



LA JOLLA CHAPTER

LEADERSHIP • SERVICE • CULTURE • PROTOCOL

FROM THE PRESIDENT ...



Our La Jolla Chapter of NLYM had a busy and productive fourth year, as our mother-son organization continued to foster the development of the Young Men through philanthropy, leadership, protocol and culture. This year, our 109 young men members logged 4,280 hours of direct philanthropy, helping over 40 organizations in our local community and across the globe. They made a great impact by helping those with physical and mental challenges, cleaning up beaches and parks, and working at food banks and soup kitchens, just to name a few examples. They also organized blood drives and helped at various events around town.

Meals on Wheels remained one of our most rewarding philanthropies, with many mother-son teams stepping up to help with routes. Mothers also joined their sons in volunteering at our popular all-league events such as the Salvation Army Toy & Joy Shop set-up. In April, a group of our young men and their parents traveled to Tijuana to build a house for a family through Project Mercy. This was the fourth house that our chapter has built and was once again one of the most poignant and moving service works for the participants.

At grade level meetings, officers developed their leadership skills by conducting the meeting following parliamentary procedures. They also enjoyed protocol lessons at their meetings and attended cultural events as a class.

Thanks to our great gala committees, this year we had three successful and fun events. The Senior Send-Off celebrated the Class of 2018 at the San Diego Yacht Club (SDYC). This senior class was our chapter's first founding class to have completed all four years of NLYM programming. The Etiquette Dinner was another fun evening at the SDYC where our Class of 2019 hosted the National Charity League (NCL) young ladies for a formal dinner. They had a chance to practice the dinner etiquette they had learned as part of their protocol lesson at the previous meeting. The year culminated in our fourth annual Compass Dinner, which celebrated the accomplishments of the Young Men throughout the year. This beautiful event was held at a new venue and in attendance were mothers, sons, and other family members. In addition to our NLYM awards, we were happy to hand out our Presidential Volunteer Service Awards to honor all their efforts and many hours of philanthropy.

As always, our members define the success of the chapter with their commitment, hard work, and enthusiasm. It's been an honor to serve as President of our chapter, and I thank my dedicated board of directors for their excellent work this year. I look forward to continuing to strengthen and grow the La Jolla Chapter under the leadership of next year's President Lisa Barnhouse-Gal. Have a relaxing summer and see you in the fall!

Warm regards,

Golnoosh Lerner

President



LEADERSHIP



SERVICE



CULTURE



PROTOCOL



CLASS OF 2018 Jordan Schultz, Class President



Being only the second NLYM class to graduate from the La Jolla Chapter, there was little precedent pertaining to how our class was going to allocate our funds. At our second to last grade level meeting we heard from everyone in our class. We decided to cover the cost of taking a sushi cooking class at Sur La Table with our available funds. All the young men present at the cooking class learned from a talented chef with more than 20 years of experience. She taught us about the thousands of different types of rice, how to properly cut raw fish, how to prepare sushi rolls, and much more. Many of us were able to add artistic creativity to our rolls and we all enjoyed the end result. This class allowed us to enjoy delicious sushi, while giving us the opportunity to learn about and appreciate the Japanese culture. This event was a great way to close out our final meeting of our NLYM experience.

CLASS OF 2019 Thomas Evans, Class President



The Class of 2019 has had tremendous success this year. As the 2019 Class President, I have had a fantastic experience working diligently with the Young Men officers and Grade Level Advisors (GLADs). This year has been packed full of new experiences and opportunity. We participated in the Etiquette Dinner at the San Diego Yacht Club with the ladies of National Charity League, and learned invaluable life lessons about manners and being gentlemen. Throughout the course of the year, we have had speakers covering the topics of college preparation, resume writing, interview presentation, and insights on the college admission process. Although we have been very busy with our junior year of high school, our class has done an outstanding job volunteering with a total of 1,847 hours. As a class, we look forward to our senior year and are extremely excited to continue our journey though NLYM learning and experiencing all it has to offer.

