



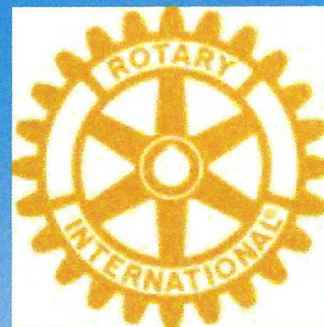
# The Squeaky Wheel

## THE ROTARY CLUB OF RANCHO MIRAGE

P O BOX 1041 RANCHO MIRAGE CA 92270

Founded April 27, 1978

[www.ranchoimiragerotary.org](http://www.ranchoimiragerotary.org)



March 5, 2021

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### IMPORTANT NOTICE

The Coachella Valley National Wildlife Refuge Project is scheduled for **Saturday, March 27**. Also we are meeting earlier—**8:00am** at the Fire Station on Washington across from Sun City. Questions—contact David Hammer 530-941-6794.

### SPREAD THE WARMTH

Sue Dell'Acqua announced a new project for March 8-11 benefiting the Coachella Valley Rescue Mission. We all know how important it is to make a good first impression when applying for a job. Please search your closet and see if you can find items that would help a job applicant make that good impression. Consider putting together an "Interview Image" from clothes/accessories you don't need anymore. For example—a woman could use a blouse, skirt/pants, jacket/vest, shoes, a pair of earrings, handbag and for men a dress or office casual shirt, pants, belt, tie, sweater/jacket shoes, socks, even a suit. You can drop your donation by Sue's house in Sun City (78390 Sterling Lane, Palm Desert 92211) or contact Sue (951-312-2772 or [sueydellaqua@verizon.net](mailto:sueydellaqua@verizon.net)) and she can arrange a pick up. CVRM clients work very hard to complete the programs that help them reenter the work force. Your donation would do wonders for their self esteem.

Thursday's speaker, Dr. Dio Saucedo is a performance consultant and President of Performer's Assist. With a Ph.D. in Educational Psychology from UC Riverside he has taught courses for 25 years in Sports Psychology, Performance Excellence, Cultural Diversity and Health and Wellness. Dr. Dio says there are 4 things that distinguish truly successful people. 1st is Goal Setting—every day think about what you can do better that day. Be proactive and take the initiative—you don't have to have a new goal each day — just be sure you are working on one. 2nd is Visualize—imagine what that goal achievement will be like. 3rd is eliminate negative thoughts and thinking. Remind yourself of your achievements and reaffirm your ability to meet your goals. 4th is be in control of your breathing—maintain calmness as much as you can. His tip for that is to think about flowers when you inhale and blowing the perfect bubble with you exhale.

Great advice to handle stress and move forward in a life filled with positivity. Thank you Dr. Dio!

### MEETING LOCATION

We are currently meeting via ZOOM—please contact Marilyn Sanderson for ZOOM link information.

[marilynsanderson1617@gmail.com](mailto:marilynsanderson1617@gmail.com) or 619-694-7073

### Upcoming Speakers

March 4 Dr. Dionicio

Saucedo/How Thinking Impacts Behavior

March 11 Chris Willi-

son Riverside County

Sheriff's Department

March 18 Doug Mor-

ing—Coachella Valley

Volunteers in Medicine

March 25 Club Social

April 1 TBA

April 8 George Chaffey/

Intl Fellowship of Flying

Rotarians

### MARCH BIRTHDAYS AND ANNIVERSARIES

Pat Southard 3-9  
Annalee Davis 3-17  
Sue Hammer 3-24

#### Rotary Anniversaries

Annalee Davis 3-20  
Katherine Singh 3-20  
Don Donnelly 3-15  
Sheldon Robinson 3-01  
Katie Stice 3-19  
Luz Gonzalez 3-19

March is  
Rotary International  
Water and  
Sanitation Month

#### ROTARY

#### INTERNATIONAL

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