



Rotary Opens Opportunities

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

Spetember Calendar - Speakers & Virtual Zoom Meetings

September 2nd

Bill Toone

"ECOLIFE Conservation"

September 9th

Sue McLeod

"Got Your Back San Diego"

September 16th

Frederika Syren

"The Zero Waste Family"

September 23rd

Melanyne Yocum

"Canine Companions"

September 30th - DARK

Board Meeting 10:30 - 12:00 PM

ECOLIFE Conservation



Wings of the Condor

North America's largest flying and most endangered bird, The California Condor. When the California Condor Recovery Program was launched in the early 1980s there were fewer than 25 California condors left in the world. With the help of hard-working scientists at the San Diego Zoo the condor is back from the brink of total extinction. We'll learn more about the life-cycle, habitat, and threats to condors and the amazing recovery program.



Got Your Back San Diego



Fighting Childhood Hunger In Our Own Backyard!

Sue loves children and has a strong passion for community outreach projects. Sue and husband Bill began personally sponsoring 22 children in Olive elementary school in 2011. Got Your Back San Diego is a weekend food assistance program developed specifically for children attending San Diego County schools who have been identified as homeless and/or food insecure. Every week we deliver backpacks full of food to local Tri-City schools. Each backpack contains 2 breakfasts, 2 lunches, 2 dinners, and a few healthy snacks, enough food to sustain a child throughout the weekend. On Friday afternoons, school representatives distribute the full backpacks to children in need. Also included in each backpack is an interactive homework assignment to teach kids about food and making healthy food choices. **Call (760)575-4571**

https://www.gotyourbacksandiego.org/get_involved

Zero Waste Family



Founder, Green-Mom.com

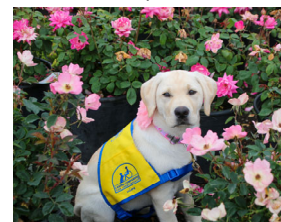
We're a family of five living zero-waste, plant-based, & mindfully minimal so that both our kids and planet can enjoy a beautiful, thriving future. We now live on an urban homestead ten minutes off the freeway in the middle of San Diego. Together with my husband James and our kids Bella (13), Noah (8), and Liam (6), we care for our 400 square foot backyard garden, which replenishes many of our meals. We've slowly integrated changes like eating vegan, going plastic-free, and buying organic—but not without a whole compost pile of trial and error along the way. Living zero-waste in a consumer culture isn't easy—so we do our best to make it as transparent, straightforward, and light-hearted as possible. And while there are hard days, the unexpected benefits like more time, more money, and deeper connection have made it well-worth the lifestyle change.

Canine Companions for Independence



Melanyne and her puppy "Flower"

Melanyne is lucky in life, she has a passion for her work as an administrator in healthcare and she has found a passion for what she does in her spare time with Canine Companions for Independence. Truth be told, she is probably just as proud of her title of "Volunteer Puppy Raiser" as she is of her work title. She has raised 7 puppies for Canine Companions and has her current puppy, Flower, here with her today. Flower is 6 months old and is a Labrador Retriever. Flower is excited to show you some of the commands she has learned and how she might use them someday to help a person with a disability lead a more independent life.



Rancho Santa Fe Golf Club

5827 Via de la Cumbre,

Rancho Santa Fe

<https://www.rsforotary.com/>

RSF Newsletter September 2020



September
2020



Club of Rancho
Santa Fe

MONTHLY NEWSLETTER

Rotary Club Celebrations!

Member Birthdays:

02 Sept - Norma Nelson-Wiberg
05 Sept - Paula Shaw
13 Sept - Dorinda Miller
18 Sept - Sophia Alsadek
20 Sept - Ushci Crouch
26 Sept - Hal Baerg
26 Sept - Rita Kosztolnik



Wedding Anniversaries:

02 Sept - Michael & Nicky Taylor
12 Sept - Sophia & Louay Alsadek
13 Sept - Sue Graham & Brent Burton

Your Actions Save Lives

Keep California Health. Wear a mask,
wash your hands, keep your distance.

