

# Rotaract

## City Heights



## Quarterly Newsletter

Sponsored by San Diego Rotary Club 33  
and Mission Valley Sunset Rotary Club

### A Message from our President ...



It's hard to believe that we are already into our fourth month of the Rotaract year! I have the pleasure of representing the City Heights Rotaract Club as President this year. I am pleased to report that we currently have 24 members

and have already participated in over six service events. We are a committed group and it's an amazing energy to be around so many inspiring individuals. Our club members truly embody the Rotary way "Service Above Self."

We chartered in July of 2015 and have been on a roll ever since. We are a community based Rotaract Club that brings together young professionals ages 18 to 30 to take action in City Heights. We work on developing leadership skills,

professional skills and most of all we have fun. Our Rotaract Club consists of members that are Cardinals Interact alumni and live or work in the City Heights community.

My goal as President this year is to create strong partnerships with our members, sponsoring Rotary clubs and other Rotaract clubs in our District. I am working closely with all board members to ensure they have my support. I am committed to ensuring we build a strong fellowship between members by having engaging meetings and service events. By attending our sponsoring Rotary Club meetings and District events we can continue to create a strong partnership with Rotarians and fellow Rotaractors. Most of all I want to ensure our members needs and expectations are met. This is going to be a fantastic year and I am truly thankful for our members, club advisors and sponsoring Rotary clubs. Your support and guidance is appreciated. - Sesy Enriquez

# July

July marked the beginning of the new Rotaract year and the first year anniversary of City Heights Rotaract being a club. New and returning members along with a newly elected board welcomed the year full of excitement, energy and passion for the City Heights community.

City Heights Rotaract Club's mission is "to provide an opportunity for us to enhance the knowledge and skills that will assist us in personal development, to address the physical and social needs of our communities, and to promote better relations between all people worldwide through a framework of friendship and service."

### Happy Birthday!



**Brenda Miguel**  
July 6th



**Cindy Sphabmixay**  
July 25th





**Rotaractor of the Month** - Sonya Vargas, Service Chair, was chosen as Rotaractor of the month for her dedication and continuous work in our club and community. Her role as service chair and commitment to make our community a better place has inspired our members to continue to give back through acts of service.



Members of the City Heights Rotaract attended San Diego Rotary Club 33's meeting and had the opportunity to meet 2016-17 President John Morrell.

CHR teamed up with Teralta West Neighborhood Alliance, City Heights Community Development Corporation, and the City Heights Clean and Safe Coalition for an alley clean up in City Heights. Great job, Rotaractors!



CHR members participated at Veterans Village of San Diego Stand Down event.

(below) Vice President Lizbeth Pastenes and Secretary Stephanie Perez attended the Big West Rotaract Institute in Oakland, CA. They were both moved by Rotary International Past President Richard D. King's inspirational speech.



(pictured left) The first social of the year was hosted at Tiger! Tiger!. This social was an opportunity for returning members to invite friends and potential members to get to know what City Heights Rotaract is all about.





# August

## Happy Birthday!



Giovanni  
Aparicio  
August 15th



Clarence  
House  
August 26th



Sonya Vargas  
August 27th



**Rotaractor of the Month** - Cindy Sphabmixay, Club Member

"Cindy has been a great addition to City Heights Rotaract! Her enthusiasm and desire to improve her community shines through every time she volunteers her time." - Sonya Vargas, Service Chair

City Heights Rotaract kicked off the month by participating in a district wide service event with Feeding America Food Bank.



Members at the "End of Summer Bonfire" Social! (below) President Sesy and Advisor Marge Cole.



Members had the opportunity to have a professional headshot taken to use for social media platforms or networking. Special thanks to member, Rudy Vargas for taking the time to photograph everyone!

# September

## Happy Birthday!



Bryan Liang  
Sept. 6th



Erick Diaz  
September 22nd



**Rotaractor of the Month** - Stephanie Perez, Club Secretary.

"My nomination for Stephanie Perez to be Rotaractor of the Month is supported because of her diligence and hard work in her role. Her passion for and commitment in making a difference in our community is reflected in her work." - Adrian Alvarez, Club Treasurer

Our Secretary Stephanie Perez, Vice President Lizbeth Pastenes and International Service Chair Carroll Vongsouthi ready to share about CHR at San Diego Rotary Club 33's Annual Committee Showcase!



CHR had a good turnout for the annual "I Love a Clean San Diego - Coastal Clean Up Day." Our Rotaractors spend a few hours cleaning Auburn Creek in City Heights.



(above) CH Rotaractors after a night of bowling at SDSU's Aztec Lanes.



Some of our Rotaractors enjoying themselves at the Rotary Interact One Day Training!

(right) Our social event for the month was Taco Tuesday in Old Town, open to all in District 5340!



If you would like to join us at our monthly meetings, take part in our events or would like more information about our club, please email us at [chrotaractclub@gmail.com](mailto:chrotaractclub@gmail.com). Like us on Facebook to keep up with City Heights Rotaract Club!