

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

FEBRUARY 12, 2016

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LJGT Rotary President 2015-16
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Dr. Lederer's books on Amazon: <http://goo.gl/ZTKims>



calendar
EVENTS
and speakers

FEBRUARY 2016 - SPEAKER

19.....Interact Student Exchange Program 2015
• Krishna and Bonnie Arora •

26.....Topic / Subject
• Name •

MARCH 2016 - SPEAKER

04.....Rehabilitating the
Audrey Geisel University House at UCSD
• Ione Stiegler •

11.....4 Way Test Speech Contest
• Tom Hinton •

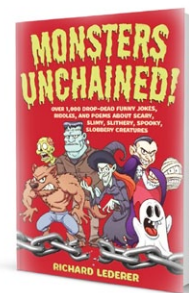
RICHARD LEDERER



FASCINATING
FACTS
• ABOUT OUR •
PRESIDENTS

Paul Harris Fellow Richard Lederer is the author of more than 50 books about language, history, and humor, including his best-selling *Anguished English* series and his current books, *Amazing Words*, *Lederer on Language*, and *Monsters Unchained!*

Dr. Lederer's syndicated column, "Lederer on Language," appears in newspapers and magazines throughout the United States, including the San Diego *Union-Tribune*, and he is a founding co-host of "A Way With Words" on KPBS Public Radio. He has been named International Punster of the Year and Toastmasters International's Golden Gavel winner.



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FEBRUARY 2016
 12.....Leanne Cusick
 19.....Sheila Henry
 26.....Jacquie Reilly

REPORT

from last meeting



the QUINTESSENTIAL FESTIVAL

Come experience the Quintessence of San Diego

An area sectioned off for children of all ages to participate in fun activities and games.



Hosted by
 The La Jolla Golden Triangle Rotary Club

COME EXPERIENCE THE QUINTESSENCE OF SAN DIEGO

**SATURDAY
 APRIL • 23
 12:30 P.M. - 5:30 P.M.**

ENJOY OVER

18

**LOCAL BREWERIES
 SIX • WINERIES
 FIVE • DISTILLERIES**

SIX FOOD VENDORS

**★ LIVE ★
 BANDS**

• Sponsorship • Opportunity
 With your help we can make a difference!

NOBEL PARK AND RECREATION FIELD
 8810 Judicial Drive, San Diego
 CA 92122



Alex Monroe needs his defensive ends & tackles to do their jobs!

Our Rotarian of the Day was **Jay Hatfield**. Jay shared all the wonderful things they do at the Braille Institute Center. He has been with Braille for 25 years and is now the Executive Director. Congrats Jay!!

Our guests included Gary Krahn with La Jolla Country Day School, Inez Odom with La Jolla Country Day School, Karen Nance with Preuss School UCSD, Ashley Dittmor with PCI, Jacqueline Nevels with Gomper Prep Academy, Peter with Gomper Prep Academy, and **Marty Rosenstein's** guests Samson, Vivian Trinh with Rotaract UCSD, Micelle Florero Rotaract, Marco Mendez with Rotaract, and Elizabeth German.

Pres Bev announced there are four open board positions for this upcoming year. The board is a three year term. She also announced that we are looking for District Governor Nominees.

If you are interested in providing our District Council On Legislation Representative **Pam Russell**

with feedback on the proposed legislation, contact her. She can provide you with a copy of the legislation for your reading pleasure! She leaves for The Council On Legislation on April 9 so there isn't much time.

Diane Day introduced Elizabeth German who is Student of the Month. She coaches Lacrosse.

Linda Stouffer laid out some terms for the Road Rally. The top seven are exempt from planning the next Rally. She is allowing a team that includes **Pres Bev, Denny Jacobs, Jacquie Reilly, and Linda Andrews**...yes its four against teams of two but probably still a level playing field with Denny in that car.

The WAPI Project is On February 13th from 8:30am to 2pm at UCSD, Great Hall. This is presented by Rotaract. This project helps third-world countries create clean water by making water pasteurization indicators.

