



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

#### Board Members

President Becki Schwartz  
President-elect  
Bonnie Welch  
Past President Jen Flynn  
Secretary Kathy Olsen  
Treasurer Ryan Barnhill

#### Board Members

##### Directors

Dale Bailey  
Marsha Darling  
Mary Elington  
Louise Herr-Marshall  
Gabiella Misirioglu  
Kimberly Schafer

#### Membership

Mark Matthews

#### Youth Service

Mark Matthews

#### Speaker Chair

Bill Ashman



THE MAGIC  
OF ROTARY



## What's New At the YMCA?



Rob Sauvajot, Regional Executive Director, for the Mission Valley YMCA and the Jackie Robinson YMCA was our guest speaker today. Rob started his career at the "Y" 35 years ago when he was a summer day camp counselor while in college. Rob, a previous member of the Rotary Club of La Mesa is now a member of the Old Mission Rotary Club.

The YMCA is in 130 countries serving 45 million people. There are 2,700 YMCA's in the US with 19,000 staff members, 600,000 volunteers serving 9 million youth and 13 million adults.

The focus at the "Y" is Community Well Being which includes **LIVESTRONG**, a 12-week physical activity program designed to get cancer survivors back on their feet through an approach that focuses on the whole person - mind and body. Participants are given a complimentary family membership to the Y for the duration of the program. Also in this Community Well Being is health coaching, Diabetes Prevention, and Pre and Post Hip and Knee Replacement Rehab Classes.

Select "Y" branches have been implementing the E Gym Program which is smart circuit machines automatically adjust to your custom settings for weight, range of motion and cardiovascular exercise, guiding you through a full-body workout in as little as 20-minutes.

Did you know basketball, Father's Day and racquetball were invented at the "Y"?

Great program, thank you Rob.

**100 Year Anniversary Committee is meeting next Wednesday, September 18<sup>th</sup>, at 11 AM. Meeting will be held at the Community Center prior to our regularly scheduled meeting.**

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## World Polio Day



Our goal for the World Polio Day is October 24<sup>th</sup>. Our goal for this year is to exceed \$3000. Remember to drop your change in the jar and or see Mike Fellows to donate.

### District 5340 End to Polio Walk

Our End Polio Walk will be a 3.5 mile stroll through Balboa Park and 5 of San Diego's bridges.

Balboa Park

Saturday, October 26, 2024

Check In - 7 AM

Walk Begins - 8 AM

Registration Rate \$25

### Homeless Project

We're continuing to collect men's and women's clothing for the homeless outreach, Father's Table. There is a particular need for socks and underwear. Please bring your items to the weekly meetings until September 18<sup>th</sup>. Becki will accept them and deliver them.

## Upcoming Programs

### September 18, 2024



Jennifer Knuth-Tidball  
Event Manager SD Legion Rugby

### September 25, 2024



Susan Naslund  
Director Good Shephard Food Bank

### October 2, 2024

Sarah Granby  
Events Manager SD Alzheimer's Assoc.

### October 9, 2024

Gary Humora  
La Mesa Tax - November Ballot

### October 16, 2024

Monica Montgomery Steppe  
SD County Board of Supervisors

## Walk 4 ALZ 2024

The Walk to End Alzheimer's Association is on Saturday, October 5<sup>th</sup>, 8 AM at Liberty Station. Ryan Barnhill is coordinating our team including a La Mesa Rotary tent at the event.

Please sign up to walk and or donate by highlighting the link, right on the Ctrl key and then click on it.

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

Scanning this QR code will take you directly to the La Mesa Rotary page.



## La Mesa Rotary Logo Wear

Interested in having a shirt, blouse, jacket, etc. embroidered with the La Mesa Rotary logo? Bring your item to a September meeting and Becki will have them embroidered for \$8.00 each.

Or you can purchase a new shirt or item from Morgan Monograms from the following website:

[www.companycasual.com/morganmonograms/start.jsp](http://www.companycasual.com/morganmonograms/start.jsp)

## Charitable Giving



**The fall cycle for charitable giving opened on September 1<sup>st</sup> and closes on September 30<sup>th</sup>.**

## Lunch Time Service

**Please trade with someone if you are unable to perform your assignment.**

### September 18, 2024

Greeter Maggie Eggers  
Pledge Mary Elington  
Thought Sue Richardson  
4 Way Marsha Darling

### September 25, 2024

Greeter Scott Elam  
Pledge Maggie Eggers  
Thought Mary Elington  
4 Way Sue Richardson

### October 2, 2024

Greeter Guy Elam  
Pledge Scott Elam  
Thought Maggie Eggers  
4 Way Mary Elington

## September Birthday

9/7 David Petri

### September 2024

#### Basic Education and Literacy

#### 1<sup>st</sup> Fall Charitable Giving Application Opens

7<sup>th</sup> La Mesa Rock Fundraiser

8<sup>th</sup> LEAD Applications Due

8<sup>th</sup> Golf Tournament – Riverwalk

9<sup>th</sup> Gabriella's Grotarian Meeting;

6:45 pm RCP Office

18<sup>th</sup> 100 Year Anniversary Meeting at 11 AM

21<sup>st</sup> Homeless Project – Legacy Church

### October 2024

#### Community Economic Development

10/5 WALK4ALZ 2025 – 8AM Liberty Station

10/24 District 5340 End Polio Walk – Balboa Park

10/24 World Polio Day – Club Polio Plus Goal - ≥

\$3000

10/12-10/13 8<sup>th</sup> Grade LEAD Conference

## Gabriella's Grotarian Meeting



Congratulations to Gabriella on completing all her red badge requirements. 12 La Mesa Rotarians attended Gabriella wonderful Grotarian meeting on Monday, September 9<sup>th</sup>. Garbiella is a Rotarian because **someone invited her to a meeting** in Mexico City when she was visting her family. The meeting had a large group of Canadians at the meeting including RI President Jennifer Jones who encouraged her to find a Rotary Club in San Diego.

Gabriella returned home to La Mesa researched Rotary, found the Rotary Club of La Mesa website and came on her own.

Garbiella has had an interesting life, she served as a missionary while in college, earned a law degree in Mexico we she practiced International Law and Criminal Law for a time. She is the mother of 4 children, Community Activist and one lady with a great deal of energy. She currently is the COO/PR Community Outreach executive at their family owned business, Mirka Investments, LLC. Mirka Investments is working to build affordable housing.

Her currenty Rotary goal is to develop a Rotaract Club at Grossmont College.

Thank you for a wonderful meal and meeting. You are very inspiring.

## **ALL CHARITABLE GIVING CAMPAIGN – Deadline 09/30/2024**

**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 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](mailto:kolsen@rcpblock.com) by September 30, 2024.**