



Rotary Club of Rancho Santa Fe



We meet Wednesdays at 12:00 PM at the Rancho Santa Fe Golf Club—5827 Via De La Cumbre Rancho Santa Fe, CA 92067

March Calendar and Speakers

March 6

Mike Perry
(Achieve Pain Relief and Accelerated Healing with Targeted MicroCurrent Therapy)



Mike has been a certified micro current technician and help support clients of several medical practices in the Encinitas area. He also is a licensed horse farrier and preforms micro current treatments on horses with amazing results.

Mike supports their Functional Medicine Practice as a Wellness Coach, certified with the Institute of Functional Medicine. He works closely with practitioners to help clients implement wellness plans based on Functional Medicine principles, positive psychology and mind body medicine.

<https://www.fmscal.com>

March 13

St. Patrick's Day
World Renowned Entertainment
A surprise you do not want to miss!!

Rotary Board Meeting 10:30-12:00pm



March 20

Dr. Pouya Afshar
Chief Medical Officer/Founder
Integrated Healthcare Alliance

<https://www.ihasd.com>



Dr. Pouya Afshar is a board certified in internal medicine, hospice and palliative medicine, and venous and lymphatic medicine. Since 2010 he has served as an assistant clinical professor of medicine at the UCSD San Diego. As an acute care physician Dr. Afshar has served as a hospitalist at UCSD Thornton, UCSD Hillcrest, Scripps Mercy Hospital, and the VA San Diego Hospital. A pioneer in transitional care medicine, Dr. Afshar is a medical director for several skilled nursing facilities, where he manages patients' post-hospitalization during their short-term rehabilitation. He founded Integrated Healthcare Alliance (IHA) in 2015, where his primary care physicians lead a multi-disciplinary team that delivers in-home medical care.

March 27

DARK
Social (TBD)



Rotary Family Social at Dolce Restaurant on February 27th.



Rotary 

THE FOUR-WAY TEST
of the things we think, say or do

- 1 Is it the **TRUTH**?
- 2 Is it **FAIR** to all concerned?
- 3 Will it build **GOODWILL & BETTER FRIENDSHIPS**?
- 4 Will it be **BENEFICIAL** to all concerned?

Russell-Hampton Co. Item #R89805M

Rancho Santa Fe Golf Club
5827 Via de la Cumbre,
Rancho Santa Fe
<https://www.rsrotary.com/>
RSF Newsletter February 2019



2019 Rotary International Convention Hamburg Germany (June 1 - June 5)

<https://www.riconvention.org/en>

At the Rotary International Convention and Pre-Convention you can expect a diverse and exciting program. During the Convention there will be many large events with interesting speakers, along with smaller Breakout Sessions that allow for active discussions amongst the attendees. You can end each day with a variety of evening activities that we have planned for you. Visit the House of Friendship as well, where the world of Rotary comes together to exchange ideas.

Program: <https://ric2019.rotary.de/en/program/>

Convention News: <https://www.rotary.org/en/convention-news>

Resources: <http://www.riconvention.org/en/hamburg/resources>

Venue - Hamburg Messe Exhibition Complex



eBay Wednesdays

The 3rd Wednesday of every month, members can empty their closets and garages of treasures they would like to donate. Rotary will collect and see them on eBay and the proceeds will go to Future Legends.

“Clean & Gently Used Items”



Club Executives

President - Michael Taylor
President Elect - Elie Feghali
Past President - Luis Carranza
Secretary—Paulette Britton
Treasurer - Norma Wilberg
Social Co-Chair - Sophia Alsadek

Club Directors

Program Co-Chair—Heather Manion
Community Outreach—Robin Chappelow
Chairman RSF Foundation—Laura MacKinnon
Marketing Comm.—Atusa Hangafarin
International Outreach—Rita Albert
Social Co-Chair—Katherine Foster

Outreach Opportunities

Wounded Warrior Battalion

The Marine Corps Trials (MCT) is an 11-sport competition for wounded, ill, or injured Marines to train and compete with one another. It will take place 24 February-10 March at Marine Corps Base Camp Pendleton. The MCT is an adaptive sports event involving more than 200 wounded, ill or injured Marines, Sailors, veterans and international competitors. Organized into three competing teams, participants represent Wounded Warrior Battalion-East, Wounded Warrior Battalion-West, and an international team of wounded warriors. After the trials there is an opportunity to celebrate with Marines from the WWBn-West on March 15 for their efforts with free-range chicken, ribs, sides and more from Rollswisserie Gourmet Rotisserie.

