



If you missed our November 20th program, *Amy Minnick: FireSnake Fitness*, you may click on the picture below to view a video of it.



November 20th FireSnake Fitness

Jordan Maharaj



How did you like this week's program? Take the survey by clicking [HERE](#).
Thank you to Phil Blair and Manpower for sponsoring this week's Rotary News.

November 27th, 2025
Dark for Thanksgiving



UPCOMING PROGRAMS

December 4

Holiday Program: Holidays On Broadway

December 11

Shelley Zimmerman: Former SD Chief of Police

December 18

OFF SITE @ ELITE ATHLETE TRAINING CENTER

UPCOMING 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

December 8th, 5-7pm

\$15 per person-bring family and new member prospects!

[Register Here](#)

Registration by November 30th required!

NOV 24-DEC 7 BIRTHDAYS

November 25: Doug Paul

December 4: Norbert Sanders

December 5: Andy Hewitt

WELCOME NEW MEMBERS



Please welcome new members **Jonathan Yackley**, ED of Rise Up Industries, and Paralympic Athlete **Lex Gillette**. You can learn more about them by watching the video of the meeting linked on page 1, or by checking out our [New Member Profiles](#) on our website.



PROSPECTIVE NEW MEMBERS

The following applicants were recommended to the Board of Directors by the Membership Committee and will be approved for membership unless objections are received to the Rotary office by **November 30th**.

Steve Kempa * Project Leader, M.C. Fuhrman & Associates * Construction Management

Bob Bushman * Retired Dermatologist, Grossmont Dermatology * Retired Dermatology

Hernan B. Luis y Prado * Workshop for Warriors * Former Member

115 CHALLENGE

Congratulations to all members who have completed a 115 Challenge! If you are participating in President Wendy's initiative to challenge yourself to do something to honor our 115 years of club service, please let us know so we can recognize you! [Email Becky](#) with the details of your personalized challenge; and, if you have a pic, send it along too!

Join the
115 CHALLENGE

FACES IN THE CROWD

Photos Courtesy of Paul Nestor



(Lt) Pete Ellsworth, Mary Dawe, Ed Mracek, Amie Brown, Raymond Simas and Laurie Coskey welcome SDSU Rotaracts. (Rt) Steve Carlson, Kim Benson, Mark Stuart, Paul Hartley, Brad Sund, Justin Rajah, Tobias Haglund, Mike Conor and Elizabeth Wilburg.



(Lt) President Wendy pins new member Jonathan Yackley. (Rt) Sponsor Tracy Sundlun with new member Lex Gillette and President Wendy.



(Lt) Guest Speaker Amy Minnick and her assistant demonstrate how EMS Fitness Training works. (Rt) President Wendy, speaker Amy Minnick, Chair of the Day Gloria Shepherd McCoy and IM Karen Sangren.