

THE GOLDEN rotarian

www.lajollagrotary.org



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

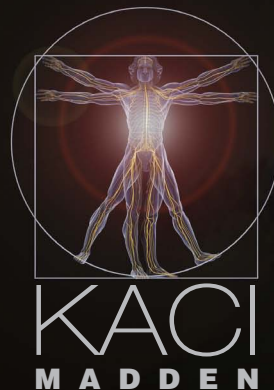
AUGUST 16, 2019



RI President 2019-20
MARK MALONEY

District 5340 Governor 2019-20
MARTA KNIGHT

LJGT Rotary President 2019-20
KIMBERLY SCHAFER



THE BIG IDEA TALK

WHY YOUR NERVOUS SYSTEM IS THE MOST IMPORTANT SYSTEM IN YOUR BODY.

SPEAKERS AND EVENTS

AUGUST 2019 - SPEAKER

23.....SURFSurfersUnite
Natalie

30.....Estates and Trusts
Anna Howard

SEPTEMBER 2019 - SPEAKER

06.....ED Parkinsons Association
Chris Buscher

13.....Kim Schafer
Speaker

20.....OPEN

27.....OPEN

Originally from Florida, **Dr. Kaci Madden** is the oldest of three and the daughter of two Air Force Colonels. She has lived in multiple states, but her heart lies in Florida where she received her bachelor's in Health Science and Education from the University of Florida before completing graduate school in Dallas Tx to receive her doctorate in Chiropractic from Parker University.

She is one of only 1200 doctors in the world who has completed 1,000 hours of post graduate work to specialize in a form of Chiropractic care that deals with the nervous system called Upper Cervical care. This form of care helps patients with a variety of nerve-related conditions heal - most common being headaches, migraines, sleep issues, and chronic pain as the nervous

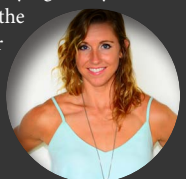
system controls and coordinates everything within the body.

Dr. Madden is a member of The Specific Chiropractic Centers, a group of doctors with 17 offices across the nation that are dedicated to elevating the health of their communities through non-invasive Chiropractic care.

The Specific Chiropractic believes in bringing the health of the nervous system back into the wellness conversation worldwide. While they have helped tens of thousands in the United States, they've also established a give back program which has allowed for the team's annual mission trips to El Salvador, Mexico, and the Philippines since 2007. **Dr. Kaci** has been on multiple of these trips to El Salvador, providing specific Upper Cervi-

cal Chiropractic care. Because her company has been pivotal in creating and establishing the legislation for Chiropractic care in El Salvador and the Philippines, the patients they see during these trips are able to maintain care during the interim between their annual visits.

Dr. Madden has been the clinic owner and director of the **San Diego Specific Chiropractic** centers location since 2018 and she served at the Kauai Hi location for 2 years prior. When she's not pursuing her passion through chiropractic care, Dr. Madden can be found playing volleyball and enjoying the beach with her husband and three-month-old daughter.



<https://sandiego.specific.com/>



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?

Kim Schaeffer called our meeting to order and announced that Rick Binder, past president, would be our Rotarian of the Day. Rick called for a moment of silence in memory of those who lost their lives in El Paso and Dayton the prior week. He asked us all to consider "How we can be better." Rick then reflected upon what it was like being club president and the difference in his life now that he is past president. He concluded with "I ended my time early", referring to Rotarian of the Day not his presidency. He left the jokes for Kim to tell.

Guests were then introduced by Michael Slenz. Three member of the Rotary E-Club of Puerto Rico were present including Jimmy Gonzalez who presented a certificate to Kim, Carmen Pizarro and Jose Fernandez. Rotarian Wayne Cusick from Blythe, was also visiting.

Announcements followed: Tickets for the Uptown Community Center Gala on August 24, 4-8 PM remain available. Contact Linda Stouffer-Wallace for tickets.

Bonnie Arora announced a preliminary sign up to walk the Camino Portuguese. The profits after costs from the trip will be donated back to La Jolla Golden Triangle Rotary. Tentatively scheduled March 20-27, 2020. Contact Bonnie

at bonniearora@yahoo.com for further info.

Kim announced a new membership category called "Plus One" for spouses. This is available to spouses of blue badge members who have been members for three years and has relaxed blue badge requirements.

Holiday party scheduled for December 14, 2019. SAVE THE DATE!!

Our esteemed guest speaker, Douglas Richman MD, was introduced by Kim Schaeffer who worked with Dr Richman at the UCSD Center for AIDS Research. Dr Richman served as the Director of the Institute and his lab was the first to identify HIV drug resistance. An extensively published researcher and clinician, Dr. Richman's fascinating talk began with the origin of HIV infection in humans approximately 100 years ago in Cameroon and extended through current day treatment and hopes for a cure in the future.

Dr Richman noted that over 39 million people have died from AIDS in the last 35 years and that 38 million people are currently living with HIV infection. The current rate of mortality from AIDS has improved and is about 1/3 of what was predicted 5 years

ago, yet there are still 3/4 million deaths annually. Furthermore, there are 1.8 million new infections annually. However, treatment has been very effective at stemming the death rate from AIDS. Current medical treatment suppresses the disease to the point that the virus cannot be detected in the blood of most who are properly treated with medication. Nevertheless, this "triple treatment" does not eradicate the virus and if treatment is stopped the disease will reappear. Dr Richman also discussed how the medical treatment has been improved from taking multiple pills per day to a single triple medication pill per day. Other longer acting medications are on the horizon. Dr Richman concluded with his vision for the future, although these goals remain a scientific challenge and may not be achievable:

An HIV vaccine to protect uninfected individuals and a cure which would eradicate the virus from those whom are infected. He then answered a number of questions.

Our President then adjourned the meeting.





PHOTOS

from the last meeting



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)
TREASURER Sharon Council
SECRETARY Nancy Gatschet
PAST-PRESIDENT/FOUNDATION Rick Binder



AUGUST 2019

23..... Sara Miceli
30..... Garry Kachkovsky

SEPTEMBER 2019

06..... Alex Nowacki
13..... Craig Clark
20..... Dory Beatrice
27..... Peggy Martin

ROTARIAN
OF THE DAY

RON KOHL



As many of you know, I was the owner and operator of **Phone Systems Plus, Inc.** for 32 successful years. I have spent the last 1 1/2 years making the transition of helping the new owners take on the services that Phone Systems Plus, Inc. had provided.

I am excited to announce my newly-found career as a Cruise and Vacation Consultant for **Expedia CruiseShipCenters**. As part of the #1 brand in travel, Expedia CruiseShipCenters offers the best value on

the widest selection of cruises – all at Expedia prices. Plus, since we are more than just cruises, I can help you plan any vacation including resorts, tours, flights and hotels worldwide.

I am looking forward to combining my love for travel and as a passionate traveler, helping you plan a spectacular vacation experience by looking after all of the travel details; leaving you with time to sit back, relax, and enjoy.



WINE CRUISES - TOURS - RIVER CRUISES - LAND PACKAGES - CORPORATE/GROUP TRAVEL - EXPEDITIONS - AIR - LUXURY VACATIONS - ADVENTURE TRAVEL