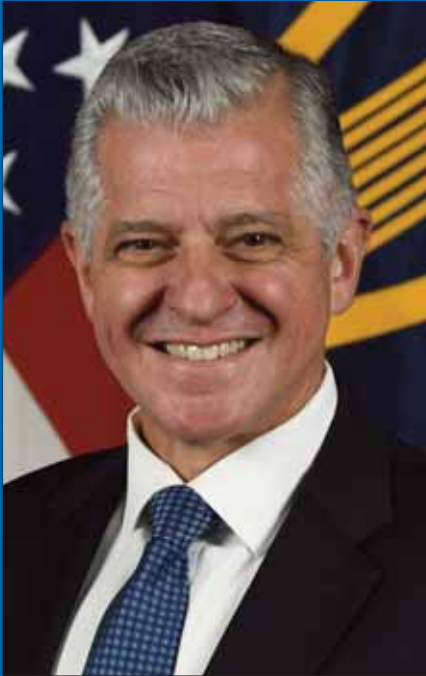


February 4, 2021

www.montereyrotary.org

# La Rueda

S E R V I C E   A B O V E   S E L F  
THE ROTARY CLUB OF MONTEREY, RI DISTRICT 5230



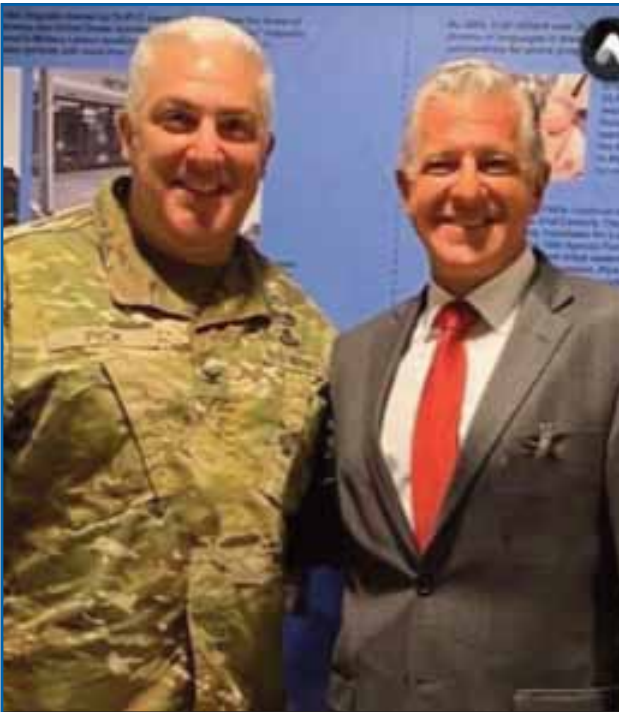
## **Dino Pick**

### **The Future Of U.S. Special Operations Forces**

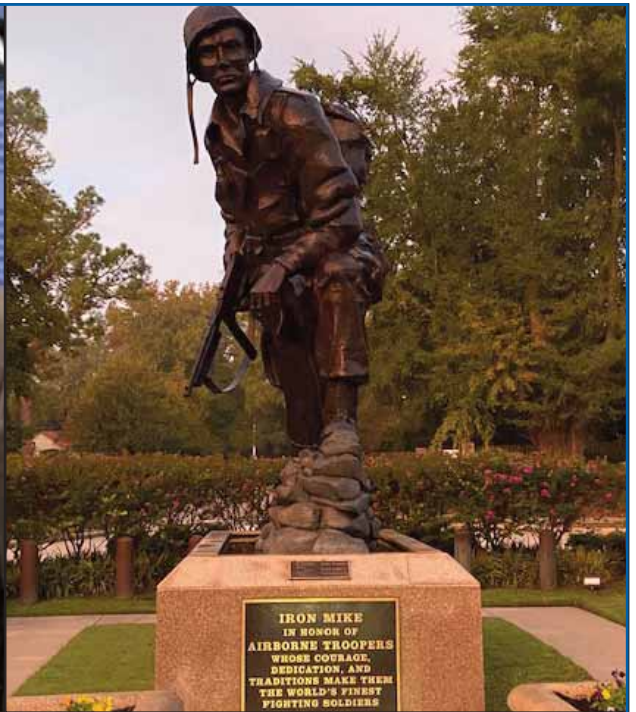
Our Past President, Dino Pick, has just returned to the Monterey Peninsula from a temporary special assignment at the Pentagon in Washington DC. He performed as the Principal Deputy Assistant Secretary of Defense for Special Operations and Low-Intensity Conflict. In this role he reported directly to the Secretary of Defense and Deputy Secretary of Defense. Prior to this assignment he served as Deputy Assistant Secretary of Defense for Special Operations Policy and Programs.

