

Monarch Beach



SUNRISE ROTARY

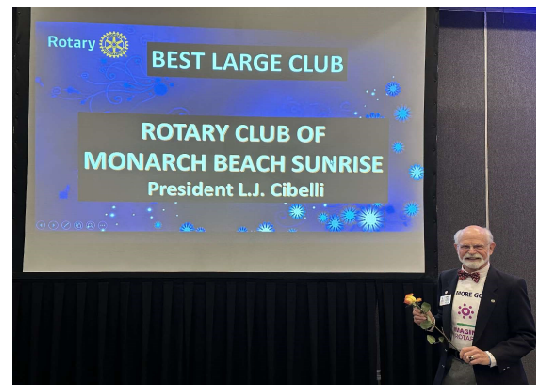
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ON THE CALIFORNIA RIVIERA

PRESIDENT'S PAGE

THANK YOU FOR YOUR SERVICE! MY HEARTFELT
CONGRATULATIONS TO YOU!

MBSR was recognized as District 5320's BEST LARGE ROTARY
CLUB of 2022-2023!

THIS IS TRULY YOUR AWARD!



But it's not our only Award. Others include BEST International (medical) and Youth Services, Best Adapt Award as well as Best Interact Club (DHHS), Most Growth Interact (CVHS), individual recognition for Sophie Anderson as Interact District Governor and Jasmine Riyhani, a Rotaract member of our club, for the Dedication Award.

As this Rotary year ends, I am ***honored and privileged*** to have represented you, our Monarch Beach Sunrise Rotary members, as your leader and President. Let me sum up how MBSR excelled this year in a ***single word*** that I learned about decades ago but witnessed this year:

SYNERGY: defined as "the interaction of elements (*you members*) that when combined produce a total effect that is *greater than the sum of the individual contributions*".

I am happy to know that our membership is stable and growing and that Heather Gillon, our next President, has us-the same "elements" (members) in 2023-2024 as we continue MBSR's EXCELLENCE! As I pass our gavel, I look forward to being an "element" with you, on her superb team.

With *sincere gratitude*, I am Yours in Rotary Service, as I transition to become your Immediate Past President.

LJ Cibelli, MD
President



A Message from the Incoming President

The theme for the 2023-2024 Rotary year is “Creating Hope in the World”, chosen by Gordon McNally, incoming Rotary International President. He has made mental health his focus for this year. During the various times I’ve heard Gordon speak, he has shared that he lost his brother to suicide. Accordingly, we hope to bring a Mental Health Walk to the area to help fight the stigma of mental health and bring awareness to its prevalence.

One in four people in the world will struggle with a mental health problem in their lifetime. In the United States, almost half of adults (46.4 percent) will experience a mental illness during their lifetime. That means there are anywhere from 12 - 24 people in our club who will or who are struggling with a mental health problem. I’m part of that statistic. I’ve struggled with depression for over thirty years and continue to address it with my doctors. I bring this up not to ask for your sympathy but to ask for your support. We all have our struggles and I want our club to be a safe place where we can share what we’re going through. We also do not yet have a president-elect or vice president for next year so at times I will need you to step up and help lead the club.

I’d like to tell you a little more about myself. I am married to Geoff Gillon and have two beautiful step children, Andrew and Brittany, who live in Atlanta. We also have Sheeba, a rambunctious Cavalier King Charles Spaniel, and two cats, Big Guy and Little Girl. I’m from Texas and all my family lives in Texas so I frequently travel there to see my parents and family. My favorite thing to do is to curl up with a good book. I also play golf, Pickleball, make flower arrangements, practice pilates, and am very spiritual. I love to travel and have a couple of trips planned, mainly to the Holy Land in October for a pilgrimage. I’ve had several occupations in life including working with Coca-Cola in their marketing department, selling Italian and fine wines from around the world, being a youth director for a couple of churches, representing USAID in Latin America, running a non-profit for families in transitional housing, and have worked with some of the most abused youth in Florida as a Licensed Clinical Social Worker.



