



RSFbpw Newsletter –March

March 18, 2010

Luncheon

11:15 – 1:30

At The Inn in Rancho Santa Fe

Dear Members & Guests,

It's interesting to know that an argument with your significant other can be as stressful on your body as a drive-thru fast food lunch. We have to learn to manage stress because if we don't manage it, it will manage us! Thank you, Dr. Dan, for some helpful tips and reminders. Jessica Finley, with IJourneyGreen.com, will be our speaker this month. I Journey Green believes that travel is essential to understanding culture and perpetuating peace. It seeks to un-do the damage of travel; to ensure that generations of travellers will be able to be inspired by the same sites, cultures, people and places that we all love. I Journey Green seeks to be more than simply an educational resource, it strives to actually make a substantial change in our world.

We've continued adding members in February. Welcome! I'm hearing fun stories about member gatherings outside of our monthly meetings. Fabulous! We do all have rich interesting stories. Let's continue to learn from, laugh with and encourage each other to be our Best Selves.

Good News!! This month will be our last month at the Rancho Santa Fe Inn. Next month, April, we will be moving to the Rancho Santa Fe Country Club. More details will follow in the April newsletter.

The meeting this month will be in the Azalea Room, which is in the back past the pool. The secret word is 'Irish'.

Cheers!

Julia Uhl, President

RSFBPW Board Members:

RSVP & Treasurer: Betty Potter

VP Programs: Marika Iler

VP Membership: Cheryl Giustiniano

Co-VPs Publicity: Barbara Galagusz and Christy Stevenson

Recording Secretary: Dr. Deena Stacer

Hospitality: Saundra Kay and Connee Johnson

Greeters: Kim Horner, Kim Smart and Pamela Croft

*Please mark your calendars for Future 2010 Meetings

April 15th | May 20th

Meeting Registration Process for Mar 18: *(see below for meal choices)*

Reservations may be made online at www.rsfbpw.com to pay by PayPal (do not have to have an account to use and you will get a receipt from them and a 'thank you' from Betty) - OR Send an email and mail checks to Betty Potter, 505 Arden Dr., Encinitas, Ca. 92024 to arrive BEFORE the Monday of the event - (Mar15, 2010).

Members: Remember to RSVP and pay before 11:00 am Mon. Mar 15, for member's cost and to have your card placed in the door prize drawing. (Want 2 cards in drawing? Email secret word of Irish to Betty before Mon, Mar 15)

Guests also please, if possible, rsvp same time as lunch orders are placed with The Inn at 11:30. Please call with any questions 760-753-7644 or email: info@rsfbpw.com

Sorry, no refunds or changes after Feb 16th. Please call Betty, not The Inn, with cancellation or special requests - and Please, only take the choice you ordered and do not ask the waiter for a different choice. This is a catered lunch with meal choices pre-ordered. If you have a cancellation, please contact Betty,

Meal choices:

Salad: Spinach w/salmon, bleu cheese, walnuts w/ balsamic dressing on side ____

Hot Dish: Chicken piccata w/lemon Beurre blanc sauce _____

Vegetarian: Grilled vegetable stack w/Balsamic glaze_____

Members \$35 _____ (before Mar 15) Guests \$38 _____

Reservations for _____ Amount enclosed: _____

Reservations for:

Name _____

Guests only or members with changes need fill out below:

Business _____

Address _____

City & Zip _____

Phone _____ email _____

Reservations for:

Name _____

Guests only or members with changes need fill out below: