

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JULY 19, 2019

www.lajollagoldentriangle.org



RI President 2019-20
MARK MALONEY

District 5340 Governor 2019-20
MARTA KNIGHT

LJGT Rotary President 2019-20
KIMBERLY SCHAFER

SPEAKERS AND EVENTS

JULY 2019 - SPEAKER

26..... UCSD Connect

AUGUST 2019 - SPEAKER

02..... District Governor Visit

09..... Early days of the Golden Triangle

16..... Open

23..... SURFSurfersUnite

30..... Open



Workshops for Warriors

Hernán Luis y Prado

Founder and CEO



Hernán Luis y Prado served in the United States Navy for 15 years as a Hospital Corpsman and then as a Surface Warfare Officer. Hernán saw three combat tours of duty in Iraq and Afghanistan, and is a graduate of the Navy Surface Warfare Officer School, where he completed the Chief Engineering Officer and Combat Systems Officer curricula. His personal decorations include the Navy Achievement Medal and Combat Action Ribbon, as well as various unit and service awards. *An accomplished businessman and civic leader, Hernán was recognized by the White House as a "Champion of Change" for Workshops for Warriors' extensive efforts and notable achievements in helping veterans successfully transition from the military into advanced manufacturing careers.* In 2014, Hernán received the "Keith M. Turnham Humanitarian Award" in recognition of his military service and his continued commitment to serving the communities of San Diego. In 2015, Hernán was recognized by the California State Legislature as the "80th Assembly District for 2015 Veteran of the Year," and more recently, "CEO of the Year" by the San Diego Business Journal in 2017.

[HTTPS://WFW.ORG](https://wfw.org)



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

ROTARIAN OF THE DAY

Our Rotarian of the Day was Allan Galgut. Allan put on a presentation about how insurance can be used to help to plan for your financial future, as well as protect against risk. Allan is an experienced insurance professional that enjoys helping people obtain the protection they need, including helping clients obtain long-term care insurance and helping people with HIV/AIDS secure health insurance. Allan is a longtime Rotarian, who is proud of his experience as a Rotarian. Among the more unique experiences are the facts that he was made an honorary citizen of Tulsa, Oklahoma, and was presented with the key to Panama City.

GUESTS

Today, Walt Schafer, father of Kim Schafer and member of the Chico Rotary Club joined us. UCSD Rotoractors Kaeley O'Shea, Conor Abberton, and Cindy Tsai were also present. Jacquie Reilly brought a guest, Joe Donovan, and former member of the Miramar Semper Fidelis Rotary Club also joined

us. William and Connie Wong were also present as our students of the month.

ANNOUNCEMENTS

Walt Schafer addressed the club for the first time since he was here for Kim Schafer's membership induction. He has been a Rotarian for 25 years. Walt thanked the club for its donation to the Camp Fire relief efforts, which went to supply a classroom that had been destroyed during the fire. Rotary was instrumental in helping those affected by the wildfires and the impact of the fires hit Rotarians as much as everyone else. Out of the 75 members of his club, 70 lost their homes in the fire. However, the Paradise Rotary Club received \$2 million in donations from Rotary and is continuing to help the local community rebuild.

PRESENTATION OF THE DAY

Today's presentation was the first meeting lead by our new leader, Kim Schafer. Kim talked about her trip to the Rotary International Convention and shared photos of her experiences. During her trip, she was inspired to

choice a new charity that the Club will support and make a donation to on behalf of club presenters. The charity, Saved in America, is comprised of former law enforcement officers and Navy Seals who help parents track down children who are the victims of sex trafficking. She also introduced a new speaker gift, a customized pen that was created by Jacquie Reilly.

Kim told us about her childhood growing up in Chico and her path to UCSD, where she began her career and she hopes to end her career. She also introduced the Club to the new board and to her goals for the Club for this coming year. One of the new initiatives is the monthly recognition of an "Under the Radar" Rotarian, who exemplifies the ideals of Rotary, but on whom the spotlight may not shine.

We all look forward to an exciting year with Kim at the helm.





PHOTOS

from the last meeting



La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

P.O. Box 13023
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www.LaJollaGTRotary.org

LJGT ROTARY LEADERSHIP 2019 - 2020

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



JULY 2019
26..... David Chong



ROTARIAN
OF THE DAY



Dr. Lori Bende has been a member of the La Jolla Golden Triangle Rotary Club since 1999. She is a recent recipient of the Rotarian of the Year award by LJGT, a multiple Paul Harris Fellow, past board member, past treasurer and charter member of the International Eyecare Fellowship of Rotarians. She currently holds the "Family of Rotary" position and is co-chair of Social Events. She and her husband **Joost** are a three-time winner of the LJGT Road Rally and a one time (or was it 2?) "winner" of the Golden Dipstick Award.

Lori is a past president of the San Diego County Optometric Society and was awarded the "Young Optometrist of the Year" (a few years ago, ahem) by

the California Optometric Association.

Lori's twins, **Ronald** and **Rhoda**, are age 11 (almost 12). **Lori** is the Scoutmaster for an all girl troop in Scouts BSA (formerly known as Boy Scouts), and also a Girl Scout leader. Lori enjoys volunteering in their classroom at school. She was "room mom" for both of her kids' classrooms last year. As a family, they love to travel, especially visiting Joost's family in Holland.

Lori continues to value her friendships she has made, and continues to make, in the La Jolla Golden Triangle Rotary Club; truly the Most Dynamic Rotary Club in the world.

