

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JUNE 10, 2016



Be a gift
to the world



Rotary

RI President 2015-16
K.R. **RAVINDRAN**

District 5340 Governor 2015-16
JANICE **KURTH**

LJGT Rotary President 2015-16
BEVERLY **FRITSCHNER**



SPEAKERS AND EVENTS

JUNE 2016 - *SPEAKER*

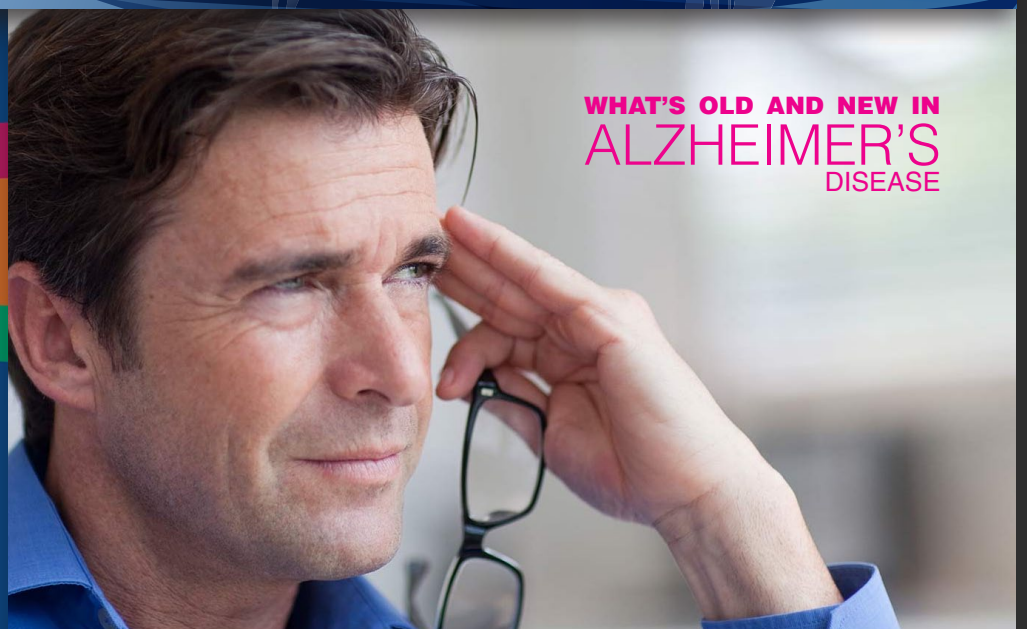
17.....Saving Babies lives in Ethiopia
• Karin Davies •

24.....President's Message
• Beverly Fritschner •

JULY 2016 - *SPEAKER*

01.....4th of July
• Dark •

08.....President's Message
• Antonio Grillo-Lopez •



WHAT'S OLD AND NEW IN ALZHEIMER'S DISEASE

Dr Galasko is a Neurologist and is a Professor in the Department of Neurosciences at UCSD, and is a Staff Physician in the Neurology Service at the VA Medical Center. He has extensive clinical experience in the diagnosis and treatment of patients with cognitive disorders. He is Director of the Shiley-Marcos Alzheimer's Disease Research Center at UCSD. This Center is funded by a major grant from NIH, and broadly supports research into aging and dementia.

Dr Galasko has contributed to over 250 research publications, and has served as an investigator in clinical trials. His research interests include developing biomarkers for Alzheimer's disease and helping to develop novel forms of treatment for Alzheimer's and related disorders.



DOUGLAS GALASKO

www.doctors.ucsd.edu/details/11437



JUNE 2016

- 10.....Lisa Galstian
- 17.....Tom Elliott
- 24.....Andrea Brannan

REPORT

from last meeting



THE FOUR-WAY TEST OF THE THINGS WE THINK, SAY OR DO

1 IS IT THE TRUTH?

2 IS IT FAIR TO ALL CONCERNED?

3 WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?

4 WILL IT BE BENEFICIAL TO ALL CONCERNED?

-Herbert J. Taylor



Our Rotarian of the Day was **Eric Fuller**. However, **Bev's** gongs (to begin the meeting) on the Rotary Bell fell on deaf ears. So, she gonged again! Members, probably, couldn't believe it was already 7:30! Well, with a formidable voice and determination, **Eric** pressed on with his talk about his new venture at age 55 as an "old fashion ticket scalper". © So, if you want tickets to a special event, go see **Eric!**

Rick Binder announced the day's visitors: **Charles Mackay, The Mjoen Girls, Jesse Estrade, Vivian Trinh, Luke Erin, Nick Milsner, Ina Von B., Karen Nance** (Representing Student of the Year!). Our visiting Rotarian was **Amala Kuster** from SeQuin Sunrise Rotary Club.

Save these dates. We have a busy Summer ahead of us, so put on your "Dancin' Shoes!"

- Social Calendar:**
 13 June 2016 District Governors Dinner: La Jolla Marriot
 17 June LJGT 30th Birthday
 24 June Bev's presides her final meeting as President of the most dynamic Rotary Club in the world!
 25 June Promote Demote, Braille Institute (\$30 per person) – 70's Theme – Disco, Disco Duck!
 25 June Directory Ads due
 4 July Party at **Bev's**!!!!!! 6:30 in the evening. Celebrate our Stars and Stripes!

Community Service Meeting to meet after today's meeting

Student of the Month, **Daniel Martinez** (was unable to attend). **Karen Nance**, the teacher who nominated **Daniel**, attended in his stead. Nance lauded her student and his accomplishments: participated in

his apartment complex, tutoring program, and City Heights Planning Committee. He even ran for a position on the board!!! **Martinez** flew to Sacramento to lobby against low income housing. And, all this before he even graduated from High School. You think he wants to go into politics??

