



If you missed our May 11th program, *Dr. Divya Kakaiya: Teen Minds Deserve Special Care*, 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, Ed Chaplin.

Click [HERE](#) for the slides show from Divya's presentation.

Next Meeting: May 18th
4 Prez's and an Oatesy: A Discussion with Four Former Rotary Presidents, Moderated by David Oates



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).

CHUCK PRETTO'S MAILING ADDRESS

If you would like to mail a get well card to Chuck Pretto, please send to:

Mr. Chuck Pretto
3555 Rosecrans St. Suite 114-109
San Diego, CA 92110

Please remember, he is not accepting flowers at this time.

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.



May 15-21 BIRTHDAYS

May 15: Amy Myers, Al Harutunian, Diane Bell, Bob Whitty

May 17: Sue Rehm, Bill Littlejohn, Julie Roland

May 19: Ned Silver

May 20: Michael Holland, Ray Uzeta

May 21: Lari Sheehan

Thank You Foundation Champions

Our Rotary Club is known for the work we do in the community. In 2014 we established a foundation to support our charitable activities both locally and globally. We have had successful growth in the past 8 years, which would not have been possible without the support of the “The Foundation Champions.”

This designation was originally launched to recognize the dedicated Rotarians who provided seed funding for the foundation. Their visionary leadership is reflected in the foundation’s mission statement: “To raise and grant the financial resources that support the selfless work of the San Diego Rotary Club members through the organization’s service committees and in partnership with other Rotary clubs worldwide.”

Founding Foundation Champions: (* denotes deceased)

**Linnea Arrington • *Craig Blower • Michelle Candland • Stephen P. Cushman
Peter L. Duncan • James M. Hughes • *Robert C. Kyle • *Burton H. Nestor
John G. Rebelo, Jr. • Nancy Scott • Geri Ann Warnke**

To sustain the wonderful work we do in the community, our San Diego Rotary Foundation board is excited to relaunch and expand “The Foundation Champions” program. Our new campaign is for a 5 year pledge commitment of \$2,000 per year to our foundation — a total of \$10,000. Half of your pledge will be used to start the endowment, and half will be allocated to support existing and new projects through the Project Allocations Committee and more.

Newest Foundation Champions:

**Philip C. Blair • Mel Katz • Mark Stuart and Tim Rupe • Patricia L. Roscoe
Ann L. Hill • Nikki and Ben Clay • Mia Harenski • Kimberley Layton
Michael Bruner • Dr. Bill McColl • Christopher and Coleen Sichel
Stan Hartman • David B. Oates • Bob Payne The Payne Family Foundation
Jim and Carmen Hughes • Andrea da Rosa • Judy Thompson and Mike Conner
The Newbern Family • Allyson Tutor • Mike Novak • John Morrell • Mark Allan
Malin Burnham • Wendy Urushima-Conn • Ned Silver • Edward J. G. Mracek
Corey T. Polant • Thomas Vecchione • Steve Cairncross**



UPCOMING PROGRAMS

May 25th

Councilwoman Laurie Gonzalez: Rincon Band of Luiseno Indians



June 1st

Dr. Yourman: San Diego County Chief Geriatric Officer



June 8th

Dan Walters: CalMatters.org Columnist and Author



FACES IN THE CROWD

Photos courtesy of Paul Nestor



(Lt.) **Julia Holladay** works her Voices of Our City Choir committee booth while **Lisa Miller** and **Laurie Coskey** sign up. (Rt.) **Bill McColl** signs up for Cardinals Interact.



(Lt.) **Stan Hartman**, **Tracy Sundlun**, and **Linda Lattimore** test out **Roger Haines's** solar cooker at the International Committee booth.
(Rt.) **Joe da Rosa** works his Cesar Chavez Readers Committee booth.



(Lt.) Guest Speaker **Divya Kakaiya** giving her presentation.
(Rt.) **Ned Silver** pledges to be one of the newest Foundation Champions.

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.

