



Rotary Club of La Quinta
Service Above Self since 1985



EARLY MOTHER'S DAY CELEBRATION!



On May 9, 2024, at 6 PM, La Quinta Rotarians, along with their spouses, guests, visitors, and friends gathered together at the PGA West GREG NORMAN Clubhouse and enjoyed an evening filled with FUN, Laughter and Good Times!



Everyone was in great spirits and looking forward to celebrating an early Mother's Day together on this evening. Rotarians and guests arrived to find the room was set with three tables of 12 all decked out in fine linens highlighted by Mother's Day Balloons and a single rose in a keepsake bottle as a special treat for all the ladies in the house (including the staff and chef Lulu).



Chris and Michelle Brown (transferring Rotarian from Texas) shown here with Nancy and Robert Wilkinson

After about 20 minutes of socializing and availing themselves of the libations available at the bar, those in attendance stood as President Bruce Cathcart called the meeting to order and directed everyone's attention to the big screen where there was a new photo of the American Flag that was submitted by Doug Hassett. He then had Linda Evans lead us in the salute to our flag.



President Bruce gave the invocation expressing special thanks for all of the blessings that have been bestowed upon us while celebrating and expressing our appreciation and gratitude for all of the mothers in our lives and for their selfless love and unwavering support that have shaped and guided us throughout our lives. We are truly thankful for the friendships and camaraderie that we share

within our Rotary Family and rejoice in the knowledge that as Rotarians we are making a positive impact in our own community and around the world!



Jim & Maria Cathcart



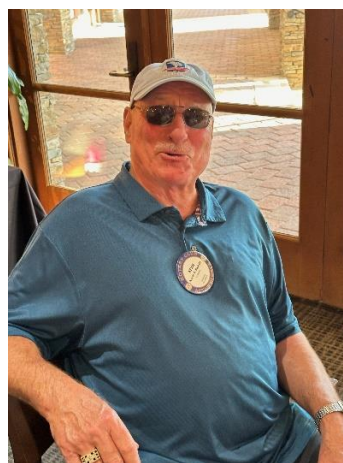
Prospective Member Bob Beauclair



Visiting Rotarian Doug MacLellan

Next president Bruce welcomed everyone, and introductions were made starting with our good friends, visiting Rotarians Doug and Nora MacLellan from La Quinta and then he introduced Michelle Brown who introduced her husband the “Beautiful” Chris Brown. Michelle (a visiting Rotarian from Texas) and Chris are now full-time residents of La Quinta and Michelle is considering transferring into our club. It was evident right from the start that she and Chris would fit in perfectly with our “fun loving” group. President Bruce then introduced his guests in attendance... well known to the club was his brother Jim Cathcart and his beautiful wife Maria and then prospective member Bob Beauclair who Bruce shared had also recently relocated to La Quinta and had attended last month’s City Picnic where Bob got to meet a few of our members and Interactors. Bruce then took the opportunity to introduce this evening’s speaker as his cousin, Tracey Brown... and without missing a beat, Chris Brown revealed a little-known fact that he indeed was Tracey’s long-lost uncle! Thinking through the ramifications of this, Bruce suddenly realized that Chris would be both his and his brother Jim’s uncle as well and a good-humored family reunion took place that kept everyone laughing for the rest of the evening! Frank Velasco then introduced his beautiful wife Christy; Simon Moore introduced his beautiful wife Edith and their beautiful son Greyson; Allan Levin introduced his beautiful wife Barbara and then he introduced our good friends and now “Special Guests” John Nottberg and his beautiful wife Gail. Next Linda Evans introduced her beautiful

husband Tim; Robert Wilkinson introduced his beautiful wife Nancy, Brett Anderson introduced his beautiful wife Colleen; and lastly, Dan Fissori introduced his beautiful wife TC. Lora Cathcart, Sandy Lauer, Kevin Pickett, David Turner and Doug Hassett rounded out our group for this evening.



Following the new format, dinner was served with the announcements and meeting fun to follow.



