

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](#)
March 21st

[Glenn Nielsen](#)

Information about our March 5th Meeting

By John McAfee on Thursday, February 28, 2019

Myra Weir, Executive Director of the Private Defender Program in San Mateo County will be stopping 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. Come learn about this valuable resource.

Greeter - Mike Giari
Fine Master - Don Gibson
Thought of the Day - Scott Schwartz

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

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

March 24th

[John McAfee](#)

March 28th

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

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!



Rotary 4 Way 'Fest' Conference

By Sarah LaTorra on Monday, February 25, 2019

This year's District Conference, the **Rotary 4-Way Fest**, will be held May 17-19, 2019 at the Peppermill Resort Spa Casino in Reno, NV. Our conference is jointly organized with 3 other Districts (5130, 5160 and 5190) and will bring together upwards of 1,000 Rotarians from 220 Clubs in Northern California and Northern Nevada. We will share ideas and service projects, hear great speakers, and have fabulous fellowship and fun.

Our new conference website <https://rotary4wayfest.com/> will give you information on all of the activities including our pre-Conference Golf Tournament, Walk to End Polio, great presenters, breakout sessions and many fun activities.

If you have already registered, please take a look at the website to ensure that you have all of the latest details. There will be more updates as we get closer to the conference so please check back to ensure that you don't miss out on any of the activities.

The current registration price for the Rotary 4-Way Fest including all meals is \$325. The price will increase to \$350 on March 14th so register now. On our conference website there is a link to reserve your room at the Peppermill starting at just \$159 plus tax (single or double occupancy). The hotel room price is available for 3 days before or after the conference subject to availability. Use group code **AR5150** to get the conference rate (and make sure that we get credit for your reservation). We anticipate that we will sell out so please make your reservations soon!

At our Rotary 4-Way Fest website, you can also learn about how to sign up to display your Club's projects in the House of Friendship including Rotary Fellowship Groups and Rotary Action Groups. It is a unique opportunity to showcase what you have accomplished, seek funding for projects and recruit new partners.

Be sure to be part of the great Rotary 4-Way Fest! It's going to be a blast!
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.



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