

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

FEBRUARY 20 2026



SAN DIEGO COUNTY SHERIFF KELLY A. MARTINEZ



RI President 2025-26
FRANCESCO AREZZO

District 5340 Governor 2025-26
LUIS R. CARRANZA

LJGT Rotary President 2025-26
DAVID CHONG

AOS MEETINGS AND SOCIAL EVENTS

1st Friday of the Month.....Community Services Committee
(follows club meeting)

2nd Friday of the Month..... International Services Committee
(follows club meeting)

3rd Friday of the Month..... Youth Services Committee
(follows club meeting)

4th Friday of the Month.....Peace Committee
(follows club meeting)



AN UPDATE FROM THE SHERIFF

Sheriff Martinez is a San Diego native and committed to public safety. She has served the residents of San Diego County and the Sheriff's Office since 1985. She spent 22 years at the rank of Deputy Sheriff working in several assignments which included gang investigations, narcotic investigations, and criminal intelligence investigator. Sheriff Martinez then continued to rise through the ranks reaching the position of Undersheriff in 2021. Sheriff Martinez was elected Sheriff in 2022. She is responsible for providing law enforcement services to 4,200 square miles of unincorporated San Diego County, nine contract cities, seven jails, and security for the court houses. She is responsible for the department's \$1.2 billion budget and 4,700 authorized employees. Sheriff Martinez has Bachelor of Science degree in Criminal Justice Administration. Sheriff Martinez is married with one adult son.





REPORT

from the last meeting



UPCOMING SPEAKERS



2026

MARCH - SPEAKER

6.....Dr. Norm Miller
How autonomous vehicles are going to change everything

20.....Bobbie Smith
San Diego Crew Classic: since 1973, the premier rowing regatta that shines a spotlight on San Diego

APRIL - SPEAKER

3.....Katy McDonald
Balboa Park: San Diego's 1200-acre crown jewel (and it needs our help!)

President David opened the meeting with a warm welcome to *“the most dynamic Rotary Club in the World.”*

He then introduced the Rotarian of the Day, **Matt Browne**, who began by reflecting on the importance of community. Matt invited the group to pause for thirty seconds to appreciate the shared purpose that brings members together, noting, “I want to just give a moment of pause and thought to community.” After the Pledge of Allegiance, Matt delivered a lively and humorous introduction about his Rotary journey, sharing lessons he has learned, such as the value of service, camaraderie, and even the proper construction of a peanut butter and jelly sandwich. He then offered a personal snapshot of his life—his career in marketing analytics, his freelance work building global data teams, his return to college to complete an economics degree, and his busy family life with his wife, three children, and three dogs. He closed with gratitude, saying, *“Thank you for welcoming me... and thank you for a chance to be part of this community.”*

A large number of guests were introduced, including longtime Rotarian **Dr. Marty Rosenstein**, several friends and family members of club members, and four visiting Rotaractors from SDSU and UCSD. The day’s speakers, **Linda Kurtz** and **Win Cox**, were also acknowledged. February birthdays and anniversaries were celebrated, with special recognition for Marty’s remarkable *“50 years in Rotary.”* Members on Zoom were also acknowledged.

The Membership Committee then launched this year’s membership campaign. **Carolyn Fritz** and **Michael Slentz** explained that the club aims to invite **20 prospective members** over the next four meetings, with the goal of achieving a net gain of four new members this year.

Members were divided into four teams based on the year they joined the club—referred to as *“Rotary generations”*—and each team selected a name and leader. The team with the most prospective member invitations will win a hosted happy hour at New English Brewing. Members were encouraged to bring one or two prospective members to the next meeting, and the club will cover breakfast for first time guests.

Announcements followed, beginning with a report on the recent Friday breakfast gatherings in Del Mar and La Jolla. Feedback was positive, though preferences varied on meeting times. **Stephen Tako** then shared a personal update: he and his wife will be relocating to Connecticut for one year to support family, though he plans to remain active in the club remotely. **Cami** and **Brett** reported on their successful donation drive for the San Diego Humane Society and described their recent trip to León, Mexico, as part of the International Services Committee’s sister city project. They encouraged members to attend future committee meetings and learn more about international service opportunities.