In this later assignment, Pick oversaw Special Operations and Irregular Warfare throughout the Department of Defense to insure these capabilities are resourced, ready and properly employed in accordance with the National Defense Strategy.

In carrying out this assignment he exercised authority, directed and controlled all special operations issues related to the organization, training and equipping of special operations forces. He was the Principal Special Operations and Low-Intensity Conflict Official within the senior management of the DoD. He sat in the Chain-of-command above the United States Special Operations Command for administrative matters peculiar to special operations and provided civilian oversight of the Special Operations Forces enterprise. He advised, assisted and supported the Under Secretary of Defense for Policy on Special Forces Operations and Irregular Warfare policy matters.



*Brother Colonel Shaw Pick at Dino's swearing in at the Pentagon.*



*Visit to Fort Bragg Special Operations Unit*



*Catching up with DJ Skelton*



*Sunset at the Pentagon*



*"A long time ago in a galaxy far, far away..."*  
Nate, aka Dr. Nate, was born in San Jose, CA and shares a very special birthday, Pi day, with Albert Einstein. Although they've never met and certainly doesn't share the same intellect as Mr. Einstein, at the end of the day, it's all relative.

Nate has been truly honored to be a part of Rotary and feels very fortunate to be able to serve the Monterey community with forward thinking, compassionate, and fun-loving women and men.

A few fun facts:

- He's the oldest of three brothers, and, is still the tallest.
- Recently married the love of his life, Lexie Flores on September 25th, 2020!

- Deadlifted 628 pounds in a powerlifting competition.
- Can run under a 6 minute mile.
- Was addicted to video games in middle school and high school.
- Earned his BS degree in Exercise Science from Harding University in Arkansas (2014).
- Earned his Doctor of Physical Therapy degree from Columbia University in New York (2017).
- When he was 5 his best friend pushed him out of the back of a truck (stationary) and he hit his head. This likely explains some of his crazy ideas.
- Played baseball in junior college for 2 years at San Jose City College and De Anza College.

