



# Quick Notes



November 1, 2023

## In this bi-weekly edition:

Peace Conference -- Save the Date

Mental Health and Your Club

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RLI Registration

QuickNotes includes invitations to participate!

Club and District Events and Reminders

## District Leaders



Michael L. Soden  
District Governor



Michael D. Driebe  
District Gov-Elect



Gilda Moshir  
District Gov-Nominee



Roger H. Gutierrez  
IPDG



Karina D. Anderson  
District Public  
Image Chair



Thomas D. Allison  
District DEI  
(Diversity, Equity  
and Inclusion)  
Chair



Donald R. Ryan  
Executive Assist  
Gov-Antelope V



Jacob J. Noll Jr.  
Executive Assist  
Gov-NV

## Peace Conference -- Save the Date!

Registration opens Friday for the **January 27** Annual Peace Conference! The committee has lined up excellent speakers on topics of interest to all Rotarians. See the QR Code below for more information.



**Isaac Hung**  
Executive Assist  
Gov-CA West



**Rae Kearney**  
Executive Assist  
Gov-CA East



**Mark Mariscal**  
District Rotary  
Foundation Chair

Peacemaker of the Year Award  
Art for Peace Contest



## Garbis Der-Yeghian

### 34th Annual Peace Conference

THEME: Creating Peace, Hope, and Healthy Minds

Multi-District Event

**Saturday, January 27, 2024**  
 Registration Check-in/Continental Breakfast 8:00 a.m.  
**Conference Begins Promptly at 9:00 a.m.–12:00 p.m.**  
 Richard Nixon Presidential Library and Museum

**Keynote Speaker:**  
**Brian Rusch**  
 CEO—Out for Equality  
 Founding Member of RI DEI Task Force  
 Vice Chair- RI Joint Advisory Council of DEI  
 Past President and Founder of Rotary eClub for Global Action



**Engaging Panel on Mental Health, covering:**  
 Destigmatizing Conversations, Raising Awareness, and Advancing Access



**Jenn Freeman**  
 Autistic American  
 choreographer, dance  
 performer, and educator



**Lora Illig**  
 Former Executive  
 Director for NAMI  
 Pomona Valley



**Chris Florendo**  
 Team Support Leader  
 CalHOPE & NAMI Greater  
 Los Angeles County



**Sally Sagario**  
 Operations Manager for  
 NAMI Long Beach/  
 Whittier

**Registration/Admission**  
*(includes continental breakfast and tour of the museum)*  
**\$40.00: early registration by January 26, 2024**  
**\$45.00: at the door if seats are available**  
**Students/Interact Clubs/Rotaract Clubs free registration**  
 To REGISTER and for more information, visit the event website at:  
<http://district5300.org/peace-conference/>



Rotary District 5300  
 District Governor  
**Michael Soden**



Rotary District 5330  
 District Governor and  
 Panelist Moderator  
**Jamie Zinn**



Conference Chair and  
 Emcee  
 Rotary District 5300  
**Mary Ann Lutz**



Scan for Event Page and  
 Registration

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## Mental Health And Your Club

*By RI President Gordon McInally*

Dear fellow Rotary members,

The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle. By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called Ilaw ng Tahanan ("one who lights up the home") with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children's Hospital Colorado to recruit and train pediatric psychiatry providers and

allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages. Since then, the project has brought on new supporters and is now fully funded with a \$500,000 endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children's Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to [mindhealth@rotary.org](mailto:mindhealth@rotary.org) with any thoughts or ideas you would like to share about mental health in the Rotary world.

I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you've worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other. Discovering the human connections that bind us is what we do through our membership every day. It's what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just "How are you?" but also "How are you really?" By doing so, Rotary can continue to *Create Hope in the World*.

*Gordon McNally*  
*President, Rotary International*

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## Global Scholarship Applications Now Being Accepted through December 31, 2023

*By Mark Mariscal, District 5300 Rotary Foundation Chair 2021-2024*

Applications are now being accepted for the 2024-2025 Academic Year. The approximate \$31,000 Rotary District 5300 Global Grant Scholarship may be used to fund **graduate-level study** at a recognized university outside the U.S that supports the Object of Rotary and the Mission of The Rotary Foundation ([www.rotary.org](http://www.rotary.org)). The scholarship helps prepare students for careers in one of Rotary's Seven Areas of Focus: peace building and conflict prevention, disease prevention and treatment, water, sanitation and hygiene, maternal and child health, basic education and literacy, community economic development, and environment. A benefit not found in other scholarship programs is the scholar's association with Rotary clubs and Rotarians. Each Global Grant Scholar is assigned both a sponsor and a host Rotarian club/counselor who provide orientation, advice and assistance. The scholarship may cover airfare, living expenses & tuition.

[Download the 2024-25 application here.](#)

Club leaders are encouraged to speak with local High School Alumni Groups or leaders at the colleges in your area for prospective candidates. If you have any questions or need some guidance, please contact GG Scholarship Chair-Dawn Smith at [dawn.digrius.smith@gmail.com](mailto:dawn.digrius.smith@gmail.com) or Mark Mariscal at 323-816-6713.

