

RI President 2014-15
GARY HUANG

District 5340 Governor 2014-15
LOUISE ANDRES

LJGT Rotary President 2014-15
RON KOHL



OCTOBER 2014

24..... Vocational Service Committee, Club Day
Sheila Henry

31..... Know No Limits
Oz Sanchez

NOVEMBER 2014

7..... Piyali Learning Center, Kolkata, India;
Rotary/PACE Partnership Project

THE GOLDEN ROTARIAN

OCTOBER
17
MEETING
WILL BE AT THE
BRAILLE
INSTITUTE



LISBETH GARCÉS

Zumba Instructor and Executive Director
Juan Carlos Organization: www.jcorg.org
juancarlosorganization@gmail.com

By helping someone today, you may also be helping yourself.



INTRODUCING: A UNIQUE, JOYFUL PROGRAM FOR SPECIAL NEEDS POPULATION

Since 2007, **Lisbeth Garcés** has provided dance therapy exercise for people with physical and developmental disabilities in memory of her late son, **Juan Carlos Garcés**, who suffered from Muscular Dystrophy. **Lisbeth** is certified in Zumba Fitness; Zumba Gold (for beginners and seniors); Zumba Toning (body sculpting and high-energy cardio work); ZumbaAtomic (for kids 4-12); and Aqua Zumba. She was one of the first Zumba instructors in San Diego, and over the past half-dozen years has built a regular following throughout the county with her Latin music-based professional, joyful, inspiring classes.

Born in Venezuela, the youngest of seven siblings, she gave birth at the age of 20 to her son, **Juan Carlos**. After a couple of years she began to worry about physical changes she was seeing in him. In the small town where she lived, there were no medical resources available. On the advice of a doctor, she drove her son to a pediatric hospital in Caracas, where they were given the devastating diagnosis of Muscular Dystrophy. At that point, **Lisbeth** decided to devote all her time and energy to improving her son's quality of life.

illness, **Lisbeth** worked full time and cared for her son. Knowing that his life could be cut short at any time, she sought out experiences that would enrich his physical and emotional life. She saw how meaningful it was for him to be a part of organized physical activity. He told her how empowered and joyful he felt when he took part in physical activity. Sadly, **Juan Carlos** passed away in 1999 at the age of 15 from the debilitating effects of Muscular Dystrophy.

The totality of **Lisbeth's** life experiences began to merge after **Juan Carlos' death**. Returning to her love of dancing and Latin musical roots, **Lisbeth** became certified as a Zumba instructor. As a natural trajectory, she began to volunteer to teach low-income special needs students about the joy that can be achieved through joyful dance therapy exercise. Her repertoire expanded to people suffering from Down's syndrome, Parkinson's, autism, Muscular Dystrophy, even people in wheelchairs. She envisioned a program that would provide regular classes for people with disabilities. With drive, inspiration, and a gift for dance, she recruited a Board of Directors to form a new non-profit, *Juan Carlos Organization*, in May of 2012.

A 501 (c) (3) organization (Taxpayer ID 45-5034845), *Juan Carlos*

Organization www.jcorg.org provides dance therapy exercise classes every week for people of all ages in San Diego's special-needs community, many of whom have no other access to organized physical activities. The classes, open to all participants at little or no cost, put into action the words of **Lisbeth's son, Juan Carlos**: "Being active in some way makes me feel the most like a regular person." This personal connection feeds the passion she feels for the Juan Carlos Organization's mission: "To strengthen the physical and mental health of special needs students of all ages through regular participation in joyful dance therapy exercise." Her students come alive with the Latin and International high-energy music and dance moves, building physical fitness, strength, and alertness. They exhibit self-confidence and self esteem, and their communication skills often improve.

To those in San Diego's special needs community and their families, teachers, and caregivers, her continuing creativity and dedication to their health and well-being is an ongoing gift.

For the ten years of **Juan Carlos'**

Upcoming ROTD

OCTOBER 2014

24..... Rich Papike

31..... Will Moore



For Rotary, The Four-Way Test is the cornerstone of all action. It has been for years, and it will be in the future. Of the things we think, say or do

ROTARY 4 WAY TEST

--- 1 ---

Is it the **TRUTH**?

--- 2 ---

Is it **FAIR** to all concerned?

--- 3 ---

Will it build **GOODWILL**
and
better **FRIENDSHIPS**?

--- 4 ---

Will it be **BENEFICIAL**
to all concerned?

As Rotarians, we should have The Four-Way Test in mind in every decision we make, all day long. Our utmost responsibility is to Speak The Truth, to Be Fair, to Build Goodwill and Better Friendships, and to do our very best in all situations.

4 Way Test was developed
in 1932 by
Herbert J. Taylor.

Report

FROM THE OCTOBER 10 MEETING



Pamela Russell
Reporter

Si Se Puede!

