



If you missed our May 12 program, the *Living to 100 Club* with Dr. Casciani, you can *click on the image below* to watch a recording of the meeting.

A video player interface. On the left, a presentation slide titled "Mindset, Motivation, and Self-determination" features a yellow kayak on the ocean. The slide lists "STRATEGIES FOR LIVING WELL" with nine numbered points. On the right, a live video feed shows a man speaking at a podium with the Rotary logo. The video player controls at the bottom show a play button, a progress bar at 58:00, and various icons for volume, closed captions, and settings.

Mindset, Motivation, and Self-determination



TURNING AGING ON ITS HEAD

STRATEGIES FOR LIVING WELL

1. LESSONS FROM CENTENARIANS
2. AGE IS ONLY A NUMBER
3. THINKING STYLES
4. WHAT CAN I CONTROL?
5. STARTING NEW CHAPTERS
6. PROJECTING A NEW IMAGE ON A BLANK SCREEN
7. OVERCOMING SETBACKS
8. LIFTING DEPRESSION
9. CREATING A POSITIVE MINDSET

58:00

NEXT MEETING: May 19th
Talking Trash (Recycling, Organics and more)
With Steve Morris of

**I Love a Clean
San Diego**

Cannot attend in person? Here is the weekly recurring ZOOM LINK to tune in virtually at **12:30pm:**

https://us02web.zoom.us/webinar/register/WN_x-62cFf7TDGucnK5ozdFCQ

You can also phone in to listen to the meeting: Phone: 1-669-900-6833 Password: 84903061996# (include the "pound" sign)

WELCOME NEW MEMBERS



[Herbert Hafter](#)



[Maxwell Johnson](#)

Herb Hafter is a Senior Director and Commercial Real Estate Broker specializing in strategy and transaction management of lease portfolios for Cushman and Wakefield. **Maxwell Johnson** is a Prevention Specialist for the Institute for Public Strategies, a nonprofit health advocacy agency that implements policies to reduce negative environmental conditions for vulnerable populations.

You can learn more about them [here](#), or by watching their self-introductions in our May 12 meeting video on page 1.

May 16th-22nd BIRTHDAYS

May 16: Jonathan Cole

May 17: Sue Rehm, Julie Roland, Bill Littlejohn

May 19: Ned Silver

May 20: Michael Holland, Ray Uzeta

May 21: Lari Sheehan

MR. MS. MRS. SAN DIEGO

Club 33 needs your help in proposing a candidate or two for the prestigious annual “Mr.-Mrs.-Ms. San Diego” award which will be selected in late June by our Past Presidents.

A candidate should be a living person, not now in government elective office, who has contributed outstanding community service and leadership to the San Diego region in a variety of ways and over a long period of time.

If you would like to propose a candidate, please [click here](#) for a nomination form.

[The last day to submit a nomination form is May 27th.](#)

Cordially,
Patti Roscoe and John Morrell
“MMM San Diego” Coordinating Committee



UPCOMING PROGRAMS

May 26

Douglas Gordon: Normandy Loves US . . . The Untold Story



June 2

**Julie Coker: President and CEO of San Diego Tourism Authority:
Global Tourism on the Rebound—or Is It?**



June 9

**Betsy Brennan: President and CEO of
Downtown San Diego Partnership**



BE A HOST FAMILY

The International Youth Symphony is in town and in need of host families for their students from July 8th through the 31st. You can host the students for the entire camp, or share the time with a fellow Rotarian. Their transportation is provided.

You will be treated to music in your home and invitations to all concerts.

This highly successful Rotary program gives students a life changing opportunity to visit our beautiful City and meet other young musicians from around the world.

Please call Sharon Bay @ (858) 336-5011 or email her @ sharon@sandiegofamily.com





The Rotary Club of San Diego has a long tradition of giving and doing, and we are most grateful to you for your support in our worthy endeavors. Whether it is Camp Enterprise, Helping Hands Across the Border, the Interact and Rotaract Clubs, or S.T.E.M. or the Homelessness Initiatives like Voices of our City Choir, or any of the many, many other worthy projects our club does, we do need your support. Our Rotary Club of San Diego Foundation is the vehicle for making your gift tax-deductible.

Every member of our club is asked to contribute at least \$350 per year, with \$250 of that donation being earmarked for our Club's Foundation and \$100 being earmarked for the Rotary International Foundation. Of course, any amount you are comfortable donating is welcome. We greatly appreciate those who have already made these contributions.

Please contact Gizel at the office to make a gift with your credit card, or, if mailing your donation, please remit a check to the Rotary Office payable to "The Club of San Diego Foundation". You can also make a gift through the PayPal link at the bottom of the page.

Rotary is an incredible force for good in all our lives as it provides us with the rich fellowship of people committed to doing good things in and for our community and our world. Thank you for your Service Above Self, and for your generous and continued support of our club and foundation.

[Please click here to donate.](#)

You are invited!

2022-2023 Governor's Dinner

Ring in the new with the exchange of flags for incoming Governor, Club 33's Chuck Pretto. All new incoming club presidents will be sworn in during this event as well. You can [register here.](#)

Governors Dinner Del Mar Hilton		June 30 th , 2022 5:00pm-8:00pm
		

FACES OF CLUB 33

Photos courtesy of Paul Nestor



(Left) **Mark Allan, Cheryl Wilson, Suzy Spafford** and guest **Michael McHale**. (Right) **Dick Green** gives the Inspirational Moment.



New Members **Herb Hafter** (left) and **Maxwell Johnson** (right) give their self introductions.



(Left) **Patti Roscoe** greets our Guest Speaker, **Dr. Casciani**. (Right) Chair (and shoe by **John Fluevog**) of the Day **Simona Valanciute**, **President Phil Blair** and **Joyce Gattas**.