I have been preparing for the coming year through what I have learned from the training for President-Elects and from the last two Rotary International conventions. I am excited about the year ahead and the possibilities for our club. I believe we have a strong 2023-2024 board and I look forward to working with them in ensuring our club is doing the most it can for our members, our communities, and in the projects we help fund in the world. I plan to bring new ideas to our club, like the Mental Health Walk to bring awareness to mental health problems. I also want to focus on projects that serve more people and that are in-line with Rotary’s areas of focus.

I think Rotary is the greatest organization in the world and its members have the biggest hearts. We need more Rotarians, more people doing good in our world. Rotary International is asking clubs to be more inclusive, accessible, and relevant in communities. We need to better educate people on what Rotary is and what we do. We hear programs from other organizations. We need to give programs on Rotary to other organizations.

Gordon said there is a difference between a member of Rotary and a Rotarian. A member of Rotary is someone who is on the club roster but who is not really involved in the club. A Rotarian is someone who is actively involved in the club, helping spread the message of Rotary, and working to better our world. I hope you will support us by volunteering when needed and by getting more involved in our club’s committees and projects. I encourage all of us to be Rotarians, actively working to help our world and each being the best we can be.

May it be a great year for our club!

Yours in Service,

Heather

Our Major Fundraiser, the Above and Beyond Gala on August 25

The Above and Beyond Gala will celebrate those in our community who are making a difference. It is our major fundraiser and the money we raise will help fund charities, community projects, and International projects. It will be August 25th at the Ocean Institute beginning at 5pm for VIPs and 6pm for general admission. Tickets are \$150 and \$250 for VIPs and will include passed appetizers, dinner, music, a Silent and Live Auction and an opportunity to give. The gala is being advertised on our website and there are banners around town that will be in various locations up until the Gala. The flier has been sent to you via email and I encourage you to use it to send to friends and family, asking them to come support us and the community. To purchase tickets, go to OurFundraiser.link/DPRotary2023. You can also go to our website and click a link that will take you to the ticket purchasing site.

There was an article in the digital version of the paper on June 14th, asking for nominations of people in the community who have made a difference. We also asked for teacher nominations in the newsletters at Dana Hills and RH Dana and have received names. We will have nomination forms at our table at Concerts in the Park and will need volunteers to help spread the message and actively seek nominations. Nominations can also be sent to mbsrotary@gmail.com. We will then announce the award recipients at the gala and briefly highlight each person.

Sponsors this year will be advertised at all our events, instead of just at the gala. We hope this will encourage more businesses to be sponsors. We need sponsors! The sponsor letter and sponsor form were included in the email I sent out with the flier. If you have an idea of who could be a sponsor but don't feel comfortable asking them, please tell a member of the fundraising committee and we will approach them.

Lucinda has done a marvelous job at collecting items for the Silent Auction, which is pretty much ready to go. The Silent Auction will be on-line this year, making checkout easier and encouraging higher bids. We need items for the Live Auction, however, so if you have an idea for a Live Auction item or have an item to donate, please let Lucinda know.

As a club, every member should attend, if possible. We plan to hire staff to help that night so that everyone can enjoy the evening. We have two months until the gala and need members, their families, and friends to buy tickets. It promises to be a lovely evening. We just have to spread the word!

Monarch Beach Sunrise
Rotary 
Above and Beyond **A Gala**

**Honoring those who
serve our Community**

August 25th
6:00 - 10:00 PM
Ocean Institute in Dana Point

Tickets Cocktail Attire
\$150, VIP \$250

 Scan for Tickets

or go to www.danapointrotary.org

Live Music
Silent Auction
Live Auction
VIP Event 5pm

Benefiting Children's Charities and Humanitarian Projects.