Our meals are served "Buffet Style" (which makes seconds easy to obtain!). Tonight's buffet started with a Caesar Salad comprised of Gem Romaine lettuce,

croutons, parmesan cheese, olives, pepperoncini and a Caesar Salad dressing. Next to the Caesar Salad there was a Watermelon Salad with heirloom tomatoes, cucumbers, pickled onions, crumbled Feta Cheese, and a lemon vinaigrette dressing with a balsamic drizzle. Both salads were fresh and tasty!



Next came the delicious entrée of Roasted Chicken Thighs with Portobello mushrooms, onions, and garlic in a savory, creamy mushroom sauce topped with microgreens, a pan of Tortellini and Sausage with mixed red and green peppers in a sundried tomato compote, both of which were complimented by a side dish of asparagus and mixed root vegetables plus dinner rolls and butter.



Above you can see how everything looked on a plate... and the AMAZING Bread Pudding Dessert with fresh berries and crème fraiche (properly proportioned in a CEREAL SIZED bowl). It was another GREAT meal and testament to the culinary skills of our Chef Lulu! Once again, our highest praise and compliments to you, Chef Lulu.



Our FAVORITE manager Araceli Mejorado



Our FAVORITE Chef LULU!

About the time when everyone was just finishing up their desserts, president Bruce stepped back up to the microphone and took the opportunity to welcome everyone again and thanked our favorite Food and Beverage/Clubhouse Manager Araceli, our favorite Chef Lulu, and tonight's serving staff for the magnificent meal we enjoyed and for all that they do to make our dinner events so special here each month at the Greg Norman Clubhouse. As always, a special thank you to Araceli for your extra effort... we really appreciate all that you do for us!

Bruce then reminded everyone that our next dinner meeting would take place on **JUNE 13, 2024**, at the GREG NORMAN Clubhouse starting at 6 PM. Our Guest Speaker will be Shirley Grace whose topic will be about The Jeffrey Jackson Foundation and the over 50 Rotary Grants that have been completed since 2013. Shirley is also the maker of the beautiful Glass Necklaces with the Rotary pins in them that most of you have seen Lora Cathcart wearing at the meetings and she will be bringing them to sell at our June Meeting. The proceeds of these sales go to the JJ Foundation and help support the ongoing grant programs! More on this in upcoming flyers. **[Please save the date now so when you are asked "Are you doing anything on the evening of the 13th?" You can say, "YES! that's my Rotary Club dinner meeting!!!"]**

SERVING AT THE MISSION

Our next **SERVING** night at the Coachella Valley Rescue Mission is Thursday evening, May 16, 2024, from 4:15 to 5:30 PM. If interested in helping out, contact President Bruce for more information on how you can participate (or just show up at 4:15 at the mission). Serving the evening meal at the mission is really a fun and gratifying thing to do. Our reserved night to serve is the 3rd Thursday of each month... but if there are more folks who would like to serve on a regular basis we can always add days to our schedule. It only takes about an hour and a half, but the good feeling lasts all month! Again, if interested, contact President Bruce.

Our next Lunch/Board meeting will be on May 24, 2024, at Burgers and Beer La Quinta at 12:00 Noon. (Flyers to follow on this as well!).

City of La Quinta Annual Picnic and Birthday Celebration was AWESOME!!!



ROTARIANS AT WORKDAY, SATURDAY APRIL 27, 2024



President Bruce then gave everyone a report on the City of La Quinta's Birthday Celebration and annual Picnic event that took place in conjunction with our Rotarians at work day on Saturday April 27, 2024. Our club continued our 30+ years tradition of providing, cooking, and serving almost 1,000 Hot Dogs to the hungry citizens of La Quinta at this event. This was our best turnout ever for this event with 11 club members in attendance plus a few special guests, 11 Interactors and our Faculty Advisor Frank Ceja participating as well. The President made sure that each Interact Student received a Certificate of Appreciation for their participation in the event (see photo above, upper right corner). A BIG THANK YOU to everyone who participated in this terrific event this year!

ROTARY NIGHT at the Palm Springs Power Game!

