



If you missed our November 13th program, *Pantea Khodai, DNA Data and Decoding Health*, you may click on the picture below to view a video of it.



November 13, 2025 - Pantea Khodami

Jordan Maharaj



How did you like this week's program? Take the survey by clicking [HERE](#). Thank you to Divya Kakaiya and Healthy Within Wellness & Integrative Center for sponsoring this week's Rotary News.

November 20th, 2025

Amy Minnick: [FireSnake Fitness](#)



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

November 27

Dark—Happy Thanksgiving!

December 4

Holiday Program: Holidays On Broadway

December 11

Shelley Zimmerman: Former SD Chief of Police

December 18

OFF SITE @ ELITE ATHLETE TRAINING CENTER

NOVEMBER 17-23 BIRTHDAYS

November 17: Steve Coopersmith

November 20: Bridget Meckley, Gordy Lutes

November 21: Larry Kuntz, Josh Callery-Coyne

November 23: Rich DeBolt, Divya Kakaiya



GROTARIAN EVENT

SAN DIEGO **ROTARY CLUB 33 PRESENTS**

Grotarian Mixer & Behind-the-Scenes Tour of Cygnet Theatre's
New Home at The Joan in Liberty Station

Monday, December 8th | 5:00 - 7:00 PM

Cygnet Theatre at the Joan and Irwin Jacobs Performing Arts Center
2880 Roosevelt Road, San Diego, CA 92106

Discover the Magic Behind the Curtain

Join your fellow Rotarians for an exclusive evening at Cygnet Theatre's beautiful new home - The Joan in Liberty Station.

Enjoy an inside look at the theatre's creative spaces, meet the team, and experience the excitement of this new chapter for one of San Diego's leading performing arts organizations.

Registration Required

Must Register by November 30th

All Grotarians, Rotarians and their invited guests
welcome

\$15 per person due at time of registration

[REGISTER HERE](#)

OFF SITE MEETING RSVP

Thursday, December 18, 2025
Off Site Meeting at Chula Vista Elite Athlete Training Center

RSVP Required to attend!

Main Hall Dining overlooking their
State of the Art Track and Field Complex.

GUEST SPEAKER:

Brian Melekian, President and COO of the Training Center.



[REGISTER HERE](#)

FACES IN THE CROWD

Photos Courtesy of Paul Nestor



Ginny Ollis, Joe da Rosa, Amie Brown, a guest, Michael Bruncker, Will Newbern and Jo Dee Jacob welcome Pantea Khodami and her Mother.



(Lt) Paul Marcus, Michael McHale, Walter Lam, Roger Haines and Gil Johnson run the Warm Clothes Drive table. (Rt) Constance Carroll, Ben Clay, Betty Peabody, Charles Baylis and Lari Sheehan.



Tom Vecchione, Guy Madoxx, Doug Arbon, Terry Caskey, Pete Ellsworth, Gil Johnson, Jay Arnett and Tom Wilson.