



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



Nourishment is More Than Nutrition



Facing declining attendance, over 7 years ago, the El Cajon First United Methodist Church agreed to merge with Foothills Methodist Church rather than closing down.

The church chose to use the Johnson Avenue site in El Cajon for a food pantry. Initially thinking they would be helping the unhoused they learned on day one that there was a food need for the housed folks. The program that helped 30 homes the first week is now assisting 300 families every Saturday from 8 - 10 AM. Most customers are walk-in but there are also drive by customers for those with mobility issues.

Susan Naslund, Director of Good Shepherd Ministry, provided us an excellent overview of a flourishing program that started in Dec. 2017.

The program has partnered with Feeding San Diego, Submarina, Albertson's, Trader Joe's and other local businesses to use the food that is good but may have a few blemishes. The program also developed a "Market Style Client Choice" approach which is a personal shopper approach to food shopping.

The program has expanded to provide other services such as diaper distribution, pet food that is donated by the San Diego Humane Society, Yoga Classes, and a Shepherd's Closet. Shepherd's Closet provides used clothing twice a month.

Other offerings include Good Shepherd Community Learning Center, Homestart Program providing assistance to domestic violence survivors, and the Barrio Logan College Institute. The Barrio Logan College Institute goal is to break the cycle of poverty by preparing underserved students to be the first in their families to go to college through after school programs.

Blue Badge Completed



Gabriella Misirioglu is all smiles as she receives her coveted blue badge from Finemaster Dr. Jay Thompson. **Congratulations Gabriella.**

World Polio Day



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

President Becki asks that we all wear red on Wednesday, October 23rd in honor of World Polio Day.

Upcoming Programs

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

Lunch Time Service

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

October 2, 2024

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

October 9, 2024

Greeter Mike Fellows
Pledge Guy Elam
Thought Scott Elam
4 Way Maggie Eggers

October 16, 2024

Greeter Mary Elington
Pledge Mike Fellows
Thought Guy Elam
4 Way Scott Elam

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

Walk 4 ALZ 2024

The Walk to End Alzheimer's Association is on

Saturday, October 5th, 8 AM at Liberty Station.

Ryan Barnhill is coordinating our team including a La Mesa Rotary tent at the event.

Check in starts at 8 AM and Walk starts at 9 AM.

Look for the tent that Ryan is setting up. We need several folks to man the tent about Rotary.

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.



Charitable Giving



The fall cycle for charitable giving opened on September 1st and closes on September 30th.

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 8th Grade LEAD Conference

November 2024

Rotary Foundation

- 11/13 District Governor Visit
- Thanksgiving Fill A Bag
- Feed the Homeless with Legacy Church
- 11/27 Club Dark
- 11/28 Thanksgiving

Annual Fundraiser for Mary's House



The 12th Annual Fundraiser for Mary's House a home for foster girls in Viet Nam will be held on Wednesday, November 13th at the Kettner Exchange.

Right click on the link below to open the hyperlink.
The link is for tickets, to sponsor the event or donate:

<https://fundraiser.support/MARYSHOUSE2024>

Celebration of Life for John Fistere



Sunday, October 6th, at 4 pm
Unity San Diego
3770 Altadena, San Diego

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 by September 30, 2024.