CLASS OF 2020 Justin Lobo, Class President



Our NLYM Class of 2020 has enjoyed an extremely memorable year. We have only been together for two years now, but we have really bonded over our grade level meetings, philanthropy opportunities, and cultural events. This year, we listened to speakers discuss topics such as how to properly take care of a car and the process of applying for jobs. We attended a performance of How the Grinch Stole Christmas at the Old Globe Theatre, collaborated with NCL to attend a beach clean up at Tourmaline, and volunteered at Father Joe's Villages. Additionally, the GLADs have played a pivotal role in our development as a class. Each year, they have been tremendously helpful with both organizing and assisting us execute class responsibilities. We have learned that even just as a class, we have the ability to collaborate and make a difference within our community, which is exactly what we have accomplished thus far. In the next two years, we look to continue moving forward as class and as an organization.

CLASS OF 2021 Croix Black, Class President



As freshmen, the Class of 2021 was new to NLYM. Our class represented several local schools but banded together as one group. Many of us took on new roles and responsibilities as part of NLYM. We all enjoyed participating in volunteer events, charities, and philanthropies this past year. Some of the highlights of the year for our class were the I Love A Clean San Diego beach clean up, Urban Surf for Kids, and the Kroc Center holiday toy drive. Our class also participated in the Sports for Exceptional Athletes game day as our Fall Philanthropy, and refereed basketball games for the Challenged Athletes Foundation in the Spring. Several Young Men from the Class of 2021 were lucky enough to travel across the border and build a home for a deserving family with Project Mercy. In addition to volunteering, we had a great time at our first cultural event at the National Comedy Theatre, where we enjoyed a group dinner before some of our class got up on stage and stole the show. We look forward to sophomore year and all that is to come with NLYM.



Mission Beach and Bay clean up with I Love A Clean San Diego



Shaun Reynolds and Neah Moradi delivering Meals on Wheels



The Class of 2019 sorts produce for their Spring Philanthropy at Feeding San Diego



Sebastian Oakes and Tommy Sottosanti at Father Joe's Villages



Class of 2018 Campus Spring Cleaning at La Jolla High School



Alex Tchong, Evan Lewis and Luke Tchong organized two Blood Drives in 2017-18



The Class of 2018 Fall Philanthropy at San Dieguito River Valley Conservancy



Luke Bradbury volunteering at the La Jolla Art & Wine Festival



Eleven Young Men and their parents built a home for a family in Tijuana, Mexico with Project Mercy



Young Men assisting at Project Concern's 10th Annual Walk for Water



Young Men sorted toys at the Salvation Army Toy & Joy Shop for the All League Winter Philanthropy event



The Class of 2021 assisted people with developmental disabilities play bocce ball with Sports 4 Exceptional Athletes



Ryan and Tania Lancaster and Luke Levinson preparing gift bags for San Diego Zoo gala



Kristofer Backlund, Tynan Walsh and Beau Garvey volunteered at the Vikings for Vets 5K run benefiting paralyzed veterans



PROTOCOL Pam Wagner

The Young Men of the Class of 2021 were taught about introductions and handshakes, as well as how to act appropriately at a business meeting. They were also taught organizational strategies for a successful school year, and how to tie a tie. They also received pointers for obtaining a driving permit. The Class of 2020 learned about the do's and don'ts of dating, and the requirements for obtaining a driving permit and license. They also learned about car maintenance and how to interview for a job. The Class of 2019 learned how to prepare for the ACT and SAT, and how to prepare a job resume. They also learned about dining etiquette and the art of conversation. They used their skills at our third annual Etiquette Dinner at the San Diego Yacht Club. They also learned about the dangers of drinking and driving, and the importance of starting college essays and recommendation letters early. The Class of 2018 learned about the college application process, including how to prepare an effective college essay. They also learned about academic etiquette in college, and strategies for a successful first year of college, including how to balance time effectively. They also learned about graduation etiquette and cooking etiquette.

