

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JANUARY 04, 2019

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



JANUARY 2019 - SPEAKER

11..... RI President

18..... Vocational Service

25..... Sandi Rimer
Club Assembly

INSPIRED LIVING EMPOWERED DYING

Revolutionizing healthcare
in the last season of life.

Dr. Bob Uslander has been practicing medicine for more than twenty-five years, and is the founder of Integrated MD Care, a physician-led team of compassionate healthcare professionals serving the elderly, those experiencing complex illness and end-of life.

He is dedicated to helping people live with joy, and without fear and struggle, at any stage of life, though especially in the face of challenging or terminal illness. His team of elite professionals includes physicians, nurses, social workers, massage therapists, music therapists, physical therapists and others, allowing patients to experience rich sensations of life in the comfort of their homes as they face their challenging and heroic journeys.

Dr. Bob is also the founder of Integrated Lifecare Foundation, a nonprofit organization dedicated to transforming the paradigm of end-of-life care on a national and global scale through education and advocacy.

Dr. Bob can be reached via email at DrBob@IntegratedMDCare.com. Additional information can be obtained by visiting his website: www.integratedMDCare.com



DR.
BOB
USLANDER
IntegratedMDCare.com



JANUARY 2019
04..... Kourtney Kennedy

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?

HERBERT J. TAYLOR

President Rick Clark opened the meeting by introducing the Rotarian of the Day, **Dave Davies**. Dave Davis was born in and lived the first 18 years of his life in the mysterious cosmopolitan city of Bakersfield, California. Dave is the second of three children (brother **Jeremy** and sister **Faith**) born to **Joe** and **Mary Davis** in the 1950's.

Dave founded D.F. Davis Real Estate, Inc. in 1986 and has been an independent appraiser and consultant for the past 32 years. Dave has three children from his first marriage and two granddaughters. His second marriage to **Susan Kinney** resulted in his family growing with two stepsons and a grandson and granddaughter. All five children were in college when Dave and Susan got married! Dave and Susan live in Rancho San Diego.

Dave's hobbies are music and politics with not enough travel and exercise. He is busy playing his guitar with the **California Cogs**, classic rock band, Phil 'N The Blanks and a solo gig on Friday evenings at Ranas Mexico City Cuisine restaurant.

Michael Slentz announced the visitors and guests. In attendance were **Wayne Cusick**, **Sharon Rosenstein** and **Ron Kohl's** significant other, **Letty**. **McKenna Avery** from SDSU and **Bradley Day** and **Conor Abberton** from UCSD Roteract were also in attendance.

ANNOUNCEMENTS this week included:

1) We are dark for the next two weeks

2) The is a new member's orientation on 12/21 at the Braille institute

3) **Jim Davies** had some special thanks from the Oz YMCA house for the decorating project last weekend

4) President **Rick Binder** auctioned off a pair of tickets to the Holiday Bowl. New member **Christina Nowacki** had the winning bid

The special quest this week was the **California Cogs**. A fantastic musical group composed of Rotarians that perform to raise money for Rotary. The Cogs are Dave's ongoing Rotary project. To date, the Cogs have raised \$6,832 for Rotary and other charitable organizations. The members include:

• **Dennis Bucko** - singer, rhythm guitar, harmonica. Dennis is a physician specializing in plastic surgery and a member of the La Jolla Golden Triangle Rotary Club.

• **Dave Davis** - lead guitar, band leader. Dave is a real estate appraiser and consultant, has been a guitar player for over 50 years, has played in rock bands since 1981 and is a member of the La Jolla Golden Triangle Rotary Club.

• **John Hawkins** - keyboards. A media consultant, John writes and speaks on business and technology, was a radio and TV personality and executive, and is a member of the Rotary Club of Rancho Bernardo, and formerly Rotary Club of La Jolla.

• **Ron Kohl** - drums. Ron has played percussion for decades, performs in a church praise band and is a member and former president of the La Jolla

Golden Triangle Rotary Club.

• **Joyce McHugh** - singer. Joyce has been lead singer in many professional bands and very recently, an actor.

• **Rebecca Newlin** - singer. Rebecca is also an actor in a variety of productions and is a member of the Rotary Club of Camp Pendleton.

• **Scott Wood** - singer, bass guitar. Scott is a marriage and family therapist and has been performing music for many years.

They rocked out and everyone had a great time. There are some interesting videos of people dancing floating around. **Brett Morey** showed off his mean Tequila dance. Their song list included:

- 1) Santa Claus is Coming to Town
- 2) Have yourself a Merry Christmas
- 3) Jingle Bell Rock
- 4) Kansa City - featuring Dennis Bucko on the harmonica
- 5) Feliz Navidad
- 6) La Bamba
- 7) Tequila
- 8) Shake it up
- 9) White Christmas
- 10) Silent Night
- 11) You're so Bad
- 12) Holy Night
- 13) Suspicious Minds/Blue Christmas
- 14) Little Sister
- 15) Happy Holidays

We are dark for the next two weeks, have a wonderful holiday!

—Michael Slentz





PHOTOS

from the last meeting



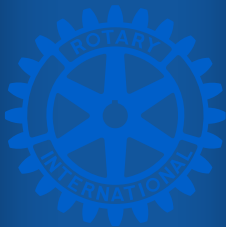
La Jolla Golden Triangle ROTARY CLUB

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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



ROTARIAN
OF THE DAY

ANTONIO G. GRILLO



Tony was born in Portsmouth, Virginia while his father was stationed at the Naval base. Shortly thereafter, the family moved back to Puerto Rico. **The Grillo family** moved from Puerto Rico to

Ann Arbor Michigan, just in time for **Tony** to complete high school there. After high school, he obtained a degree in Mechanical Engineering from Cornell University, a Masters in Engineering from Penn State, and an MBA from Pepperdine.

Professionally, **Tony** worked at Johnson Controls for nearly 13 years and left to fulfill his entrepreneurial spirit. His latest venture is **Malahat Spirits**, which is now in its 6th year and continues the pursuit of making the very best craft spirits. Amongst these are Rum, Whiskey / Bourbon, Vodka, and maybe someday Gin.

Tony has a beautiful wife (**Janet**), and two awesome daughters. **Alex** is now 20 and a junior at Elon University in North Carolina. As of this writing, she is likely to pursue a PhD in Psychology. **Marin** is now 17 and a senior at La Jolla County Day. She is deep in the throes of college applications. As you can imagine, anxiety is running high in our household.

In his spare time, he enjoys cycling, car racing, mountain biking, exercising, and working on Rotary projects.

Best wishes to all for a great 2019!!

