



### Thursday's Program

#### Maternal and Child Health

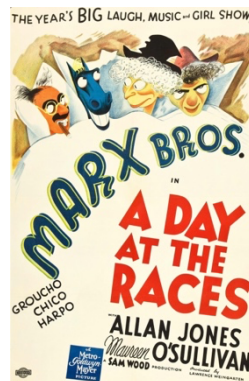
We meet at Grand Tradition this week. We'll be hearing about **Maternal and Child Health**, which is one of the **Seven Rotary Areas of Focus** and the focus area for July. Our Guest Speaker, **Diana Bramford**, is a dedicated Maternal Mental Health Advocate. She is the Grant Administrator and Outreach Director with Thrive Wellness Collective, a nonprofit committed to empowering families through holistic midwifery care. Diana is an active member and volunteer with the Postpartum Health Alliance in San Diego and Postpartum Support International as a Mentor Volunteer.



### Looking Ahead

#### RCOF at the Del Mar Races

There is **no meeting next week**. A group of intrepid club members will be heading down to Del Mar to try their luck with the ponies. Club members will be livin' large in the *Stretch Run Grill* and perusing the day's racing form for hot tips. This event is sold out, so wish them well and hit them up for some Happy Dollars when we next meet on August 14!



### Upcoming Events

- July 30**..... Neighborhood Food Distribution
- July 31**..... Trip to the Del Mar Races
- August 7**..... FUESD Staff BBQ
- August 14**..... Club Meeting at Grand Tradition
- August 21**..... Club Meeting at Grand Tradition
- August 21**..... Club Board Meeting
- August 28**..... Dark (no meeting)

### Mark Your Calendar

#### FUESD Staff Appreciation BBQ

Fire up those grills! On Thursday, August 7, we will be hosting the staff of the **Fallbrook Union Elementary School District** at our **annual BBQ** in their honor. It takes a full complement of volunteers to make this event possible.



There's a job for everyone, regardless of your abilities or talents. Heck, they even let this guy cook that day! Come lend a hand and join us as we honor the work of the classified, certificated, and administrative staff members who are dedicated to educating the children in our community.

### Service Above Self

#### Neighborhood Food Distribution

This month's distribution will be on Wednesday, July 30. Volunteers set up at 8:00 AM with distribution from 9:30 AM to 12:30 PM. **Did you know...The Fallbrook Food Pantry** has a 30-year history of service. It began as the Fallbrook Mission Project in 1991. In 2005 the pantry became an official 501(c)3 and changed its name to the Fallbrook Food Pantry.



The pantry serves 50,000 households each year, supplying over 1.5 million pounds of food. The pantry also provides nutrition classes. That program offers more than seven courses and supports over 400 clients annually.

### Quote of the Week

Having kids—the responsibility of rearing good, kind, ethical, responsible human beings—is the biggest job anyone can embark on.

Maria Shriver