CULTURE Kristen Armstrong

The Young Men in our La Jolla Chapter of NLYM had a busy and successful year of cultural events. The senior Class of 2018 attended the play *The Importance of Being Earnest* at the Old Globe Theatre on February 13, 2018. Our juniors in the Class of 2019 traveled to North County for the play *Around the World in 80 Days* presented at the North Coast Repertory Theatre on January 21, 2018. Earlier on November 14, 2017, the sophomore Class of 2020 saw *The Grinch*, also at the Old Globe. Finally, the freshman Class of 2021 upheld our chapter tradition for the ninth graders and treated themselves to dinner in Little Italy and an improv performance at the National Comedy Theatre on February 25, 2018. Many thanks to our Grade Level Culture Officers and Mothers for making these events happen! Individually our Young Men branched out, attending opera performances at San Diego Opera and Santa Fe Opera, music experiences such as *Stomp*, contemporary dance performances and art displays, and many plays and musicals including *Hamilton*, *Wicked*, *American Mariachi*, *The Curious Incident of the Dog in the Night-time*, *Les Miserables*, and *Wild Goose Dreams*. They also toured museums such as the Chihuly Gardens and Glass Exhibit, the Getty, and the New York Metropolitan. Our Young Men even attended museums and performances internationally, in Vietnam, England, Sweden, the Vatican, and Peru. Much closer to home, some Young Men attended concerts and plays at La Jolla High School and The Bishop's School. Congratulations to all of our Young Men for venturing to experience new and different cultural events!

PHILANTHROPY AND SERVICE Michelle Gergurich

Our fourth year of philanthropy in NLYM proved to be yet another successful year of volunteering. We collectively volunteered for over 40 non-profits, continuing to develop relationships as we set up new opportunities for serving in the areas of improving our environment and helping the homeless, the hungry, youth, special needs/disabled, military and seniors. From our fall All League event working with Challenged Athletes Foundation, to our winter mother-son event setting up at the Kroc Center Toy & Joy Shop, to our spring All League with The San Dieguito River Conservancy, the year proved to provide many chances to grow, share, and serve. We continue to help out at special events near and dear to our members' passions: Meals on Wheels, I Love a Clean San Diego, San Diego Blood Bank, Sports for Exceptional Athletes, Muirlands Middle School Foundation, La Jolla High School Foundation, Las Patronas, Walk for Water, San Diego Audubon Society, Mission Beach Women's Club, La Jolla Art and Wine Festival, San Diego Food Bank, Wild Willow Farms, Adaptive Sports & Recreation, and many others. A special thank you to Mason Matalon '18 for securing a grant from La Jolla Kiwanis again to do a Project Mercy house build in Mexico and also for training Alexander and Luke Tchang how to write the grant for 2019. Positive feedback and encouragement from non-profit organizations with which we work make us proud to volunteer. The partnerships we are forming recognize the value of smart, energetic youth to lend helping hands to any event or ongoing service work. The volunteers gain invaluable experience that teaches them about giving back, and that there is great joy and pride in service work.

Our four classes of the La Jolla Chapter collectively volunteered approximately 4,280 direct hours!
Class of 2021: 1,054, Class of 2020: 1,026, Class of 2019: 1,388, Class of 2018: 812

FOUR YEAR PLAN

9th Grade

Education: Time Management, Study Skills, Prioritizing Commitments, Nutrition and Fitness, Drug and Alcohol Education-Part One, Automotive-Part One-Safety.

Protocol/Etiquette: Introductions, Handshakes, Meeting Behavior, Cell Phone and Internet Manners, Grooming Tips.

10th Grade

Education: Automotive-Part Two-Maintenance, Drug and Alcohol Education-Part Two, Preparing for Summer Employment.

Protocol/Etiquette: Peer Relationships, Employment, Invitations, Dating-Part One.

11th Grade

Education: College Readiness-SAT/ACT, Applications, Resumes, Sports Recruiting, Drug and Alcohol Education-Part Three.

Protocol/Etiquette: College Admission Interviews, Interview Skills - Wardrobe, Grooming, Thank You Notes, Art of Conversation, Dining Etiquette.

Event: Etiquette Dinner.

12th Grade

Education: Managing Finances-Budgets, Bank Accounts, Credit Cards, College Life Fraternity/Dorm Life, Living Away from Home, Careers, Becoming Legal Adults.

Protocol/Etiquette: Dating-Part Two, College and Professional Relationships, Written Correspondence.

Event: Senior Send-Off.



