

Rotary



Club of Redwood City

Club Meeting

Redwood City
Meets at Angelica's Bistro
863 Main Street
Redwood City, CA 94063
Time: Tuesday at 12:15 PM

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Birthdays

[Michael J. Giari](#)
March 13th

[William R. Conklin](#)
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[Kristy Stromberg](#)
March 16th

[William E. Nicolet](#)
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[Glenn Nielsen](#)
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[John McAfee](#)
March 28th

Doing the Work of Rotary March 12th

By John McAfee on Monday, March 11, 2019

Come do the work of Rotary and enjoy fellowship!

Greeter - Fred Strathdee
Fine Master - Angelica Garza
Thought of the Day - Jeanine Andrious

A Message from DJ Jayne Hulbert

By John McAfee on Monday, March 4, 2019



[Watch Video](#)

In March, we focus on clean water and sanitation. When people have access to clean water and sanitation, waterborne diseases decrease, children stay healthier and attend school more regularly, and mothers can spend less time carrying water and more time helping their families.

Be sure to mark your calendar for these upcoming events:

- Our **Walk, Run and Ride to End Polio** event is scheduled for May 5 at Ryder Park in San Mateo. Register now for this family fun event at rotary5150.org/calendar.
- Register now for the **Rotary 4-Way Fest**, our District Conference, to be held in Reno on May 17 **♦** 19, 2019. Go to Rotary4WayFest.com where you will find information on keynote speakers, breakout sessions and fun activities. Hurry **♦** early bird pricing increases on March 14.
- The **Rotary International Convention** will be held in Hamburg, Germany in June of 2019. Please join us for a great convention! Register at riconvention.org
- The **District Assembly** will take place March 16. Don't miss our district's largest Learning and Leadership Development event with an opportunity to network and share ideas with Rotarians from across our district. *Registration closes on March 8 ([Register now](#)).*

Please join me in congratulating our District Rotarian of the Month for February, [Steve Bogel](#) of the Rotary Club of Sausalito.

Continue to Be The Inspiration! Celebrate all the great things Rotary does!

Jayne Hulbert
District Governor
Rotary District 5150

Changes coming to Meal Costs

By Sarah LaTorra on Monday, February 25, 2019

At our most recent meeting, members voted to increase the cost of quarterly lunches to \$800 per year, \$200 per quarter. This cost increase is directly linked to the rise in minimum wage and the increased cost at Angelica's. For more information, please speak with Carlos Bolanos, Steve Wagstaffe, or Sarah La Torra.

Rotarians Learn About The Private Defender Program

[Mark James](#)
April 5th

Club Leaders



[Sarah LaTorra](#)
President



[Arathi Akshinthala](#)
Public Relations Chair
Secretary



[David R. Rutt](#)
Treasurer



[Barbara E. Bonilla](#)
Club Director



[Robert J. Foucrault](#)
Club Director



[John McAfee](#)
Club Foundation
Treasurer
Webmaster



[Barry Taleghani](#)
Club Director



[Steve Wagstaffe](#)
Club Director



[Robert A. Boland](#)
Rotary Foundation
Chair



[Carlos G. Bolanos](#)
Membership Chair



[Roland N. V. Haga](#)
Rotary Foundation
Chair



[Scott Schwartz](#)
iPast President

By John McAfee on Thursday, February 28, 2019

Eric Liberman, Managing Attorney from the Private Defender Program in San Mateo County stopped by the club to tell us about the services of the Private Defender Office. The County of San Mateo does not include a traditional public defender's office. Instead, the County contracts with the San Mateo County Bar Association to provide indigent criminal defense. The San Mateo County Superior Court appoints the Private Defender Program to represent all individuals financially eligible for counsel at public expense. Thank you Eric for the wonderful presentation!

Tai Chi and Rotary

By Rosemary Eng on Monday, February 4, 2019

Gung Hay Fat Choy!

That wasn't the invasion of the ghouls at Angelica's on February 26th, it was some of your fellow Rotarians trying the tai chi walk. The slow-moving walk in which one foot is firmly planted on the ground as the other foot moves forward for the next step, promotes focus and stability. Tai chi instructor Nelson Ng explained to Rotary how old martial arts movements evolved into a form of slow, meditative exercise. Nelson demonstrated Chen style tai chi, the form which was based on martial arts moves developed to ward off marauders who once threatened the old Chen Village.

Now, the tai chi forms are used to develop internal energy awareness and to provide meditative calm and focus. The tai chi walk is one of the exercises which help prepare the body for tai chi routines. Many thanks to Nelson Ng for the talk and demonstration!



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