

THE GOLDEN rotarian

www.lajollagtr Rotary.org



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

APRIL 17, 2020



RI President 2019-20
MARK MALONEY

District 5340 Governor 2019-20
MARTA KNIGHT

LJGT Rotary President 2019-20
KIMBERLY SCHAFER

SPEAKERS AND EVENTS

APRIL 2020- SPEAKER

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



TIME FOR A HEALTHIER FOOD SYSTEM

Before joining PAN in 1996, Kristin worked for the World Resources Institute's Sustainable Agriculture program, as a communications specialist for EPA, and as an agro-forestry extension officer in Kenya. Prior to stepping in as Executive Director, Kristin was PAN's Program and Policy Director. She has held many roles at PAN over the years, including coordinating the international persistent organic pollutants (POPs) campaign under the Stockholm Convention and the global campaign to phase out methyl bromide under the Montreal Protocol. Kristin has been lead author on several PAN reports, including Chemical Trespass: Pesticides in our Bodies and Corporate Accountability (2004) and Nowhere to Hide: Persistent Toxic Chemicals in the U.S. Food Supply (2005). She co-authored both A Generation in Jeopardy (2012) and Kids on the Frontline (2016). Kristin is a board member for Veggielution, a community farm and gathering space in her home town of San Jose. She speaks conversational Spanish.



**KRISTIN
SCHAFER**

Executive Director of the Pesticide Action Network



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

Meeting reporter minutes April 10th. Attendance: 60 people including Rotarians and guests!

President Kim called meeting to order and welcomed Rotarian of the Day, **Charlie Mackie**.

Charlie called for a moment of silence for those who can't shelter in place as well as for all the public service and healthcare workers on the front lines. He then led the group in a virtual pledge of allegiance **Charlie** went on to provide a quick update about his life during these trying times. The extreme volatility in the market has been a challenge for the financial service industry and he has been playing more psychologist than financial advisor over the past month.

He still lives in North PB near Tourmaline although it feels very different these days. **Charlie** now embraces the fine arts and has changed his menu to vegan cuisine with the help of his girlfriend. He is grateful that everyone is healthy in his family. He was raised with a positive mindset which is coming in handy these days and he shared some of this positivity with the group that was passed on to him by his grandmother. She used to say "**Eggbok**" which means that everything is going to be OK.

We were joined by a number of guests which include, but not limited to:

- **Walt Schafer, President Kim's father**
- **Will Rivera**

- **Erika Rodriguez – Member of PB Rotary and former USD Rotaract**
- **Anthony Richards, 1213 District Governor from Lahore, Pakistan**
- **Diana Dala**
- **Lyle Brady**
- **Derren Lechuga, Member of PB Rotary and former USD Rotaracter**

ANNOUNCEMENTS:

To avoid "**Zoom bombing**" President Kim will be adding a password to the Friday meetings

Brett thanked the Youth Service Committee for \$250 donation to Switchfoot BroAm which will be used to support COVID-19 efforts.

Our speaker was **Liz Sheahan**, Chief Philanthropy Officer of the Girl Scouts of America. Their mission is "**building girls of courage, confidence, and character who make the world a better place**". She made a strong case for the Girl Scouts success in developing fierce leaders. Consider the following statistics for those who were girl scouts: 52% of all female business leaders, 80% of female tech leaders, 100% of female US Secretaries of State, and 76% of Female US Senators. There are 23000 Girl Scouts in San Diego County. The Girl Scouts are made up of 4 main pillars; Entrepreneurship, Outdoors, STEM, and Life Skills. They teach girls valuable entrepreneurial and business skills. The outdoors remains a critical piece helping girls develop

a love for nature, sustainability, and gain valuable skills such as geography. They operate several campus in San Diego including Julian and Balboa Park. The girls scouts focus a great deal on STEM as well as Life Skills such as communication, public speaking, empathy, networking, and, personal branding. All of which help build confidence. Some upcoming events include "**Cool Women in San Diego**" on June 12th and the 23rd Annual Urban Campout, Sept 25th. They are always looking for volunteers so please contact Liz Sheahan if you are interested.

Dr. Antonio Grillo-Lopez provided a very valuable COVID-19 update and highlighted key recommendations and insights. Listen to your doctor and don't self-medicate or experiment with remedies not endorsed by your healthcare professional. Keep social distancing and remember 6 feet is a minimum recommendation. A sneeze can send particles as far as 20 feet. There are some encouraging signs for global death rates if you look at countries such as Italy which is about a week ahead of the US timeline and their curve is starting to flatten. There are many promising vaccines in phase 1 clinical trials and many more coming. This is our hope for the future. Clinical trial period must be accelerated and FDA needs to streamline process. We are at a point as a society where we will need to take some risks.



La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

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

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



It is hard to believe that I have been a member of this club for barely two years. I still remember the first time I came to a meeting

and I was warmly greeted by so many of you. I remember being in awe of the people that I met because they did such great things and I knew that I wanted to be a part of something special.

Two years on and I hope I have made some sort of contribution to the Club. I can honestly say that I have become a better person for having joined Rotary. From my organization skills, to the confidence to jump in the deep end on a project, I have learned a lot about myself and what I am capable of. Most importantly, I have met many great people and I am grateful that I get to associate with all of you.

When I am not at a Rotary meeting, I am still busy working as a senior counsel at Wood Smith Henning & Berman. Luckily, the COVID-19 crisis has not done much to slow work down, so although I am working in the luxury of my living room, I am still employed, which is a good thing. Apart from working, I am currently enjoying vacations to Casa de Couch, channel surfing, archeological digs into the kitchen cabinets to find lost pots and pans, and doing laundry.

Even as the world burns, there will always be laundry.

RANJAN LAHIRI

{ *Even as the world burns,
there will always be laundry.* }



ROTARIAN
OF THE DAY