



If you missed our April 13th program, *Marco Werman: Radio Broadcaster of "The World"*, you may click on the picture below to view a video of it.



How did you like this week's program? Take the survey by clicking [HERE](#).

A special *thank you* to this week's Rotary News sponsor, Emily Hill.

Next Meeting: April 20th  
Joe Torrillo: NYC Lieutenant Fireman who Rescued Many on 9/11



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).

# MILITARY AFFAIRS COMMITTEE



A group of Rotarians from the Military Affairs Committee gathered at the Neil Ash Airport Center USO to prepare and distribute hot meals to active-duty Marines and other veterans passing through the USO. We had a great time interacting with military personnel and fellow Rotarians. From the left: **Bonnie Schwartz, Michael LaCroix, Katie Fulhorst, and Bink Cook.** (Not pictured were **Steve Carlson, Frank Pavel, and Ed Mracek.**)

## APRIL 17-23 BIRTHDAYS

April 18: Steve Oggel, Geri Warnke

April 22: Emily Hill

April 23: Kevin Enright

*Club 33 is so active and effective and we would like the world of Rotary to know what we are doing. Therefore, if you would submit anything your committee is doing, any awards you win for either Rotary work or your own personal achievements, please let me, [Ginny Ollis](#), know. I am going to do regular reporting to the Rotary Magazine, so that I can be sure we are covered and admired around the world. You probably also find that all the articles in there give great ideas, and we might inspire others too. Photos would also be very appreciated.*

*Thank you,  
Ginny Ollis*

# 2023 ROTARIANS AT WORK DAY

**JOIN US FOR ROTARIANS AT WORK DAY ON SATURDAY, APRIL 29th**

**Please note: The Hoover High School and the Ethnic Food Festival events are on different days this year!**

Rotarians At Work (RAW) Day happens the last Saturday in April, having started in 2006 as a joint effort between two Rotary Districts (one in the United States and one in Mexico), Rotarians at Work Day continues to grow. Each year, Clubs around the world identify hands-on projects that all members can participate in to help their local community on this single day.

This is a great day to bring your kids, grandkids and prospective Rotary members to see our club in action. This year's available projects are listed below. Remember to wear your San Diego Rotary t-shirt. If you do not have one, the RAW committee will be handing them out at our Thursday meetings.

[Click here for more detailed information on each project and to register.](#)

## **San Diego Humane Society**

Time: 9:30 am – 12:00 p.m.  
# of volunteers needed: 12

## **San Diego Zoo**

Time: 9:00 am – 12:00 pm  
# of volunteers needed: 50

## **Fort Rosecrans National Cemetery**

Time: 8:00 am – 12:00 pm  
# of volunteers needed: 20

## **Storefront Youth Shelter**

Time: 9:00 am – 12:00 pm  
# of volunteers needed: 10-15

## **Jackie Robinson YMCA**

Time: 9:00 am – 12:00 pm  
# of volunteers needed: 10

## **Epilepsy Foundation of SD County**

Time: 9:00 am – 12:00 pm  
# of volunteers needed: 14

## **Girl Scouts San Diego**

Time: 9:00—12:00 p.m.  
# of volunteers needed: 15-20

## **NAMI Walk**

Time varies based on intended event  
# of volunteers needed: Unlimited,

## **Hoover High School Saturday, April 22**

Time: 8:30 a.m.—12:00 p.m.  
# of volunteers needed: 20

## **Ethnic Food Festival in Balboa Park Sunday, May 7th**

Time: 9:15 a.m.—1:30 p.m.  
#of volunteers needed: Unlimited

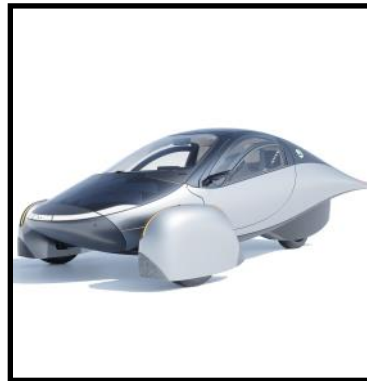


# UPCOMING PROGRAMS

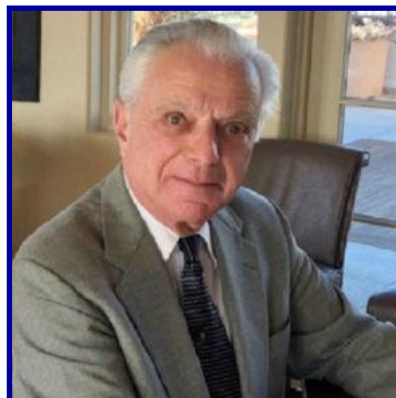
April 27th  
FBI Special Agent in Charge MOY



May 4th  
Aptera



May 11th  
Dr. Vincent Felitti: Principal Investigator of Adverse Childhood Experiences  
(ACES)



# Faces in the Crowd

*Photos courtesy of Paul Nestor*



(Lt.) Duke Sobek with Linda Lattimore and Ingrid de Llamas. (Rt.) Bonnie Schwartz with her granddaughter.



(Lt.) Doug Arbon, Jonathan Burgos and Tom Vecchione with guests. (Rt.) Roger Haines, Theo Daniels, David Finn and Tamara Craver.



(Lt.) Zeynep Ilgaz with her son, former guest speaker, Arden Pala. (Rt.) Chair of the Day Suzanne Marmion with Guest Speaker Marco Werman and Michael Brunker.

Dear fellow Rotarians,

President Judy chose Adolescent Mental and Behavioral Health as her initiative for her presidential year. And from attending programs you know she has been pledging to make a contribution in each guest speaker's name to that initiative. Thus, at the end of her year, she will be donating \$5000 to her chosen organization, [Mending Matters](#), in all of their names. President Judy would like to invite you to donate to Mending Matters as well, and she has further pledged to match dollar-for-dollar (no matter the amount) any and all of our club's donations earmarked to that organization.

Here's how to make that gift to Mending Matters through our Rotary Club of San Diego Foundation:

To make a gift by check, please make check payable "The Rotary Club of San Diego Foundation" and include "Mending Matters" in the memo, and mail it to the following address:

San Diego Rotary Club  
2247 San Diego Avenue, Suite 233  
San Diego, CA 92110

To make a [gift online](#), please visit our website and use the yellow donate button. If possible, please notify [Jordan](#) at the office if you choose this donation method.

To make a gift by phone, please call the Rotary office and provide your credit card information.

Another way to be involved in President Judy's initiative is to attend the upcoming

### [Mending Matters Workshop](#)

This a free workshop for Rotarians titled "What I Wish My Parents and Grandparents Knew." Mental health therapists will share info and tips about the needs of high school students today, including data from their school-wide mental health surveys, and feedback from their student advisors in 20 local high schools. They will focus on areas of life students have shared they need support with; areas such as stress and anxiety management, motivation and energy, as well as adjusting to change, and, they will field our questions on how to support the youth in our lives.

This workshop is May 20th from 9:30 a.m.—12:30 p.m.  
Goodwill Classroom  
3663 Rosecrans St.  
San Diego, CA 92110

\*Please notify [Becky](#) or [Jordan](#) if you'd like to attend.

[Click Here](#) to watch the *Mending Matters Rotary program.*

