

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

FEBRUARY 09, 2018

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



## RICHARD MARKS

*RDM Management Group, Founder/President*

### MINDFUL WELLNESS TIPS FOR GOAL ACHIEVEMENTS

Richard is Founder/President of RDM Management Group, a professional training company specializing in the areas of Sales, Customer Service, Soft Skills and Leadership Management Training. RDM Management Group focuses on four (4) key principles: Self Confidence, Self- Discipline, Emotional Intelligence, and Motivation. While serving in the U.S. Army, these four (4) key principles were critical guidelines that propelled him to this next level in his professional business career.

As a speaker, business coach and trainer, Richard has exercised the same four (4) principles to launch a successful business career into the professional arena of Sales and Sales Management that has extended beyond 30 years of honorary and awarded tenure. Richard is also an established author of The Empowerment Series Volume I & II a Motivational Series.

Richard currently serves on the Board of Directors for the North San Diego Business Chamber, Kroc Center Salvation Army Advisory Council, and Miramar College Business Department Advisory Board. He also a Facilitator for the National Veterans Transition Services, Inc. aka REBOOT which lead initiatives to "Reboot the lives & careers of transitioning service members and veterans and promote a strong workforce." By focusing

on and resolving the key reintegration issues of veterans and the challenges employers face trying to hire them,

Richard also volunteers his time as a facilitator at Interfaith Community Services Veterans Assistance Program, Habitat for Humanity and Meals on Wheels and team leader for Economic Development Escondido/San Marcos CA.



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



**ROTARY:  
MAKING A  
DIFFERENCE**

RI President 2017-18  
**IAN H.S. RISELEY**

District 5340 Governor 2017-18  
**SCOTT C. CARR**

LJGT Rotary President 2017-18  
**ALEXANDER S. MONROE**

### SPEAKERS AND EVENTS



#### FEBRUARY 2018 - *SPEAKER*

16.....Heidi Dewar  
Tracking fish forwards and backwards using high-tech tools.

23.....Elyse Matson  
Speech Pathology in Medical Settings: Who do we treat and what do we do?

#### MARCH 2018 - *SPEAKER*

02.....Stanley M. Faer  
UC San Diego Chancellor's Associates



FEBRUARY 2018

09..... Nancy Gaschet  
16..... Susan Schwartz  
23..... Will Moore  
02..... Jim Frost

# REPORT

from the last meeting



IN  
JUNE



The Board of Directors and Trustees approved a new vision statement for Rotary:

Together, we see  
a world where  
people unite and  
take action to  
create lasting  
change—across  
the globe, in our  
communities,  
and in ourselves.



**President Alex Monroe** opened the meeting with a cheerful “Good Morning”, as we all joined in two renditions of “The Most Dynamic Rotary Club in the World”. He reminded us it was Groundhog Day. In some parts of the country, that means 6 more weeks of winter, here not so much. However, he did remind us that his months as President ARE winding down, although a few months down the road.

**Alex** introduced the Rotarian of the Day, **Kevin Carlson**. **Kevin** is a San Diego native and worked with his father and brothers in the family auto parts business. After years of success with the business, they sold it in 1985 and in 1987 bought a struggling company Mission Chemical Company and shortly thereafter another company, Cal-Chem Sales. Both do business as Mission Janitorial Supplies. Other than running a successful business, Kevin enjoys skiing, golfing, sailing and many other activities. He is proud of his son and daughter and loves traveling with his family. He will be celebrating his 25th anniversary in Tahiti! He is actively involved in Patrick Henry Alumni Association, whose alumni include **Annette Benning** and **RuPaul**. He is a dynamo regarding civic participation, being a former board member of the La Jolla

Golden Triangle Rotary Club, as well as being active in many other fund raising activities. He is also a member of the Greater San Diego Chamber of Commerce and International Sanitary Supply Association and several other business organizations.

**Alex** hovered and **Kevin** wrapped up his presentation. **Michael Slentz** introduced visiting Rotarians and guests, including **Roger Mignosa**, **Jim Cambier**, **Scott Barton** and **Bob Dynes**. **Sheila Henry** presented her guest, son Greg Henry. Also attending were Rotaractors from UCSD, **Justin**, **Ben**, **Susan** and **Bradley**.