High Five\$
Andrea Brannan sets forth with her penalties and citations, as she calls out **Peter Harris** for his Casual Friday dress. He gladly forks over his fine\$ with accolades for his twin daughters: **Julie** who works in the ICU Burn Unit and **Emily** who is getting married!

Andrea moves to fine **LJGT President Bev**, as she suggests the Fine Keeper to penalize **Eric**. Whoops!

Kourtney says, as she promises to cover up, "Thank you" to **Brett Morey** and Total Power to supporting the Coast Guard with its power supplies.

Brett was fined, as he did not have the proper documentation for his Roadster. Ut oh!

Susan reports that she will come out of retirement, again, to return to work as the Interim-Dean. She will enjoy her next six weeks off.

Mike Swartz shared his oldest granddaughter graduated from High School!

Kelly shared she got a raise, as her oldest graduated from Amherst College with Suma Cum Laude and has a job with great benefits!

Linda shared her grandchild graduated from preschool with Suma Cum Laude!

Denny shared he went back to Columbus, OH to see a Champion Baseball game. It was a no hitter! When they left, the team performed well enough for the World Series!

Frank closed the fines by saying, "For all the women, and men too, my wife is

going out of town for three days, and I'm collecting numbers".

Thank you, **Linda** for collecting the fine\$

Our Guest of the Day:
Nat Read is a 30-year member of the Pasadena Rotary Club. His past takes him from College, to driving a Checked Cab in Chicago (great tale, by the way, about the mother, daughter, and Ladies of the Night – hilarious!), the Navy, LAPD, Comic, Cartoonist, Author, and Historian. Truly remarkable. So, with his red bow tie and a straight face, he narrates passages of his book, *Speed Bumps on the Yellow Brick Road*. Wonderful Orator. Thank you for such stories and a great way to begin Friday.

Do you remember the definition of palindrome? Well, here is a little exercise.

| | | | |
|---|---|---|---|
| S | T | E | P |
| T | I | M | E |
| E | M | I | T |
| P | E | T | S |

Bev returns to the mic to close our meeting with jokes from **Pete**:

*I did not like political jokes. I've seen to many get voted into office.
 Have lemons, make lemon aid. Have tomatoes, make Bloody Marys.*

Thank you, **Susan** for asking me to Scribe. What a fine way to meet people, learn their last names, and the spelling of their first.

Yours truly in Red Badge, working to Blue,

__Kelly

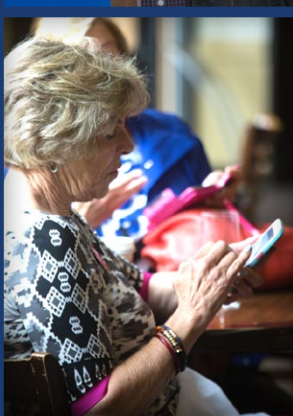
JUNE BIRTHDAYS



- Krishna Arora.....04
- Pete Griffith05
- Bill Keane 08
- Ron Kohl.....08
- Mike Schwarz 12
- Steve Brown.....24
- Lisa Galstian29
- Drew Hamilton.....30

PHOTOS

from last meeting



La Jolla Golden Triangle
ROTARY CLUB
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P.O. Box 13023
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 www.LaJollaGTRotary.org

LJGT ROTARY LEADERSHIP 2015 - 2016

PRESIDENTBev Fritschner
 PRESIDENT ELECT (2016-17).....Antonio J. Grillo-López, MD
 PRESIDENT ELECT ELECT (2017-18).....Alex Monroe
 TREASURER Sharon Council
 SECRETARYRick Binder
 PAST-PRESIDENT/FOUNDATIONRon Kohl



UPCOMING
ROTD

JUNE 2016

17..... Michael Bardin
 24..... Sara Hogue

JULY 2016

01..... DARK
 08..... Kourtney Kennedy
 15..... Cynthia Villis
 22..... Dave Davis



Dr. Keith Jeffers

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I grew up in Point Loma. I surfed, ran track and cross country, scuba dived and skin dived. I graduated from Point Loma High School in 1966. I ran track at San Diego City College where I set a National record in the 10K helping me to earn a scholarship to UC Santa Barbara. I graduated with a degree in exercise physiology and a year later I earned a teaching credential. With my credential, I worked as a special education teacher for seven years. I married Missy and we quit our teaching jobs and traveled around the world for 11 months. Our trip took us from Fiji, the tips of New Zealand and Australia through Nepal, where I went to the base camp. Then we ventured through Africa and up through the heart of Europe. We made it north of the Arctic Circle of Norway and then home via the UK. After our trip we decided to settle in San Diego.

We were pulled to northern California when I attended Palmer Chiropractic College in 1981 in Santa Clara. I graduated in 1984 right as my daughter Lauren was born. I passed the National and State Board Exams and we returned home to San Diego.

I have been practicing in the VON's shopping center on Regents Road for over 29 years. I am a Board Certified Sports Chiropractor with a service mark as "The Running Doctor". I am a co-founder of the San Diego Marathon and I have won the San Luis Obispo Marathon, as well as the San Jose and Santa Barbara half-marathons.

Missy is a middle school vice-principal and we have been married for 37 years. Our daughter Lauren lives in Austin, Texas with her husband Scott. She is the global art director for Strike Force, a WOB security company. Her husband, Scott, is in software sales. My son, Scott, has been a chiropractor for the past 14 months (also a Palmer grad). He works with me and is the head sales rep for an athletic foam roller and pillow company.

After a two year break from Rotary I rejoined last month. I am still working 6 days a week. I plan on continuing as long as possible. My son Scott will eventually take over the business. I'm glad to be back in Rotary. Everyone has been so welcoming!

KEITHJEFFERS

**ROTARIAN
 OF THE DAY**