



## Next Week's Program

SD Citizens Climate Lobby

## Speakers

Carl Yaeckel

## Upcoming Programs

Oct 14  
Election Forum;  
City Council

Oct 21  
Election Forum;  
School Board

Oct 28  
Rotary Institute;  
Ron Beaubien

Nov 4  
Autonomous Vehicles;  
Henrik Christensen

## Club Events

BEACH CLEAN UP;  
LAEDLEIN **10 Oct**

FLAGS ON THE AVE-  
NUE;  
WEISBARTH **12 Oct**

BOARD OF DIREC-  
TORS MEETING;  
MACCARTEE **20 Oct**

ROTARY/LASLAVIC  
GOLF TOURNEY;  
PLUMB **6 Nov**

## COROTATOR

### *Notes from the Substitute Scribe*

Good morning!!! Oh well, he's new. President-elect **Rob Taylor** stepped in for our **Pandemic President Robin** who was out on "business." In homage to **Walt Heinecke PE** Rob opened the meeting of the greatest Rotary Club in the universe and asked **Fahd Benjalil** to offer the invocation and lead the Pledge.

In case you missed our Zoom meeting this week you can catch it here on YouTube:

<https://youtu.be/39jyit3F2H8>

## Rotary Notes of Interest & Announcements

1. First order of business was to induct the newest Rotarian in the world, **Kelley Helfand**. **Suzanne Popp** inducted Kelley who was sponsored by **Tom Mitchell** and her classification is "Business Management."
2. Who Am I? Superman? **John Matthews** has been married 51 years with two children and two grandchildren. He's a US Navy veteran, a veteran of Costco, and spent so much time serving Rotary that he rose to Director and VP of Rotary International.
3. **Kitt Williams** is encouraging every Rotarian to get with the program and sign up for the City's 130 Mile Challenge. You have from now until December 11, when the City turns 130 to log 130 miles anyway you like! The Rotary Team is up to third place with 32 participants. Here's the link: <https://runsignup.com/Race/CA/Coronado/Coronado130MileChallenge> Now, see if you can catch **Kitt and Richard Williams!**
4. In the New Member Minute we met **Nick Kato** who's a golfer and boater and running for School Board, and **Sindy Schiller** who's a marathon runner. Can she beat 2:54 or does the **Scribe** still have the fastest time in Rotary?
5. **Tami Sandke** announced that we received the Bronze Hero Award from Shelter Box.
6. Wine Tasting for End Polio Now! was a great success and **Sue Maack** and the gang will provide a full report next week.
7. It was an exciting weekend picking up trash and **Zayanne Thompson** said there's an opportunity every weekend.
8. "Coronado Bands Together" is sold out and **Jessica Cunningham** dodged a bullet, but said to find a neighbor who bought one of the 40 available songs. It's this Saturday between 1:00 and 5:00 p.m.



PP Tami shared the good news that we were recognized by Shelter Box with their Bronze Hero Award! Congrats to us!



John Matthews gave his Who Am I and officially become a Blue Badge member of our club, for the second time!



- Oct 2 Rudy Maldonado  
Chris Kleber
- Oct 3 Monique Frey
- Oct 4 Lantz Arnell
- Oct 5 Bryn Butolph  
Ed Noonan
- Oct 7 Rob Jones

## Fines and Recognitions

None, the new guy was in charge.

## Family of Rotary

We're happy to hear that Chip Garry is recovering well from his latest surgery.

## Membership

The following persons have been invited to join the Rotary Club of Coronado and have been vetted by the Board of Directors and Membership Committee. If any member has an objection to these proposed members they need to make their objections known, in writing within ten days, to the Board of Directors.

<u>Name</u>	<u>Classification</u>	<u>Sponsor</u>
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## Program

For the second week in a row we had an outsider zoom in to introduce our speaker. Alex Plumb, nephew of our two favorite Plumbs, introduced Heather Hughes of Bio-Fit 360. Before you get in your "Yo Dude" mien remember you can't get high on legitimate CBD. CBD is used in chronic pain management, stress management, and sleep. In a fun slide it was noted that 32% of Millennials took CBD for stress and 42% of Baby Boomers took it for pain! Make sure your CBD is ISO certified, remember that hemp seed oil is NOT hemp oil, and topical application and tincture work best as some edibles taste lousy.