

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JULY 26, 2019

www.lajollagtr Rotary.org



RI President 2019-20
MARK MALONEY

District 5340 Governor 2019-20
MARTA KNIGHT

LJGT Rotary President 2019-20
KIMBERLY SCHAFER

The innovation economy in San Diego is booming through partnerships, people, & purpose.



www.connect.org



Dr. Silvia Mah, is entrenched in the start-up scene as President & COO of Connect w/ San Diego Venture Group, growing life science & tech startups in SD, Partner at Ad Astra Ventures, aiming to “get to even” for high achieving women, & founder of She Invests! podcast, highlighting the impact of female angel investors.

Dr. Silvia Mah, PhD, MBA, is the new President & COO of Connect w/ San Diego Venture Group and founding partner of Ad Astra Ventures, that aims to “get to even” for high achieving women. Dr. Mah also has

served as Executive Director of Hera Labs since 2012, an accelerator for women--owned businesses; founding member of Hera Angels, a female angel investment group; Investment Committee member of Next Wave Impact, a social impact venture fund; and an angel investor to over 30 startups who have diverse founders on the leadership team. Dr. Mah's own success includes producing a globally--recognized podcast, She Invests!, highlighting the investment journeys of female angel investors and venture capitalists; serving for 2 years as the Student Programs Diversity Director at the Office of Innovation

and Commercialization's The Basement, a technology accelerator for undergraduate startups at UCSD; & Fund Manager for the San Diego Angel Conference, a new angel fund to activate regional capital from aspiring and existing angel investors. Originally from Caracas, Venezuela, Dr. Mah believes in integrating family and work to create a lifestyle that serves both with a strong cup of integrity.



CONNECT
W/ SAN DIEGO VENTURE GROUP

SPEAKERS AND EVENTS

AUGUST 2019 - SPEAKER

02..... District Governor Visit

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

16..... Open

23..... SURFSurfersUnite

30..... Open



REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE
THINK, SAY OR DO

01

IS IT
THE TRUTH?

Rotarian of the Day

Our Rotarian of the Day was Dr. Lori Bende. Her husband, Joost, and her twin children Ronald and Rhoda were visiting for her presentation. Her children recently took surfing lessons thanks to Brett Morey. Lori joined the La Jolla Golden Triangle Rotary club over 20 years ago. She sold her Optometry practice 2 years ago and now enjoys working part-time at an optometry office within walking distance of her home. She had swag on the tables for all to enjoy. She spends time serving as Scoutmaster for an all-girl troop in Scouts BSA (formerly known as Boy Scouts), Girl Scout leader, and volunteering in her children's classrooms. She oversees Family of Rotary and co-chairs our Social Committee with Sara Miceli.

Guests

Garry Kachkovsky introduced our guests. He started by welcoming Lori's family; Joost, Ronald and Rhoda. Craig Clarke brought his wife Jan. UCSD Rotaract members included; Cindy Tsai, Connor Abberton, and Lori Camacho. Other guests included Debra Kelley, Terri Steela, and Andrea Gandelman. Finally, Kaci Madden had her new little bundle of joy, born April 29, joining us for breakfast.

Announcements

President Kim announced that Dr. Gary Schneiderman has agreed to be our Club's Sergeant at Arms. She also presented our first "Under the Radar Rotarian Award" pin to Dory Beatrice for all her Rotary efforts including taking new Rotarians out for lunch. This will be an ongoing monthly award. Please let Kim know if you have any recommendations.

Denny Jacobs announced that every year since 2004, Rotary District 5340 International Youth Exchange and several of our clubs have sponsored the International Youth Symphony, that brings musicians from across the globe together with experienced musicians for a two-week intensive music experience.

There are 24 international musicians representing 10 countries and joining San Diego Youth Symphony students to create a unique orchestra, comprised

of exceptionally talented student musicians led by SDYS Music Director Jeff Edmons for two weeks of rehearsals and a variety of recitals and concerts in the community. Rehearsals are held at the Hall of Nations Balboa Park at 8:30am on 7/22, 7/23, 7/24, and 7/26. Concerts will be on 7/23 at the Spreckels Organ Pavilion at 6pm and on 7/27 at California Center for the Arts in Escondido at 4pm.

Linda Stouffer-Wallis shared that the Uptown Community Service Center, who we support, is having a gala on Saturday, August 24. The cost is \$75 per person and she is hoping to fill 3 tables. Sign up sheets were on the tables.

Peggy Martin said there are 3 tickets available for a "Day at the Races" at Del Mar. These tickets are available for the whole day and there are 5 tables reserved in the shade. Ticket cost is \$25 each.

Ron Kohl spoke about the Mexico painting project scheduled for October 5-6. The project is in conjunction with a local Baja club and will include transportation, hotel, dinner, wine, wine tour, and of course the project itself. He showed some pictures for inspiration and said sign up sheets will be distributed in a month or so.

