

# Rotary View

## The Rotary Club of Fallbrook



March 13, 2025

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### Thursday's Program

#### MELT Down

We are back at Grand Tradition this week. We will hear from **Susan Holmes**. She will be speaking about MELT, which is Myofascial Energetic Length Technique. Feeling stressed? Got a few aches and pains? Well, this meeting is for you. MELT is a self-



care method that uses foam rollers and balls to relieve pain and improve flexibility. We'll learn about MELT and have an opportunity to experience face, hands and foot treatments with MELT Balls.

### Looking Ahead

#### Global Grant and Model UN

Next week we will be Zooming along online. **Tina Langham-Smith** will report on the Global Grant for a Regenerative Learning Center in Ghana. We will also hear from Fallbrook High students who will present their **Model U.N.** resolutions. The Model U.N. program is a partnership between the Rotary District 5340 Pathways to Peace Committee and students from San Diego County and Baja California. Model United Nations student delegates engage in major world issues and learn how to peacefully resolve conflicts and reach consensus.



### Upcoming Events

- March 15..... Highway Cleanup
- March 20..... Club Meeting via Zoom
- March 20..... Club Board Meeting
- March 26..... Neighborhood Food Distribution
- March 27..... Club Foundation Board Meeting
- March 29..... District Training Assembly
- April 3 ..... Club Meeting at Grand Tradition
- April 10 ..... Club Meeting at Grand Tradition

### Employees of the Month

#### FUHS Employees of the Month

We recognized the Employees of the Month for Fallbrook Union High School District at last week's meeting. Classified employee **A-Rod** and certificated employee **Dan Nielsen** were honored for their service. A-Rod, as he is known, is a Campus Supervisor who helps keep the school safe and secure. If you've been on campus, you know that he greets student, parents, and visitors with a welcoming smile. Dan is one of the talented teachers in the school's English & ELD Department. As the third trimester had just begun, our honorees were too busy to join us for lunch so **Principal Lauren Jones** filled us in on their work.



### Honoring Our Own

#### Rotarian of the Month

This month's *Rotarian of the Month* honor goes to **Perla Hurtado**. Perla headed up our Community Funds Distribution Committee this year. That group makes recommendations to the club's Board regarding which agencies should receive donations from our Community Funds allocation. Perla did a stellar job heading up the committee this year and has agreed to continue doing so going forward. She's even developed an application for use by agencies wishing to be considered for donations, adding important transparency to our donation process.



### Quote of the Week

Self-care has become a new priority—the revelation that it's perfectly permissible to listen to your body and do what it needs.

Frances Ryan