

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

FEBRUARY 15, 2019

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



## **FEBRUARY 2019 - SPEAKER**

22.....Dan Chong  
Peace

## **MARCH 2019 - SPEAKER**

01.....Dianne Day & Louise Anders  
4 Way Speech Contest

08.....Wendy Wilson-Gibson  
Bonita Museum and Cultural Center Executive Director

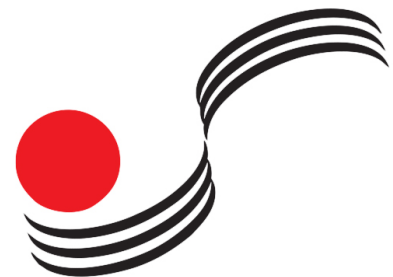
15.....Ranjan  
Community Service

## **DAY • OF REMEMBRANCE JAPANESE AMERICANS IN SAN DIEGO**



**Linda A. Canada** holds an undergraduate degree in History from UCLA, and a law degree from Loyola University in Los Angeles. Twenty years after leaving legal practice she still considers herself a "recovering lawyer." She has worked exclusively in the field of local history for those 20 years.

In 2005 **Linda** began serving as the archivist for the Japanese American Historical Society of San Diego (JAHSSD), and was its President 2009-2012. In addition to writing for publication about local history, Linda speaks to many local groups and visitors about San Diego and its colorful past. She also leads walking tours of many historic neighborhoods and attractions in San Diego.



Japanese American Historical Society of San Diego



[HTTP://JAHSSD.ORG](http://JAHSSD.ORG)



# 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?

### ROTARIAN OF THE DAY

Nick Milsner kicked off the start of our meeting with a great presentation. It included a bit about himself, about his daily practices, and about his travels around the world. Nick graduated from San Diego State and has enjoyed progressing from the sales side to the management side at his company HouseCall Pro.

One of his favorite aspects of the job include the community team, which has done projects ranging from clothing and food drives to raising enough funds to donate over 2,000 meals to those in need. Nick established the Big West Rotaract E Club last year to provide an opportunity for men and women ages 18-30 to exchange ideas with leaders and serve within their community, regardless of their geographical location. Nick is an avid practitioner of mindfulness, at least 10-20 mins a day of meditation or yoga as well as an advocate for the art of Jiu-Jitsu as it's possible to practice the gentle art anywhere from the ages of 4 to 78+.



Nick finished sharing about he and his girlfriend Vanessa's trips around the world with adventures declassified. (You can check out more of their travels here: <https://www.facebook.com/adventuresdeclassified/>) Their next trip will be 256 miles over 3 weeks along the John Muir trail. He also shared photos from their most recent trip of 6 weeks through 8 countries, including this super cute glamping trailer they used during

their visit in Ireland.

### GUESTS

We were joined by Steve Balsh's wife Marcia Balsh, and Christina Nowacki's son Alex Nowacki, who has been a member of Rotary, preceding his mother's initiation. Bill Antonio brought Paloma Kochan, a USD scholar as his guest, and Jacquie Reilly invited Jonathan Lenz, a financial advisor from Edward Jones to join our meeting. Bradley Day and Eden Ines brought fellow rotaract member Alan Dang to the club to join us for the first time.

### ANNOUNCEMENTS

Denny Jacobs started our announcements with high fives and fines. Bill Busch shared a high five for his daughter receiving her PhD from Chapel Hill NC. Antonio Grillo-Lopez and Cynthia Villas followed that up thanking Bill Busch for creating the first edition of his book in Spanish, and for distributing it among students. Emindo Delconte shared a high five for became a grandfather for the first time December 7<sup>th</sup>. Denny then went on to fine Diana Day for being late to class because of a boot camp class, Christina Nowacki for smiling too much, Will Moore for running for city council, and Jim Davies. Sheila Henry provided a riveting sports announcement regarding the lowest scoring Superbowl game in the history of Superbowls. Her main points included how power napping was a better use of your time over watching the game, and she ended with a great question 'Who was worse? The Patriots or *Marian 5* during the halftime show?' Announcements included the pet food drive for Pets Without Walls backed by Shelia Henry. Cynthia Villis announced the Rotary

Peace Forum on human trafficking that is going to take place at USD on Saturday February 23<sup>rd</sup>. Brett Morey encouraged a few more sign ups for the Road Rally starting at 7:30 am on March 9<sup>th</sup>. Bradley and Eden spoke about the WAPI project occurring March 10<sup>th</sup> and Rick shared about the Camp Pendleton project taking place March 16<sup>th</sup> to complete labor work at the chapel. Lori Bender announced the Rotary Club Theater night out on Saturday April 6<sup>th</sup> to watch Return Engagements at Scripps Ranch Theatre starting at 8pm. Jim Davies gave an update about the quintessential Festival occurring April 27<sup>th</sup> from 1-5pm.

### SPEAKER OF THE DAY

Grant Barrett, co-host and co-producer of the radio show *A Way with Words* provided an extremely entertaining morning that left more hands raised than a third grade classroom on ice cream day. As an American Lexicographer and linguist specializing in slang and new words, Grant has helped produce dozens of dictionaries and written for decently known newspapers such as *The Washington Post* and *The New York Times*, all while staying on the forefront of the jargon that is now the English language. Grant provided us with interesting new words, their origins, and their development process. He shared how dialects had played a pivotal role in preventing crimes in Salt Lake City, and how the pronunciation of a word doesn't help us discern the intelligence of a person, rather, it provides insight into their ancestry. When asked if he enjoyed the quick wit humor of the British, he left us with this parting advice, "The world's most wonderful insults can be found amongst the English speakers of Africa."





# PHOTOS

from the last meeting



# 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 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



### FEBRUARY 2019

22.....David Tansey

### MARCH 2019

01.....Bonnie Arora

ROTARIAN  
OF THE DAY



SHEILA  
HENRY

Although I was born in Pittsburgh, Pennsylvania, I consider myself a Californian. I came to San Francisco with a friend at the end of my junior year in college. We traveled by Greyhound bus across the country and then got waitress jobs first in San Francisco and then Los Angeles. (These were the only jobs that I was fired from.) I asked myself, "If California exists, how can I stay in Pittsburgh?"

I got a teaching credential from the University of California, Berkeley and taught many subjects but mostly English at Galileo High School in San Francisco. I got married to **Bill Hen-**

**ry**, had a son, **Greg**, and then got divorced. I had been in marriage counseling with **Bill** and became fascinated by psychology. I decided that I wanted to get a Master's Degree in clinical psychology and switch fields. While a single mother without child support I took courses in night school to prepare myself. I got my Master's Degree from Lone Mountain College—part of the University of San Francisco.

I did several internships before and after my Master's Degree and then got the license that people with Master's degrees can get—Marriage and Family Counselor. My actual training and

passion is working with individuals and groups—as a psychotherapist.

In 1980 I moved to San Diego. My son, **Greg**, later went on to get a Ph. D. in mathematics from Cornell and now works for Intel in Portland, Oregon. He has blessed me with 3 grandchildren.

Besides my continual excitement about psychology, my hobbies and interests are walking, reading mystery novels, politics, and dogs. **I have been a Rotarian for 18 years.** I have been living in a retirement community, Pacific Regent, which I love.

