

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

FEBRUARY 28, 2020



RI President 2019-20
MARK MALONEY

District 5340 Governor 2019-20
MARTA KNIGHT

LJGT Rotary President 2019-20
KIMBERLY SCHAFFER



HANDS OF PEACE

EMPOWERING YOUTH AS LEADERS OF CHANGE

SPEAKERS AND EVENTS

MARCH 2020- SPEAKER

06..... Serving Seniors
Edith Glassey

13..... Ethics
Knight Campbell

20..... San Diego Humane Society
Brian Daugherty

27..... Impact of Youth Leadership within Rotary (RYLA & LEAD)
Chris Stewart

APRIL 2020- SPEAKER

03..... Cristo Rey
Bob Nascenti

10..... Girl Scouts of San Diego
Liz Sheahan

SARAH HEIRENDT As San Diego Site Director for Hands of Peace, **Sarah Heirendt** is responsible for overseeing the annual three-week summer program that brings together 50 Israeli, Palestinian and American youth in Carlsbad, and other year-round projects that take place in the San Diego area. This includes community education and outreach, participant and volunteer recruitment, alumni engagement, event planning and fundraising as well as coordination and execution of the many details that go into the Summer Program.

Sarah served as the San Diego Assistant Program Director in 2016 and in 2017 transitioned to the role of Site Director. It was while studying and traveling abroad that her interest in the Middle East peace process developed firsthand when she volunteered at a refugee camp near Nablus in the West Bank. **Sarah** received her BA from Vanguard University in Cultural Anthropology and her MS from George Mason University in Conflict Resolution and Analysis.



REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE
THINK, SAY OR DO

01

IS IT
THE TRUTH?

Linda Andrews opened the meeting as Rotarian of the Day and took us on a thoughtful 5-minute conversation about how the special moments in our lives live with us as lasting memories. Linda reminded us all that we all live from moments to memories capturing the people, places and experiences from those special moments to create a lifetime of favorite memories.

President's reminder: Club Board Meeting is Feb. 27th @ 7:00 a.m.

The Rotary District Training Seminar is Mar. 21st

Michael Slentz introduced guests highlighted by Lori Bende's daughter, Rhoda.

Club Announcements

Rotary Foundation Donation Deadline

It's not too late to make your annual donation to the Rotary Foundation and have your donation count for President Kim's term!...June 30, 2020 is the deadline. If you have questions contact Alex Monroe.

Q Festival

The Q Festival needs the membership's help getting sponsors to support this year's event. Contact Luke Ervin if you need help recruiting a sponsor.

LJGT Rotary Annual Road Rally – Can you do the "Swim?"

Saturday March 14th-- Sunday, March 15th Sign-up deadline is March 1st!!

NEWS! The hotel discount has been extended!! Day Cost \$60 / Hotel Cost \$118.

No, Dennis!...there will not be a Swum Suit competition! Contact Kaci Madden for information.

Operation Pendleton 2020

Saturday, March 7, 2020

Yikes!...it's next week?!...is it too late to volunteer?...contact Jim Davies.

LJGT Rotary Social— San Diego Legion Rugby Game

Sunday March 22nd Torero Stadium @ USD

\$29/person VIP Seats Gates Open: 2:00 p.m. Game Time: 3:00

If you have never seen rugby played at the professional level, here's your opportunity. Rugby is fun to watch because you don't have to know the rules to get the point!

High Five's

Ellen Bryson – for her Granddaughter.

Krishna Arora – for Bonnie's Birthday and a recent \$300 donation to the Camino Walk

Program Summary - 10 Tips For Life Efficiency by Rick Chatham

Rick focused on how we can operate more efficiently in life by making adjustments to how we actually spend our time managing tasks and communicating. It starts with understanding that we live in a world where our vocabulary is as much an

