



If you missed our July 24th program, *Adam Winter: The Gym in Mission Hills*, you may click on the picture below to view a video of it.



July 24th 2025 Adam Winter The Gym Mission Hills

Jordan Maharaj

Introduction



- What does 'Movement is Medicine' mean?
- Movement includes all forms of body motion
- Proven to prevent and manage chronic diseases

- Question: What % of U.S. adults don't meet basic activity guidelines?



A special *thank you* to ManPower for sponsoring the Rotary News this week!
How did you like this week's program? Take the survey by clicking [HERE](#).

Next Meeting July 31, 2025
David Boone: San Diego Military Advisory Council



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).

UPCOMING PROGRAMS

August 7

Daniel Kuperschmid: President & CEO
SD Tourism Authority

August 14

District Governor Luis Carranza

August 21

Shannon MacMillan: CIO of Wave FC

JULY 28-AUGUST 3 BIRTHDAYS

July 28: Julia Holladay

July 29: Michael LaCroix

July 30: Kimberley Layton

August 1: Laura Mitchell

August 2: Adela de la Torre, Janet Hamada Kelley

August 3: Steve Carlson

VOLUNTEER SPEAKERS

SDSU Rotaract is looking for Rotarians to come speak about professional development at their biweekly business meetings. From LinkedIn to resumes, to the power of Rotary, you can help grow the next generation of Rotary. If you are interested in speaking, please contact the SDSU Rotaract President Peyton Schoen at sdsurotaractpresident@gmail.com.



SPOTLIGHT PODCAST

Mia Harenski, 2024-25 President of San Diego Rotary Club 33 -- the 12th largest Rotary Club in the world -- is joined by longtime San Diego region community leader, Wendy Urushima-Conn, who will take over the Club's reins for the 2025-26 Rotary year.

Thank you to Scatena Daniels Communications for helping create this opportunity!

[CLICK HERE TO LISTEN](#)



115 CHALLENGE

In honor of San Diego Rotary celebrating 115 years of service, President Wendy has challenged each of us to complete 115 things of our own choosing to accomplish this Rotary Year. *Help recruit 115 new members this year, 115 hours of club service, mentioning our club 115 times on socials, \$115 donation to San Diego Rotary Foundation, doing 30 minutes of exercise outside 115 times...*



What is your 115 Challenge? When you reach your goal, call Wendy to redeem your personalized prize!

2025 Bid Big! Auction

Early Bird Auction Tickets



Tuesday, September 16th
Tom Ham's Lighthouse-An Evening of Outstanding
Food, Drinks, Entertainment and Giving!

[Click Here](#) before the price goes up on August 21st!

Exclusive wine and unique bottles of top shelf spirits will be collected in the lobby before Rotary meetings on August 7, 14 & 21. Everyone is encouraged to donate!



FACES IN THE CROWD

Photos courtesy of Lisa Miller



President Wendy, Guest Speaker Adam Winter and COD Patti Roscoe.



(Lt.) Terry Caskey and Gil Johnson award this year's Diana Venable Scholarship recipients. (Rt.) President Wendy hands Hoover Interact Chair Steven Mueller the Interact Club Excellence Award.



(Lt.) Nancy Scott with Shaneese Evans and her daughter. (Rt.) Club 33 Singers Suzy Spafford, Laura Mitchell, Solveig Duprey, Larry Showley, Judy Thompson, Brayn Verhoye, Shelly Verhoye, Brad Sund and Nikki Anderson.