



If you missed our March 5th program, *Mandy Salas: Her Journey from Quadriplegia to Triumph*, you may click on the picture below to view a video of it.



March 5th Mandy Salas

Jordan Leigh Barbod



How did you like this week's program? Take the survey by clicking [HERE](#). Thank you to Steve Cairncross of Team Cairncross for sponsoring this week's Rotary News.

March 12: Coach Blanche Alverson
Head Coach USD Women's Basketball



Cannot attend in person? Here is the weekly recurring [ZOOM LINK](#) to tune in virtually at 12:30pm. You may also phone in to listen to the meeting: Phone: 1-669-900-6833
Password: 84935003462# (include the "pound" sign).

UPCOMING PROGRAM

March 19

Dr. Diane Simeone: Director, UCSD Moores Cancer Center

March 26

4-Way Test Speech Contest

PAC Funding

The final date that applications will be accepted is **Thursday, March 19, 2026.**

The form may be accessed here:

<https://docs.google.com/forms/d/e/1FAIpQLSfqgwNTJjY2T5LUNZJgJ3vrn9oGxIUkM4qyeegv2p5UvbPfkQ/viewform>

Should you have any questions, please contact Steve Coopersmith

stc@STEVECOOPERSMITHLAW.COM, Vice Chair Daniel Amaro at damaro@klarinetsolutions.com or our Executive Director Jordan Barbod at jordan@rotary33.org.

MARCH 9-15 BIRTHDAYS

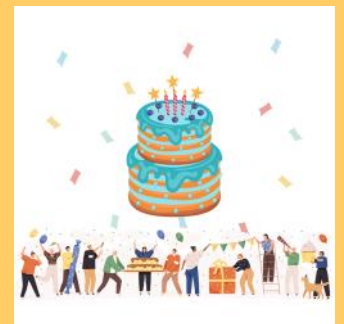
March 10: Peter MacLaggan

March 11: Emilio Perez

March 12: Dick Perlman, Mary Zoeller

March 13: Wendy Urushima-Conn

March 14: Christina Connett Brophy



THE GIFT OF FEEDBACK

Our guest speaker, Mandy Salas, has created a *Presentation Feedback Survey* that she is inviting Rotarians who attended her program, or have watched the video, to take. By clicking the link, you will be taken to a google survey that asks questions about the content and delivery of her presentation, as well as other questions to help her create future presentations based on her story. She is very grateful for all feedback!

[Feedback Link](#)

And here is a link to a recap of her slide deck:

[Recap Link](#)

SOUTHWEST PELS



Learn more about what happens from Rotary International level down to the district level for the 2026-2027 year.

[Southwest PELS Website Link](#)

Faces in the Crowd

by Paul Nestor



(Lt) Sean Meer, David Finn, Lisa Miller, Will Newbern, Will Hage, Wendy McKinney, David Oates and Laurie Cosky. (Rt) Amie Brown, Dick Eger, Vicki Gee Horiye and Stan Hartman.



(Lt) Larry Showley brings us in on piano.



(Rt) Andrea da Rosa, Raymond Uzeta, Steve Cairncross, Nancy Scott, Vicki Gee Horiye, Lisa Miller and Michael Brunker.



(Lt) Newscaster **David Ostrander** welcomes guest speaker Mandy Salas. (Rt) Inspirational Moment **Wendy McKinney, Past President Judy**, Guest Speaker Mandy Salas and COD **Vicki Gee Horiye**.

*In Loving Memory of
Charles Nickel*



Charles (Chuck) Nickel
6/6/1944-8/7/2025
Joined Rotary in 1974

[A Beautiful Write-Up](#)
(starting on page 8)