Mason Matalon receives a Lifetime Membership Award



The Class of 2021 had a great turn out for their first cultural event, dinner in Little Italy followed by an improv performance at the National Comedy Theatre



Class of 2020 at The Old Globe's The Grinch Who Stole Christmas



Protocol lessons, such as learning how to tie a tie, are part of every Grade Level Meeting



Meetings are run following the official protocol according to Robert's Rules of Order



The Class of 2018 took a sushi-making class at Sur La Table in La Jolla for their final Grade Level Meeting



The first Sustainer Event for the La Jolla Chapter prepared Halloween care packages for the Class of 2017



The Class of 2020 learned the basics of car maintenance during their first meeting



The Class of 2021 mothers got together for a Social



The first Regular Mothers' Meeting of the year held at La Jolla Riford Library, September 2017



The Class of 2019 enjoyed an ice breaker before starting their first meeting of the 2017-18 year



The 2017-18 La Jolla Chapter Board met for their Board Retreat in June 2017



ANNUAL COMPASS DINNER

Lauren Cartwright, Compass Dinner Co-Chair

The La Jolla Chapter of the National League of Young Men held its annual Compass Dinner on June 3, 2018 at the Hyatt Regency La Jolla. The event is a celebration to honor the hard work, achievements and leadership of our young men and to show appreciation for the mothers who lead our chapter.

Highlights of the program included the Presidential Volunteer Service Awards and the Admiral, Captain, Commander, Lieutenant and Ensign Philanthropy Service Awards. Alex Tchang received the Anchor Award, honoring the young man who performed the most service hours this year, and spoke about his meaningful experience volunteering at his grandparents' church.

Incoming President Lisa Barnhouse-Gal, joined by Ronen Lerner, gave special recognition and thanks to President Golnoosh Lerner. Later, Golnoosh paid a tribute to graduating mothers Kimberly Gambling and Patricia Lee-Leonard, presenting them with Founding Life Mother Member awards.

After dinner, the Presidents of each class recounted for guests the highlights of the past year, including their most meaningful service experiences and cultural events. The class Vice Presidents presented their Grade Level Advisors with gifts to thank them for their support over the year. During the senior class presentation, each individual class member told the chapter of his favorite philanthropy during his NLYM experience and then presented his mother with a yellow rose. We wish the class of 2018 success and happiness, and we hope they will continue the legacy of service they began as members of the NLYM.



Twenty-three Young Men received the Lieutenant Award for at least thirty-five hours of service



Co-Chairs Lauren Cartwright and Danielle Miller received thanks from Golnoosh Lerner and Jordan Shultz



Chapter President Golnoosh Lerner received thanks from her son Ronen and President-Elect Lisa Barnhouse-Gal



The Barnhouse-Gal, Matalon and Miller families celebrated their graduating seniors



Founding members, Kimberley Gambling and Patricia Lee-Leonard received their Honorary Lifetime Membership



The Senior Class Grade Level Advisors gave each young man a beautiful photo book and a compass as a remembrance of their time in NLYM and to signal guidance for their future journeys to college, gap years, work experience and beyond

PRESIDENT'S VOLUNTEER SERVICE AWARD

YOUNG ADULTS (16+ YEARS)

GOLD

(250 Hours of Service)

Alexander Tchang, Luke Tchang

BRONZE

(100 Hours of Service)

Fritz Broido, Thomas Evans, Hudson Liu, Tyler Roberts

TEENS (UNDER 16 YEARS)

GOLD

(100 Hours of Service)

Kristofer Backlund, Thomas Gergurich, Tristan Lichter, Justin Lobo, Sterling Price

SILVER

(75 Hours of Service)

Beau Garvey

BRONZE

(50 Hours of Service)

Cole Black, Croix Black, Jack Munson, Ryan Nagle, Tommy Sottosanti



ANCHOR AWARD

(Most Hours of Philanthropic Service)
Alexander Tchang

ADMIRAL AWARD

(110 Hours of Service)
Kristofer Backlund, Fritz Broido, Thomas Evans,
Thomas Gergurich, Tristan Lichter, Hudson Liu,
Justin Lobo, Sterling Price, Tyler Roberts,
Alexander Tchang, Luke Tchang

CAPTAIN AWARD

(85 Hours of Service)
Tommy Sottosanti

COMMANDER AWARD

(60 Hours of Service)
Cole Black, Croix Black, Luke Bradbury,
Preston Buljat, Matthew Dykstra, Rafi Freund,
Laird Gantzel, Beau Garvey, Jackson Kent,
Evan Lewis, Jack Munson, Ryan Nagle,
Alex Scrivener, Aidan Trahey