<https://covid19.ca.gov/>

Find a COVID-19 testing site near you

Zip Code 92067

[https://www.arcgis.com/apps/Nearby/index.html?
appid=43118dc0d5d348d8ab20a81967a15401](https://www.arcgis.com/apps/Nearby/index.html?appid=43118dc0d5d348d8ab20a81967a15401)



Your Actions
Save Lives
covid19.ca.gov



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"

ReadySanDiego

Prepare. Plan. Stay Informed

New Personal Disaster Plan

[https://www.readysandiego.org/content/
oesready/en-us.html](https://www.readysandiego.org/content/oesready/en-us.html)

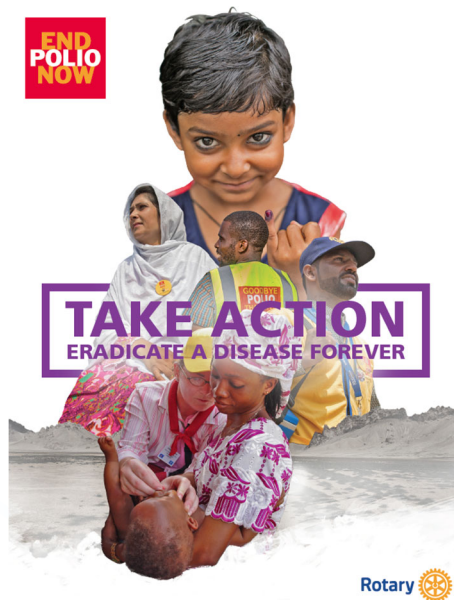
Disaster Preparedness:

- 1) Make A Plan
- 2) Build A Kit
- 3) Stay Informed
- 4) Get Involved

San Diego County Emergency Site

Register for **AlertSanDiego**, the emergency
notification system.

[https://www.sdcountyemergency.com/
content/oesemergency/en-us.html](https://www.sdcountyemergency.com/content/oesemergency/en-us.html)



Club Executives

President - Robin Chappelow
President Elect - Paulette Britton
Past President - Elie Feghali
Secretary - Jerah Payne
Treasurer - Norma Wilberg
Sergeant-At-Arms - Peter Tomson

Club Board Members

Program Co-Chairs - Norma Wiberg/Heather Manion
Membership Co-Chairs - Amy Wynne/Elizabeth Christensen
Community Outreach Co-Chair - Sophia Alsadek
Community Outreach Co-Chair - Claudia Obertreis
Web/Newsletter/Human Trafficking - Mark Rodriguez
Grants Chair & Human Trafficking Co-Chair - Judy Rowles
Grants Co-Chair - Tom Koss
Director - Roshanak Clune
Director - Katherine Foster
Advisory Board Member - Mike Taylor
Advisory Board Member - Ole Prahm
Social - Jill Stiker
Good Samaritan - Elizabeth Christensen

RSF Rotary Foundation

Chairman RSF Foundation - Mary Murray
Vice Chairman - Cinda Lucas
Treasurer - Charles "Chuck" Badger
Secretary - Paul Gonia
Jamie Palizban
Dorinda Miller
Mike Taylor
Ole Prahm
Robin Chappelow
Don Meredith
Greg Grajek

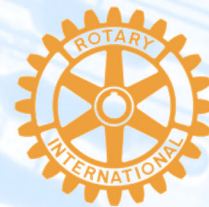




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Club of Rancho Santa Fe



Club News

Anti-Human Trafficking (AHT)

The Rancho Santa Fe Rotary Anti-Human Trafficking Committee will have a discussion with District Governor Steven Weitzen and David Oates, the District AHT chair about the path forward with a quick run down of what the district plans this coming year and tangle ways our group could get involved.

September 10, 10:00 (Zoom)



Anti-Human Trafficking

The District's focus this coming Rotary year 2020-2021 is Anti-Human Trafficking. Rancho Santa Fe Rotarian, Don Meredith produced a three-minute video entitled "The Signal" that may save lives in the fight against human trafficking. A universal hand signal has been developed to be used to discreetly signal for help. Please make sure this video circulates among fellow Rotarians, it could save a life.

<https://rotary5340.org/stories/anti-human-trafficking-is-focus-for-2020-2021/>



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RSF Newsletter September 2020

District 5340 News

Volunteers Are Needed

The San Diego County Office of Emergency Services and San Diego Voluntary Organizations Active in Disaster (VOAD) have contracted with Jewish Family Services (JFS) San Diego to provide meals and groceries to over 90% of food insecure seniors in the County through their 211 system.

Team Rubicon, a volunteer disaster response organization is coordinating volunteer logistics for JFS. Volunteers are urgently needed to pick up and deliver food boxes to seniors. Deliveries are non-contact and follow safety guidelines.