indicator of our membership in a particular group as it is a about expressing meaning... he calls this role of language the "cultural coding of words". He properly emphasizes the important of being able to communicate effectively with all kinds of people, not just your tribe. Many of us think we probably watch too much TV. Now, thanks to Rick, we can put an actual number on it...the average person watches 35.5 hrs of TV every week!...Take a tip from Rick and take one of your TV hours each week and spend it doing something productive! Are you buried in "projects"?...no problem, just pick one project and make a start!...ANY START IS A GOOD START! Do you like lists?...great, but if you want to be efficient Rick says you have to keep lists short! Overwhelmed by how many things you need to get done today?...easy, at first just focus on completing one task/project each day and increase as you go, but never more than five tasks/projects in a day. Then evaluate how much you get done in subsequent weeks to see change. Technology is great, but many times a brief face-to-face conversation is more productive than a text. Try hanging a "Do Not Disturb" sign on your email for a segment of every day. Last, but not least...you sleep with your smart phone?...really?...does Siri complain when you snore?

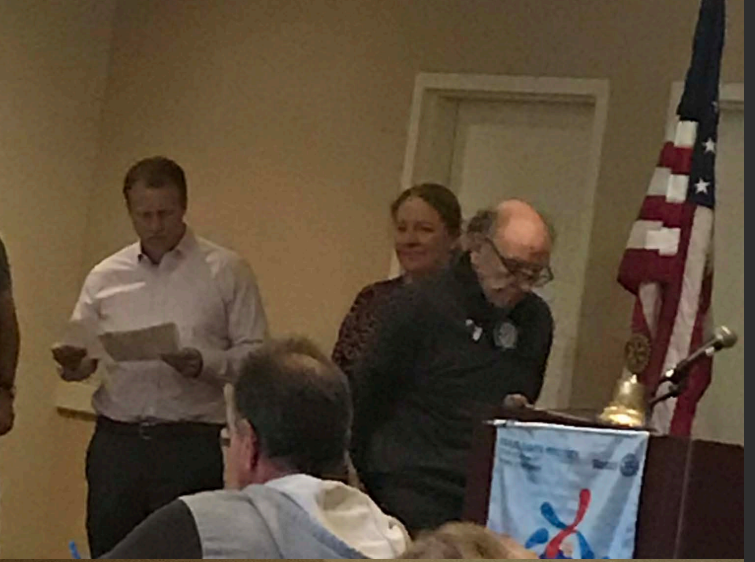
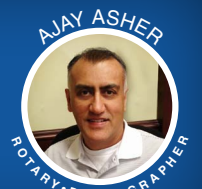
04

WILL IT BE
BENEFICIAL
TO ALL
CONCERNED?



PHOTOS

from the last meeting



La Jolla Golden Triangle
ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

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LJGT ROTARY LEADERSHIP 2019 - 2020

PRESIDENTKimberly Schafer
 PRESIDENT ELECT (2020-21) Emidio DelConte
 PRESIDENT ELECT ELECT (2021-22)..... Jacquie Reilly
 TREASURER Sharon Council
 SECRETARY Nancy Gatschet
 PAST-PRESIDENT/FOUNDATION Rick Binder



MARCH 2020

- 06.....Debra Kelley
- 13..... Charles Mackey
- 20.....Dr. Antonio Grillo-Lopez



**SUSAN
 S C H W A R Z**

ROTARIAN
 OF THE DAY

It is my pleasure to “to volunteer” to be February 28, 2020 Rotarian of the Day of the Most Dynamic Rotary Club in the World.

To bring you up to date on what has been happening in my life since I last spoke to you in 2018:

- *Michael and I will be celebrating our 50th wedding anniversary in March.*
- *In July we will be taking our family on a cruise to Alaska to celebrate the occasion.*
- *I added 2 years on to my new decade in November.*
- *Michael will be adding 2 years to his ¾ of a century in June.*
- *I will leave the calculations up to you.*

Continuing, since December 30, 2013, I am still officially retired from the San Diego Community College District. I was employed there for 36 years and worked my way up from an entry level position to Dean of Library and Technology after earning my master’s degree at SDSU.

Approximately six months after my official retirement date, my friends and Steve Brown told me that I was flunking retirement. Over the years more people have been added to that list.

How am I flunking retirement you may wonder; well I will use my time today to go into more detail. I will now say it involves jail, education and luck! Hope that peaks your interest. Surprise news will be forthcoming.

It has been my pleasure to be a member of the La Jolla Golden Triangle Rotary Club, the Most Dynamic Rotary Club in the World!