LIEUTENANT AWARD

(35 Hours of Service)
Douglas Armstrong, Jake Austgen, Evan Brown,
Jake Browning, William Browning,
Graham Cartwright, Nicholas Costanza,
Ryan Costanza, Aidan Dapcevic,
Carwyn Gambling, Max Keck, Kevin Korevaar,
Otto Lenz, Max Leonard, Ronen Lerner,
Mason Matalon, Kurt Mayer, Robert Murphy,
Sebastian Oakes, Shaun Reynolds, Patrick Ryan,
Linden Scheder, Marcus Scott

ENSIGN AWARD

(20 Hours of Service)
Dominic Bacino, Ryan Blackburn, Tyler Blackburn,
Alex Brown, Noah Brown, Charles Coy, Max Coy,
Flynn Dartland, Cameron Ezeir, Charlie Gal,
Nathaniel Gates, Jack Ittner, Aiden Johnson,
Cade Kronemyer, Ryan Lancaster, Will Lavelle,
Luke Levinson, Miles Matalon, Alex Mesri,
Nathan Miller, Neah Moradi, Mitchell Morrison,
Thomas Murphy, Nathaniel Parsons,
David Pretorius, Matt Stone,
Tynan Walsh, Cole Wolf

HONORABLE MENTION

(10 Hours of Service)
Benjamin Albence, Zachary Albence,
Nick Arrowsmith, Elliot Austin, Henry Austin,
Jack Boynton, Luke Brown, Nick Brown,
Luke Brunette, Clarke Eastman-Pinto,
Connor Goldman, Lachlan MacDonald,
Tate Musante, Oliver Parker, Grant Pauker,
Tanner Ruane, Jackson Scherrer,
Isaac Schutz, Jordan Schultz, Colin Sepkovic,
Ethan Wagenseller, Grant Wagner,
Cavan Walsh, Brandon Zozula

SENIOR SEND-OFF

Max Leonard, Class of 2018



The Senior Send-Off Dinner on March 18th was a great success for the class of 2018. We had an amazing dinner at the San Diego Yacht Club and had the pleasure of listening to a number of speeches from young men. The highlight of the evening was the personal note from each of the fathers about their son. Tears were shed, laughs were shared, and it was amazing to hear about each and every member of our class. Our special thanks to Cynthia Kronemyer, Event Chair and her committee for organizing this memorable event.

ETIQUETTE DINNER

Alex Tchang, Class of 2019

Our Class of 2019 Etiquette Dinner was held at the San Diego Yacht Club, and almost all of the young men attended this joint event with the Class of 2019 National Charity League (NCL) young ladies. Many of us, myself included, were a bit nervous or unsure of what the evening would be like, but I have full confidence we all left feeling good. Upon arriving to the venue, the young men had their photos taken individually, later gathering for an etiquette presentation taught by Mr. Ehmann to learn about how to escort the young ladies, eat with proper technique, and behave with manners proper for a formal dinner party.

Shortly after, both groups searched to find their assigned partner while attempting to not step on any toes or trip, lest they embarrass themselves! After everyone had found their partner, there was a brief social time, where partners exchanged corsages and boutonnieres, talked and got to know each other. During this time, everyone slowly eased into the flow of things, realized there was nothing to be nervous about, and lowered their heart rates! From that point on, the young men and young ladies had a large group photo taken, switched partners, and went on to spend the rest of the night eating and chatting around large dinner tables, which seated about 10 people each. The food was fantastic and the service was great.



One thing in particular about this event that I was impressed with was that while an environment of formal etiquette and manners was created, there was still a warm air of comfort and ease, where despite the unusual nature of the setting, everyone was just talking, enjoying dinner, and having a good time with the people around them. Thank you so much to everyone who worked so hard to make this event such a success and run so smoothly; it was by far the highlight of the first three years of NLYM. If there were to be any other joint events with the young ladies from NCL, I doubt any of the young men would have any objections or hesitation to join in.



