

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JANUARY 25, 2019

[www.lajollagtr Rotary.org](http://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



## **FEBRUARY 2019 - SPEAKER**

- 01..... Literacy San Diego
- 08..... Grant Barrett  
A Way With Words
- 15..... Linda Canada  
Japanese Americans in SD
- 22..... Dan Chong  
Peace



**CLUB  
ASSEMBLY**



The speakers will be our Avenues of Service Chair with **Steve Brown** wearing his other hat as Foundation Guru. You will be hearing from **Sandi Rimer** regarding Club Service, **Steve** on Foundation and International Service, **Nancy Gatschet** for Vocational, **Jacquie Reilly** for Community Service, and lastly **Erik Mjoen** representing Youth Service. In that order. Each member will have 5 minutes to speak with the venerable **Rick Clark** as official timer.

Rotary International recommends that clubs hold a Club Assembly periodically so that.

1. Members stay informed of the club's history and vision for the future.
2. Members have a chance to make a positive impact on that future.
3. Members have the opportunity to bring prospective members.
4. There is a Q&A session for open dialogue.

**Sandi** will serve as MC of this event. Why, you ask? **Sandi** is serving the Club as Club Service Chair for 2018 through 2020 and part of that responsibility is to stage this Assembly. Her life BLJGTRC included Club Service Chair of a 217 member club, Membership Chair for D5340 for two years, and Special Representative for new club formation.

**Be sure to bring a friend and prospective member.**

... ROTARY CLUB ANNUAL CLUB ASSEMBLY ...


 RANJAN LAHIRI  
ROTARY COORDINATOR

# REPORT

from the last meeting


 LISA GALSTIAN  
ROTARY REPORTER

## 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?

Rotarian of the Day was Christina Nowacki. Christina was just inducted to our club last week. She is a Southern California native and came down to San Diego for high school and stayed. She is very involved in the The Project Athena Foundation. It is a non-profit foundation dedicated to helping survivors of medical or other traumatic setbacks achieve their adventurous dreams. They provide travel expenses, coaching, equipment, and most importantly, the encouragement and inspiration needed to help these strong, amazing women and men make that life-affirming transition from Survivor to Athlete. Christina has been a support person and worked with Project Athena on their 2 day event where you walk 2 marathons back to back from Oceanside to San Diego. You move as a team though the 52 mile journey supporting each other as needed through the journey. . . . This summer she will go to the Grand Canyon and travel rim to rim. . . . Michael Slentz introduced the Rotaract students, who are back in school and back at our Rotary meeting. Also present at our meeting was Student of the month, Miriam Gallegos Campos with her parents and advisor. . . . Steve Balch announced that we will be visiting the Ronald McDonald House on May 12th-Mother's day to celebrate with all the mom's there. . . . Luke Ervin reminded us about

The Quintessential Festival on Sat., April 27th. This is our big fundraiser for the year. PLEASE ASK YOUR BUSINESS PARTNERS AND FRIENDS FOR THE FINANCIAL SUPPORT TO BE A SPONSOR. Share with them the sponsorship package. . . . Brett Morey is surfing in Del Mar with 25 Rotaractors this weekend. . . . Brett is the Rally Master, who is Always Right, for the Road Rally on March 9th at 7:30 through March 10th 11 am. Cost is \$60 per person and \$120 for the hotel. The Road Rally will start at the beach and end in the desert. Sounds like a blast! . . . Nancy Gaschet asked to register for the Lung Force Walk. She thanked all those who participated and gave baby pictures. Pres. Rick was the winner by guessing the most correct number of baby pictures to their adult counter parts. . . . Shen Yun 2019 at the California Center for the Arts will give 10% for Rotarians if you put in the code Rotary19. . . . Erik Mjoen introduced the Student of the Month, Miriam Gallegos Campos from the Pruess School. She said Pruess helped to build her confidence. She is now a Senior and captain of the volleyball team. She is now helping to make other students feel more confident. Service helps her realize what is most important and that is her family and the wonderful support she receives. . . . The speakers were Denise Mueller-Korenck and

John Howard. Denise is a Guinness world Record Cyclist Athlete. She set the record on September 18, 2018 at the Bonneville Salt flats in Utah, by traveling an average of 183.932 mph on a custom built carbon KHS bicycle behind a custom built vehicle to minimize air resistance. She is a Rotarian in Rancho Santa Fe and owner of Rancho Santa Fe Security Systems. John Howard is an athlete and trainer and founder of John Howard Performance Sport. John is an accomplished athlete winning the Iron Man. In 1985 he had the record for the fastest bicycle land speed record. . . . At age 14, Denise was biking and just happened to draft behind a cyclist, who was John Howard. He quickly realized her potential and trained her for several years and she won many titles. They went their separate ways and 23 years later Denise called on John to help train her son for a marathon. John then encouraged Denise to train for this bicycle land speed record which became a 6 year journey. . . . Denise left us with a few words of wisdom. *Set a goal for yourself and be inspired. Stretch yourself and you can inspire others.* . . . This was a wonderful way to start the Women's March this weekend! . . . Rick ended with a joke. He had 2, but 1 was a bit risky so he went with the other one. Maybe he should have risked it.

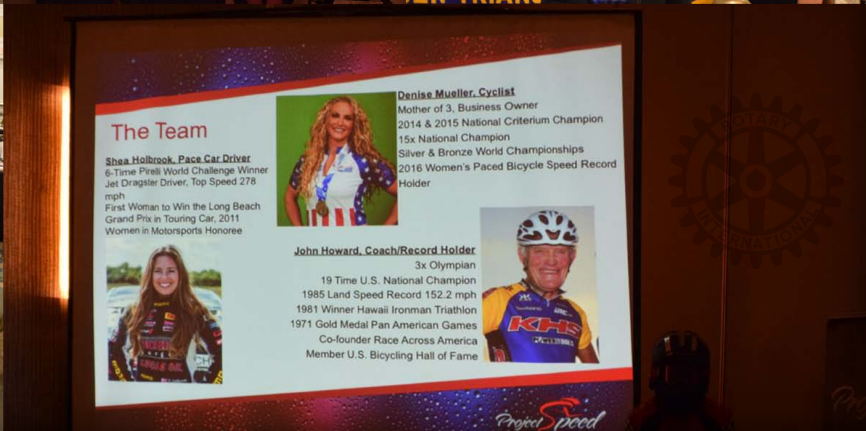






# PHOTOS

from the last meeting





La Jolla Golden Triangle  
**ROTARY CLUB**  
*Chartered - June, 1986 • La Jolla, California*

P.O. Box 13023  
La Jolla, CA 92039  
[www.LaJollaGTRotary.org](http://www.LaJollaGTRotary.org)

**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](http://www.riconvention.org/en)

