

March 21, 2024



# La Rueda

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THE ROTARY CLUB OF MONTEREY, RI DISTRICT 5230  
[www.montereyrotary.org](http://www.montereyrotary.org)



CREATE HOPE  
in the WORLD



## **Dr. Steven Lome Recent Developments In Cardiac Health, Lifestyle Medicine And A Cardiac Double Rescue Story**

Steven Lome, DO, RVT, joined Montage Medical Group's cardiology group after practicing for a decade with Rush Copley and OSF Healthcare in Illinois. Dr. Lome graduated from the Chicago College of Osteopathic Medicine. He completed his residency in internal medicine and a fellowship in cardiovascular disease at Loyola University Medical Center in Maywood, Il. He is board-certified in internal medicine,

cardiovascular disease, and vascular medicine. Dr. Lome is also a registered vascular technologist. His interests include nutrition and he is the founder of Plant Based Nutrition Movement, (PBNM.org) a nonprofit organization that promotes plant-based diets, and HeartStrong.com, which promotes heart disease prevention through diet and lifestyle changes. Other interest including his family, running, biking, and chess.





Rotary  
District 5230



# 2023-24 District Conference Monterey Marriott



# Come Play by the Bay!

May 10, 11, & 12,  
2024



## REGISTRATION INFORMATION

Adults (18): \$150.00  
Youth (8-19) : \$40.00  
Children (0-8): FREE

Adult registration fee will increase to \$175 after April 1st.

Registration closes Wednesday, May 1st

Registrations.DACdb.com/  
Register/index.cfm?  
EventID=77675075&No-Captcha



## CLUB EVENTS

Friday, March 30  
Final Friday  
TBD

Thursday, April 18  
Board Meeting  
10:30 am  
Hilton Garden Inn

Tuesday, April 23  
COG Meeting  
5:30 pm  
TBD

May 10, 11, & 12  
Come Play by the Bay  
Monterey Marriott



## MARCH – APRIL 2024

Thursday	– 03/28	<b>Dr. Susan Swick</b> – Ohana Center for Child And Adolescent Behavioral Health – Offsite At Ohana
Thursday	– 04/04	<b>Dr. Eduardo Ochoa</b> – Argentina – Travel, Government & Economy (Soccer Forecast?)
Thursday	– 04/11	<b>Calvin Nemeth</b> – Camp Royal
Thursday	– 04/18	<b>Board Meeting</b> – 10:30 AM – Hilton Garden Inn
Thursday	– 04/18	<b>Rick Fitzgerald</b> – Trinity High School Student Success
Tuesday	– 04/23	<b>COG Meeting</b> – 5:30 PM – TBD
Thursday	– 04/25	<b>Monica &amp; Gary Johnson</b> – Art, The Creative Process And Celestial Bodies

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*March Membership Anniversaries*

Clay Larson	03/15/79	45 Years
Eric Johnsen	03/19/98	26 Years
Ralph Thompson	03/16/00	24 Years
Walt Prowell	03/16/06	18 Years
Mark Peake	03/19/12	12 Years
Robert Freiri	03/25/21	3 Years
Monica Lal	03/24/22	2 Years
Mary Ann Leffel	03/30/23	1 Year
Mitchel Sawhney	03/30/23	1 Year



Cris Cabanillas - March 11  
Doug Key - March 11  
Libby Downey - March 17