Environmental Committee

This past month Members of the committee picked up trash in the harbor in support of the Stand Up to Trash Beach Cleanups, did weeding in the Laguna Niguel Botanical Garden and supported preparing Monarch Butterfly Habitats. Committee member Stephanie Palmer prepared a grant for placing 6 raised flower/vegetable boxes at the RH Dana Grade School. These are planned to be assembled by members and installed just before the start of the fall semester in August. In the meantime, at the end of July, Members will help an Eagle Scout in his project to remove old planters and install 6 new planters of his design at the Newhart Middle school in Mission Viejo. Members outside of the Environment Committee are encouraged to participate in these activities.

Membership

In the last month we have one new member, Renee Makin, who is an Occupational Therapist at the Capistrano Unified School District. Future plans include an update of the mentoring program to fully involve new members in Rotary activities.

Yours in Service,

Hayden Macurda

Community Service Report

Josh the Otter District Grant:

Josh the Otter is not a Community Service Project but it needs special recognition. Heather Gillon brought this to our club the last two years and this project is highly important to the safety of our youth.

Drowning is the second leading cause of death in children ages 1-14 in the United States. For each drowning death, it is estimated that at least 1 to 4 children suffer a serious nonfatal submersion event, many of which leave children with permanent disabilities. The Josh the Otter book and program was started by a Rotarian who lost his 2 year old child to drowning. The Josh the Otter program packets include books on drowning prevention through learning to float as well as stickers for children and the appearance of Josh the Otter in a mascot costume.

The Josh the Otter Assembly at R.H. Dana was May 10, 2023. This is the 3rd year Monarch Beach Sunrise Rotary has put on this event. We handed out the Josh the Otter book and coloring book. Josh the Otter, dressed in a mascot costume, entertained all of the children at the assembly. Members and Josh the Otter danced with the kids and read the book to the children.

2022/2023 Community Service Charity Nominations:

The Charity donation nomination form will be sent out to all club members and the Community Service Committee will meet to decide how to distribute the contributions. The budget is \$19,000.00 for year 2022-2023.

Yours in Service,

Anita Houston

Final International Service Committee Report 2022-23

This year we focused the majority of our international service committee budget (\$16,000) on Ukraine. We multiplied that budget by 10 fold by obtaining grants and by our International Service Committee fundraiser "Glory to Ukraine" which raised over \$70,000. Also we have now raised over \$140,000 for Ukraine and I just received notice that the new global grant for 58k was funded for Ukraine.

We received two district disaster relief grants (each for \$25,000) for Ukraine for medical supplies, two ambulances and medical equipment. The ambulances went to Mykolaiv and Dnipro.

We have great partners in place from Lviv and Mykolaiv, Ukraine and Munich and had semi monthly or weekly zoom calls. This relationship has allowed our club to make a difference to the people in Ukraine by getting supplies where they are needed the most. I am continuing to support Ukraine and remain committed to helping the people there.

The event sponsored by our International Service Committee in August, 2022, the "Glory to Ukraine" event, raised over \$70,000 and the funds went for additional medical supplies and equipment as well as three additional ambulances for Kharkiv and Mykolaiv. Additionally, we sent \$25,000 of canned goods to Mykolaiv at the end of January from funds raised at the event.

We worked with the San Clemente club and used the money raised from their fundraiser to buy lights for a surgery suite. We also used our initial international budget to buy more surgical supplies and a second set of much needed surgical lights. This last purchase is being finalized.

We submitted a global grant together with the Munich Bavaria club - as the international partner- for \$58,000 for an ultrasound machine and other medical equipment needed by a hospital in Bashtanka. We are waiting for a reply from Rotary International and are optimistic about funding

We completed our second global grant for the Philippines (for over \$80,000 total) for the third year of the Rotary Boctol Dental Clinic which we started and where we have helped over 3,000 children over a three year period.

We continued to allocate about \$2,500 from our budget where this year we helped support RYLA and purchased backpacks for children in Mexico.

Yours in service

Jill D. Fabricant, Ph.D.



