



TATTLER BRIEFS

LA MESA ROTARY CLUB

Volume 64, No. 15

March 3, 2010



Club News

MY BIZ—Roberta Korte shared her vocation with the club today. She works with her husband, Rotarian and accountant Marty Schwartz, as his right hand woman. She is very busy this time of year delivering tax returns to their clients. In addition, Roberta is a painter and sells her art in the park. Also...cross fingers for college placement announcements.

LA MESA NATIONAL LITTLE LEAGUE

OPENING DAY BBQ—This **Saturday, March**

6th is the La Mesa National Little League's opening day BBQ. Those La Mesa Rotarians that signed up (and even those that did not), please show up at the ball park at 8 AM. Sandy will be donating bagels and coffee will also be provided. (Perhaps Bloody Mary's were a bit over the top.) Always a good time and the kids and parents love it...you will too.

SWING DANCE FUNDRAISER—Mark your calendars for **Saturday May 22nd** and get ready to dance the night away. Laurel sent out Sponsor request forms, so please, please, please submit these requests to your place of business. Just ask! Also, begin telling family and friends about the event so they can mark their calendars. Invitations to be sent out soon.

FLAG DAY PARADE—The La Mesa Rotary Club will once again help the City of La Mesa "stage" the parade participants on **Saturday, June 5th**. Yvonne Garrett needs a chair for this position.

RELAY FOR LIFE— **April 24th and 25th**, La Mesa Rotarians, along with many others, will be walking for cancer eradication, education and support in the Relay for Life at La Mesa Middle School. Mike Fellows will be circulating weekly sign up sheets. Please visit the website at www.relayforlife.org/lamesaca and sign up today!

AMBASSADORIAL SCHOLAR—Chris Micheals, graduate of Grossmont High School, is a La Mesa Rotary Ambassadorial Scholar who is currently studying Middle Eastern language in Jordan. He is considering applying to become a World Peace Scholar as well. We look forward to detailed reports upon his return in August of how he benefited from this valuable Rotary International Program and what he learned.

**POSSIBLE RAIN SATURDAY
MAY CANCEL BUT BE PREPARED
NONETHELESS**

SERVICE OPPORTUNITIES

March 10, 2010

Greeter: Guy Elam
Songs: Sandy Behar
Pledge: John Fistere
Invocation: Chris Huntley
Raffle: Eddy Gosschalk
Fines: Jay Thompson

March 17, 2010

Greeter: John Price
Songs: Mike Fellows
Pledge: Larry Scott
Invocation: John Van Cleef
Raffle: Glenn Kellogg
Fines: Deanna Price

March 24, 2010

Greeter: Larry Scott
Songs: TBA
Pledge: TBA
Invocation: Dan Barrios
Raffle: Deanna Price
Fines: Sharokin Badal

March 31, 2010

Greeter: Bill Ashman
Songs: John Van Cleef
Pledge: Sandy Behar
Invocation: TBA
Raffle: Pam Newkirk
Fines: Laurel Cruz

**IF YOU CANNOT PERFORM
YOUR ASSIGNED DUTY,
PLEASE ARRANGE FOR A
REPLACEMENT.**

District News

REGIONAL DISTRICT COUNCIL—Once an every other month event, now a twice a year event. All the Clubs in the Region are invited for fellowship, dinner and a program. Please attend the next meeting on **Tuesday March 16th** at the Ronald Reagan Community Center in El Cajon. The address is 195 East Douglas Avenue, El Cajon 92020. The event starts at 6:00 PM. The program will be a Group Study Exchange presentation...another valuable Rotary International sponsored program. The cost is \$13.25 per person. Please make your payment to the Roberta. New member Ben will be there...will you?

DISTRICT ASSEMBLY— This very important instructional 1/2 day seminar will take place **Saturday March 20th** at the USD Joan Kroc Center for Peace and Justice. All Board Members should attend and, of course, all members are welcome and can benefit. Sharokin and Ted have committed...will you?

DISTRICT CONFERENCE—This fun and informative annual conference will take place **May 14th through the 16th** in beautiful Brawley California. At most, your Rotary spirit will be energized and lifted and at least, you can learn how to quilt.



Program



Kelly Rudolph with SURVIVE! Self-Defense shared some of her recommendations for personal safety. This was a very timely and valuable program. Kelly, a rape and domestic violence survivor herself, has developed a program to train people how to avoid becoming a victim.

Her first safety point is to understand the mindset of the attacker. The attacker will likely have low self esteem, insecurity and be out of control of his (or her) life and therefore want to control someone else's. Her second point was to pay attention to your gut feeling. If you feel uncomfortable in a situation, trust the feeling and act accordingly. Also, she emphasized using your voice...your very loud voice when confronted with an attacker. Using phrases such as "back off" or "no" or "get away from me" rather than screaming, shows dominance and works. She recommends knowing your personal boundaries and leaving a situation if those boundaries are breached. And finally, she recommended applying "confident body language" by paying attention to your surroundings at all times. Always walk with your head up and constantly scan your surroundings.

Before any of the above avoidance safety techniques can work, you must not have a victim mindset. After all, the "victim" is the person that is being attacked at the time of the attack. After the event, the attacked person is either a survivor or a casualty...be a survivor. Think strong, confident and loud.

Our prayers and thoughts go out to the King family.