

# THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

FEBRUARY 6 2026



## WOMEN'S EMPOWERMENT INTERNATIONAL: WIN COX, CO-FOUNDER AND LINDA KURTZ, BOARD MEMBER



RI President 2025-26  
**FRANCESCO AREZZO**

District 5340 Governor 2025-26  
**LUIS R. CARRANZA**

LJGT Rotary President 2025-26  
**DAVID CHONG**



WIN COX



LINDA KURTZ

## 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)



## INVESTING IN ECONOMIC EMPOWERMENT FOR WOMEN IN SAN DIEGO AND AROUND THE WORLD

Winifred Cox has served as public relations director for a variety of businesses and nonprofits, including the University of California, San Diego, and provided pro bono services to numerous San Diego organizations. In 2003, Win, Leigh Fenly and Jan Percival Lipscomb presented to 35 friends, the idea of launching a new microfinance approach to help women work their way out of poverty. At that meeting, Women's Empowerment International (WE) was born. Since, WE has funded close to \$3 million in business loans and financial empowerment projects in nine countries, including five San Diego initiatives.

Linda Kurtz is a strengths-based career coach. Her coaching and workshops provide the opportunity for discovery and learning, leaving people focused, energized and with a greater sense of what is essential for a happy, healthy career and life.

Linda is highly regarded as a go-to resource for anything career related as well as Strengths based leadership and WHY Discovery - helping others find purpose and direction in life. She believes when we are seen, heard, and valued for who we uniquely are, we will make the most significant impact on society, in our fields of expertise, and for those we care about.

Linda's experience includes a background in business, HR management, multiple coaching credentials, and over 1,000 hours coaching people in various career stages, helping to accelerate career success. As a Gallup CliftonStrengths and WHY Discovery certified coach, Linda helps individuals and teams leverage their unique talents and strengths resulting in improved communication, collaboration, performance, and better working relationships.

When away from her coaching business, Linda serves as a volunteer coach for The Honor Foundation and as a Board member and partner liaison for Women's Empowerment International.



# REPORT

from the last meeting



## UPCOMING SPEAKERS



2026

FEBRUARY - SPEAKER

20.....Sheriff Kelly Martinez

**President David** promptly started the meeting at the new start time of 7:15 and turned things over to Past President **Alex Monroe** as Rotarian of the Day. Alex masterfully related musicians as varied as Buffalo Springfield, Tupac, and Bob Marley and how they each spoke to a message of community in their own way - a message that resonated with Alex in how he relates to his Rotary community. Alex led us through the Pledge then shared with us some pictures and commentary on his family's trip to England/Scotland for the Monroe family 1,000 year family reunion.

**Jay Hatfield** introduced the guests joining us including a couple fellow FBI agents accompanying our speaker, **Jan Percival's** daughter, and a visiting Rotarian from the downtown Club named **Larry**.

### Announcements:

\***Dory** reminded us of the Rotary Breakfast Bunch next Friday

\* **Stephen Tako** reminded us of the mission of the Vocational Committee and reminded us about a networking event being put on by the District on Feb 9th.

A couple of our newer members (**Doug Deer** and **Dan Kisner**) came to the podium and shared with us about their respective careers. Doug is in Program/Project Management in the Biotech/Medical Device industry. Currently Doug is interested for a position for a San Diego-based company if anyone might know of an opportunity, please reach out to Doug. Dan had a career as an oncologist, drug development within cancer

research, within academia, then in clinical development within pharma. He was an executive at Isis (now Ionis) Pharmaceuticals, started his own business, was in Venture Capital, and has sat on many Boards. Busy guy!

**Tamima** and **Jay** represented Preuss to update us on the need to update their zen garden and the progress being made with the beautiful murals on their campus.

**Steve Brown** gave **Steve Balch** his second Paul Harris pin and mentioned that he is now a member of the Paul Harris Society. Thanks for the generosity Dr. Balch!

**President Elect Tim** introduced a new initiative he dubbed "*Rotarians in the Wild*". If you encounter any of your fellow Rotarians outside of the Faculty Club, be sure to snap pictures and send to Tim at [rotaryAVteam@icloud.com](mailto:rotaryAVteam@icloud.com)

Only had time for one "*High Ten*" from **Sara Miceli**, whose son hit a home run in his game!

The one and only **Jan Percival** gave us a couple Programs announcements. First is the Tour of the Jacob's Music Center on Feb 13th and secondly a reminder to Save the Date for the Club's 40th anniversary celebration meeting on May 15th. Mark your calendars!

