

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

DECEMBER 07, 2018

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



**BE THE INSPIRATION**

RI President 2018-19  
**BARRY RASSIN**

District 5340 Governor 2018-19  
**MEL GALLEGOS**

LJGT Rotary President 2018-19  
**RICK BINDER**

**SPEAKERS**  
AND EVENTS



## DECEMBER 2018 - SPEAKER

14.....California Cogs

21.....DARK  
Holidays

28.....DARK  
Holidays



Captain Cedrun was born in San Francisco, California and grew up in Los Angeles, graduating from Daniel Murphy High School in 1979. Enlisting in the United States Army after high school, he attended the United States Military Academy Preparatory School at Ft. Monmouth, New Jersey graduating in 1980. He then attended the United States Naval Academy in Annapolis, Maryland and was commissioned an Ensign in 1984. He holds a Master of Science degree in Aeronautical Engineering from Naval Postgraduate School and a Master of Arts degree in National Security and Strategic Studies from the Naval War College. Additionally, he is qualified as a Joint Specialty Officer.

In September 2008, he assumed command of USS BOXER (LHD 4). During CAPT Cedrun's tour, BOXER served as the flagship

for Commander, Task Force 151 and participated in the rescue of CAPT Richard Phillips from the M/V MAERSK ALABAMA in April 2009. He then served as the Chief of Staff for Commander, Expeditionary Strike Group THREE from January 2010 to March 2012. On 22 August 2010, CAPT Cedrun was temporarily reassigned as Commanding Officer, USS PELELIU (LHA 5). During his command tour, PELELIU participated in Humanitarian Assistance and Disaster Relief operations for the flood victims in Pakistan and combat operations in Afghanistan in support of OEF. From April 2012 to until his retirement in June 2014, he served as the Assistant Chief of Staff (N45) for Commander, Naval Surface Forces, U.S. Pacific Fleet, heading up the Type Commander's Material Inspection Team. During this time, CAPT Cedrun volunteered for an Individual Augmentation deployment to Bahrain and served as the Deputy Commander on the staff of Commander, Expeditionary Strike Group FIVE from March to October 2013.

In addition to the postgraduate education institutions, shore assignments include the staff of Commander, Logistics Squadron TWO as Operations Officer; Officer in Charge of Combat Logistics Group TWO Detachment Earle, New Jersey; and the Joint Forces Staff College Norfolk, Virginia as a student. Prior to assuming command of USS BOXER (LHD 4), he was assigned to the Office of the Secretary of Defense as Military Assistant for Naval Warfare Programs to the Director, Operational Test and Evaluation.

Captain Cedrun has been awarded the Defense Superior Service Medal, the Legion of Merit (four awards), the Bronze Star Medal, the Meritorious Service Medal (five awards), the Navy and Marine Corps Commendation Medal (four awards), the Navy and Marine Corps Achievement Medal and is authorized to wear numerous campaign and unit awards.



DECEMBER 2018  
07.....Jennifer Schaffer

# 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

President, Rick Binder, opened the meeting and handed the podium over to our distinguished Rotarian of the Day, Jennifer Schaffer. After a moment of silence and the pledge she talked about her early family years and how her Jewish mother and sister immigrated to England as the Nazi occupation became real. They were sponsored by writing letters to total strangers in the England and Scotland Phone books. After writing numerous letters, one was sponsored by a Christian gentleman from Edinburgh and one by a Jewish Furrier from London. Talk about service about self?....these were truly Rotarian's at heart. Recently, Jennifer and her daughter went back to Europe to visit Vienna, the site where her mother and sister owned and operated a perfume store before the Nazi Occupation. I just love to hear stories like this.

Michael Slentz came to the podium and announced the Club visitors, UCSD and SDSU Rotaracts and visiting Rotarians. Both the rotaracts announced their mentoring

programs and a short video was presented by SDSU "More Than Music" to benefit recent Fire Victim students and reminded club members to sign up as it has been a good partnership program with our club.

Lori Bende announced the kid friendly Holiday Party on Dec. 15th and Jim Davies reminded those interested in the YMCA Shelter Services OZ project on Dec 8th. Brent reminded everyone about the World Adaptive Surfing Contest held here December 12-16th and looking for volunteers/housing for these world class surfing athletes from around the world.

