

THE GOLDEN rotarian

www.lajollagrotary.org



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

AUGUST 30, 2019



RI President 2019-20
MARK MALONEY

District 5340 Governor 2019-20
MARTA KNIGHT

LJGT Rotary President 2019-20
KIMBERLY SCHAFER

SPEAKERS AND EVENTS

SEPTEMBER 2019 - SPEAKER

- 06..... ED Parkinsons Association
Chris Buscher
- 13..... Saved in America
Joseph Travers
- 20..... Village Community
Angel Westerman
- 27..... Update on Breast Cancer Detection
Haydee Ojeda-Fournier
Director of Medical Student Education in Radiology

Amy Carstensen



Amy Carstensen, a San Diego based Professional Organizer, started her business "[Organizing with Amy](#)" in 2013. Amy holds a Master's degree from UCSD in International Relations. She's taught high school Spanish, worked for the International Community Foundation and was the Founder and Executive Director of Olivewood Gardens and Learning Center in National City. She's lived in Mexico, Chile, Australia and even Czechoslovakia when it was still Czechoslovakia. When she's not out putting labels on bins, she's home torturing her husband and two boys reminding them "to never leave a room empty handed."





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

Rotarian of the Day

Our Rotarian of the Day was Sara Miceli. Sara grew up in Burbank, California. Her family owns and operates Miceli's restaurant, which was the first Italian restaurant in Hollywood. She had three sisters and her father had two rules, no pink and no flowers. Sara managed to follow the no pink rule until her senior year of high school. During high school, she was a cheerleader and was a member of Gamma Phi Beta while she attended college at UC Santa Barbara. After college, she moved to San Diego and has been working at UC San Diego for the past 16 years. When she is not busy trying to dodge pesky-sidewalks that jump out and stub her toe, she is a devoted mother to young Tucker, who just started school at La Jolla Country Day.

Guests

Today, we were joined by Celeste Williams and Marsha Fellar, both of whom were checking out

our club. Wayne Cusick was also in the audience. UCSD Rotoract was in full force with Luis, Tiffany, Lori, Cindy, and Kaeley attending today's meeting.

Announcements

Jan Percival was welcomed back to the fold and talked to us about the benefits of being a kidney donor. Ranjan Lahiri updated us on the efforts of the membership committee and Sara Miceli provided us with an update on the social committee. We also held an auction for two tickets to the Coast Starlight play at the La Jolla Playhouse, which were generously donated by Tony Grillo.

Presentation of the Day

Today's presentation was put on by Natalie Small, LMFT, and founder of Groundswell Community Project., a non-profit that is dedicated to help women heal themselves through surf therapy. Natalie received her degree in Psychology and Philosophy at

Point Loma Nazarene University and a Masters in Marriage and Family Therapy at Bethel Seminary University. She had a passion for the ocean and found a way to incorporate her love of surfing with her professional passions. In addition to her formal eight week surf therapy camps, she also has put on surf camps for Syrian refugee girls, and travelled to Peru to teach women how to empower themselves and overcome their own personal traumas through surfing. One of the participants in her surf camp, and now a board members of her non-profit, Leanne Tibiatowski, talked to us about her personal experience with the surf camp, in what was a powerful moment that showed the progress that can be made within a supporting healing environment. Natalie left us with a teaching lesson on how we can and should remind ourselves that we make the world beautiful.



A Fundraiser with an Opportunity for Rotarians to Walk Camino de Santiago (Mar. 20 - 27, 2020)

Reconnect with nature, body & spirit



A most incredible life changing experience

An amazing inner and spiritual journey



A sense of achievement!



A van supported journey offered by Spanish Steps, a Spain -based tour company to donate all its profits to La Jolla Golden Triangle Rotary Club for service projects
For further information, contact Krishna/Bonnie Arora
(email: bonniearora@yahoo.com; Mobile: 858-245-2901)



AUCTION

2 auction items donated by Bonnie and Krishna Arora.
Each basket is worth about \$50 each.



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



SEPTEMBER 2019

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

ROTARIAN
OF THE DAY

Garry Kachkovsky

My wife Emily and I met roughly 15 years ago at a Christmas party in Phoenix, where I was living at the time. After dating long distance for about a year, I convinced her to move from San Diego to Phoenix with the understanding that we would move back to San Diego within 5 years. Ten years later and two kids in tow we finally made the move and have now lived in University City for over two years. Emily and I recently celebrated our 11 year anniversary. We have two daughters - Ava, who is seven and just started 2nd grade this week and Elle who is four. I am proud that my kids are bilingual in English and Russian, despite only having one Russian speaking parent.

I joined Rotary almost two years ago out of encouragement from my business partner, who is a Rotarian in Evergreen, CO. Experience has been educational and rewarding and I am slowly learning the art of saying no. Recently I began serving on the board and I'm excited to learn more about the inner workings of our club. On the professional end, I am a partner in a wealth management firm with offices in Phoenix, Arizona, Evergreen, Colorado and San Diego. My business partner and I created Kachkovsky & Fisher in 2001. We specialize in helping uniquely successful individuals and families by coordinating the different aspects of their financial lives and act as long-term stewards of their assets through comprehensive financial planning, sophisticated wealth management and strategic legacy planning.

When I am not rupturing my Achilles playing basketball, I enjoy trail running, hiking, mountain biking, snowboarding, Brazilian jiu-jitsu, vicariously living through my kids and spending time with family.