Mykolaiv partner with ambulance



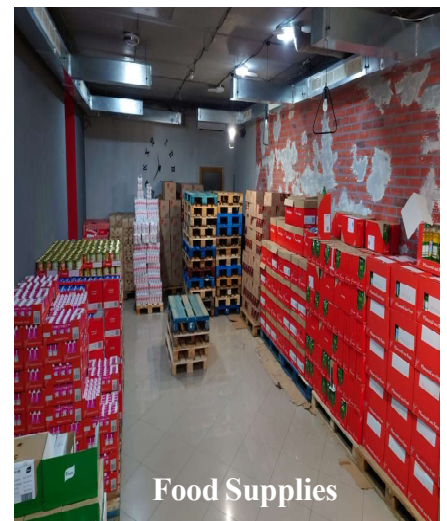
Handing over keys



Truck delivering food in Mykolaiv



Ambulance at Mykolaiv General Hospital



Food Supplies

Youth Services Report

By John Coffman

June 19, 2023

This was one of our most successful years in Youth Services.



Youth Scholarships—We are in the process of re-evaluating our scholarship program. However, we continued supporting students who were already receiving support from us. Additionally, we awarded a new scholarship to Sophie Andersen, our Interact President and Interact District Governor.

Rotaract—We are a co-sponsor with San Clemente of the South Orange County Rotaract Club.

Thousand Smiles Club at JSerra High School—This was the first year for this club and they had close to 100 members. Primarily, they exist to support and participate in the dental clinics that are held in different places in Mexico. They asked if we would be the Rotary Sponsor for the Club and we eagerly agreed. This effort is evolving in terms of our active involvement.

Dana Point Sister Cities—The City of DP has formed an official alliance with Sorrento, Italy. As part of this program, our Interact Students at DHHS will be participating in a Penpal Program with students from a high school in Sorrento. Surveys are being completed by the students in both high schools and will be used to match the kids between the schools. This program will officially kick-off this fall.

RYLA—This year, we sponsored 15 students to this life changing program. This was the most we have sponsored in the history of our Club. This may be this single most impactful expenditure we make.

DHHS Interact—This was our most active year in our history. The Interact Club participated in around 24 separate projects, with over 1300 service hours involving 330 cumulative members at these events. Eighteen members participated in 6 or more events with eight participating in 10 or more. DHHS Interact received the Award for Best Interact Club in the District at this year's District Conference. Also, Dana will host a District Interact event at the Ocean Institute on Saturday, August 12.

Capo HS Interact—This was the first year for this Club and it was wildly successful, earning the Most Growth of any club in the District at the District Conference. Membership was around 100 students. Also, Capo Valley Interact in partnership with our Rotary Club & the city of Mission Viejo is throwing an ice cream social on Thursday, August, 10th at 2pm at the Norman P Murray center in Mission Viejo. Both of our Interact Clubs are invited. We will partner with the city on the costs and marketing, hoping to have decent attendance of at least 10-20 students and the same or more seniors.

Interact Officers 2023-24 -- Dana Hills HS



Sophie Andersen and Laila Naji

Capo Valley HS



Melbourne Convention

Anita, Linda and I recently had the incredible opportunity to attend the Rotary International Convention in Melbourne. The convention served as a gathering of passionate individuals from all corners of the globe, united by a common purpose: to make a positive impact on the world. We exchanged ideas and forged new friendships. We heard distinguished speakers, philanthropists, and change-makers. We learned of the extraordinary Rotary projects and their impact around the world. We saw displays that not only inspired but also served as a reminder of the collective strength and dedication of the Rotary Community.



The convention also ignited discussions and enlightened us on the importance of embracing change, staying relevant, and fostering inclusivity within our club to increase membership and make a lasting impact. In a rapidly evolving world, it has become crucial for Rotary clubs to adapt and stay up to date with the times. The convention emphasized this by highlighting the rebranding our image. By modernizing our brand image, Rotary International hopes to break down barriers by putting the focus on Rotary. The new logo includes Rotary with a simple wheel instead of a wheel with the words Rotary International. Rotary International is changing and we must, too.