Therapeutic Artistic Retreat

Villa con Cuore (Fallbrook) <http://villaconcuore.com/>
Villa con Cuore provides fundraising assistance for non-profit groups or public organizations. Plans for a military couples one day retreat are in initial planning phases. The basic event package includes an art tour around the Tuscan style grounds, a lunch prepared by a chef using the villa's stone pizza oven or a personalized menu, collaborative painting in the outdoor art studio, and team building exercises. Other available options include outdoor walk up bars, in areas of your choice that can serve drinks and hors d'oeuvres before or after lunch. Live music and entertainment is also an option. A full gallery, outdoor stage, and amphitheater makes hosting shows and fundraisers a great time.



March
2019



Club of Rancho
Santa Fe

MONTHLY NEWSLETTER

2019 Rotary International Convention (Program Highlights)

Friday, 31 May

[Rotaract Preconvention](#) | 09:00-17:00

[Youth Exchange Officers Preconvention](#) | 09:00-17:00

Rotary Peace Symposium | 09:00-17:00

Saturday, 1 June

[House of Friendship Grand Opening](#) | 09:00-09:30

[House of Friendship](#) | 09:00-18:00

[Rotaract Preconvention](#) | 09:00-17:00

[Youth Exchange Officers Preconvention](#) | 09:00-17:00

Rotary Peace Symposium | 09:00-17:00

Orientation for first-time convention attendees | 15:00-16:00

Sunday, 2 June

[House of Friendship](#) | 09:00-18:00

Opening Ceremony — first seating | 10:30-12:30

Opening Ceremony — second seating | 15:30-17:30

Monday, 3 June

[House of Friendship](#) | 09:00-18:00

General Session 2 | 10:00-12:00

[Breakout sessions](#) | 13:00-17:00

Tuesday, 4 June

[House of Friendship](#) | 09:00-18:00

General Session 3 | 10:00-12:00

[Breakout sessions](#) | 13:00-17:00

Wednesday, 5 June

[House of Friendship](#) | 09:00-16:00

General Session 4 | 10:00-12:00

[Breakout sessions](#) | 13:00-16:30

Closing Ceremony | 17:00-19:00

District 5340 Training Assembly (DTA) Schedule - USD

Joan Kroc Center for Peace and Justice on USD Campus March 30, 2019

The District Training Assembly is held only once a year for Rotarians including officers, directors, and committee chairs to help them become more effective club leaders. All club members, especially Red Badgers, are welcome and encouraged to attend.

Come learn club management tips and best practices from other Rotarians at the USD campus. Online registration is \$30 per person. This is a great opportunity to learn about Rotary and network with other Rotarians. They expect full attendance for each class, so don't miss out.

<https://www.crsadmin.com/EventPortal/Registrations/PublicFill/EventPublicFill.aspx?evtid=abef232b-16b3-4779-a85e-9e654d14658a>

Registration ends on March 29, 2019

Saturday March 30, 2019

Registration & Continental Breakfast 7:45 - 8:30 AM

WELCOME 8:30 - 9:00 AM

Session 1, 9:10 - 10:00 AM

Presidents-Elect & Asst. Governors (2019-2020)
Current Club Presidents (2018-2019)
Club Secretaries using 'MyRotary'
Club Treasurers and Reporting Requirements
Community Service
Membership Recruiting
Youth Service
The Rotary Foundation
Bridge the Generation Gap-Recruiting Millennials

Session 2, 10:10 - 11:00 AM

Club Presidents (2020-2021)
Effective Leadership
Public Image & Branding
Membership Retention
Club Fundraising
RYLA & LEAD
Youth Protection
Pathways to Peace
International Service

Session 3, 11:10 - 12:00

District Grants Management
Effective Speaking
Young Professionals in Rotary
navigating RI Website for Presidents and PE's
Social Media
Creating Great Club Programs Using Technology
Rotaract, What it's all about.
Rotary 101
R.I. Conventions - What to Expect

Session 4, 12:10 - 2:00 PM

GLOBAL GRANTS MANAGEMENT SEMINAR
MANDATORY TRAINING

Two members of any club planning to apply for a District Grant **MUST** register and attend the District Grants Seminar (Session 4 of DTA). There is no charge to attend.