SUN	MON	TUES	WEDS	THURS	FRI	SAT
MAY / JUNE						
IVP	SNC	SCV		IVL	IVL	IVL
	SCB	CHL		IVL	IVL	IVL
	IVP	ELA		SDW	SDW	SDW
	NLP	IVL		IVP	IVP	IVP
PALM SPRINGS STADIUM 1901 E. BARISTO ROAD PALM SPRINGS, CA						
HOME AWAY PLAYOFF GAME CONFERENCE GAME						
SUN	MON	TUES	WEDS	THURS	FRI	SAT
JULY						
	SDW		PSCL	SCH	SBS	
		HAV	HAV	IVB	IVB	IVB
	SDW		IVB	SCH	GPCL	
FIREWORKS WINDSTRESS						
CHL - CAL HIGH-ANDERS ELA - EAST LA DODGERS HAV - HAVASIGHT IVB - INLAND VALLEY BUZZ IVL - INLAND VALLEY LIONS NLP - NEW LENS PUMAS PSCL - PALM SPRINGS SCH - SOCIAL BOMBERS SDW - SOCIAL HAWKS SBS - SANTA CLAYTA VICTORY SDW - SAN DIEGO WAVE SNC - SOUTHERN NEVADA COYOTE PSCL - PCL ALL-STAR						




ROTARY NIGHT

Wednesday
JUNE 19th, 7PM

Summer Baseball
\$5 Tickets for Rotarians- Wear Your Rotary Gear
Group Seating




PALM SPRINGS STADIUM 1901 E BARISTO ROAD, PALM SPRINGS, CA



Next President Bruce announced that the Rotary Clubs of the Coachella Valley are hosting a ROTARY NIGHT on June 19th at the Palm Springs Power Game. Tickets are only \$5 and there will be reserved seating for all Rotarians in attendance. This is always a really fun event to attend and another chance to mix with Rotarians from other clubs throughout the Valley!

COACHELLA VALLEY DERBY GIRLS**Palm Springs Air Museum**

Jim "Crashcart", the voice of the Coachella Valley Derby Girls (CVDG) had the night off, so President Bruce shared that several members attended the season's first bout including both he and Lora, Allan Levin and Brett and Collen Anderson and all agreed that it was a great time (only \$10 and bring your own lawn chair/seat). This coming Saturday night, May 18th (starting at 7:30 PM but get there early!) is the UNOFFICIAL ROTARY NIGHT at the Derby Bout. There will be a 50/50 drawing at the event and the Coachella Valley Derby Girls will be donating the proceeds from the 50/50 drawing to the Rotary Club of La Quinta!!! All are invited so please, come on out this Saturday and show your support for our home team!

IGNITE FESTIVAL 2024



JUNE 15, 2024 AT LAKE SKINNER \$75.00 PER PERSON

COME JOIN OUR TEAM ROTARY CLUB OF LA QUINTA
IN THE TEAM BBQ COMPETITION
RIBS ONLY TO BE JUDGED BY PDG'S
\$50 ENTRY FEE, ONE TEAM PER CLUB



Next President Bruce announced that the end of the year District Celebration was to take place on June 15, 2024, and that unlike any of the events in the past, this celebration would NOT take place in an upscale hotel ballroom, but rather it would be a weekend event taking place at Lake Skinner! In addition to all the amazing activities planned for this event, The Kansas City BBQ Society will be hosting a sanctioned National Team BBQ Competition. Attendees can come for one day or stay the whole weekend with campground/RV spaces available. There is a Rotary Club Showcase Booth competition... in which we will likely not participate. Why? Because we WILL be fielding a RCLQ BBQ Team to compete in the Rotary Club Only BBQ Rib competition!!! Our team is already registered, and anyone interested in attending the festival (and helping out on the BBQ Team) should contact President Bruce for more details (see also flyer above).

Birthdays

Katie Zapcart	5/1
Sandy Lauer	5/6
Allan Levin	5/30



Anniversaries

Doug and Cindy Hassett	5/12
David and Paula Turner	5/15



Next we celebrated May Birthdays and Anniversaries. Katie Zapcart had the night off... but Sandy Lauer was in attendance, and she had even offered to bring her own cake to the meeting since her birthday was just a few days prior to the meeting... she even suggested that we break our rule and sing Happy Birthday to ALL the May Birthdays.