“Yes, it can be done!”



The meeting

was called to order by **President Ron Kohl** and he reminded us about the Rotary Code of Conduct by reading the full version. Following that stirring rendition, **Alex Monroe** as Rotarian of the Day shared with us his top three priorities: 1. Family, 2. Profession and 3. Rotary. **Alex's** father and two children, **Jack** and **Emerson** were in attendance to cheer him on!

Lots of announcements today including next week's meeting (10/17) will be at the Braille Institute. It's always fun to see who shows up at the Marriott as it can be a major fundraiser for the club.

President-elect Bev Fritschner announced the Seven Bridge Walk on 11/15 starting at 8:30 am at **Linda Stouffer's** home. For non-walkers, the pot luck is later.

Kim Schafer asked that we be sure to put the Holiday Party 12/6 on our calendars. **The California Cogs** will be playing. It will be at

the party room at **Romik Kesian's** home, 4155 Executive Drive.

By the time you get this, our Mexico project will be just a few days away. Get your money to **Dave Wiegman** if you haven't done so yet.

Joel Candib is coordinating the reporters for our Golden Rotarian. This author can assure you it is easy to do as long as you sit up front so you can hear everything. When Joel asks, Just Say Yes!

PDG Sandi Rimer is looking for dedicated Spanish-speaking Rotarians to help the Coronado Binacional club learn more about Rotary and become a stronger club. Si Se Puede!

Sandi also announced that our club will be the primary sponsor of the February 6-8 Thousand Smiles weekend in Ensenada. This will be a wonderful opportunity to volunteer to help this very worthwhile organization.

We were all impressed with **Fernando Acosta**, this Rotary year's first Student of the Month from Preuss School. **Marty**

Rosenstein awarded him with a plaque after he shared his story of turning his life around and his dream of becoming a surgeon to help people like his grandmother. This award honors students who both demonstrate an improvement in their academics and show an interest in community service.

President Ron then asked **Marty Rosenstein** and **Alex Monroe** to leave the room. The club enthusiastically voted in favor of **Marty** as our 2016-17 Club President and **Alex** as our 2016-17 Vice President. Congratulations to both of these wonderful Rotarians!

Our speaker, or should I say singer, **Janusz Supernak** then entertained us with two original songs, "I Found My Perfect City" and "My Home". He then shared a bit about how he wrote these songs, concluding with a vocal "instrumental" of the "Theme from the Godfather". As a SDSU Professor of Civil Engineering, **Janusz** is certainly using both sides of his brain.

The meeting ended...

Photos

FROM THE OCTOBER 10 MEETING



Bill Keane
Photographer



E V E N T

OCTOBER

18

**VOLUNTEERS
NEEDED**

CASA DE
PAZ

DEPARTING:

Saturday, October 18th at **7am**

FROM:

Bus Transport from **Frost
Hardwood** 6565 Miramar
Road, San Diego (East of the
805)

HANDS ON SERVICE PROJECT:

We will be painting the existing
boys dorm, new boys dorm and
outside stage. **LUNCH** provided
by *Ensenada Riviera Rotary Club*

4PM Winery Tour & Dinner ,
Chateau Camou Winery

RETURN ON SUNDAY:

Leave Hotel in Ensenada by 9AM,
arrive in San Diego by noon

OTHER NEEDS:

*Girls and boys clothing, toys and
any non-perishable food*

CASA DE
PAZ



ACTIVITIES

10am - 3pmPainting

4pm.....Wine Tasting

All weekend longFellowship

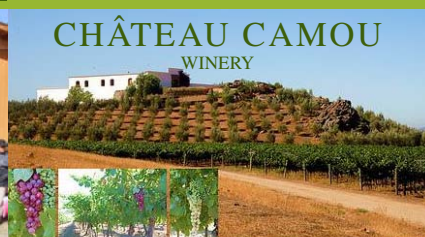
LODGING

San Nicolas Hotel & Casino, Ensenada

[More Information] - - - - - > > >

COST \$140 per person or \$200 a couple
including hotel, meals and transportation