Our speaker this week was **Ben Meyer** from the FBI talking about cyber crime. Ben shared with us how cyber criminals can infiltrate individuals and businesses.

On the individual side he shared with us the most common techniques criminals operate. These are Romance Scams, Investment Scams (often crypto related), pretending to be Tech Support within your company, posing as Law Enforcement. Identity theft is still a massive problem (be vigilant in the information you share) and these people often target those that are vulnerable (younger folks, senior citizens, etc).

On the corporate side Ben made it clear that these criminals are getting better, more professional, and more skilled. Artificial Intelligence often makes it even more difficult to detect. They work hard to compromise company's email, utilize BotNets and Ransomware to hold company data hostage.

This is also a risk to national security as Nationstate actors (China, Russia, North Korea, etc) attempt to gain access to public sector info and engaged in espionage (political, military, and economic).

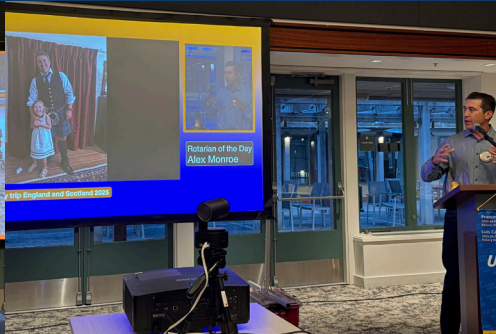
Should you feel that you have been victim of cybercrime, please visit <http://www.ic3.gov/> or call **833-REPORT-1** to report.

With so much information we only had time for one question, but after President David closed the meeting Mr. Meyer stayed around to answer questions.

~Reporter

Luke Ervin

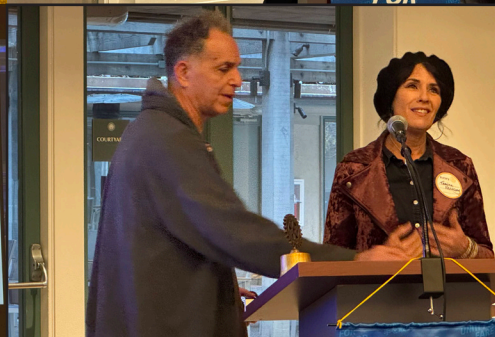
# PHOTOS FROM LAST MEETING



**New Event!**  
**Rotary Breakfast Bunch**  
Friday January 30<sup>th</sup>, 8:30am

- Strengthen your connections in between club meetings
- Small groups organized by neighborhood to eat, chat and laugh together
- Restaurants: **The Cottage in Del Mar** or **Snooze in La Jolla**
- Friday, January 30 at 8:30am
- Sign up on club website

Rotary Golden Triangle



**Resources**

UNCLASSIFIED

- Cybersecurity Infrastructure Security Agency [www.cisa.gov](http://www.cisa.gov)
- Membership is Free, no cost to join. Access to InfoGad secure web portal for threat intel, DMS
- Time-Sensitive, Infrastructure related security information
- InfoGad National seminars and conferences
- Internet Crime Complaint Center [www.ic3.gov](http://www.ic3.gov)
- CA Cybersecurity Integration Center (CAL-CISIC) CA Office of Emergency Services (CAL-OES) 24/7 Reporting Hotline (833) REPORT-CA [calcsic@caloes.ca.gov](mailto:calcsic@caloes.ca.gov)

FBI-CYBER

UNCLASSIFIED



**Threats to Individuals**

UNCLASSIFIED

- Scams and Frauds
  - Romance Scams
  - Investment Scams
  - Tech Support Scams
  - Law Enforcement Scams
- Pig Butchering
- Identity Theft
- Vulnerable Targets

FBI-CYBER

UNCLASSIFIED



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La Jolla Golden Triangle  
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**LJGT ROTARY LEADERSHIP 2025 - 2026**

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



**ROTARIAN  
 OF THE DAY**



**MATT BROWNE**



**FEBRUARY 2026**

February 20 - Dennis Bucko

**MARCH 2026**

March 6 - Carolyn Fritz

March 20 - Michael Slentz



**ROTARY  
 INTERNATIONAL  
 CONVENTION**

**TAIPEI, TAIWAN | 13-17 JUNE 2026**



*Ellen* BRYSON

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**NETWORKING EVENT**

ALL ARE WELCOME TO COME & NETWORK

MONDAY, FEBRUARY 9TH  
 6 - 9 PM



HAPPY HOUR ½ OFF TAPAS • \$7 DRINKS