EVERYONE knows, our club ONLY sings one song, and ONLY if a member or guest celebrates their birthday with us on the **same day** as our meeting... but since President Bruce just can't resist any of Sandy's requests, he not only provided Sandy with a special bouquet of roses, a few strings of "Birthday Beads" and her own Chocolate-Chocolate Chip Bundt cake... he had everyone sing Happy Birthday to both Sady and Allan. Our Thanks again to Doug Hasset for leading us in song and rounding out the flat notes for us!!! (BTW Bruce also made sure that Allan received his own Chocolate-Chocolate Chip Bundt cake!)

ROTARY CLUB OF LA QUINTA

ANNOUNCEMENTS

**CLUB MEMBERSHIP DUES WILL RETURN TO
PRE-COVID LEVELS FOR ROTARY YEAR 2024 -2025**

**Annual dues will be \$250.00 per member
and will be due on July 1, 2024**

**Club dues will include RI dues & District dues
With \$25 going to TRF towards Paul Harris Fellowship
And a subscription to The Rotary Magazine**



Next President Bruce announced that the annual Club Dues for Rotary Year 2024-2025 would return to the pre-Covid level of \$250.00 per year. The good news here is that from each member's dues, \$25.00 will be donated in that member's name to the Rotary Foundation and will apply toward their Paul Harris Fellow recognition. Dues will be due on July 1, 2024, and all members will receive an Invoice via email.

<div> <div>  <div> <div>Rotary</div> <div>CLUB RECOGNITION SUMMARY</div> <div>AS OF 8 MAY 2024</div> </div> </div> <div> <div>La Quinta, CA, United States</div> <div> <div> <div>District: 5330</div> <div>Club: 24799</div> </div> <div> <div>Paul Harris Fellows: 15</div> <div>Benefactors: 1</div> </div> <div> <div>Bequest Society: 0</div> <div>Major Donors: 0</div> </div> <div> <div>Rotarian Donors: 16</div> <div>Rotarian Non-Donors: 5</div> </div> <div> <div>Rotary Direct Donors: 1</div> <div>Non-Rotarian Donors: 0</div> </div> <div> <div>All-Time Giving: \$282,298</div> </div> </div> </div> </div>										
Rotary ID	Name	Club Member	Recognition Amount	Current PHF Level	PHF Date	Foundation Recognition Pts Available	-- Last Contribution --	Benefactor	Rotary Direct	
24799	R/C of La Quinta						Dec-2022	POLIO PLUS		
3193623	Anderson, Brett	Y	3,132.25	PHF+2	Jun-2004	3,076.84	Jun-2017	AF-SHARE	N	
11415655	Bianco, Mike	Y				2,082.29	Jun-2017	AF-SHARE	N	
1797463	Cathcart, Jr., Bruce Y.	Y	6,500.75	PHF+5	Mar-1998	1,305.75	May-2023	AF-SHARE	N	
11734821	Cathcart, Lora M.	Y							N	
2516892	Evans, Linda	Y	1,505.00	PHF	Dec-2019	700.00	Jun-2021	WORLD FUND	N	
5820306	Fissori, Dan	Y	1,329.25	PHF	Jan-2016	479.25	Jun-2022	AF-SHARE	N	
11752264	Hart, Dave	Y							N	
10879103	Hasselt, Doug	Y	1,150.00	PHF	Jun-2020	225.00	May-2023	AF-SHARE	N	
6459402	Lauer, Sandra	Y	4,776.75	PHF+3	Dec-2006	2,626.75	Apr-2024	AF-SHARE	N	Y
1740488	Levin, Allan	Y	2,025.00	PHF+1	Dec-2004	755.75	Jun-2021	AF-SHARE	Y	
11965391	Martinez, Andy	Y							N	
2305294	McGarney, Deborah O.	Y	300.00				Oct-1998	AF-SHARE	N	
5340904	Moore, Simon P.	Y	1,756.20	PHF	Nov-2003	756.20	Oct-2019	AF-SHARE	N	
1285488	Motz, Doug	Y	2,030.25	PHF+1	Nov-2001	222.75	Jun-2017	AF-SHARE	N	
2510559	Osborne, Lee M.	Y	3,610.75	PHF+2	Jun-1999	480.75	Jun-2012	AF-SHARE	N	
9940869	Pickett, Kevin	Y	1,050.00	PHF	Jun-2020	775.00	Nov-2021	AF-SHARE	N	
9295155	Reynolds, Misty	Y	1,100.00	PHF	Jun-2020	350.00	Jun-2021	AF-SHARE	N	
2426609	Turner, David B.	Y	6,569.00	PHF+5	Jan-1997	84.75	Jun-2021	AF-SHARE	N	
1892895	Underwood, Bruce C.	Y	1,660.75	PHF	Mar-2013	171.75	Jun-2023	AF-SHARE	N	
11965392	Velasco, Francisco	Y							N	
6479340	Wilkinson, Robert W.	Y	3,242.25	PHF+2	Mar-2009	518.50	Jun-2021	AF-SHARE	N	

