

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

FEBRUARY 16, 2018



TRACKING FISH FORWARDS AND BACKWARDS USING HIGH-TECH TOOLS



**ROTARY:
MAKING A
DIFFERENCE**

RI President 2017-18
IAN H.S. RISELEY

District 5340 Governor 2017-18
SCOTT C. CARR

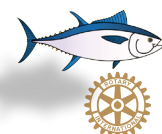
LJGT Rotary President 2017-18
ALEXANDER S. MONROE



Heidi Dewar received her Ph.D. in marine biology from Scripps Institution of Oceanography in 1993. Her thesis focused on the physiology of tropical tunas. Since that time Dr. Dewar has focused her efforts on the development and application of electronic tagging technologies with the goal of asking more complex questions about fish in their natural environment. She has used a range of satellite, archival and acoustic tags to study fish from manta rays and billfish to tunas and sharks. More recently her work has included the analyses of chemical tracers that can be also used to infer movements as well as foraging ecology. Her interest is in the interplay between physiology and environment in determining the movements and behaviors of fish. Using this information, she works closely with managers and the fishing industry to promote sustainable fisheries.



**HEIDI
D E W A R**



SPEAKERS AND EVENTS



FEBRUARY 2018 - *SPEAKER*

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

09..... Tony Alessandra
Successful Employee Selection & Development

16..... Joseph Strazzeri
Business Transitions



PEGGY MARTIN
ROTARY COORDINATOR

FEBRUARY 2018
16..... Susan Schwartz
23..... Will Moore
02..... Jim Frost

REPORT

from the last meeting



NANCY GATSCHET
ROTARY REPORTER

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?

Our esteemed **President Alex Monroe** got us off to an early start (7:25!) in anticipation of a busy meeting. He welcomed **Lori Bende** (pronounced “Benda” please!) as Rotarian of the Day. **Lori** offered a prayer of gratitude and led the Pledge. Had it not been for a back injury many years ago requiring chiropractic help, she might never have been a Rotarian! The doc invited her to join Rotary. **Father Wayne** performed the ceremony that married her to **Joost** (pronounced “Yoost”), a successful partnership that produced twins! **Lori** is very involved in her children’s school and is a leader for Girl Scouts (**Joost** does his part as Cub Master). Most important to know: **Lori** serves as the leader of our “*Family of Rotary*” activities, which include things like acknowledging illnesses, weddings, funerals, and such. Please contact her when you hear of something the Club should be aware of. **Lori** gave a quick update on **Meg, Emilio’s** wife.

Janine Pack announced our visitors and their hosts. **Alex** introduced his oldest son **Jack**, **Pam Russell** introduced her daughter **Chris**, and **Antonio** was joined by his wife **Maria**. Visiting Rotarians **Johnny Lee** and **Bill Earley** were welcomed. **Marty Rosenstein** welcomed the Rotaractors from UCSD: **Susan Lee**, **Vivian Trinh**, and **Benjamin Tucker**. **Marty** introduced the Student of the Month **Ricardo Suarez**, his family and his teacher. **Ricardo** delivered a mature and thoughtful talk about his efforts to grow, learn and improve to realize his mother’s dream of an education

for him. He overcame his shyness by joining clubs, enjoying robotics most. **Ricardo** has coached robotics teams at school, including a robotics Lego Building team, and his teams became like family. He has set his sights on going to college at UCSD. **Alex** thanked him with a few inspirational words and gave his mother a thumbs-up and a “*Good Job!*”

Antonio Grillo gave a brief presentation on the Rotary Foundation, using a barrel with “*ins*” and “*outs*” as a metaphor. He outlined his rules for giving: The recipient’s goals fit his goals, the recipient has a good track record, has performed well financially, with an overhead of less than 15% (or close to that!). He suggested checking out rating agencies like Charity Navigator for “*good*” or even better “*excellent*” ratings. He pointed out the Rotary Foundation meets all these criteria and is given the highest Charity Navigator rating of 4 stars, with overhead at 9%. The Foundation funds come back to us in the form of District Grants, Global Grants, Polio Plus, Peace Centers and more. ALEX’S GOAL (so of course also OUR goal): 100% of members give something, a 20% increase, and 2 additions to the Bequest Society. Deadline: May 30, 2018.

Alex acknowledged the gift of Valentine’s bags generously brought in early by **Jim Davies’** wife **Pamela**.

Announcements included **Rick Clark’s** reminder to pay him if you

plan to go to the Pageant of Masters, our upcoming service project at Camp Pendleton on March 17, final instructions/sign up for the Food Bank project on March 3, a reminder for corporate sponsors for the Quintessential Festival, a request for facilitators for RYLA, and one save-the-date for next year’s annual Peace Forum on 2/24/2019. **Marty** is working with UCSD to resurrect the mentoring program and asked for mentors. **Jacque Reilly** invited all to the Stuart collection at UCSD on March 4 – details to follow!

Bill Keane introduced our speaker **Richard Marks** to share his Wellness Tips for Goal Achievements. This inspirational presentation included communication tips to listen actively, ask questions, test for understanding, evaluate the message and neutralize your feelings. He reminded us that failure is okay, and shared **Michael Jordan’s** words: “*You have to expect great things of yourself before you can do them*”. He brought this uplifting talk to a close by getting all of us on our feet to call out the LJGT Cadets “*cadence*”. You had to be there to experience all of us marching to a very special Rotarian cadence!

Krishna shared our only high 5 – except it was a high 21 to celebrate wife **Bonnie’s** birthday tomorrow and asked us all to sing “*Happy Birthday*” with which we all complied!

With that, **Alex** called the meeting to an on-time close!





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
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 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

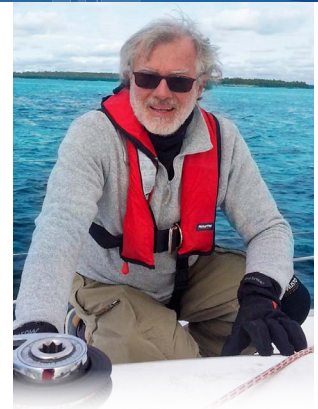
FEBRUARY 2018
 23..... Moji Ebrahimi

MARCH 2018
 02..... Louise Andres
 09..... Steve Balch
 16..... Sandi Rimer

ROTARIAN
 OF THE DAY



**ALEX
 KIRKPATRICK**



Alex Kirkpatrick is a retired US Diplomat who escaped from Detroit, Michigan in the late seventies. During a 30-year career he served from Israel to Saudi Arabia, Madagascar through Mexico, Ethiopia, Nigeria and finally in Los Angeles where he rode herd on the third largest Consular Corps in the world. More importantly he fell in love with and married the most wonderful woman in the world and with Barbro adopted two incredible children. He finally had the good sense to move to San Diego where he found a lot of good friends and Rotary. He and Barbro love racing sailboats (she's captain, he's crew.) His secret vice (too many Saturday nights drag racing on Woodward Avenue) is big, fast American V-8s.