**Jan Percival** came to the podium and provided a brief history of the Hahn Visionary Award. This award began in 1993 to honor **Enrie Hahn** for his many contributions to the quality of life in San Diego and has been awarded since then to various prominent leaders of our region. **Jan** introduced **Bob Dynes**, the former chancellor of UCSD. **Mr. Dynes** presented the prestigious **Hahn** plaque to **Scott Barton**, Preuss School at UCSD Principal/Director. Preuss School offers children from low socio-economic areas around the city the opportunity to break free from poverty in a safe and nurturing environment. Under **Scott**

**Barton’s** leadership, Preuss has not wavered from its strict academic demands and goals. As both Dean of Students and then as Principal/Director, **Scott Barton** has been a driving force in making this happen. Because of his leadership, Preuss attendance record is 98%, with 94% of the graduating class of 2017 being accepted into a 4 year college. Last year US News and World Report’s ranking of public high schools ranked Preuss #1 in San Diego, #5 in California and #54 in the country. Rotarian **Mike McQuary**, who is also a representative on the San Diego Unified Board of Education, praised **Scott** for his many achievements and the outstanding contribution he made to the education of many children who otherwise would not have had the opportunity to attend college. It was noted: “*Ernie Hahn built structures, Scott built lives.*”

Rotaractors from UCSD thanked our club for our assistance in Project Mercy in Tijuana. It was a tremendous success.

Closing the meeting this week, **Kelly Price Noble** successfully collected monies with High Fives and Fines.







# PHOTOS

from the last meeting



The Rotary District 5340 Pathways to Peace  
and the Joan B. Kroc School of Peace Studies

*present*

## The 7th Annual Peace Forum

Saturday, February 24, 2018  
Joan B. Kroc Institute for Peace & Justice  
University of San Diego



## Rotary District 5340 Pathways to Peace and The Joan B. Kroc School of Peace Studies

*present*

### The 7th Annual Peace Forum: Peacemakers

Saturday, February 24, 2018, 8:00 am – 12 noon  
Joan B. Kroc Institute for Peace & Justice  
University of San Diego

08:00 **Registration, exhibits, coffee and pastries** (Rotunda and Garden of the Sky)

08:30 **Welcome** (Dr. Cynthia Villis, Peace Forum Chair, Assistant Provost, USD)

**Defying Extremism**  
(Jennifer Freeman, Associate Director, PeaceMakers Program, KSPS)

**An Approach to Peacebuilding: Contact Theory**  
(Jennifer Bradshaw, Program Officer, Women PeaceMakers Program, KSPS;  
Rotary World Peace Fellow, Uppsala University, Sweden)

**District 5340 Pathways to Peace and Update: RI Presidential Peace Conference  
2018 on Environmental Sustainability and Peace, Vancouver, BC**  
(Michael Bardin, Chair, D5340 Pathways to Peace)

**Presentation: District 5340 Pathways to Peace Award** (Scott Carr, Governor,  
D5340, and Awardee Dean Patricia Marquez, Kroc School of Peace Studies)

**Break**

**Building Peace through Scholarship: Three Perspectives**  
(Paloma Wiethorn Kochan and Valentina Rivera Muñoz, Grillo-Marxuach  
Family Scholars and Global Grant Peace Scholars; Jane Wanjiru Wamwirwa,  
D5340 Global Grant Peace Scholar)

**The Bent Prop Project: Making Peace Across Time and Distance**  
(Derek Abbey, Director, Travis Manion Foundation)

12:00 **Closing and Adjourn**

# 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 2017 - 2018

PRESIDENT ..... Alex Monroe  
PRESIDENT ELECT (2018-19) ..... Rick Binder  
PRESIDENT ELECT ELECT (2019-20) .....  
TREASURER ..... Sharon Council  
SECRETARY ..... Beverly Fritschner  
PAST-PRESIDENT/FOUNDATION ..... Antonio J. Grillo-López, MD



### UPCOMING ROTD

**FEBRUARY** 2018  
16..... Alex Kirkpatrick  
23..... Moji Ebrahimi

**MARCH** 2018  
02..... Louise Andres  
09..... Steve Balch



ROTARIAN  
OF THE DAY

LORI BENDE



**D**r. Lori Bende has been a member of the La Jolla Golden Triangle Rotary Club for 18 years. She is a multiple Paul Harris Fellow, past board member, past treasurer and charter member of the International Eyecare Fellowship of Rotarians. And currently holds the "Family of Rotary" position. She and her husband Joost are a three-time winner of the LJGT Road Rally and a one (or was it two?) time "winner" of the Golden Dipstick Award.

Lori is a past president of the San Diego County Optometric Society and was awarded the "Young Optometrist of the Year" (a few years ago, ahem) by the California Optometric Association. She has lectured to optometrists on specialty contact lenses.

Lori's twins, Ronald and Rhoda, are age 10. Lori is a Girl Scout leader and Joost is a CubMaster for the Cub Scouts. Lori is the Room Mom for R&R's

classroom at school. Luckily they are in the same class this year. The Bende's love to travel, especially visiting Joost's family in Holland.

Lori continues to value her friendships and business contacts she has made, and continues to make, in the La Jolla Golden Triangle Rotary Club; truly the Most Dynamic Rotary Club in the world.

