

# Rotary Club of Rancho Cucamonga Monthly Newsletter

OCTOBER 2024 - ISSUE 2

# Rotary

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



## Sip, Savor, and Support: Join Our Wine Tasting Fundraiser!

Mark your calendars for an evening of exquisite wines and community spirit at our upcoming Rotary Wine Tasting Fundraiser! This delightful event promises to tantalize your taste buds while supporting the Rotary Club of Rancho Cucamonga's Foundation (Non-profit No. 33-0526781). Join us on October 26th from 5:00 PM to 7:00 PM at 5615 Land View Ct., Rancho Cucamonga 91737 for an unforgettable experience.

We're thrilled to have two generous wine brokers donating their time and expertise to pour a variety of wines for our enjoyment. Your taste buds will embark on a journey through different vintages and varietals, guided by these knowledgeable professionals.

To complement the wines, we'll be serving a delicious Mediterranean buffet dinner catered by Cafe X20. The menu will feature a range of delectable options, including vegetarian choices, ensuring there's something to satisfy every palate.

As you sip and savor, you'll have the opportunity to participate in our exciting silent auction. Our club has curated a variety of enticing items for you to bid on.

Early bird tickets are available now at \$75, with all proceeds going to the Foundation. Whether you're a wine connoisseur or simply enjoy a good glass with friends, this event is not to be missed. It's a perfect opportunity to expand your palate, mingle with fellow community members, and make a meaningful difference in our local area.

For tickets or more information, please contact Aaron Johnson or Diane O'Neal. Join us in raising a glass to our community – cheers to making a difference, one sip at a time!

## Girls' Empowerment Conference October 25th

We're thrilled to announce the upcoming Girls Empowerment Conference on October 25th. Formerly called the "Girls' Tea," we're expanding our reach to uplift and inspire even more young women in our community by welcoming both "at-risk" middle and high school girls.

Attendees will have the unique opportunity to hear from an impressive array of female role models, including judges, police officers, firefighters, entrepreneurs, and educators. These accomplished women will share their personal journeys to success, offering real-world insights and inspiration to our young participants. The Girls Empowerment Conference is a joint effort between our Rotary Club and the Alta Loma Superintendent's Office, creating a powerful platform for change in our community.

We invite you to join us in supporting this vital initiative. Together, we can help shape a brighter future for the young women in our community. By investing in their potential today, we're nurturing the leaders, innovators, and changemakers of tomorrow.

## Upcoming Club Meetings & Events

### October 1

Rotary Board Meeting

### October 15

Rotary Lunch @12 noon;  
Guest Speaker District  
Governor Mike Driebe

### October 25

Girl's Empowerment  
Conference

### October 26

Wine Tasting Fundraiser

### November 5

Rotary Board Meeting

### November 19

No Lunch meeting; Club will  
be dropping off Gift Cards @  
Los Amigos Elementary School  
to help with their  
Thanksgiving Baskets

### December 3

Rotary Board Meeting

### December 10

Rotary Club Christmas Dinner  
@ the Sycamore Inn

### December 17

No Lunch meeting

## Contributors

Kristen Bowers, Writer and Editor  
Diane O'Neal, Secretary

*Have an idea or wish to contribute?*  
Please email Kristen Bowers at  
[kmbowers23@gmail.com](mailto:kmbowers23@gmail.com)

## Member Spotlight: Rick Gomez



This month, we're excited to spotlight a very special member of the club: our President, Rick Gomez!

Rick joined the Rotary Club of Rancho Cucamonga in 2017, inspired by the unwavering dedication he observed in his fellow members towards addressing community needs. This commitment resonated deeply with Rick, aligning perfectly with his professional path as a City Planning and Development Consultant.

In his tenure with Rotary, Rick has found the club's focus on youth initiatives particularly rewarding, especially the annual Track Meet. Beyond Rotary and his professional life, Rick volunteers with the Inland Empire Resource and the California Association of Resource Conservation Districts. In his free time, Rick enjoys being a Classic Rock and Jazz drummer, adding an unexpected rhythm to his planning-focused life.

When asked about the best advice he's ever received, Rick's response was simple yet profound: "Listen first, then speak." This philosophy serves him well in his various roles, allowing him to truly understand and address community needs.

Looking to the future, Rick envisions growth for the Rotary Club of Rancho Cucamonga. His goal is to expand the club's brand throughout the city, increasing its visibility and capacity to serve the community.

Rick Gomez embodies the Rotary spirit of "Service Above Self," seamlessly blending his professional skills, personal interests, and commitment to community service.

## City Of Rancho Cucamonga Community News and Events

### Family Camp Out: A Night of Adventure Under the Stars

Experience the great outdoors right in our community! Join the Family Camp Out at Heritage Community Park (5546 Beryl St.) from Saturday, October 12 at 4:00 p.m. to Sunday, October 13 at 9:00 a.m. Highlights include an outdoor screening of Pixar's UP, fun activities for all ages, exciting giveaways, and dinner provided by In-N-Out Burger. Reserve your campsite now for \$158 and create lasting family memories under the stars!

For more: <https://cityofrc.prod.acquia-sites.com/events/family-camp-out>

### Spooktacular Returns: Family Fun and Treats Await!

Mark your calendars for the annual Spooktacular on Saturday, October 19, from 3:00 p.m. to 6:00 p.m. at the RC Sports Center (8303 Rochester Ave.). Enjoy free Trunk-or-Treating and a Fun Zone with carnival games, jumpers, and crafts (wristband required). Trunk-or-Treat stations now open for registration! Don your best costumes for a hauntingly good time!

Find more details here: <https://www.cityofrc.us/events/spooktacular>

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## Nurturing Growth In Ourselves and Our Community

The September 2024 *Rotary Magazine* offered a rich tapestry of stories that, while diverse, shared a common thread: the importance of personal growth and well-being. From farmers finding mental health support to individuals discovering the true meaning of recovery, these articles remind us that as Rotarians, our commitment to service begins with taking care of ourselves. Let's explore how we can apply these insights to our own lives.

**Mental Health Matters:** It's crucial to acknowledge when we need help and to seek support that fits our unique circumstances. As Rotarians, we often focus on helping others, but remember: it's okay to prioritize your own mental health. Consider what resources or support systems might benefit you personally.

**Cultivate a Hobby:** Whether it's gardening, cooking, painting, or any other hobby, engaging in activities we love can be a powerful form of self-care and personal growth. What hobby could you cultivate to enrich your life?

**Embrace Sustainability:** It's good for the environment and provides opportunities for learning new skills. In your personal life, could you adopt more sustainable practices? Learning to repair items or embracing a more minimalist lifestyle could be a fulfilling personal growth journey.

**Redefine Recovery:** In what areas of your life might you benefit from reframing your thinking? Perhaps there's a challenge you're facing that, viewed differently, could be an opportunity for personal development.

As Rotarians, our commitment to "Service Above Self" is admirable, but remember that personal growth enhances our capacity to serve others.

This month, challenge yourself to:

1. Assess your mental health needs and take steps to address them.
2. Dedicate time to a hobby that brings you joy and relaxation.
3. Adopt one new sustainable practice in your daily life.

By nurturing our own growth, we become better equipped to support our communities and embody the Rotary spirit. Remember, like a well-tended garden, a little self-care and attention to personal development can yield beautiful results in all aspects of our lives.