

THE GOLDEN rotarian

www.lajollagrotary.org



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JULY 27, 2018



BE THE INSPIRATION

RI President 2018-19
BARRY RASSIN

District 5340 Governor 2018-19
MEL GALLEGOS

LJGT Rotary President 2018-19
RICK BINDER



Rotary



District 5340 Governor 2018-19
MEL GALLEGOS

VISITING DISTRICT GOVERNOR

Mel was born and raised in Central California. He received his BS in Nursing at California State University, Dominguez Hills. Growing up in Delano, his first job was at the Perelli-Minetti Winery. **Mel served our country as a Hospital Corpsman in the United States Navy** stationed at San Diego Naval Hospital, Balboa. Mel joined the staff of Sharp Memorial Hospital in 1981 working on the Cardiac Care Unit. In the last few years he transitioned to the Information Technology department to work on the electronic medical recordkeeping system.

Mel was recognized as a Partner of Health and Pillar of Philanthropy by the Sharp HealthCare Foundation. A multiple Major Donor to The Rotary Foundation and Bequest Society member, **Mel is dedicated to making the world a better place.** He also actively supports Project Mexico and Mana De San Diego and is a member of the American Legion.

Mel is Past President of the El Cajon Breakfast and San Diego Downtown Breakfast Rotary Clubs. In addition to serving at the club level, he has served the District in

many capacities including Assistant Governor, Foundation Mentor, Rotaract Chair, Community Service Chair, Foundation Gala Chair and District Conference Chair.

Mel's wife, **Hey Jude**, is a member of San Diego Downtown Breakfast Rotary Club.

Mel's first trip to Africa was to participate in an NID in Eritrea. That was the beginning of several trips to East Africa for Mel and **Hey-Jude**. They have attended District Conferences in Mexico and East Africa.

SPEAKERS AND EVENTS



AUGUST 2018 - SPEAKER

- 03..... Duane Trombly
Opioid Epidemic
- 10..... Jim Fitzpatrick
70 Years of SAN DIEGO Magazine
- 17..... Chris Marsh
San Diego Prevention Collective
- 24..... Toni Griffin
President & CEO, Goodwill Industries





JULY 2018
27 Peggy Martin
AUGUST 2018
03 Rich Papike
10 Garry Kachkovsky

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?

Ranjan Lahiri was the Rotarian of the Day, giving us a tour of his life across the United States with stops in Massachusetts, Bakersfield, Pebble Beach, and finally San Diego.

Michael Slentz introduced our guests: **Tim Champion** (the speaker) brought his daughter **Sara** and his grandson **Jack**; we had our usual showing of Rotoractors: **Eden** and **Bradly**; and the other **Slentz** brother, **Sean** is back for a short visit from Hawaii.

The finest finemaster **Lori** collected some high 5's: **Sean Slentz** for thanking our club for helping him with the foundations of his Rotary knowledge; **Rich** gave a high 5 for being able to play the course at South Torrey Pines with **Denny**; **Mike McQuary** congratulated the Lincoln HS graduating class with a 88% enrollment at high education institutions! **Brett** gave a high five for the **Slentz**' brothers being board members of

Surfers Unite; speaking of surfboards, **Irwin's** grandson learned how to hang ten. **Lori** then shared her own story of losing part of a thumb on Taco Tuesday, but a high 5 (or is it 4 now?) for **Joost's** boy scout skills for wrapping it so well, she didn't need stitches. **Denny** got a fine for something, there's always some sort of a fine for **Denny**.

ANNOUNCEMENTS!

The club dues increase that was discussed the previous week is being postponed which means as club members we will still be responsible for selling tickets to our fundraiser event (International/district dues are still increasing by \$6/quarter). **Denny** needs help setting up backpacks for the Boys and Girls club. **Father Wayne** is asking for help at StPaulsPACE.org. **Jacque Reilly** found some "Change for Change" piggy banks in the storage locker – if you would like one please see her. **Rick Clark** is collecting

money for the Pageants of the Master's dinner and bus ride \$60 per person. **Peggy Martin** and **Ranjan** are looking for volunteers for club reporters. **Brett** talked about the youth symphony – there are some great concerts coming up <https://sdys.org/international-youth-symphony/>.

