

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JANUARY 11, 2019

JANUARY 11TH ROTARY MEETING @ BRAILLE INSTITUTE



BE THE INSPIRATION

RI President 2018-19
BARRY RASSIN

District 5340 Governor 2018-19
MEL GALLEGOS

LJGT Rotary President 2018-19
RICK BINDER

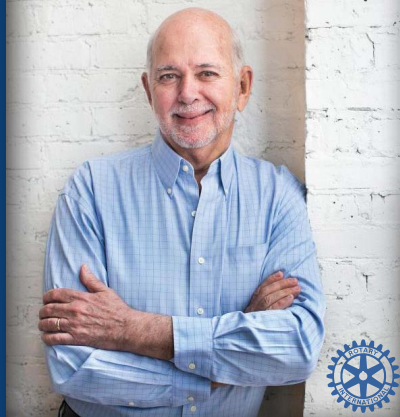
SPEAKERS
AND EVENTS



JANUARY 2019 - SPEAKER
18..... Vocational Service

25..... Sandi Rimer
Club Assembly

BARRY RASSIN



2018-19
ROTARY INTERNATIONAL PRESIDENT



Barry Rassin, of the Rotary Club of East Nassau, New Providence, Bahamas, earned an MBA in health and hospital administration from the University of Florida and was the first fellow of the American College of Healthcare Executives in the Bahamas.

He recently retired after 37 years as president of Doctors Hospital Health System, where he continues to serve as a Director. He is a lifetime mem-

ber of the American Hospital Association and has served on several boards, including the Quality Council of the Bahamas, Health Education Council, and Employer's Confederation. In July 2018, The Bahamas Government recognized **Barry** as an Officer of The Order of Distinction.

A Rotarian since 1980, **Rassin** has served Rotary as director and as vice chair of The Rotary Foundation Board of Trustees.

He was an RI training leader and the aide to 2015-16 **RI President K.R. Ravindran**. **Rassin** received Rotary's highest honor, the Service Above Self Award, as well as other humanitarian awards for his work leading Rotary's relief efforts in Haiti after the 2010 earthquake there. He and his wife, **Esther**, are Major Donors and Benefactors of The Rotary Foundation.





JANUARY 2019

11.....Pete Griffin
18.....Lisa Galstian

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

Happy New Year! Our president, **Rick Binder**, who was reinstated to office after a brief Christmas coup by **Rick Clark**, was sans gavel and bell this morning, but that did not stop him from opening up the first meeting of the new year.

ROTARIAN OF THE DAY

Our Rotarian of the Day was **Antonio Grillo** who updated us on his family, work, and hobbies. He has been busy preparing to become an empty nester, but managed to spend the holidays with a full house. He has also been busy growing his business Malahat Spirits, which is in its 6th year of operations. In his spare time, he has also been busy racing cars. In spite of his busy work and family life, **Antonio** reminded us to live life to its fullest and to share your life with those that you love. This is **Antonio's** motto and the key to his success.

GUESTS

Thomas Elliot introduced his guest, **Maria**, a wealth manager. **Brett Morey** introduced his guests, **Kelly**, an occupational therapist and entrepreneur who actively works with the

adaptive surfing community, and her husband, **Jeff**. We also welcomed our resident Rotoractors, **Bradley** and **Laurie**.

ANNOUNCEMENTS

Allan Galgut announced that **Charles Mackay** will be taking over the work with the VA Hospital. **Brett Morey** announced our upcoming Road Rally and updated us on his remarkable work with Rotary's Rose Parade Float. **Nancy Gatschet**, who organized the day's name the baby contest, also reminded us of the upcoming Lung Force Walk on January 27, 2019.

SPEAKER OF THE DAY

Our speaker today was **Dr. Bob Uslander** of Integrated MD Care, a new company that assists patients and their families cope with complex illnesses and end-of-life care. Despite our best hopes to pass on in the comfort of our home and in the presence of our loved ones, **Dr. Uslander** has seen that this is most often not the case and that end-of-life care can often be scary and confusing for both the patient and their

families. **Dr. Uslander** created a company that provides medical care and advice to families who are facing end-of-life decisions and helps those patients to face their challenge with comfort and dignity. He also told us that end-of-life care is often not just that and that the healthcare system is not doing a very good job of helping those who are at the tail end of life or suffering from complex conditions. He told us the story of a local woman who was his patient who believed she was destined to spend her last days in hospice. However, once he met her, he became actively engaged in her care and she is now removed from hospice and continuing to life a vibrant life. In order to further his mission and help provide funding for those less fortunate, **Dr. Uslander** has also established the Integrated Lifecare Foundation, to help spread his message.

Rick Binder closed out the meeting with a quick joke. Or was it a quiche joke? In any event, we look forward to another inspirational year.





PHOTOS

from the last meeting



A YEAR WITH NEW FRIENDS

Photos by: Brett Morey & Will Moore



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

**CAPTURE
THE MOMENT
IN HAMBURG**

SAVE THE DATE!
ROTARY CONVENTION
1-5 JUNE 2019

Rotary
International Convention



HAMBURG, GERMANY
1-5 JUNE 2019

www.riconvention.org/en

