



Quick Notes



District Leaders



Michael Soden
District Governor



Michael Driebe
District Gov-Elect



Gilda Moshir
District Gov-Nominee



Dennis Franklin
District Gov-Designate



Roger Gutierrez
IPDG



Karina Anderson
District Public Image Chair



Thomas Allison
District DEI Chair



Mark Mariscal
District Rotary Foundation Chair

June 1, 2024

In this bi-weekly edition:

Mental Health: Focus on Depression - *DG Mike Soden for Sheila Gutierrez*

Membership Corner: Presentation from the District Assembly - *DGN Gilda Moshir*

What is Authenticity? *Gino Reyes*

Club and District Events and Reminders

Mental Health: Focus on Depression

By DG Mike Soden

This linked video was prepared by Sheila Gutierrez, co-chair of District 5300's Mental Health Initiative for this Rotary year. It is part of the district response to 2023-24 Rotary International President Gordon McInally's Mental Health Initiative to educate, destigmatize and offer help regarding mental health issues throughout the world.

Please watch the 11 minute video from this link: ["Focus on Depression" A Five Minute Lesson on How to Be Your Own Therapist.](#)

Membership Corner: Presentation from the District Assembly

By Gilda Moshir, District Membership Chair

Thank you to all the club members who came to District Training Assembly the weekend of May 18. If you were not able to attend, we have a presentation we can share with you. Just reach out to me at gildarotary5300@gmail.com for a copy.

We did not reinvent the wheel " we looked at the Four Pillars of the Rotary International Action Plan and overlapped our Membership Prongs into that framework: Increasing Our Impact, Expanding Our Reach, Enhancing Participant Engagement and Increasing our Ability to Adapt. Our three Membership Prongs are Attraction, Onboarding, Engagement, and hence, Retention. All participants shared ways that their clubs undertake these activities to increase our impact and grow our clubs and district. As an added benefit to this process, I share the following article about Authenticity provided by membership committee member, Gino Reyes who is also the Vice Chair of the DEI committee.

What is Authenticity? Why is it important we foster authenticity?

By Gino Reyes, Vice Chair of the DEI committee

Authentic conversations often contribute to building genuine and meaningful relationships. Open communication, honesty, and sincerity foster trust and understanding between individuals. In various personal and professional contexts, authenticity in conversations can strengthen connections and create a foundation for positive interactions.

Authentic relationships often contribute to creating a sense of psychological safety. When individuals feel they can be genuine, express themselves openly, and be accepted without judgment, it fosters a supportive environment. This psychological safety, in turn, promotes collaboration, innovation, and a positive atmosphere where individuals feel comfortable taking interpersonal risks.

Authentic relationships offer several benefits, including:

- 1) Trust and Transparency: Authenticity builds trust as individuals are open, honest, and transparent in their interactions.
- 2) Emotional Support: Genuine connections provide a strong foundation for emotional support, allowing individuals to share feelings and experiences without fear of judgment.
- 3) Effective Communication: Authentic relationships facilitate clear and effective communication, reducing misunderstandings and promoting better collaboration.
- 4) Increased Resilience: Authenticity helps in navigating challenges and conflicts by fostering resilience and a shared understanding between individuals.
- 5) Personal Growth: Authentic connections often encourage personal growth and self-awareness as individuals learn from each other's experiences and perspectives.
- 6) Longevity: Authentic relationships tend to be more enduring, creating lasting bonds that withstand the test of time.

Ultimately, authenticity forms the cornerstone of meaningful and fulfilling connections, both personally and professionally.

Club and District Events and Reminders

June 1st, 7:30-11:00 AM

[Altadena -- Pancake Breakfast](#)

June 1st, 6:00-10:00 PM

[LV-Summerlin - Steve Findley's Debunking Party](#)

June 5th, 10:30-12:30 PM

[Altadena - Serve Lunch for County Employees](#)

June 8th, 3:00-5:00 PM

[Green Valley - Club Social: Bowling](#)

June 9th, 6:00-8:00 PM

[Azusa - Demotion & Installation Dinner](#)

June 15th, 7:00-10:30 AM

[Las Vegas Summerlin - Just One Pop Up Market](#)

June 19th, 6:00-7:00 PM

[San Dimas - Kick Out/Installation](#)

June 23rd, 9:00-4:00 PM

[Ensenada service project \(District Conference attendees only\)](#)

June 27th, 6:00-8:30 PM

[Green Valley Debunking Ceremony](#)

June 1st, 8:00-3:00 PM

[LV - So-Nev Multi-Club Rotary Park Clean up and Family Picnic](#)

June 2nd, 2:30-5:30 PM

[Lancaster W. 50th Anniv. Larry Lake All Star HS Baseball Game](#)

June 7th, 5:30-9:00 PM

[Claremont - President Tirre's Debunking](#)

June 8th, 3:00-7:00 PM

[Aerospace Valley Fiesta Day 2024](#)

June 11th, 7:30-9:30 AM

[LV Southwest - Happy Feet](#)

June 19th, 4:15-5:15 PM

[LV After Hours - Agassi Birthday Hour](#)

June 21-24

[DC 24 Cruise to Service](#)

June 27th, 6:00-9:00 PM

[LV Southwest Debunking](#)

June 29th, 2:00-5:00 PM

[Altadena - Melodia Mariposa Concert June 29](#)

June 29th, 6:00-9:00 PM

[**Upland - Installation and Debunking**](#)

June 30th, 8:00

[**Join the Polio Plus Society**](#)

July 1st, 6:00-8:30 PM

[**Lancaster West Demotion Party**](#)

July 2nd, 6:00-7:00 PM

[**San Dimas - Feed Heroes Committee Meeting**](#)

July 3rd, 6:00-7:00 PM

[**SanDimas-Satellite Club of Military Family Support**](#)

July 4th, 10:00-2:00 PM

[**Claremont - 4th of July dunk tank**](#)

July 6th, 10:00-11:00 AM

[**Altadena - Take Down Flags on Lake Avenue**](#)

July 6th, 5:00-9:00 PM

[**Altadena - Concert Volunteers**](#)

July 13th, 5:00-9:00 PM

[**Altadena - Concert Volunteers**](#)