Brett stayed at the podium to then introduce the guest speaker, who of course is one of his "good friends". **Tim Champion** talked about the Wreaths Across America program. It started in 1992 at Arlington Cemetery when a wreath company had about 5,000 extra wreaths. The non-profit was created in 2006 and there are now wreaths are all VA commentaries and 24 overseas locations laying as many as 1.5 million wreaths during the holiday season. If you'd like to participate this year the date for the laying of the wreaths is 12/15 <http://www.waas-andiego.com/>.





PHOTOS

from the last meeting



ANNOUNCEMENT



HELP A **HOMELESS SENIOR**

SETTLE INTO THEIR
NEW PARK WEST HOME



Fundraising Campaign **GOAL: \$94,000**

\$2,000 will sponsor one (1) room. Items will include hard and soft furnishings.

- Bed
- Bed Frame
- Nightstand
- Mattress
- Small café table with chair
- 5-drawer dresser

CONTACT

Liam Dunfey at 619-239-6900
or ldunfey@stpaulseniors.org.

Given the limited resources of the people eligible for a Park West apartment, they are not in a position to furnish the apartment themselves. Though St. Paul's PACE is not responsible for a participant's housing costs, **we are fundraising on their behalf.** St. Paul's is turning to the community for their support in **helping these seniors return to a stable, safe, and clean home environment.** The first move-ins are anticipated in September. Would you like to set-up apartments for them on August 25?



AUGUST 25
8:30- 11am

UNITS
47

ADDRESS
1840 4th Avenue,
San Diego, CA 92101

POPULATION
Formerly homeless
St. Paul's PACE participants

BUILDING OWNER
San Diego
Housing Commission

La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

P.O. Box 13023
La Jolla, CA 92039
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



AUGUST 2018
03.....Ajay Asher

ROTARIAN
OF THE DAY

Life, Disability and Long Term Care Insurance

Allan Galgut is a respected insurance professional with nearly 30 years experience in both the US and South Africa. He came to the insurance business after a rewarding career as a pharmacist and former Chairman of the Pharmaceutical Society of the Free State in South Africa.

Allan's experience as a pharmacist, working closely with physicians and patients, gives him valuable insight when it comes to meeting your insurance needs. As both pharmacist and trusted friend, he understands that the "cost" of an illness is so much more than the price you pay for drugs and doctors visits – it includes the cost to one's family relationships and way of life.



Allan Galgut
Financial Services
Professional

4275 Executive Square
Suite 400
La Jolla, CA 92037-1476

858-202-2394 DIRECT

858-229-6535 CELL

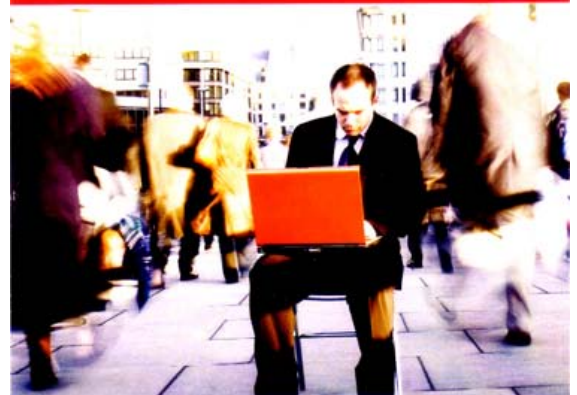
www.allangalgut.com

allan@allangalgut.com

CALIFORNIA AGENT
LICENSE NO. 0G06952

Allan Galgut Insurance

Enjoy the present.
Let me take care of your future!



Insurance protection products
and services for individuals,
businesses and their employees.

- Life Insurance
- Critical Illness Insurance
- Long Term Care Insurance
- Disability Income Insurance
- Retirement Plans
- Annuities
- Business Succession Planning
- Buy-Sell Agreements
- Key Person Coverage

Make sure you're
adequately covered.
Call for a complimentary
consultation, 858-229-6535.

Allan Galgut Insurance