President Kim welcomed Peggy Martin back after her travels and Rick Binder back from his vacation. She shared that our District Membership Seminar will be held from 8:30am-noon on Saturday, August 10 at the Kroc Center on USD campus. She informed us that our District Governor, Marta Knight, will be speaking to our club on Friday, August 2.

Presentation of the Day

Craig Clark introduced our speaker, Hernán Luis y Prado, a fellow Rotarian from San Diego Club 33 and founder and CEO of Workshop for Warriors. Hernán served in the United States Navy for 15 years as a Hospital Corpsman and then as a Surface Warfare Officer. He saw three combat tours of duty in Iraq and Afghanistan and is a graduate of the Navy Surface Warfare Officer School.

Workshops for Warriors is a State-licensed, board governed, fully audited 501(c)(3) nonprofit school that trains, certifies, and helps place Veterans, Wounded Warriors, and Transitioning Service Members into advanced manufacturing careers. Students earn nationally recognized portable and stackable credentials. Throughout its history WFW has remained committed to providing training free of charge to veterans who do not have access to living wage jobs due to multiple barriers. U.S. veterans often face challenges as they transition to civilian life, including significant barriers to civilian employment. This contributes to their exceptionally high suicide rate—twice that of the general population, according to a 2015 study by the National Institute of Mental Health. Workshops for Warriors is directly addressing these challenges. They provide veterans and transitioning services members with advanced manufacturing training and industry-recognized certification for careers in welding, machining, and fabrication at no cost to the veteran. He visited both President Obama and President Trump to establish and keep this training for veterans. Friday, August 16 will be Workshop for Warriors summer graduation ceremony at 2970 Main Street, SD at noon. Special guest speaker will be SD County Supervisor, Nathan Fletcher. Hernán showed several video clips during his presentation.

Highlights of the program include: Changing someone's vision from hopeless to hopeful, 4 month intensive training, trains 100 people per year, they have graduates from every state in the nation, 94% placement/retention since keeping records in 2011, 550 on the waiting list, program and its participants have won several welding awards, the cost of the program is \$25K per student, but graduates can be making \$60K after only 4 months of training, program cost are about \$375K per month.

He invited our club members to visit the school and you can always visit their website for more information at WFW.org.

02

IS IT
FAIR TO ALL
CONCERNED?

03

WILL IT
BUILD GOODWILL
AND BETTER
FRIENDSHIPS?

04

WILL IT BE
BENEFICIAL
TO ALL
CONCERNED?





PHOTOS

from the last meeting



La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

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LJGT ROTARY LEADERSHIP 2019 - 2020

PRESIDENTKimberly Schafer
PRESIDENT ELECT (2020-21) Emidio DelConte
PRESIDENT ELECT ELECT (2021-22).....
TREASURER Sharon Council
SECRETARYNancy Gatschet
PAST-PRESIDENT/FOUNDATIONRick Binder



ROTARIAN
OF THE DAY

DAVIDCHONG



(ALMOST) WEEKEND **UPDATE**, ON THE FAMILY.

DANNY (15) just received his driver's permit, returning Sophomore at Grossmont High School, playing water polo and volleyball, and involved with JROTC. Takes entire responsibility for the slide show accompanying the ROTD presentation.

CLARA (14, replaced in the accompanying picture by her uncle) entering Freshman at High Tech High Mesa and a mean artist (double entendre: she's skilled, but not always nice). Especially talented at drawing.

KIRA (17) entering Freshman at St. Mary's College (Notre Dame), studying nursing. A good, long distance away from San Diego boyfriend (though she still claims he is merely a boy friend).

ALYSSA (19) returning Junior at St. Mary's College and Notre Dame, seeking dual degrees in Physics and Applied Math and Computer Engineering (at least those were the degree paths when this went to print), and thriving in volleyball.

SARAH (not a day over 29), returning Principal at The CoOP Schools, site of a rockin' EarlyAct Rotary club thanks to the magic of Fary & Marty. Potential LJGTR member. Getting to the boxing gym remains the non-negotiable in her week.

DAVID (celebrated his >29 birthday on Monday), still plugging away to grow a small business and pursuing the paradox of more staff and clients while experiencing less stress. If you

haven't had the pleasure of a previous David ROTD, the bio is here: www.CoastCarePartners.com/our-team

Shameless plug for aforementioned small business: we were recently awarded a contract from San Diego County that enables us to provide our Caregiving services at the smoking rate of \$13.50 per hour. A deal worth telling friends & family about.

It's been said by others in our room before, but LJGTRC is my tribe and I am so grateful for my Rotary Family of Choice. Friday evenings Sarah typically asks me: Did you laugh & cry at Rotary today? Binder's jokes typically elicited more of the latter than the former.

