



If you missed our May 4th program, *Steve Fambro: Aptera Motors*, 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, Wendy Urushima-Conn.

Click [HERE](#) to read a recently written article about Aptera.

Next Meeting: May 4th
Dr. Vincent Felitti: Co-Principal Investigator of the ACES Study



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).

MMM SAN DIEGO

On behalf of the Mr. Mrs. Ms. San Diego Executive Committee, we are thrilled to share the 2023 Nomination Form for MMM SD. To qualify,

"A candidate should be a living person, not now in government elective office, who has contributed outstanding community betterment to the San Diego region in a variety of ways, through his/her efforts over a long period of time."

Please remit completed nomination form to Jordan Maharaj, Executive Director of The San Diego Rotary Club, by Thursday, June 1st 2023 by 4:00pm. Late nomination forms will not be accepted.

Click [HERE](#) to download the form.



Tim Ney is the Executive Director of Armed Services YMCA.
[Click here](#) to learn more about him, or you can watch his self-introduction in our May 4th meeting video on page 1.



Deanna Mackey is the General Manager of KPBS.
[Click here](#) to learn more about her, or you can watch her self-introduction in our May 4th meeting video on page 1.

May 8-14 BIRTHDAYS

May 8: Scott McClendon, Punky Chapman

May 9: Chris Cramer

May 10: Jay Arnett, Michael Bruner, Chris Graham, Frank Panarisi

May 11: Elizabeth Gavino

May 12: Wade McKnight

May 13: Rick Chatham, Patrick Noonan

May 14: Ginny Ollis, Jim Nickel

Dear San Diego Rotary Club Members,

You are receiving this message as we would like to request each member's electronic transmission of communications from the club to each member.

In the past year, we have learned that there are a number of ambiguities and inconsistencies in the Club's bylaws and records, and we are in the process of amending these. The first step, included in this email, is to confirm each member's consent to receive communications from the club via email ("Electronic Transmission").

Please click [here](#) to see a link to the current bylaws that we are working towards being amended. As soon as all confirmations are received, the proposed Bylaw amendments will be submitted for approval by the voting members.

[CLICK HERE TO ACCEPT AND PROVIDE ELECTRONIC COMMUNICATIONS CONSENT](#)

please contact Jordan at the office (jordan@rotary33.org) if you have any questions or need additional information.

Sincerely,
The San Diego Rotary Office

QUENCH AND CONNECT THANKS SAN DIEGO ROTARY

**"Never doubt that a small group of thoughtful, committed citizens can change the world: indeed, it's the only thing that ever has."
---Margaret Mead**

San Diego Rotary Club was thanked by Quench and Connect for giving another generous donation for a new borehole that was drilled on the campus of St. Paul Secondary School in the Sironko District of eastern Uganda. Click [HERE](#) to read about how boreholes positively impact the lives of the students attending school in Uganda.



COMMITTEES AT WORK

Here is a wrap-up and the winner of the 2022/23 Rotary Year Golf Committee Tournaments:

The weather at San Diego Country Club was perfect on Wednesday, May 3, 2023 and (6) contending players gave their best shot at taking home this year's trophy. In the end, Guy Maddox and Tom Wilson were only separated by (1) shot with **Guy Maddox coming out on top with a winning (2) round net score of 142. Congratulations to Guy!** Guy was able to do what all accomplished golfers want on their bucket list....have a gross score at your age or less which he did on the final round.....Congrats, Guy!!! **Tom Wilson and Marten Barry will be chairing the committee going forward. Please support them!** Thank you to all who participated, and to Ellis who has managed the event these last years. It would be great to have more Rotary golfers in the future. Please consider participating. As they say, *there's always next year.* Hope to see everyone then.

Your Rotary Golf Committee



Dedicated Rotarians distributing food to well deserving military personnel who live in nearby housing and their children who attend Dewey Elementary. Let's thank the Military Affairs Committee!



UPCOMING PROGRAMS

May 25th

Councilwoman Laurie Gonzalez: Rincon Band of Luiseno Indians



June 1st

Dr. Yourman: San Diego County Chief Geriatric Officer



COMMITTEE SHOWCASE THIS WEEK!

Arrive early to find out more about our committees and to sign up for service for the 2023-2024 year!

Starting at 11:00 a.m. in the Main Hall this Thursday.



FACES IN THE CROWD

Photos courtesy of Paul Nestor



(Lt.) **Garet Clark** with his prospective new members who *ironically* are also named Clark. (Rt.) **Bill Lawrence** and **Tom Fetter** welcome another prospective new member.



(Lt.) **Laurie Coskey**, **Denise Scatena**, **Glenn Rossman** and **Divya Kakaiya** are joined by a group of guests. (Rt.) **Andrea da Rosa**, **Tracy Sundlun** and **Ray Simas** welcome a guest.



(Lt.) **Mel Katz** and **Phil Blair** with a few prospective new members.
(Rt.) Guest Speaker **Steve Fambro** with **President Judy** and Chair of the Day **Alan Spector**.

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.

