



January 20, 2012

Today's meeting was conducted by Marilyn Sanderson since Manuela is still in Costa. She announced we had no speaker so there was time to hear about the trip to Costa Rica and bring them up to date with what had been going on at home. Then quickly we backed up to our **Guests for the day**. Robert Saah, the representative of his family whom we helped launch into the American way of life, was in attendance. Muff Warren, Bobbi's mom, who has decided to join the club under the new category of significant other of a full member was also there. Also in attendance was Fern Hall, Jeff's wife, who is also becoming a member under the same category. She has long been an active spouse and most recently shepherded the Costa Rica group successfully around that country. A friend of Clara's - Francis Goodrich - surprised her by attending. She is a social worker with whom Clara had worked in the past. She is now at UCSD in the Alzheimer's unit. Another visitor was Gawain G. Gould who is with EVO, a credit card processing company and introduced by Christine Evans. Our last guest was Deidre Hassock, an Interactor from Helix. Clara Harris announced that the theme for the next Rotary Year will be "Peace Through Service". How appropriate is that??? With that the time was up. Who needs a speaker anyway? We have many well spoken members in our club.

Sundries for Seniors Thank us...

Marilyn Sanderson shared a letter of thanks from the St. Paul's Foundation, where we send our **Sundries for Seniors**. This was in reference to our last and largest donation of personal care items just before Christmas. They used the donation as Christmas presents for the seniors and they were very much a welcome gift. We'll continue collecting for them about every six weeks or so.



Robert Saah is Going to College!

Bill Pogue announced that Robert Saah would be attending Mesa College this semester and starts on Monday. He is in need of a bus pass and clothing to wear to school as well as needing money for textbooks. He wears a size medium shirt, but since he is short and fairly slim, his pants can be had from the boy's clothing section. Lynn reports buying boys size 14 (husky) kaki pants at Wal-Mart and having to shorten them about 2.5 inches. If you can provide some wearable clothing appropriate for school it would be much appreciated. (see Happy Bucks on page 2)



Clara Harris & her guest Francis Goodrich

Come Pick Fruit at Karen's

Karen Stewart's work project (including lunch) will be Saturday, January 28th at 10:30 AM. 1916 Via Rancho Lane, Escondido. Come dressed to help pick fruit (mostly tangelos and tangerines) to be donated to a food bank or some other charity feeding the hungry. Food will be served. The address and invitation was sent out to everyone by e-mail.

District Governor Send Off

The District Governor send off party is at 2:00 PM, Saturday the 21st at St. Madeline's Sophie in El Cajon. The address is 2119 E. Madison. (See page 5)



Visitor Gawain Gould & Tad Wolff

Helix Getting a New Library

Bill Pogue announced that Helix has started construction on a new library and performing arts center. This is something Doug Smith (as principal) worked for, for a number of years before he retired and has finally come to fruition.

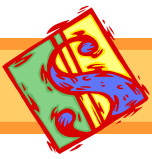
**Next Meeting- Friday
January 27, 2012**

Save The Date:

Jan. 28 - Picking fruit at Karen Stewarts

**La Mesa Sunrise Rotary Leadership
2011-2012**

President Manuela Bump-Murillo	Membership Lynda Ariella	Vocational John Stremmlau
Pres. Elect + Programs Hugo Murrillo	LMSR Foundation Christine Evans	Public Relations Floyd Morrow
Secretary Lynn DeHaven	RI Foundation David Ballesteros	Club Service Janet Castanos
Treasurer Laurel Nishida	Comm. Service Peggy Davis	Peace & PR Clara Harris



Happy Bucks

- Lynda Ariella was happy for a friend who had a benign test for breast cancer. (\$18)
- Christine Evans paid \$100 to the foundation in honor of her upcoming retirement on March 31.
- Betty Howland paid \$20 because she came out of a bad car accident (yesterday) with relatively few injuries.
- Fern Hall paid because she was so happy that Jeff had hired an assistant relieving both of them of some of the work at their optometry office. Now she'll have time to be a Rotarian and have some free time too.



- Peggy Davis donated money in honor of her successful launch of a new dental hygiene curriculum, which she wrote, at Southwestern College.