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Data As of: 07-May-2024

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ClubRecognitionSummary R00080MC.2007

Next President Bruce put up a slide of the Club's Recognition Summary which he stated shows our Club Member's Paul Harris standings and available Paul Harris Points. He then announced that by using these points our Club will provide **MATCHING POINTS** for all contributions made by Members to the Rotary Foundation between now and the end of the year! The president tried to explain how this will all work... but seriously, he could have done a better job. Dr. Bruce Underwood, our Club's Foundation Chair, and David Turner, our Club's Treasurer, came to his rescue with additional explanations, but by the puzzled look on everyone's face it was clear that a special bulletin might be helpful for our membership... which will be forthcoming! But none the less, **NOW** would be a **GREAT TIME** to make a donation in any amount to the Rotary Foundation and get matching points toward your Paul Harris Recognition! One special item of interest appears in the top right corner of the summary above... that is our Club's **All Time Giving** to the Rotary Foundation which currently stands at **\$282,298.00!!!**

~~DEMOTION PARTY~~

DEVOTION PARTY

JUNE 13, 2024



Since no one is being DEMOTED this year, instead of a Demotion Party we will have a DEVOTION PARTY which will coincide with our June Dinner Meeting. Nothing too special here, but we will take a look back on our Club's accomplishments for RY 2023-2024 and present PGA WEST with our annual Plaque of Appreciation for all that they do for our Club!



This is one of our most important drives that furnish Hygiene Packets to both the mission and the homeless throughout our Valley!

APRIL WAS OUR "TOILETRY" DRIVE



This April our club members and guests brought in more items for the hygiene packs than I wanted to count! **GREAT JOB LA QUINTA ROTARIANS AND GUESTS!!!**

President Bruce thanked everyone for participating in our annual "Toiletries" Drive for the Rescue Mission in which our members and guests were asked to bring in toiletry items that would be repacked into "Hygiene Packets" and distributed by the CVRM's Outreach Teams to the homeless from Banning to Blythe. We did a GREAT JOB on this one last year bringing in 405 items. Our goal this month was to exceed that number. A final tally showed that this month we met our goal bringing in over 500 individual items!!!

ROTARY CLUB OF LA QUINTA
CVRM Partnership

MAY IS OUR "BABY ESSENTIALS" DRIVE

Last year our club members and guests brought in 747 diapers!

This year we are hoping to exceed that number... although this year "wipes and formula" have been added to the CVRM's wish list.



May was our annual "BABY ESSENTIALS" DRIVE at the CVRM. This used to be our annual "DIAPER" DRIVE, but this year we were asked to bring in Wipes and

Formula as well as Diapers. Last year's total was 747 diapers... but this year our members and guests really out did themselves by bringing in 2,179 Diapers, 4,036 wipes, 2 cans of formula and 5 tubes of Desitin. What an AMAZING effort and a real testimony to the generosity of our club. This drive benefits the youngest members in our community who really need our help. Way to go Rotary Club of La Quinta, your President is so proud of you!!!

ROTARY CLUB OF LA QUINTA

CVRM Partnership



JUNE IS OUR "SUMMR WEAR" DRIVE



Last year our club members and guests brought in 287 Summer wear items!