Marty Rosestein introduced the Pruess "Student of the Month" Jose Padilla Tapia who's success is partly due to the support of his family and Pruess staff. He has a 3.5 GPA but not to long ago he was failing and after the support and counseling from parents and staff something "clicked". He had a very inspirational speech and wants to help others turn their lives around that have been

down and out just as he was.

Our guest speaker, Michael Arms, is president of the Helen Woodward Animal Center. Growing up in New York and seeing the mistreatment of animals first hand was his inspiration to take his first job at ASPCA. His whole life has been devoted to saving pets lives. Over the last 40 years he has saved millions of orphaned animals and his stories of his successes were very inspirational. Helen Woodward is world renowned and to this day is considered the Animal Center of the Future. It operates the shelter as well as an equine hospital, small pet hospital, boarding house, and the Orphaned Objects Resale shop.

Rick Binder closed the meeting with the Hillbilly and the donkey joke which tells us why some of our domesticated animals and pets are priceless and not for sale.

*Respectfully submitted*  
**Jim Frost**





# PHOTOS

from the last meeting





# La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

P.O. Box 13023  
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www.LaJollaGTRotary.org

## LJGT ROTARY LEADERSHIP 2018 - 2019

PRESIDENT .....	Rick Binder
PRESIDENT ELECT (2019-20) .....	Kimberly Schafer
PRESIDENT ELECT ELECT (2020-21) .....	
TREASURER .....	Sharon Council
SECRETARY .....	Nancy Gatschet
PAST-PRESIDENT/FOUNDATION .....	Alex Monroe



### DECEMBER 2018

- 14..... The California Cogs
  - 21..... DARK
  - 28..... DARK
- ### JANUARY 2018
- 01..... Tony Grillo

ROTARIAN  
OF THE DAY



### Rick is a product of a tiny town in Iowa.

He still remembers the village celebration when they got their first traffic light on 2<sup>nd</sup> and Willis Avenue! After receiving an Architecture degree from Oklahoma University, he spent two deployments as Engineering Officer in Vietnam with the U.S. Navy SEABEES. Next was a Navy gig in San Juan, Puerto Rico, where he met his lovely future bride, Nilsa. But first, upon release from active duty, he traveled alone for 7-1/2 months. He has visited more than 40 countries and has at least driven through or set foot in all 50 states. He arrived in San Diego in 1971, Nilsa left her beautiful island, joined him and they were married here. San Diego has been their home ever since. They have one son, Javier, and daughter-in-law, Dawne.

Rick and Howard Schuss had an architectural practice for 31 years with a staff of up to 20 personnel. They had completed more than 2,000 projects in 17 states, including housing, office buildings, religious and retail facilities and restaurants. They sold the practice and retired on New Year's Eve (Rick's Birthday), 2015.

Rick joined La Jolla Golden Triangle Rotary Club in 1992. He served as club president in 1999-2000, was co-chair of the 2001 District 5340 District Conference and the 2002 District Paul Harris Gala. Fun activities include putting together a half dozen club cultural field trips. He has helped organize more than 30 hands-on work projects from the Christmas in April/ Rebuilding Together home repair program to ten Navidades en Noviembre, (repairing and painting schools in Rosarito Beach, Mexico) to seven 'Operation Marine' projects at Miramar and Camp Pendleton. Fary Moini and Steve Brown enticed him into joining them in activities in Afghanistan. He designed six projects that were built over there, including a school that now has 9,000 students attending in shifts. The Jalalabad programs have had a positive impact on thousands of Afghan students, now and in the future. Rick's Rotary accolades include Club Rotarian of the Year, District Governor's Leadership Award, Key to the City of Rosarito Beach presented to him by their Mayor and Rotary International Avenues of Service Citation.

Along the way, he has produced more than 75 videos of projects, programs and individuals showcasing the incredible accomplishments that the LJGT Rotary Club has completed around the world.

All of the above is earning the right not having his name on that big black granite wall in DC. Today he will have a special presentation observing 50 years since his boots were on the ground in Vietnam .... with him in them!

#### Post Script:

*My Dad used to say "If ... when you cross life's finish line, the world is a bit better because you were here, you ran a good race" ..... Well, our friends in LJGT Rotary, WE are running a GREAT race!*

RICK  
CLARK



Rick and his handlebar...



...and preparing for  
another rocket attack:  
Gia Le combat base, Vietnam