- Clara Harris donated \$25 because her strained neck (from too long at the computer finishing a project and doing Christmas stuff) is healing and she can do almost anything except look up at tall men. (Sorry about that, Clara, because they often are good looking.)
- Muff Warren paid because she's grateful for surviving an accidental overdose of sleeping pills while on the plane to Costa Rica. She thought that she was taking another medication and didn't realize until after she swallowed them which pills she had taken.
- Janet Castanos paid \$25 for Doug Smith who is very happy that his son Alex Smith, who is quarter-back for the SF 49ers, will be contending for the AFC Championship on Sunday. She and her husband will join the Smiths to watch the game.
- Jimmy Hwang had three reasons to donate money: His wife got to retire recently, they are leaving for two weeks in Argentina tomorrow and it's the Chinese New Year (year of the dragon.) He offered \$5.00 for every club member who was not older than he was. But he told us we would have to figure out the math to see how old he was. He was born the year before the year of the Dragon and it's a 12 year cycle and he's not quite old enough to retire yet. So how old would that be???? You figure it out.
- Bobbi Warren pledged money for her birthday. (And reminded us of her party on the 21st.)
- Karen Stewart donated to the cause in honor of her 92 year old father-in-law deciding to enter a retirement home. It'll be safer, she says, because he's fallen several times lately.



In addition to happy dollars, Jeff passed his hat so that those who didn't announce something happy would also have a chance to donate to Robert's cause. The club member's generosity gave him slightly over \$260. We're the club filled with big hearts (and deep pockets.)



Deidre Hassock, Bill Pogue, Francis Goodrich & Clara Harris

The Four-Way Test

Is it the **TRUTH**?

Is it **FAIR** to all concerned?

Will it build **GOODWILL** and better **FRIENDSHIPS**?

Will it be **BENEFICIAL** to all concerned?

Our **LMSR # 5**
Is it **FUN**?



Reporter - Lynn DeHaven
 Publisher - Bobbi Warren
 Photos - Bill Pogue
 Bobbi Warren
 Floyd Morrow

Francis, Clara & Peggy Davis

Janet Castanos described the joint Cartago Rotary Club/ La Mesa Sunrise Club project of providing glasses to children in need. Jeff and Fern Hall did most of our work on this. They and a local optometrist examined 55 children of which over 30 needed glasses. Jeff and Fern had requested and received many donated children's glass frames which the traveler's took in their luggage. Jeff and the other optometrist did the exams. Our club donated \$300 for the lenses. The local optometrist will be the lens provider. There were many happy children that day.



Giving the Solar Lights to the Bri Bri children of Costa Rica



Zip-lining at Monteverde the longest zipline in the world!



We also supplied farm equipment (shovels and rubber boots etc.) to about 25 Bribri farmers and we took 88 lights to "El Puente -The Bridge " for the Bribri children who live in remote areas without electricity so they can do their homework with adequate lighting. Bobbi Warren passed around pictures of the children receiving their lights.



The lights were put into their backpacks and given to them the day after we were there. We delivered them to the couple who had started outfitting these youngsters with the uniforms, shoes, backpacks, and meals they needed to attend school. The government provides the schools and teachers, but not these necessary items for attendance.

Juan (John Marambio) told us besides having to do without Gata Negro (wine from his native Chili and a running joke throughout the trip) probably most memorable was his impression of the native Costa Rican's pride and their efforts to improve their nation. He said the clubs were active and worked on wonderful projects that were aimed at the young and at-risk children. Their projects inspire him to encourage our club to "step up our game".



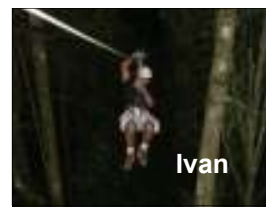
Laurel



Lilly



Bobbi



Ivan



Christine remarked that our trip to Costa Rica was the epitome of "building good will and better friendships" and she was grateful for the opportunity to get to know our club members better.



Jeff could fall asleep anywhere!



Alejandro. A Bri Bri, is shown how to use the solar light. L to R Nanci Stevens, Bobbi , Barry Stevens, Alejandro & Manuela



Arenal Volcano

Wheelchair Project



Five Helix Juniors to Go to RYLA

LMS Rotarians Diane Wilson, Betty Howland, and Bill Pogue interviewed ten Helix Charter High School juniors, who were applicants for RYLA, on Tuesday, Jan. 17. Thirty had applied, and this ten finished the application and essay requirements. The ten were such outstanding and impressive students, that Diane said that "I will never again be a RYLA judge, because it is so extremely hard to pick five out of this impressive group". The five are: Elizabeth Ruiz (went with us to Rose Bowl), Tian-elei Sufanua, Christopher Scott (brother of Sean Scott, Interact President five years ago), Gabriel Echaves, and Andrea Del Gado. Alternates are Victoria Nauman and Chanelle Ward. Special thanks is given to Rosy Cech of Helix HS Opportunity Office, who has sought out the outstanding RYLA applicants for years.