This year we are hoping to exceed that number... so bring in new or lightly used items for summer wear. Bathing suits, shorts, hats, thongs FLIP FLOPS, cool stuff!!!





June is our annual "Summer Wear" Drive for the Coachella Valley Rescue Mission. We are being asked to bring in new or lightly used items of clothing (hats, flip-flops, swim suits too!) to donate to the CVRM to be used both for their residents and for their Outreach programs. This is a good opportunity to clear out your closets and drawers of T-shirts, short sleeved button downs, summer blouses and dresses that you no longer wear... plus dollar tree almost always has flip-flops available. Let's all help those in need to stay cool this summer!

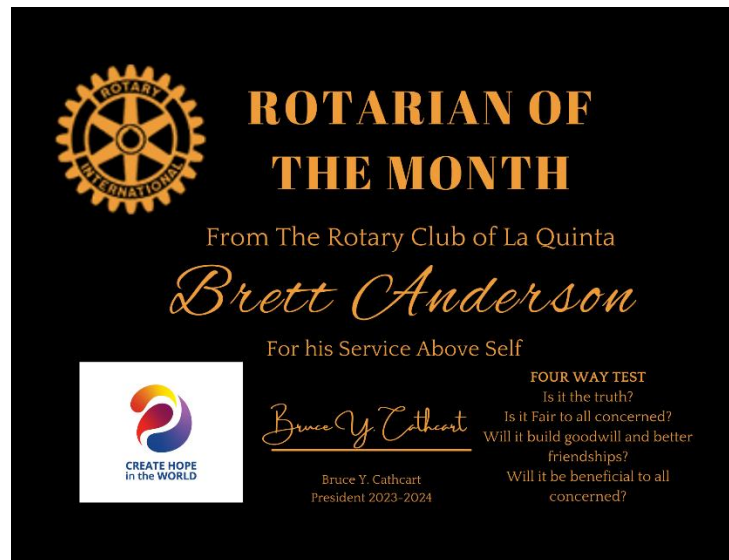
MAY Rotarian of the Month: BRETT ANDERSON



Thank You for your Service Above Self!



It was then time for President Bruce to name this month's Rotarian of the Month. Each ROM receives a special pin, certificate, and 100 Paul Harris Points.



President Bruce began, "This month's Rotarian of the month has been actively involved with our club for over 27 years. This individual is a Paul Harris Fellow +2 and has participated in our charitable events and fundraisers for all of those years. This individual has been involved with the City of La Quinta's Annual Picnic and Birthday Celebration for many years and especially the last two years by bringing our "clean-up" crew (Harper). This individual has always been there

to support our club and Rotary, both financially, and with his “Service Above Self”. Our Congratulations to Brett Anderson, our Rotarian of the Month for May!

Finally, Bruce asked, “Who’s ready to get this party started?”

MAY Dinner Sponsor Basket “SPRING MARGARITA BASKET”



This month's Dinner Sponsor Package is the “MOTHER'S DAY BASKET”. It includes a bottle of Moët & Chandon Brut Champagne and 4 “poolside” champagne flutes, a matching set of Tahari serving platter and 4 plates, a “Mom Makes Life Beautiful” picture frame, a large ‘MOM’ Coffee mug and a package of Starbucks “Morning Blend” ground coffee, a box of Godiva Assorted Chocolate Creations, 2 oversized 100% cotton Beach Towels, a 2-pack of Neutrogena Beach Defense Sun Screen, a jug of Aveeno Daily moisturizing lotion, 2 Floral Print Isaac Mizrahi Kitchen Towels, 2 metal art Pot Perching Gnomes, a Hanging metal Butterfly Wind Spiral, a \$25 Gift Card to the Cheesecake Factory and a large woven basket.



Thank you for partaking in this month's “fun”draiser!



This month's Dinner Sponsor Package was the “Mother's Day BASKET”. It included ALL of the items listed above and it really set Mom up for the perfect Mother's Day starting with a fresh cup of Starbuck's ground coffee in her special “MOM” coffee mug followed a day poolside with a bottle of champagne, poolside flutes, sunscreen and lotion, 2 giant beach towels, a platter and matching plates to be served snacks on, a box of chocolates and a gift card for the Cheesecake Factory!!!