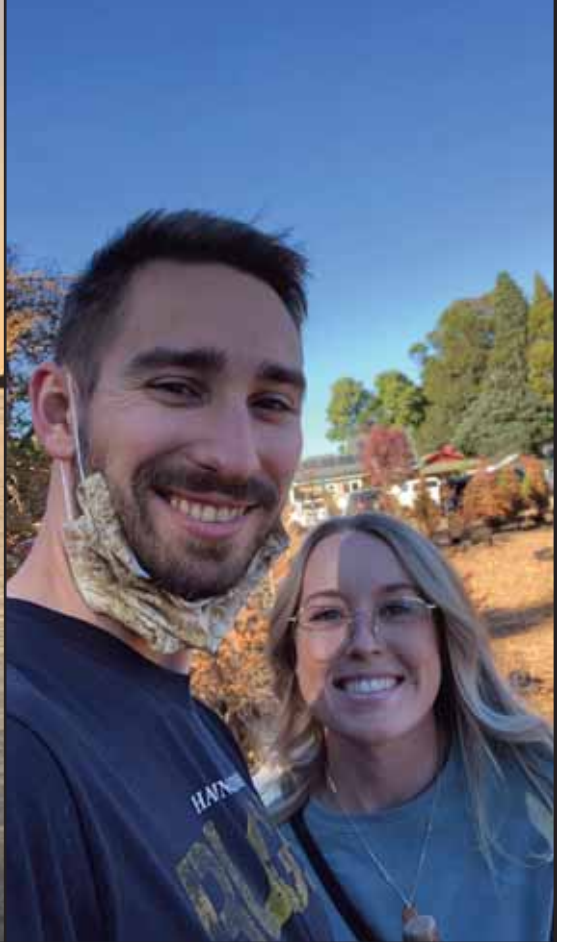
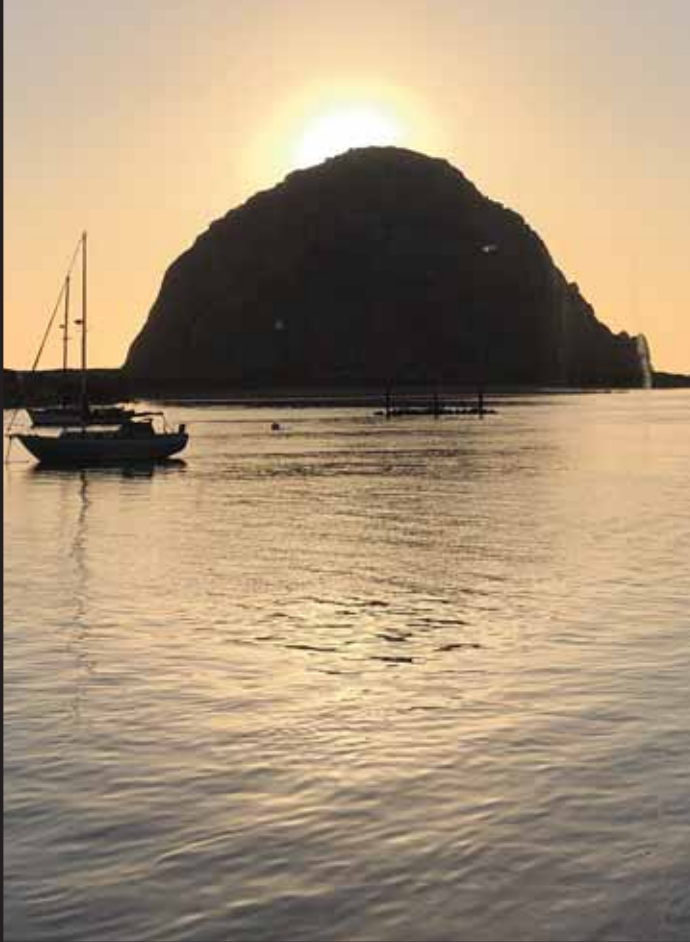
- Played football for 5 years in JC and then at Harding University in Arkansas. He was a punter/kicker.
- Recently picked up golfing. Hitting the ball straight is nearly impossible.
- Big fan of Lord of the Rings, The Walking Dead, and really any adventure series with a good plot.
- Give him a good non-fiction book on personal/business development, or macro scale issues facing the world and he'll gobble it up.
- Loves hiking, lifting, running, golfing, reading, deep conversations, and doing all of these things with his wife, brothers, friends, and family.
- Started his business Kadalyst Wellness in 2018 which is focused on building strong people, families, and communities.



Nate moved to the Monterey Peninsula in June of 2018 and is constantly in awe of the raw beauty that is around us. He lives with his wife, Lexie, about 5 minutes walking from Fisherman's Wharf.

He is looking forward to 2021 and beyond in continuing to serve the Monterey community with his fellow Rotarians.







*Did you know.....*

You can view our past meeting programs by simply accessing the club website at [montereyrotary.org](http://montereyrotary.org)

Simply go to the website and on the left side of the home page click (or scroll down) to the tab – Zoom video meeting make-ups.

From there select the program you wish to view.

It's very simple and you can get meeting make-up credit by submitting the meeting make-up form or informing the club Secretary, Renata Barnwell or attendance Secretary, Roger Miller of your program viewing.



## FEBRUARY

**Thursday – 02/11 Board Meeting – 8:00 AM (Via Zoom)**

**Thursday – 02/11 Dan O'Brien – History Of The Rotary Club Of Monterey (Fading Memories Of Club Past Presidents)**

**Thursday – 02/18 Molly, Hutch, Phil – COG Bios**

**Thursday – 02/25 Dr. Nina Shattuck – Crew Rest On Ships/Subs/Planes**

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**Support The Martin/Hurd  
Rotary Club of Monterey Fund**

at the CFMC that provides grants to local  
non-profit organizations supporting youth  
and scholarships for students.

**For More Information:**  
<http://www.cfmc.org/about-us/fund-list/rotary-club-monterey-martinhurd-fund/>



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**Rotary International  
President Elect, Shekhar Mehta  
Announced the 2021-2022  
Rotary International Theme**

In his announcement he shared that:

“Rotary kindled the spark within me to look beyond myself and embrace humanity,” he said. “Service became a way of life for me and I, like many others, adopted the guiding philosophy that ‘Service is the rent I pay for the space I occupy on this earth, and I want to be a good tenant of this earth.’”



**K Kocek – February 8**  
**Christine Winge – February 9**