Helix Charter High School Interact Club Meeting, January 12, 2012



Meeting was convened by President Lizbeth Ruiz. Bill Pogue represented La Mesa Sunrise Rotary Club, and Kris Irving is the Faculty Coordinator, as she has been for about 12 years; thanks, and way to go Kris!!! Estimated attendance: 38 students: every chair filled, some standing. **Volunteer hours** were handed in by club members. A Report on **Feed The Turkey** said that the Interact Club worked together with ASB and Key Club: \$800.00 in cash was collected, and a total of \$1,200.00, which with food was given to 10 Helix families at the poverty level. **La Mesa Dale Reading to students** will be

done again January 13, and on four more days this semester. 15 Interactors are going down, on average, to the **Yberra Elementary School** in Mid City, 4877 Orange Avenue near Euclid, to help with English Second Language, for the kids. They will go this coming Monday at 4:30pm for 1 & ½ hours of tutoring. **Thanh Ny-queen is taking Interactors to the Tet** Festival, January 20-22: she will be there helping, Friday 6-10pm, Saturday 9am to 0:30pm, and Sunday, 6am to 8 pm. Phuyng Nguyen and Kheam Sovanimol have signed up to go with her; Tet Festival is held in Balboa Park near 6th and Juniper, and is attended by several thousand persons. **Tet marks the approach of spring. President Ruiz asked the club to be welcome to come forward with any suggestions for activities. She then said that elections for officers of Interact for next year will be held on February 2.**

Interactors and Daevionne (10) Attend Martin Luther King: All People's Day

For La Mesa Sunrise Rotary Club, again, Clara Harris, Bill Pogue and Karen Seal made the commitment to continue to send Helix and other students to Martin Luther King Day Breakfast. Clara Harris reserved a table for nine Helix Charter High School Interactors and Daevionne Beasley, age 10.

Remember when Daevionne, then in Lexington Avenue Elementary School, addressed our club so beautifully? Bill sat with Clara and her friends at an adjacent table. The Interactors were: Thanh Nguyen, Amanda Miller, Lizbeth Ruiz, Huma Roshnaye, Deidre Hasse, Phung Nguyen, Sovanimoi Kheam and Christina My. The breakfast at the Hilton San Diego Bayfront hotel drew about 1,200 people, including San Diego Mayor Jerry Sanders and various community leaders. The speaker was Jose Vargas, Pulitzer Prize Winner for journalism. Lizbeth Ruiz and Bill Pogue drove the Helix students, and Clara Harris brought Daevionne.

The students all were thrilled to go to this downtown tribute to Dr. Martin Luther King, and to All People. La Mesa Sunshine Rotary Club members, and friends of the club have been sending Helix students to this breakfast tribute to Dr. King, for the last several years. We all saw many good friends there, and introduced them to the students.

The Object of Rotary

The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each Rotarian's personal, business, and community life;

FORTH: The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

**International Governor's conference
January 21, 2012**

International Governor's Conference, January 21, 2012, at Madeline's, St Sophia, in El Cajon. David Ballesteros, Clara Harris, Diane Wilson, Christine Evans and Bill Pogue represented La Mesa Sunrise Rotary Club. Governors were present from Denmark, Germany, Australia, USA, England, Nigeria, Ecuador, and elsewhere. Socializing was great, and followed by a delicious regional Mexican/American dinner. Total number of people present was around 75.



Clara Harris Shares with The Rotary Club of La Mesa

PEACE THROUGH SERVICE - Clara Harris, Rotarian in the La Mesa Sunrise Club and "human activist" shared with the The Rotary Club of La Mesa on January 18, 2012 about some of the wonderful things Heartland Human Relations (HHR) and Rotary's Pathway to Peace have done.

Clara has been a Rotarian since 1988. She worked for Heartland Human Relations from 1980 to 2008. HHR develops programs that helps people to work together. It is a nonprofit geared towards equal opportunity. They were instrumental in establishing fair housing, for which Clara remains active. In addition, through her consultation service, she trains landlords about their rights and responsibilities. She has been involved with social services programs with efforts towards sustainable self sufficiency.

Pathways to Peace is a Rotary committee that was started in 2003. Next month, February, is World Understanding and Peace Month and through the efforts of this committee, there will be many "peace" speakers and programs organized throughout the month to educate about the peace process. This committee encourages each club to establish a Peace Chair, whose responsibilities would be to search out and award members of the community with a "Peacemaker Award". One of their efforts have focused on establishing a "Peace Patrol" where trained individuals patrol a school's playground for conflict. The kids involved are given the option to settle their differences through discussion. This program has been a wonderful success in elementary schools.

Thanks for sharing Clara...we love to have you visit our club. (Of special note, the RI theme for the upcoming year will be "Peace through Service.")

"If you don't want to drown, let go of the stone."

