

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JUNE 08, 2018

www.lajollagrotary.org



**ROTARY:
MAKING A
DIFFERENCE**

RI President 2017-18
IAN H.S. RISELEY

District 5340 Governor 2017-18
SCOTT C. CARR

LJGT Rotary President 2017-18
ALEXANDER S. MONROE

SPEAKERS AND EVENTS



JUNE 2018 - SPEAKER

15..... Tom Schenck
Educational Innovation in San Diego

22..... Col Stephen Keane
Topic

29..... Alex & Rick show
Passing the Gavel

JULY 2018 - SPEAKER

06..... DARK

THE FUTURE OF MEDICINE



*"Nothing happens until something moves."
-Albert Einstein*



*Schedule an Appointment:
Osteopathic Center San Diego*

3706 Ruffin Road, Suite 129
San Diego, CA 92123

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www.drmmignosa.com

Dr. Roger Mignosa, D.O. is a physical medicine & rehabilitation physician, clinical professor, and an exercise physiologist. He integrates osteopathic medicine, exercise science, psychology, and traditional healing practices to help his patients optimize their innate healing capacity.

He is a physician at the University California, San Diego and Director of Rehabilitation at the Osteopathic Center San Diego. He teaches at numerous medical schools including the University of Arizona, Arizona Center for Integrative Medicine and serves as medical staff for the World Surf League.

Prior to medical school Dr. Mignosa served as a Rotary Goodwill Ambassadorial Scholar at the University of Queensland, Australia where he studied clinical exercise science after which he led an exercise physiology practice in Southern California. He has lectured at both national and international medical conferences in the fields of pain, rehabilitation, exercise science, and mental health.



His current clinical and research interests include the application of integrative programming in the treatment of pain and enrichment of performance.

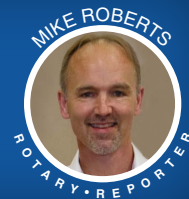


JUNE 2018

08..... Kelly Price-Noble
15..... Krishna Arora

REPORT

from the last meeting



ROTARY WELCOMES A NEW MEMBER



RANJAN LAHIRI

I have lived in San Diego for almost 30 years. I graduated from UCSD with a BA in History, have a Masters in Environmental Management from National University, and received my JD from the USD School of Law. I am currently a defense attorney, practicing civil litigation for a law firm downtown.

I have had the opportunity to travel abroad many times and have travelled to India, England, Scotland, and Wales, among other places. My mother, Vivien, is an active member of the Rotary Club of Albuquerque Sandia. In my spare time, I enjoy golfing, swimming, and enjoying the ocean.

The most dynamic Rotary Club in the world showed its immense flexibility once more as over 200 members and guests squeezed themselves into the Marriot General Managers business office for our latest meeting. Many new friendships were made and old ones solidified because of the intimacy of the location. ...

President Alex called the room to order and introduced Rotarian of the Day **Krishna Arora** who opened with a wonderful quote from Gandhi – *“it is health that is real wealth and not pieces of gold and silver”* - and then led us in the Pledge of Allegiance. ...

Krishna then talked about the stories that are behind every Rotary Service Project – and in particular focused in on one that he and his wife Bonnie had been involved in. Bonnie had always had a dream to climb Machu Picchu and in 2006 she set off with **Krishna** to fulfill this dream. But – instead of taking the easy option to get to the Mountain using various forms of transport – they hiked. On that hike they found themselves accompanied by a group of indigenous people and fell in love with the individuals and the culture that the individuals represented. This combined hike went on for a number of days culminating in the blessing of Bonnie and Krishnas marriage by the Q'eros in a ceremony

that lasted for two and a half hours. Such was the impact of this experience, that when **Krishna** was contacted a year later to help with a project to build a footbridge for the Q'eros – he jumped at the chance – and with Rotary help the Santa Clara bridge was built in the Southern Andes. ... This very special story was followed by an impromptu song because it was **Krishna's** birthday. The Golden Triangle Rotary Club is not renowned for its singing, but perhaps because of the tight and steamy setting for the breakfast meeting, each man and woman excelled!

... The visiting guests were introduced including **Liam Dunfrey** a guest of **Father Wayne**, **Kenia Malloy** the teacher accompanying our student of the month and **Karen Delaurier** and **Bill Fish** from the Uptown Community Center. ...

