

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JULY 20, 2018

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



JULY 2018 - SPEAKER

27.....Mel Gallegos
Visiting DG

AUGUST 2018 - SPEAKER

03.....Duane Trombly
Opioid Epidemic

10.....Jim Fitzpatrick
70 Years of SAN DIEGO Magazine

17.....Chris Marsh



www.waasandiego.com

WREATHS ACROSS AMERICA SAN DIEGO

Ceremony and Wreath Laying
December 15, 2018
9:00 a.m.

"I Am an American"

*Ceremony and wreath laying at Ft. Rosecrans
and Miramar National Cemeteries,
Greenwood Memorial Park and
Valley Center Cemetery.*



**WREATHS
across
AMERICA**

★ BE THEIR WITNESS ★
SAN DIEGO

**TIM
CAMPION**



REMEMBER
OUR FALLEN U.S. VETERANS.

HONOR
THOSE WHO SERVE.

TEACH
YOUR CHILDREN THE
VALUE OF FREEDOM.



JULY 2018

20..... Sara Hogue
27..... Dennis Jacobs

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

Kim Schafer was the Rotarian of the Day. She led the pledge, talked about the **Dali Lama** and his philosophy. She was diagnosed with Crohn's Disease and spent 6 months on a cancer ward. *She had surgery, which made her able to live a more normal life*, but will have the disease the rest of her life. So she decided to start travelling and went to 22 countries. *And lucky us, now she is with us.*

We had four guests, our faithful Rotaractors.

HIGH FIVES

Dory had a high five for **Lori**, who has been our Family of Rotary chair forever. *Lori keeps tabs on those that are having problems with health, and quietly finds out what the club can do to help.* **Bruce Geier** had a high five for his daughter

FINE MASTER LORI

- **Pete Griffith** was fined for his flag shorts at the 4th of July party. One dollar for each cheek
- **Steve Brown** had a fine for how he met **Susan**.

Steve said he was a budding pyromaniac. He met her over a fire

ANNOUNCEMENTS

- **Steve Brown** got thanks from Puerto Rico club for the help from our club
- **Rick Clark** – some of the members dropped out of the Pageant of the Masters. If you want to go, call **Rick**.
- Monday July 30th will be packing back packs at the Boy and Girls Club. Call **Denny** for details

Linda Stouffer – went to the bathroom during the board meeting, and was nominated to give the news to the club **Good news** – our fundraiser is largely getting other people's money. So we will not have to pay for fundraiser tickets **Bad news** – dues are going up.

- Vocational meeting on the 16th at California Pizza kitchen on Nobel
- **Dory** – friend with excess medical equipment available
- **Bev Bonfire** Sunday 6PM Crown Point
- District Membership

Day August 4th.

PROGRAM

Sal Maracello "Fantastic Life after Cancer"

In 1900 average life span was 46.5 years, lots of diseases were prevalent. Many of those have been conquered. In the USA now it is 78.7 years. Now we have some cancers, heart disease

How did cancer get its name? *Cancer looks like a crab, a mass in the center and metastasized in the body. Most cancers can be treated successfully.*

Sal said men don't like to talk about their health. But they need to be mindful of their prostate. Good news and bad news. Prostate cancer is in 1/3 of the men.

Sal talked about his options – surgery, radiation, little radioactive pellets, radiation 60,000 more than the dentist uses. He looked for other options, and found the California proton Center. *This is a very tightly targeted option; it destroys only the cancer cells.*





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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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



JULY 2018

27..... Alan Galgut

AUGUST 2018

03..... Ajay Asher



RANJAN LAHIRI



In Bengali, my name means, "pleasing".

My father was born West Bengal, India, and was an oncologist. My mother was born in the West Midlands of England and was a biochemist. They both came to American in the mid to late 60s and met while working at Boston Children's Hospital.

I was born in Springfield, Massachusetts, but the family moved to Bakersfield, California when I was three. I grew up in Bakersfield, with my younger brother, Aurin, and my younger sister, Nee-sha. My father had his own medical practice and my mother helped manage the practice.

While I spent most of my time in Bakersfield, we were lucky enough to travel to India and England on many occasions to visit family. England is still one of my favorite places to visit and I consider myself to be a bit of an **Anglophile**. I even spent two summers at Solihull School for Boys, which is where my uncle James went to school. During high school, I attended Robert Louis Stevenson School in Pebble Beach, California. It was a boarding school and I count those years as my most memorable. I met friends from all over the

world and got the opportunity to have an experience that few will understand. During high school, I played lacrosse and was on the golf team for a year. Our home course was Spyglass Hill, which is still one of my favorite courses. Apart from San Diego, the Monterey Bay area is another place that feels like home.

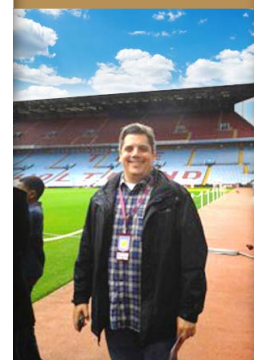
I attended UCSD for college and fell in love with San Diego. I received a BA in History and a minor in Sociology, which qualified me to do very little other than read and write papers. After college, I took a job in a law firm, went back and got my MS in Environmental Management, and then took the plunge to become a lawyer. I received my JD from USD in 2004. I am one of two Lahiris who are licensed to practice law in California, the other being my cousin, Indra.

I currently work at Wood Smith Henning & Berman and practice in the areas of construction defect and personal injury defense. I have had the opportunity to a wide variety of clients all over California, and even in other states. I have also twice argued before the California Court of Appeals. I am 0 for 2 so far, but there is still hope. Among my various pas-

sions, I truly enjoy golfing and my favorite course is Torrey Pines North. While I am hoping not to kick the bucket anytime soon, some of my **bucket list** items are:

- (1) watch the **All Blacks** play rugby in New Zealand,
- (2) walk the entire length of the **Wales Coast Path** (I have done on small bit of it); and
- (3) play the **Old Course** in St. Andrews.

I will leave you with one of my favorite quotes.



THERE ARE TWO KINDS OF PEOPLE, THOSE WHO DO THE WORK AND THOSE WHO TAKE THE CREDIT.

...
TRY TO BE IN THE FIRST GROUP; THERE IS LESS COMPETITION THERE.

~ Indira Gandhi.