After a single card (half) was drawn from the top hat, all the “Dinner Sponsor Card” holders were asked to stand up. They were then, once again, painfully and ever so slowly, asked to be seated for not holding the right color, suit, or number (or face card) until only one card holder remained standing... It came down to two participants, Dr. Bruce Underwood and Nora MacLellan. It turns out that this night was FINALLY Dr. Bruce’s night as he was our basket winner.



Nora seemed pleased with the runner-up prize that included several scented candles, note pad/pen, and hand lotion! Our congratulations to you Dr. Bruce as well as our thanks for your generous support of the Dinner Sponsor Card program.



Next it was time for “Happy Dollars”. Happy Dollars is our MONTHLY FUNDRAISER and is what primarily supports our club. It gives everyone in attendance the opportunity to make a voluntary donation to the club and announce to the group something that they are happy about, knowing that all donations go to further the Rotary causes. Our Sargent-at-Arms Allan Levin resumed his duty carrying (not passing) the hat! Happy Dollars were collected around the room with best wishes for birthdays (Sandy Lauer 5/6, Katie Zapcart 5/1, Allan Levin 5/30) and anniversaries (Doug and Cindy Hassett 5/12, and David and Paula Turner 5/15), for new friends made this evening (The Browns and Bob Beauclair) and for the great comradery within our club.

Including the Dinner sponsor tickets our Rotarians and guests contributed over \$600 this evening. As always, THANK YOU for your generosity!!!

Guest Speaker: TRACEY BROWN **MAY 9, 2024**



Tracey Brown is a two time #1 best-selling author and an international award-winning speaker. Her signature Speech “the Disease Playing Small” is featured on Amazon prime video series “Speak Up” season four. Tracey is the facilitator on Mental Fitness for Entrepreneurs and The Director of Mentorship at Polk Institute. She is a United States Coast Guard Veteran. Her passion is speaking and educating others on the multi-faceted world of Mental Fitness. By definition, the State of being “fit” is to be without Dis-ease. By encouraging people to applying mental and physical fitness strategies, enhanced by joy in their endeavors, she hopes to empower those she encounters to serve the highest good for themselves and others.

Thank You Tracey for your “Service Above Self”

Guest Speaker: TRACEY BROWN **MAY 9, 2024**

The Dis-Ease of Playing Small Amazon Prime Video Series
[“Speak Up” Season 4 Episode 5\(youtube.com\)](https://www.youtube.com/watch?v=...)

PTS Definitions & Resources
 by Tracey Brown
 #1 Best Selling Author
 ABC CBS NBC FOX Amazon Prime Video





WHAT IS PTSD AND HOW DO YOU DEAL WITH IT?
 Find the definitions and resources you need for help with trauma. Understanding and connecting is the first step.

www.rescuetorecovery.com
Thank You Tracey for your “Service Above Self”

Finally, it was time for our program. President Bruce introduced our speaker for this evening and began, “Tracey Brown is a two-time #1 best-selling author and an international award-winning speaker. Her signature Speech “The Dis-ease of Playing Small” is featured on Amazon prime video series “Speak Up” season four.

Tracey is the facilitator on Mental Fitness for Entrepreneurs and The Director of Mentorship at Polk Institute. She is a United States Coast Guard Veteran. Her passion is speaking and educating others on the multi-faceted world of Mental Fitness. By definition, the State of being “fit” is to be without Dis-ease. By encouraging people to applying mental and physical fitness strategies, enhanced by joy in their endeavors, she hopes to empower those she encounters to serve the highest good for themselves and others.” President Bruce then mentioned that he was so VERY PROUD to introduce his COUSIN Tracey Brown as our speaker for this evening... pausing to clarify that he was no less proud when introducing Mayor Linda, nor Chief Andy Martinez, or even Dr. Bruce Underwood... or anyone else currently in the room that he ever had to introduce... but he was especially proud on this evening to have his cousin (Chris Brown’s niece) Tracey in the house!