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## Rotary Leadership Institute Registration

*Submitted by Dennis Franklin, District 5300 Rotary Leadership*



### Coordinator

Because of its interactive nature, RLI has proven to be one of the most effective member engagement and leadership development programs available. The skills you'll learn will impact your club, community, business, church, and family lives. We encourage all Rotary, Rotaract, and Interact members, as well as their guests to join us. You have the

opportunity to attend two Rotary Leadership Institute (RLI) events this fall in District 5300.

For more information and to register please click on one of links below.



[Register NOW](#) for **Southern California - Parts I and II - 5300**

Saturday, November 4 at Sellers Elementary School, 500 N. Lorraine Ave., Glendora, CA 91741



[Register NOW](#) for **Nevada - Parts I and II - 5300**

Saturday, November 18th at Roseman University, One Breakthrough Way, Las Vegas, NV 89135

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## QuickNotes includes invitations to participate!

The bi-weekly QuickNotes provides reminders from District leadership, important deadlines, *and* links to invitations from our Clubs, triggered by Clubs posting their events on the DACdb calendar. For example, if you click on San Marino Art Fair on November 4-5, you'll find this key information about the following event encouraging all to come. So keep reading!

Join us for the San Marino Art Fair - Fine Arts and Handcrafted Gifts, happening on November 4-5, 2023, from 10:00 AM - 5:00 PM. This highly anticipated event presented by the San Marino High School Rotary Interact Club and Rotary Club of San Marino will take place in the Quad Area at San Marino High School, located at 2701 Huntington Dr in San Marino, CA. 100% of proceeds benefit scholarships, local and international service projects.

The San Marino Art Fair is the perfect opportunity for art enthusiasts, collectors, and gift givers to explore a wide range of exquisite fine art and handcrafted gifts. Whether you have a passion for sculptural masterpieces, ceramics, paintings, jewelry, textiles, glass, wood furniture, or paper crafts, you'll find something to captivate your artistic soul at this event.

[Read More](#)

**San Marino Art Fair**  
Fine Arts and Handcrafts  
November 4-5 10AM - 5PM  
  
San Marino High School  
2701 Huntington Drive  
San Marino, CA

Presented by  
SMHS Rotary Interact Club  
and Rotary Club of San Marino

◆ Clothing, ceramics, fine arts, textiles,  
glassware, jewelry, metal work,  
pottery, wood, and photography



sanmarinoartfair@gmail.com  
SanMarinoArtFair.com  
Instagram: @sanmarinoartfair  
Facebook: San Marino Art Fair

## Club and District Events and Reminders

November 4th, 10:00-11:00 AM  
[Put Up Flags for Veterans Day & Thanksgiving-Altadena](#)

November 4th-5th, 10:00 AM-5:00 PM  
[San Marino Art Fair](#)

November 7th, 6:00-8:00 PM  
[New Member Event-Green Valley](#)

November 4th, 10:00  
[Covina Field Of Valor](#)

November 4th, 12:00-4:30 PM  
[Rolling for Rotary Fundraiser-Lancaster Sunrise](#)

November 10th, 12:00-1:00 PM  
[DG Official Visit - Arcadia](#)



November 10th, 6:00-9:00 PM  
[USMC Benefit Dinner - San Dimas](#)

November 11th, 10:00-12:00 PM  
[Rotary Essentials Online - Foundation](#)

November 14th, 7:15-8:15 AM  
[DG Official Visit - Rancho Del Chino](#)

November 15th, 3:30-5:15 PM  
[Agassi Thanksgiving Celebration and Birthday Hour](#)

November 16th, 6:00-7:00 PM  
[DG Official Visit - Lancaster](#)

November 17th, 6:00-8:30 PM  
[Rotary Social at Ohjah--Green Valley](#)

November 18th, 11:00-1:00 PM  
[DG Official Visit - Greater San Gabriel Valley](#)

November 23rd, 8:00-11:00 AM  
[Claremont Sunrise Turkey Trot](#)

November 29th, 5:30-8:30 PM  
[4 Clubs Social: Claremont, Claremont Sunrise, Pomona, Upland](#)

November 11th, 8:00-11:00 AM  
[Tour de Foothills SAG stop in Glendora--Claremont Rotary](#)

November 11th, 10:00-11:00 AM  
[Holiday Food Distribution - Pack Boxes - Altadena](#)

November 14th, 5:00-7:00 PM  
[It's Time to Mingle](#)

November 16th, 12:00-1:00 PM  
[DG Official Visit - Covina](#)

November 17th, 12:10-1:10 PM  
[DG Official Visit - Claremont](#)

November 18th, 9:00-12:00 PM  
[Santa's Pantry - Altadena](#)

November 19th, 12:45-1:45 PM  
[DG Official Visit - West Covina Tutorial Cause Based](#)

November 29th, 4:00-6:00 PM  
[Feed the Homeless - LV Southwest](#)

November 29th, 6:00-8:00 PM  
[Bonus Wednesday - TBD - LV After Hours](#)