

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

APRIL 10, 2020

www.lajollagrotary.org



RI President 2019-20
MARK MALONEY

District 5340 Governor 2019-20
MARTA KNIGHT

LJGT Rotary President 2019-20
KIMBERLY SCHAFER



girl scouts
san diego

SPEAKERS AND EVENTS

APRIL 2020- SPEAKER

17.....

24.....

MAY 2020- SPEAKER

01..... Maintaining Mobility
Brittany VanSchravendijk

08..... Self-expression, open-mindedness, and having a positive mindset
Peace Uche, Pharm.D.

15..... How to Create a narrative for more excitement in your life and business
Lucas Barra

22.....

29..... EMDR benefits
Laura Gordon



LIZ
SHEAHAN

BSW, MA
Chief Philanthropy Officer



www.sdgirlscouts.org

Liz oversees all of Girl Scouts San Diego's fund development initiatives, including corporate, foundation, government, and individual partnerships. She and the fund development team work hard to inspire members of our community to get involved in the important Girl Scout Movement.

Her entire career has been in service to others, and has always included programs that empower young people. She has worked in development for more than 20 years, helping organizations grow their impact through community support. Most recently, she was vice president of development for the Jacobs & Cushman San Diego Food Bank.

A graduate of the LEAD San Diego Impact program, Liz is very active throughout the community. She is currently on the board of directors for the Carlsbad Chamber of Commerce and co-chairs the Programs Committee for the North County Philanthropy Council.

She earned a bachelor's degree in social work from Augsburg College and a master's degree in philanthropy and development from St. Mary's University of Minnesota.

Liz and her husband, Phil, live in the hills north of Escondido. Their two grown sons are both enjoying their lives and careers in the Teton Mountains.

REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE
THINK, SAY OR DO

01

IS IT
THE TRUTH?

02

IS IT
FAIR TO ALL
CONCERNED?

03

WILL IT
BUILD GOODWILL
AND BETTER
FRIENDSHIPS?

04

WILL IT BE
BENEFICIAL
TO ALL
CONCERNED?

HERBERT J. TAYLOR

The meeting was called to order on Zoom by **Kim Shafer**, President of LGTRC, at 7:30 A.M. She welcomed all that were able to get on the call and then turned the meeting over to **Rick Clark** for our morning prayer which focused on the challenging times due to the Covid-19 pandemic. His prayers went out to those infected and families who had lost loved ones. He also gave thanks to all the first responders, doctors, nurses, etc. that are working with these patients. As always we need to focus on prevention and we will get through these challenging times. We are in this together.

The Pledge of Allegiance to our flag was then repeated by all.

Kim announced that the meetings would be cancelled though April at the Marriott and we would continue our virtual meetings on Zoom. The Marriott was notified of the cancellation.

Guests were introduced and included: **Sara Miceli's** father **Jim** from Rotary Club in Studio City, Ron's significant other **Letti**, **Sheila's** guest **Lyle**, **Ranjan's** mother, who is the President of a Rotary Club in Albuquerque and **Tiffany** from the Rotaractors. **Tiffany** stated that they are available to help with any of the needs of the Club.

Sara announced that several of the Club's Rotarians had met and had assigned 2 person teams to divided up areas in San Diego and North County to offer any needed assistance to

fellow Rotarians. Thanks were expressed for this service.

David Tansey then spoke about the Peace Pole Project and showed the certificate designating the Club as a Peacebuilder Club. The Peace Pole will be placed on the grounds of Preuss School. Ten trees were planted on the African Continent in honor of the Preuss School Interactors.

Kaci Madden then introduced our speaker of the day, **Bob Nascenzi**, Founding President of Cristo Rey San Diego High School. He is also the founder of the largest soft wear company in San Diego. This school is an exclusive, private school for kids of low income families. The school is now under construction in Southcrest and will be the 38th school of this type. Hopefully it will open in the fall and will be in the largest city so far. Each student will be enrolled in a five day a month work study program with various corporate partners which will help pay for tuition. Each participating company hires 1FTE which consists of 4 students that share responsibilities and rotate as outlined by the company. *It is an advantage to both the student and the company. The project is funded by the Work Study Program (employer pays \$32,600), Tuition of \$500-\$1,800 and Annual fund raising.* The school will take about 100 students and possibly a little more. 100% of the students graduating from these schools have been accepted into Colleges. Anyone wanting to visit the site is welcome to do

so. Contact information is as follows:

www.cristoreysandiego.org

bnascenzi@cristoreysandiego.org

We then welcomed **Dr. Antonio Grillo-Lopez** who gave us a very informative up-date on the Covid-19 Pandemic. He again stressed the seriousness of this pandemic and showed a graph of the rising number of cases and deaths worldwide. The US is following the upward curve. The virus is spread through droplets from sneezing or coughing. After exposure it takes 14 days for symptoms to occur. During this 14 day period, if you are not taking precautions you are unknowingly exposing others and so the graph continues to rise. **Best advice STAY AT HOME.** The information on masks has changed and they are now recommended. A cloth home-made mask has the least protection but is better than nothing, the regular surgical mask will not allow large droplets through, and the N-95 mask blocks 95% of small droplets. It is best to always wear a mask when out and keep a distance of 6 feet from others. Many companies are now working on Antiviral drugs. Vaccines are also being developed but will not help in this pandemic but could for future infections.

Dr. Antonio's presentation was recorded.



The meeting was
adjourned at 8:35 A.M.

La Jolla Golden Triangle ROTARY CLUB

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LJGT ROTARY LEADERSHIP 2019 - 2020

PRESIDENT Kimberly Schafer
PRESIDENT ELECT (2020-21) Emidio DelConte
PRESIDENT ELECT ELECT (2021-22) Jacquie Reilly
TREASURER Sharon Council
SECRETARY Nancy Gatschet
PAST-PRESIDENT/FOUNDATION Rick Binder



ROTARIAN
OF THE DAY



CHARLES MACKAY

Born in San Juan Capistrano, CA, Charlie is a California kid to the core. After attending University of San Diego for his undergraduate studies, he joined Morgan Stanley as a financial advisor in 2014. Since then, we has gone on to become a junior partner at Marine Street Financial in downtown La Jolla. He lives in north Pacific Beach and enjoys a truly stress-free commute through the sleepy section of Bird Rock. Stopping by his company's namesake on the return journey is a must during the summer months. Proximity to the ocean will also be paramount for Mr. Mackay.

His girlfriend, Mattie, recently moved in to his apartment and both have adjusted to the welcome change. She is currently working at the University of California, San Diego, in a research capacity. Her ultimate goal is to become a Genetic Counselor and she is pre-

paring for grad school to take that next step. Although life has stayed relatively static since the move, the most significant deviation from the norm is the addition of a broom to sweep up the sand that is often tracked through the living room.

Joining Rotary has been one of the most rewarding decisions Charlie has made since moving to San Diego. He is incredibly grateful for the friends he has made and the experiences they have helped him to have. Although he has not yet had a singular "Rotary moment", he believes that each day living the Rotary way, in and of itself, seems to fit the bill.

Finally, he would like to definitively announce to Denny Jacobs that he does not dye his hair. This is fake news.