Volunteers may select a morning shift (8:30 am to noon) or an afternoon shift (1-4:00 pm) and a day or days that are convenient for them. Volunteer routes are selected to promote ease of navigation within a common neighborhood. An average route size is approximately 16 boxes with a weight of about 25 pounds per box. Routes are divided regionally by day according to the following schedule:

- Mondays: Central San Diego and Mission Valley
- Tuesdays: East County
- Wednesdays: Downtown and coastal communities from La Jolla to Coronado
- Thursdays: North County
- Fridays: South County

If you are interested in volunteering with JFS and Team Rubicon to provide senior food deliveries or would like more information about the program, please contact Chula Vista Sunrise Rotarian, Gina Woodward by email at southbayhelps@gmail.com or by text at (619)500-4864

District-Wide Service Project Opportunity

Sign Up Now for September 12th

(Ending Hunger. Enriching Lives)

The San Diego Coastal Rotary club would like to invite all Rotarians in the 5340 District to participate in a fun and important service project. <https://outreachprogram.org>

We currently need more volunteers!



Ending Hunger. Enriching Lives.

Zoom Tip From the Encinitas Rotary Club



Even when permissible, it may be some time until all Rotarians are comfortable with attending "in-person" Rotary meetings. And some clubs are actually experiencing increased member engagement with Zoom. Now is the time to investigate options for "hybrid" meetings where some members meet in person and others join virtually via Zoom. Rotary Zones 33-34 has produced an excellent "how to" nuts and bolts guide for the technology side of hybrid meetings, from simple to more complex approaches at the "hobbyist" level.

Check Out:

<https://www.rizon33-34.org/?s=hybrid> Download and print the document. Then watch the accompanying video while following the document.

Extremely important in planning: determine the wi-fi download and upload speeds available at your venue. Low upload speed may be a choke point limiting your options. Visit the venue with your smartphone and connect to the wi-fi. Then either open your browser and go to www.speedtest.net and press go, or download the app - in about 30 seconds the wi-fi's download and upload speeds will be determined. Test a few places in your meeting room. Also check the venue for hotspots provided by cable companies - usually if you have a cable company account, you have access to their hotspots. If there is no wi-fi, you can use data from your wireless provider, but video can quickly consume your data allowance!

Rotary



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Rotary and Polio

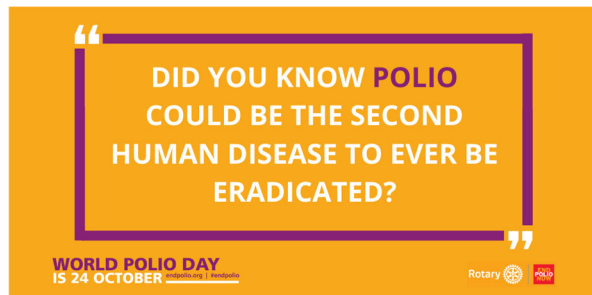
Take Action for World Polio Day

Get ready for World Polio Day on October 24 by promoting awareness, raising funds, and planning club events. This year, calling attention to our efforts to eradicate polio is as important as ever.

Donate now at <https://www.endpolio.org/>

We've shown that we can defeat this devastating disease, as five out of six regions are now free of wild poliovirus — but the fight is not over. Wild polio still paralyzes children in Afghanistan and Pakistan. As long as polio exists anywhere, it remains a threat everywhere.

This World Polio Day, let's take action to help end polio for good. Download the [toolkit](#) for resources to help you host a virtual event for your community, share information over social media, contact your local media, and more. Don't forget to register your event on EndPolio.org. New this year: Clubs and members that register their events will receive early access to the downloadable World Polio Day program. [Register your event here.](#)



Africa Now Polio Free

The World Health Organization (WHO) on 25 August announced that transmission of the wild poliovirus has officially been stopped in all 47 countries of its African region. This is a historic and vital step toward global eradication of polio, which is Rotary's top priority.

<https://rotary5340.org/stories/new-story-august-29-2020-1/>

THANK YOU
Rotary



GOOD-BYE POLIO

Club Outreach Projects

Camp Pendleton Children with Back-to-School Needs!

On Saturday, August 8th, the RSF Rotary Club stuffed 96 backpacks with school supplies for distribution to the children in the Camp Pendleton Exceptional Family Member Program (EFMP). The backpacks were filled with needed Back-to-School supplies and included were Letters of Encouragement written by Rotarians to the students receiving their backpacks.

EFMP children have physical, medical, or emotional disabilities. EFMP assists active duty personnel by providing for the special needs of family members before, during, and after relocation required by a change of duty assignment. The program ensures every attempt is made to bring together military careers and the education of special needs military children.



EFMP Exceptional
Family Member
Program



USO Wednesday Night Drive Thru Dinner

Rancho Santa Fe Rotary Club will be hosting the United Service Organization (USO) Wednesday Night Drive Thru Dinner at Liberty Station on **September 9th** from 4:00 PM to 6:30 PM. 300 active-duty service members and military families are expected at the parking lot on 2798 Cushing Road, San Diego.