Alex Monroe needs his defensive ends and tackles to do their jobs!

This means we **ALL** need to participate in finding corporate sponsors for the fundraiser. I think **Tony Grillo's** team (which I am proud to be a part of) is going to blow the other teams out of the water! Bring the competition!!

Eric Freeberg provided wine for our raffle which included three great packages. The winners were, **Krishna Arora, Tom Stocking, and Linda Stouffer**. Krishna re-donated first prize for a live auction. Tom offered to pop the bottle for anyone who would like to join him in OB. Linda took third and Eric promised that there is alcohol in the bottle.

The speaker was **Gary Krahn**, Headmaster of La Jolla Country Day School. Gary shared photos from Afghanistan and said that the people he came in contact with had very little, but were among the most generous people he had ever met. Gary has a passion for education shared some very interesting information and statistics. It would be nice to have him back.



FEBRUARY BIRTHDAYS

Jay Hatfield.....01
 Will Moore.....02
 Bonnie Arora.....10

Carlson, Kevin.....12
 Ellen Bryson14
 Sandi Rimer14

Eric Fuller18
 Linda Andrews19
 Sara Hogue23
 Jan Percival-Lipscomb25

PHOTOS

from last meeting



WINE & COOKIES AUCTION



Enjoy this magnum of delicious
2013 Barbera wine from Europa Winery
while munching on fine Girl Scout cookies.



Auction item donated by Lori Bende. • 1 bottle of Red wine and 4 boxes of Girl Scout cookies value\$85.00

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 2015 - 2016

PRESIDENTBev Fritschner
PRESIDENT ELECT (2016-17)Antonio J. Grillo-López, MD
PRESIDENT ELECT ELECT (2017-18)Alex Monroe
TREASURER Sharon Council
SECRETARYRick Binder
PAST-PRESIDENT/FOUNDATIONRon Kohl



UPCOMING ROTD

FEBRUARY 2016

19.....Krishna Arora
26Wayne Sanders

MARCH 2016

04.....Dennis Bucko
11.....Dennis Jacobs

ROTARIAN OF THE DAY



RICK BINDER



FITNESS

First of all I am a California native. I grew up in Los Angeles - the San Fernando Valley to be specific. Upon my graduation from the University of Arizona I returned to Los Angeles and soon began my career in the financial services industry where I spent roughly 15 years. It was during this time that I was introduced to Rotary. I was a Charter Member of the now defunct Warner Center Rotary Club. I spent almost 10 great years there, served as Club President in 2001/02 and I became a Paul Harris Fellow.

In 2005 I was recruited into the staffing industry and before I knew it I was running the company's consulting operations for six offices between Pasadena and Santa Barbara.

I have been involved in sports and fitness for most of my life. I've spent

over a decade practicing martial arts. I am currently a 3rd degree black belt and I've taught street-smart self-defense to small groups for some time now. I enjoy Scuba diving, rock climbing and recently I've become quite passionate about Standup Paddle boarding. I've Scuba Dived with sharks in Australia, jumped out of perfectly good airplanes and fought for fun on a weekly basis.

My passion has long been helping people to look, feel and perform their best, and when I had the opportunity to relocate to San Diego at the end of 2012 I began personal training on a full-time basis. This has now evolved into a growing three-pronged practice that includes reducing oxidative stress at the cellular level, treating pain electronically and rehabbing sports injuries. There are currently only 4 or 5 people in San Diego who do what I do.

On a more personal note I have two wonderful children who live out of state. My son **Zachary** is 20, in college and living in Texas. My daughter **Brianna** is 23, living in Chicago and working for a political action committee. Somehow my whole family ended up in San Diego and I had the opportunity to move here myself at the end of 2012. My mother is here in San Diego and my sister and nephew live in Santee.

I am extremely grateful to be an active member of the La Jolla Golden Triangle Rotary Club. It is by far my most enjoyable Rotary Club and I look forward to many happy and productive years together.



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