During the High Fives segment, members offered recognitions and celebrations. Highlights included appreciation for **Stephen Tako’s** contributions, congratulations for the team of **Ellen Bryson** and her daughter receiving a top 4% international Coldwell Banker real estate award, an update on member **Pete Griffith’s** good spirits, the final year of Girl Scout cookie sales for **Lori Bende’s** daughter (and thanks from Lori for the years of support), and a Seahawks themed contribution. Several members also expressed gratitude for behind the scenes support, including AV setup and volunteer efforts.

Program Chair Jan previewed upcoming speakers, including the County Sheriff, Kelly Martinez and economist Norm Miller, whose talk on autonomous vehicles was described as mind expanding. She also reminded members about the upcoming Jacobs Center tour.

The main program featured **Win Cox** and **Linda Kurtz** from Women’s Empowerment International (WE), an organization founded in part by former Rotarians (**Jan Percival** was thanked as a contributor in its creation) and closely aligned with Rotary values. Wynn shared the origins of WE, noting that the idea began in 2003 with the goal of providing microfinance and training to women in poverty. She emphasized the shared mission between WE and Rotary, saying, *“We are like sister organizations.”*

WE has since expanded to ten countries and provided more than \$13 million in funding for microloans, business development, and education. The speakers highlighted the organization’s rigorous impact measurement—modeled partly on Rotary grant standards—and shared stories of women whose lives were transformed through WE’s programs. They also noted that only *“2% of philanthropic dollars go to women and girls,”* underscoring the importance of their work.

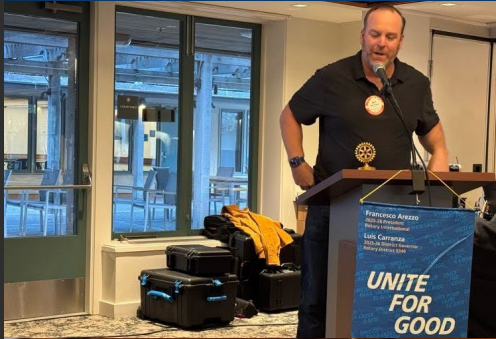
The club honored the speakers with a donation to Oasis San Diego. Final reminders included the Jacobs Music Center tour, a Community Service meeting immediately following, and a lighthearted prompt for members to share their favorite winter destinations. The meeting concluded on a warm and energetic note.

~Reporter

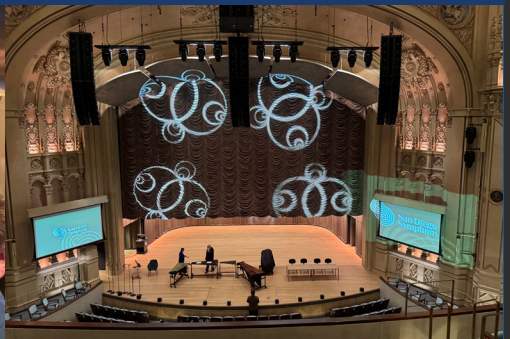
Janine Pack



PHOTOS FROM LAST MEETING



Rotary Jacobs Music Center tour



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LJGT ROTARY LEADERSHIP 2025 - 2026

PRESIDENTDavid Chong
 VICE PRESIDENTChristy White Brook
 PRESIDENT ELECT (2026-27) Timothy Fronczek
 TREASURER Sharon Council
 SECRETARY Lisa Galstian
 PAST-PRESIDENT Luke Ervin

**ROTARIAN
 OF THE DAY**



CAROLYN FRITZ

I was born and raised in Minnesota. After I graduated from college, I married my late husband, John, and we moved to Virginia where both of our children were born. After completing my MBA, we moved back to Minnesota because one can never get enough of long, snowy Minnesota winters.

In 2000, my work brought us to San Diego. Leigh and Reid graduated from high school here in San Diego and then went East to college. After working in a number of different cities, they both returned to Southern California. My daughter lives here in San Diego and works in the biotechnology industry. My son works at an independent school near Pasadena.

I spent the bulk of my career in the biotechnology industry building early-stage biotech companies. Since selling the last company in 2014, I have served on corporate boards and more recently, worked in venture capital. I have been a member of our amazing rotary club for three years and love being part of the “Most Dynamic Rotary Club in the World” and participating in our many service projects!



MARCH 2026

March 6 - Dennis Bucko

March 20 - Michael Slentz

APRIL 2026

April 3 - Linda Andrews

April 17 - Sara Micelli



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