

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

AUGUST 23, 2019

[www.lajollagtr Rotary.org](http://www.lajollagtr Rotary.org)



RI President 2019-20  
**MARK MALONEY**

District 5340 Governor 2019-20  
**MARTA KNIGHT**

LJGT Rotary President 2019-20  
**KIMBERLY SCHAFER**

## SPEAKERS AND EVENTS

### AUGUST 2019 - SPEAKER

30.....Amy the Organizer  
Kim

### SEPTEMBER 2019 - SPEAKER

06.....ED Parkingsons Association--David Chong  
Chris Buscher

13.....Kim Schafer  
Speaker

20.....Village Community  
Angel Westerman

27.....Director of Medical Student Education in Radiology  
Haydee Ojeda-Fournier



[www.groundswellcommunity.org](http://www.groundswellcommunity.org)

## NATALIE SMALL

*LMFT (licensed Marriage and Family Therapist)* received her undergrad degree in Psychology and Philosophy at Point Loma Nazarene University, Masters in Marriage and Family Therapy at Bethel Seminary University, and received training through the International Expressive Arts Therapy Association. Originally from North Carolina she calls San Diego Bay home aboard her 28ft sail boat, Mi Corazon. In 2016 she combined her profession as a therapist with her passion for all things ocean and founded the non-profit **Groundswell Community Project**. **Groundswell Community Project** was founded with the mission to heal, empower, and unite women in the waves through surf therapy and ocean conservation programs.

**Groundswell** brings women from all over the world together who are overcoming abuse, trauma, trafficking, addiction, displacement, depression, and anxiety to diver deeper into self

love, ocean love, and sisterhood through Surf Therapy. **Groundswell** has grown from serving 15 women from a local recovery center in 2016 to serving over 500 women along the coasts of California, Peru, and Cuba. They are proud to be part of International Surf Therapy Org and partnering with UCSD to do research that will help show the transformational effects that surf therapy has on the brain for trauma recovery and mental health. *"Groundswell's surf therapy program opened a new world up to me and I saw it do the same for the other women. It connected us to the ocean, to each other, and to ourselves. With each wave I felt my old traumas and fears wash away and found myself full of strength and joy I didn't know possible"* -Groundswell participant 2018

**Stoked Research Podcast**, (Jaime Miller PhD in Surf Therapy) with Natalie Small [LINK](#)

[www.stokedsresearch.com](http://www.stokedsresearch.com)



SURFSURFERS Unite



# 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?

Promptly at 7:30, President Kim Schafer brought down the gavel, called the meeting to order and invited Rotarian of the Day Ron Kohl to the podium. Ron asked all to stand for our invocation and led the pledge of allegiance while looking at the California state flag ☺. Ron shared his story of intending to attend the Rotary Convention in Hamburg but was distracted by travel adventures. (He and Letty did attend the District Reception). But more fun was had on a cruise from Prague to Nurnberg to Luxembourg and ultimately to Paris, seeing 11 cities along the way. Ron shared his delight with the travel company he used – from upgrading their flight seats to sending a car to get them for the ride to the airport – gratis! It was such a great experience, Ron shared that he has joined the full-service travel arm of Expedia and hopes to be a resource for all of us! He has personally been on 8 ocean cruises, a river cruise – and let's not forget his early "cruise" on the Kitty Hawk!

Michael Slentz introduced guests Debra Kelley, who just handed in her membership app, visiting Rotarian Pavan from Bangalore, Rotaractors Connor and Cindy, and Lori Bende's family in full Scouting regalia. Kim invite Pavan to the podium for the official flag exchange between clubs.