All month long President Bruce had been promising an outstanding and thought provoking presentation... and Tracey did not disappoint! For those who had taken the opportunity to view Tracey’s Amazon Prime Video on the “Dis-Ease of Playing Small” they could not help but be impressed by this courageous survivor who was standing before them and sharing her story and her life lessons learned on how to “Stategically Elevate Innovation in Your Life”. In otherwords, how each of us can create and include new things, new ideas and new ways of doing things to improve our lives. And it all starts by each of us asking ourselves one simple two part question... “What do you want, and what are you willing to do to get it?” This question can be applied to life, to business, to love, to anything, but

it requires some real thought that we seldom take time to do. So once you determine what you want, what are you legally, morally, ethically willing to do to get it? This provides the clarity required to do proper planning and then the implementation to achieve our goals. Next she talked about having the proper mindset which creates direction. As you think, so you are... meaning, if you think you can, you can (and will)! Whereas if you think you can't, well, for sure you can't. Basically maintaining a positive attitude. Tracey then talked about Excellence in Language, specifically, the choice of the words we use. Thoughts become words, words become action, actions become habits, habits become character, and character determines destiny. This chain of events demonstrates the importance of the words we use. If we start with the proper mindset and think in a positive manner, then when we verbalize those thoughts, the words we use must reflect the same positivity in order to lead to positive actions. A good example of this is to say "Remember to" (encouraging) instead of "Don't forget" (admonishing). This makes sense when we consider how negative thoughts result in negative words creating negative actions. How then do we sustain these life changes to continue to elevate our lives? We do this through joy... as FUN creates sustainability. Enjoying what we do gives us the tenacity and energy to accomplish our goals (what we want). If life is a journey, make sure you enjoy the ride!

Other great takeaways were the need to make healthy food choices to give our bodies what they need to function at optimal levels; and our body's physical need for 8 hours of continuous, uninterrupted sleep each night (which no one in the room apparently gets) in order to allow the body to rebuild, reset, and heal itself daily. Also, exercise is 8X more effective than medication for dealing with depression!

Tracey left us with this final thought... If EVERYONE in the world truly understood and practiced the meaning of the word LOVE, together we would solve all the world's problems.



President Bruce, on behalf of the entire club, Thanked Tracey for her amazing presentation and insights that surely everyone appreciated and hopefully will find beneficial in helping to elevate their own lives. He then presented Tracey with a “Be Good, Do Good, Feel Good” coffee mug and a Certificate of Appreciation from our Club for her Service Above Self.

President Bruce then thanked the members, special guests, visiting Rotarians, and friends in attendance this evening for their help and support throughout the year and wished everyone safe travels before the reciting of the “Four Way Test” and adjourning the meeting.

It was another wonderful evening spent with fellow Rotarians, spouses, guests, and both new and old friends in the spirit of Rotary.

As Rotarians, our main goal is Peace on Earth. Together, approximately 1.4 million Rotarians are working daily toward this goal by helping to improve the lives of those less fortunate in our own communities and around the world. For us this year that includes our monthly donations to the Coachella Valley Rescue Mission, our East Coachella Valley Clean Water project, Polio Plus, the Guatemala Literacy Program, Shelter Box and in so many other ways that we can all be proud of our association with the Rotary Club of La Quinta.

As a reminder, our club will be meeting the 2nd Thursday evening of every month. Our next meeting is on June 13, 2024, to be held at the GREG NORMAN Clubhouse. The meeting will start at 6 PM. Please make sure you confirm your reservation at Bycathcart63@Gmail.com no later than Monday 06/10/24. The club is responsible for all dinners canceled after that date. There will be a flyer or two coming your way with more details. Make sure to save the date and let us know that you will be joining us... the fun is really happening now!!!

YIRS,

Bruce Cathcart

President 2023-2025

Feel free to contact me with any questions or comments. You can reach me at Bycathcart63@Gmail.com.

[Editor's note: Thank you all for your attendance and making our meetings a priority in your schedule. Please share this newsletter with your spouses and friends that could not attend this past meeting and let them know that THEY WERE MISSED!]