgiving project. The survey asked members if they want to donate food or donate money for the project.

If you weren't present to vote, please let Mary Elington know your thought on this before our September 16th meeting.



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

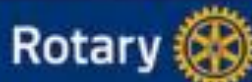


RSVP & PAY
THROUGH YOUR
ROTARY CLUB
BY SEPT. 15, 2026

**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
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	TBD