One of the most inspiring aspects discussed at the convention was the need for inclusive club cultures. Rotary clubs have long been perceived as exclusive and hierarchical, deterring potential members who seek an environment where diversity is valued and

every voice is heard. We discovered that embracing inclusivity not only enriches our clubs but also strengthens our ability to create a positive change within our communities.



We met individuals from clubs that had taken the leap towards change and inclusivity. Their experiences highlighted the tremendous growth in membership, the remarkable projects undertaken, and the impact they had on the lives of individuals and communities. These stories served as an inspiration and a call to action for all of us, urging us to embrace change, challenge the status quo, and create a Rotary that is truly representative of the world we live in.

We left Melbourne with a renewed sense of purpose and a deep appreciation for the unwavering dedication of Rotarians worldwide. As we returned to the club, we couldn't help but feel an overwhelming sense of responsibility and excitement. The lessons we learned at the convention have encouraged us to spearhead the transformation within our own club. It is clear that staying relevant and inclusive is not just an option but a necessity if we wish to attract new members and make a lasting impact on the world around us. We invite all fellow Rotarians to join hands, embrace change, and create a culture that fosters inclusivity within our club. Together, let us reshape Rotary and ensure that we remain a beacon of hope, inspiration, and change for generations to come.



ANNUAL PANCAKE BREAKFAST

By Anita Houston

Our pancake breakfast event started in 2013 the day before Easter Sunday. Due to the community's response and the City of Dana Point expanding their annual egg hunt to two parks, Monarch Beach Sunrise Rotary now holds this event at Sea Canyon Park and Pines Park. Over 400 people attend this fun event which is supported by Stacks Pancake House in Dana Point. Stacks donates the pancake batter, sausage, syrup and butter.

Over 40 Rotary volunteers which includes the Interact Clubs from Dana Hills High School and Capistrano Valley High School start the day at both parks early in the morning and start serving at 8A



See Us at the Movies

By Lucinda Salinas

MBSR Club led the Volunteers to staff Movie showings for the First Dana Point Film Festival- May 4 through May 7, 2023. Films with an Ocean Themes including documentaries, movies and short films on Surfing, Environmental Protection, Sealife and the breathtaking scenery. The film festival was headed by the Dana Point Entertainment Arts Council (DPEAC). Over 65% of the Club Members participated in promoted goodwill and increased the awareness of the MBSR Rotary, which as the Volunteer Coordinator I felt it was very positive.

Volunteers including seasoned club members and Interact clubs DHHS and Mission Viejo Club greeted movie goers, sold wristbands, tickets, candy and refreshments. Four locations showed the films with the highlight of the week was the showing was "Endless Summer" in the Salt Creek Park in Dana Point on May 5th. The Club earned funds for our community charities by selling coffee, hot chocolate, lemonade and Mocktail. The interact club members also raised funds by selling a wide assortment of candy.

MBSR 2022-2023 SPECIAL PROJECT REPORT

Our Board has budgeted \$10,000 to fund a "Special Project" for this Rotary year 2022-2023. David Owens assumed leadership of the Special Project Committee with the intention of making this significant donation to a project that would be "hands on" for our membership and our Interactors to enjoy participating in. The committee's choice is Make-A-Wish. The Board approved granting a wish to an Orange County recipient preferably in the Dana Point/Capistrano Valley area. Although there are 500 kids awaiting wishes, so far, a compelling opportunity has not been identified. As David continues to communicate with our contacts at Make-A-Wish, the Board will carry over the funds on the 2022-2023 budget until this wish is granted.



The 4-way test of things we think, say or do...

Is it the truth? Is it fair to all concerned? Will it build goodwill and friendships? Will it be beneficial to all concerned?