Kim announced Rotary Day at Petco Park for September 10 – save the date! Tony Grillo will be auctioning 2 tickets to 1<sup>st</sup>

show of the La Jolla Playhouse's new season for August 25 next week! Be ready to bid! Kim announced the "Under the Radar" awardee for August as Kathleen Roche-Tansey for her incredible efforts putting together the Regional Summit for all Sister City International Organizations in Southern California. Linda Stouffer-Wallis shared that the fundraiser for Uptown Community Service Center on 8/24 needs only 2 more tix to complete 3 full tables to support this cause! Bonnie Arora shared that the Camino trip and fundraiser is on! It's a one-week foot journey that raises \$ for our club. Brett Morey asked us to look at the Discovery Gala info (supporting Agua Hedionda) at our tables asking for volunteer support on 8/24-25. Brett changed hats to become the Club fine master – and called out David Tansey who confessed to speeding in Germany! Linda S-W gave a high 5 to Sharon Council for joining Linda's bank, and other high 5s included Will Moore for running 1<sup>st</sup> in his district for funds raised in his campaign, Rick Clark for celebrating 48 years of marriage, and Dennis Bucko, who after being named in the Best of San Diego, sold his practice.

Krishna gave a fabulous introduction and endorsement to Young Professional Member Kaci Madden as our Speaker. Kaci introduced us to a special Chiropractic skill at The Specific which works specifically on the

Central Nervous System (CNS). This skill required extra 1,000s of hours of study, and only 1,200 such practitioners exist in the world! (How lucky are we to have one in our midst!?). Kaci shared the 5 basic elements of HEALTH: Sleep, Nutrition, Movement, Mental Health, and a fully functioning CNS. And by "function" she did not mean "feeling". Hers is a function-based practice, and her presentation shared how our CNS can be set back over the years by poor posture, trauma and more leading to poor function experienced as migraines, poor sleep, back pain, digestive issues and more. She noted we check our teeth twice a year and then asked us to think about the last time we had our CNS checked. Her practice has the necessary equipment and test materials to find "blockages" in our CNS so that they may be opened, and function improved. Brett and Peggy shared their personal stories of improvement after experiencing Kaci's practice. I suspect Kaci will be hearing from lots of our members, including me!

Kim announced that Christine Nowacki, after returning from hiking the Grand Canyon rim to rim (!!), will serve as the Club's social media director.

Kim closed the meeting at 8:30 with a list of Zen truths that had us all smiling on our way out!







# PHOTOS

from the last meeting



## AUCTION ITEM THIS FRIDAY-VIP TICKETS TO THE COAST STARLIGHT AT THE LA JOLLA PLAYHOUSE!

2 VIP tickets for this Sunday, August 25 opening night of The Coast Starlight, at the La Jolla Playhouse! The tickets include a VIP reception before the show, the Broadway-bound show, and a Cast and Crew After-Party. There will be hosted beverages and light hors d'oeuvres available starting at 5:30 and show at 7:00pm. Valued at over \$300. Thank you to Tony Grillo and Malahat for this Amazing Auction Item.

If you would like to bid on this item and you will not be at Fridays meeting please contact Lisa Galstian at [gartgal@att.net](mailto:gartgal@att.net) to place your bid.



# La Jolla Golden Triangle ROTARY CLUB

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[www.LaJollaGTRotary.org](http://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

30.....Garry Kachkovsky

### SEPTEMBER 2019

06.....Alex Nowacki

13.....Craig Clark

20.....Dory Beatrice

27.....Peggy Martin

## I grew up in Burbank,

Just outside of Los Angeles (or literally 3 houses outside of LA). There were 4 girls in our house – growing up my dad had 2 rules – no pink, no flowers. We mostly abided by that until my mom picked out a blue floral couch and then in my senior year of high school I painted my room a pale pink – I was given a can of white paint the next day and the couch when I got my first apartment.

I went to John Burroughs High School in Burbank. In high school, Alli and I were both cheerleaders, and being only a year apart, we had some classes together – it may have caused a little confusion with some of our teachers.

From, there I went about 100 miles up the coast to UC Santa Barbara, where it's a quicker walk to the beach than to the library from the dorms. I joined Gamma Phi Beta – we were the only house to have a pool on campus.

After college I moved to San Diego and started working at UC San Diego where I have been for the past 16 years. I spend most of my free time with Tucker doing my best “mom-ing” by getting our use out of the zoo pass.



# SARA MICELI

ROTARIAN  
OF THE DAY