ANNOUNCEMENTS included a reminder that the VA Dinner would take place on Wednesday the 13th, that there would be a Clothing Drive for the Uptown Community Center and that a collection center would be set up in the Marriot parking lot, that wonderful Quintessential event survey results were on the table and should be studied – and that **Brett** would be holding a Sea and See for his new Grandbaby on Saturday.

Marty

Rosenstein

introduced the Student of the Month **Salvador Gomez** who along with being academically successful had a great story of perseverance and determination under trying circumstances. ...

Salvador brought many members of his family with him, thanked his mother profusely and also gave praise to teacher **Miss Mallory** and the advisory buddy system she had put in place. ...

The program of the day was given by **Marty Stanley** with Dynamic Dialogue who presented on Navigating the New Reality. **Marty** is a coaching consultant, former corporate executive and a pioneer in Executive Coaching. She focused in on changes, trends and business considerations in today's economic environment. Key to understanding the current climate is being able to analyze your company's culture, demographics and reasons for costly turnover and to make sure you understood your intentions, thoughts words and actions and ways in which you took part in interactions. **Marty** was very knowledgeable and happy for people to contact her with questions. ... We ended with more wise words from **President Alex** before he pried us all out of the room.





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 2017 - 2018

PRESIDENT	Alex Monroe
PRESIDENT ELECT (2018-19)	Rick Binder
PRESIDENT ELECT ELECT (2019-20)	Kim Schafer
TREASURER	Sharon Council
SECRETARY	Beverly Fritschner
PAST-PRESIDENT/FOUNDATION	Antonio J. Grillo-López, MD



UPCOMING
ROTD

JUNE 2018

- 15.....Steve Brown
22.....Wayne Davis
29.....Michael McQuary

ROTARIAN
OF THE DAY

PETEGRIFFITH



WOW, a Charter Member is still around for "Rotarian of the Day" some 32 years after that special Chartering Time!

As I look back on my life, Rotary and otherwise, I come a crossed many stories, relatable and not. A little history for those who do not know me. I am a Past Pres and Charter Member, as noted and one that tried to join Rotary three years before our club Chartered but was excluded due to my occupation of Insurance Broker being filled for Old Mission Rotary. I have served our club in all offices except secretary and spent 18 months as the President, just trying to get it right.

I have served our Rotary District at many levels and I enjoyed meeting and getting to know Rotarians from all sorts of clubs, all over the district. Rotary has played a major role in my life for many years. I urge you all to reach beyond our special club to meet members of the clubs of La Jolla and the clubs throughout our vast district. Years ago, Steve Brown asked me to help him with his District Conference in "The Valley" when he was District Governor and the folks I met from the various "Valley Clubs"

were very different but always very welcoming and friendly. As Assistant Governor for four years, I got to work with many club,s as they moved to become more successful in their mission of Rotary.

My personal history will start in College at UNC, where I learned about Insurance and met my first wife, who brought me to San Diego and my first job with Fireman's Fund Insurance in a beautiful office under Mr. A's. After a couple of years here, they sent me on the Reno to travel Northern Nevada for The Fund as a Territorial Manager, helping agent put together more complicated business insurance coverage programs. We had our first of two girls, Kimberly, in Reno and we had some great experiences in the Reno area. I came back to San Diego to become an insurance broker on my own, eventually merging with my father-in-law **C. Lee Williams** and his firm.



was born here and we were involved with soccer and softball teams managing and coaching over the years. I also enjoyed teaching insurance and risk management at SDSU for 20 years in their School of Business. Both of my daughters now live in the Bay Area where they both went to college and married men from there. My daughters have five daughters between them. I went to high school in Danville in the Bay Area, so I always enjoy my time with their families up there and my high school "team mates" as they fish and play poker with me, fifty years plus after graduation.

When **Connie** passed, due to cancer, my life changed and then I met **Dory**, in our Rotary club. We dated, got engaged, in a snow storm in Anchorage, while on a Rotary skiing fellowship trip, and married in Coronado. Rotary brought us together and we have enjoyed the ride, working on all kinds of projects, the most recent for **Dory**, the **Village Project** and **Shelter Box USA** for me.

Friday mornings are not complete if we don't eat breakfast together at the Marriott with our friends through Rotary.



ShelterBox USA

www.shelterboxusa.org