FATHER JOE'S VILLAGES Alex Mesri, Class of 2020



The Class of 2020 fed the homeless at Father Joe's Villages in Downtown San Diego for their Spring Philanthropy. At first, I was nervous about volunteering since I had not really worked with the homeless before. We were all assigned tasks to prepare for breakfast. As we were doing this, we could see a very long line forming outside. The doors were open at 9am and we served breakfast to about 615 men and women until 11:30am. The men and women we served were all so thankful and appreciative of the food and more so for

us taking the time to volunteer. My assignment was at the drink station and I was very busy serving them their morning coffee. I could barely keep up. I couldn't believe how many people were served, and this was just a typical morning. I now realize many of the homeless have fallen on hard times and don't have family to support them. Others have mental health issues and don't have access to proper healthcare. I would definitely like to volunteer to serve meals at Father Joe's Villages again.

VIKINGS FOR VETS Katherine and Tynan Walsh, Class of 2021

Vikings for Vets (V4V) was formed just over a year ago. Finn Walsh, a senior at La Jolla High School, and his two brothers and NLYM members Cavan (Class of 2019) and Tynan (Class of 2021), and his sister Delaney worked together to launch V4V and organize members. Their first event was the Vikings for Vets 5K Run For Veterans which raised over \$1,500 for the Paralyzed Veterans of America (PVA), Cal-Diego Chapter. NLYM volunteers included



Beau Garvey, Kristofer Backlund, Isaac Schultz, Thomas Evans, Cavan and Tynan Walsh. Together the YM helped the V4V Club set up and break down the event, and staffed different stations during the three scheduled run times. They checked in participants, handed out water to the runners, counted laps during the races, made event announcements and kept the music

playing from the media box. The participants and volunteers had a great time helping a great cause, cheering on runners, and finding out how the PVA helps improve the quality of life for many men and women who have served our country.

MEALS ON WHEELS Sandra and Jack Munson, Class of 2021

Meals on Wheels is such a simple concept - able body volunteers deliver meals to those who cannot easily get to stores, or prepare food on their own. The recipients are always so gracious, and quick to thank us for our effort and time. You never know what you are going to experience when delivering a meal. Jack really looks forward to seeing what show Ruth is watching on TV (once it was Sponge Bob; another time it was a cooking show). We also like to see if Thomas is pleased with our promptness - his comments generally range from "wow you are early" to "wow you are late!" Once we were given a home tour, a history of their international travels, and descriptions of the art sculptures the husband had created. Delivering meals also provides a healthy dose of appreciation for our health and resources as many of recipients suffer from mental illness, loneliness and physical debilitation. I hope as our commitment with Meals on Wheels continues, we get to know each recipient a little more on a personal level.



MISSION STATEMENT

National League of Young Men (NLYM) is a non-profit organization for young men in grades 9-12; this structured program for mothers and their sons promotes the development of young men into community leaders through leadership involvement, cultural experiences, charitable and community service, and protocol education.

ABOUT US

The La Jolla Chapter of the National League of Young Men, Inc. was founded in May, 2014, to provide young men an opportunity to serve their community while gaining valuable leadership skills, along with protocol knowledge and cultural experiences. The La Jolla Chapter is one of thirteen chapters nationally. The program is open to young men, and their mothers, who reside in or attend school in the La Jolla zip code 92037.

The La Jolla Chapter's first year, 2014-15, consisted of 9th and 10th grade classes. Each year we added a new class until we had a complete membership of 9th-12th grade classes, consisting of about 200 members. In May 2017 our first class graduated and in May 2018 our first class to have completed all four years of the NLYM program graduated. We now have 27 sustaining and life members.

This year our 109 Young Men served 4,280 hands-on hours at local San Diego charities, and throughout the world. They have organized blood drives, applied for grants and volunteered for causes ranging from Challenged Athletes Foundation, I Love A Clean San Diego, The Salvation Army, and Meals on Wheels Greater San Diego to local food banks, natural parks, senior centers, and youth groups.

Young men also attend meetings, during which they learn important life skills such as time management, leadership, relationship building and protocol. They hold positions on their grade level board of directors and learn valuable skills in communications, team building and follow-through. At the end of four years, our Young Men members are well-rounded individuals who have developed leadership skills, distinctive manners and compassion for their community.

Visit www.nlymlajolla.org to learn more.