CHÂTEAU CAMOU WINERY



Dave Wiegman, III
Contact

dwiegman@san.rr.com

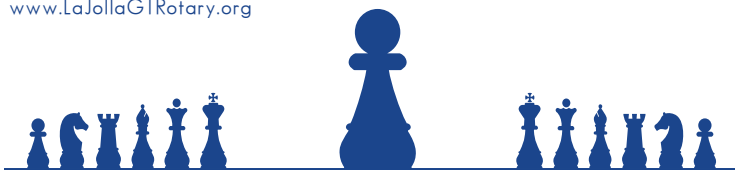
LA JOLLA GOLDEN TRIANGLE ROTARY CLUB

P.O. Box 13023
La Jolla, CA 92039
www.LaJollaGTRotary.org

LA JOLLA
GOLDEN TRIANGLE
ROTARY CLUB

CHARTERED
JUNE, 1986

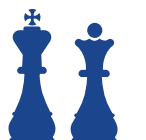
LA JOLLA
CALIFORNIA



LJGT ROTARY LEADERSHIP

2014 - 2015

PRESIDENT Ron Kohl
PRESIDENT-ELECT (2015-16) Bev Fritschner
TREASURER Sharon Council
SECRETARY Sara Hogue
PAST-PRESIDENT/FOUNDATION Brett Morey



BOARD OF DIRECTORS

2014 - 2017

Dave Wiegman, III2015 Alex Monroe2016
Allan Galgut.....2015 Jacquie Reilly2016
Will Moore.....2015 Tony Grillo.....2017
Ajay Asher.....2016 Joe Howell2017



COMMITTEE CHAIRS

2014 - 2015

CLUB SERVICE.....Keith Jeffers & Rick Binder
COMMUNITY SERVICE.....Ellen Bryson & Alex Monroe
YOUTH SERVICE.....Dianne Day
INTERNATIONAL SERVICE.....Cynthia Villis, Kathleen Roche -Tansey & Alex Kirkpatrick
VOCATIONAL SERVICE.....Sheila Henry & Laara Gervais
PR/WEBAlex Monroe
MEMBERSHIPJacquie Reilly & Sandra Scherf
FUNDRAISING.....Linda Stouffer & Dianne Day
PEACE FELLOWSHIPMike Bardin
CLUB FOUNDATION.....Steve Brown
FINE MASTER.....Michael Schwarz
PROGRAM CHAIR.....Bill Keane
FAMILY OF ROTARY.....Lori Bende
BULLETIN REPORTER/EDITOR.....Joel J. Candib
PUBLISHERAjay Asher



PAST PRESIDENTS

1986 - 2014

Dewey McDowell.....1986/87	Jim Davies.....2001/02
Ted Owen.....1987/88	Don Hoover.....2002/03
Reint Reinders.....1988/89	Pam Russell.....2003/04
Dan Mitrovic.....1989/90	Mike Schwarz.....2004/05
Steve Brown.....1990/91	Cynthia Villis.....2005/06
Ron A. Phillips.....1991/92	Dale Barnes.....2006/07
Bobby Foushee.....1992/93	Jay Hatfield.....2007/08
Pete Griffith.....1993/94	Linda Stouffer.....2008/09
Bill Radcliffe.....1994/95	Louise R. Andres.....2009/10
Carl Lower.....1995/96	Dory Beatrice Griffith.....2010/11
Michael Bardin.....1996/97	Romik Kesian.....2011/12
Robert Vaughn.....1997/98	Susan Schwarz.....2012/13
Mil Phillips.....1998/99	Brett Morey.....2013/14
Rick Clark.....1999/00	
Bonnie Brunner.....2000/01	



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LISA GALSTIAN, O.D.

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Lisa Galstian, O.D.

grew up in Queens, New York. She met her husband, **John** in Optometry school in Manhattan. Upon graduation, **John** wanted to move back to upstate New York and live in Buffalo. **Lisa** wanted to move to Long Island. San Diego was their compromise. The same day they got married, September 21st, they both found out they passed California State boards. After their honeymoon it was off to San Diego. **Lisa** and **John** currently have an office in the *Golden Triangle*.

Their most noted accomplishments are their two daughters **Lindsey** and **Geena**. **Lindsey** is 15 and enjoys musical theatre. She also enjoys helping children with disabilities and volunteers with *Miracle League*, as well being involved

with *Rotary* sponsored *Interact Club* at her high school. **Geena** is 13 and enjoys horseback riding, biking and boys. **Geena** has autism and continues to grow with lots of wonderful support through her school and numerous activities and therapies. There is so much that **Lisa** and **John** have learned and continue to learn about autism. As a family they enjoy spending time together in the great outdoors. They love to bike, hike and travel together.

Lisa feels very fortunate to be an optometrist. She enjoys her work, helping people and teaching them how to help their vision. What's new at the office? There are so many new contact lenses and eyeglasses to help people see better than ever before. *Gartner & Galstian Vision Care* has a new instrument which helps detect eye conditions earlier with a new breakthrough

technology called *Spectral Domain Optical Coherence Tomography* or *OCT*. The doctors can normally see the retina including the optic nerve and macula. This instrument can take a picture of the retina and also see the layers beneath the retina. It provides a high definition cross section of the retina allowing the doctor to see what is invisible with traditional methods.

Thought for the day: *No one ever injured their eyesight by looking on the bright side.*