Happy Birthday

July:	3-James Littlejohn 11-Bob Zasa 19-Margarite Martin 22- Stephanie Palmer 25- Bruce Brenon 31- Renee Makin	August:	15- Sarah Martin 23- Mike Killebrew 24- Hayden Macurda 28- Bill Sundin	September:	2- Gary Spencer 20- Bob Huber 23- Heather Gillion 25- James Watson 28- Amatangelo Pasciuti 29- Jill Fabricant
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MONARCH BEACH SUNRISE ROTARY

OFFICERS & DIRECTORS 2022-23

President	-----	LJ Cibelli
President Elect	-----	Heather Gillon
Vice President	-----	Lucinda Salinas
Secretary	-----	Danielle Struwe
Treasurer	-----	Linda Hess
Immed Past President	-----	Mike Upp

DIRECTORS

International Service	-----	Jill Fabricant
Vocational Service	-----	Todd Wallin
Community Service	-----	Anita Houston
Club Service	-----	Heather Gillon
Youth Service	-----	John Coffman
Membership Devel	-----	Hayden Macurda
Foundation Support	-----	Linda Hess
Environmental Service	-----	Hayden Macurda

COMMITTEE LEADERS

Scholarships	-----	Stan Moore
Fundraisers	-----	Heather Gillon & Todd Wallin
Attendance	-----	John Rose
Sergeant @ Arms	-----	Hayden Macurda
Fine Master	-----	Lucinda Salinas
Song leader	-----	John Hayden & John Costello
Programs- AM	-----	Hayden Macurda
Programs-PM	-----	Jill Fabricant
Info & Orientation	-----	Heather Gillon
Club Bulletin	-----	Betsy Sater
Public Relations	-----	Terry Rifkin & Cris Pacheco
Photographer	-----	Terry Rifkin & Cris Pacheco
Web Site/Public Image	-----	Mike Upp
Fellowship	-----	Lori Rosskopf
Social	-----	David Owens
At Large	-----	Ricardo Beas, Rod Eide, David Owens & Betsy Sater

LEADERSHIP

RI President	-----	Jennifer Jones
District Govenror	-----	Dan Ouweleen

MONARCH BEACH SUNRISE ROTARY

OFFICERS & DIRECTORS 2023-24

President	-----	Heather Gillon
President Elect	-----	
Vice President	-----	
Secretary	-----	Charles Brickell
Treasurer	-----	Linda Hess
Immed Past President	-----	LJ Cibelli

BOARD OF DIRECTORS

Community Service	-----	Anita Houston
International Service	-----	Jim Watson
Youth Service	-----	John Coffman & David Owen
Environmental Service	-----	Stephanie Palmer
Vocational Service	-----	Bob Zasa
Membership Potential	-----	Greg Faustini
Membership, New/Current	----	Charles Brickell
Foundation Support	-----	Linda Hess
Club Service	-----	(President-Elect)
At Large	-----	Lori Rosskopf, David Owens
Sergeant @ Arms	-----	Hayden Macurda

CLUB POSITIONS OF SERVICE

Scholarships	-----	Stan Moore
Brand/PR	-----	
Monthly Message of Peace	----	Lori Rosskopf
Club Bulletin	-----	Betsy Sater
Meeting Summaries	-----	John Costello
Student of the Month	-----	Zohreh Behbehhani
Website	-----	
Fireside Chats/Orientation	----	Lori Rosskopf
Happy Bucks	-----	Gary Spencer
Social	-----	David Owens
Fundraisers	-----	Carolyn De Veau, Sarah Martin, Renee Makin
Programs Speakers	-----	Gary Spencer, Robi Robinson, Bob Huber
Breakfast Hospitality	-----	Michael Upp
Fellowship	-----	LJ Cibelli
Photographer	-----	Charles Brickell
Attendance	-----	John Rose
<u>ROTARY INTERNATIONAL AND DISTRICT LEADERSHIP</u>		
RI President	-----	Gordan McInally
District Govenror	-----	Roy Jefferson