

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JUNE 12, 2020

[www.lajollagtr Rotary.org](http://www.lajollagtr Rotary.org)



RI President 2019-20  
**MARK MALONEY**

District 5340 Governor 2019-20  
**MARTA KNIGHT**

LJGT Rotary President 2019-20  
**KIMBERLY SCHAFER**

## SPEAKERS AND EVENTS

### JUNE 2020- SPEAKER

19.....Ethics  
Knight Campbell

26.....San Diego Business Journal  
Barbara Chodos

### JULY 2020- SPEAKER

03.....DARK

10.....Change of Presidency

17.....Impact of Youth leadership within Rotary (RYLA & LEAD)  
Chris Stewart

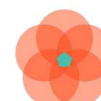
24.....Rick Clark & Vocational Committee meeting

## CHRONIC DISEASE

The Other Epidemic and How Naturopathic Doctors Can Help

Dr. Carleigh Golightly is a licensed Naturopathic Doctor (N.D.) and founder of Empower Naturopathic Medicine. Dr. Golightly discovered this unique form of medicine through her own years of struggling with crippling anxiety, hormonal imbalance and IBS. Through years of personal research and trial-and-error after being frustrated with the lack of change from the pills she had been prescribed for years, Dr. Golightly was able to overcome her own health issues by finding 'out of the box' solutions. It was that experience that inspired her to become an N.D. and help others do the same.

Her mission is to empower patients with the knowledge they need to address the root cause of disease so they may live vibrant lives and impact their communities in a meaningful way. Dr. Golightly specializes in helping her patients with hormonal health, metabolic mastery, GI Wellness, and anxiety, depression and chronic pain. Dr. Golightly graduated from Northern Arizona University with a B.S in Biomedical Science and a minor in chemistry. She is a graduate of Southwest College of Naturopathic Medicine and has additional clinical training in endocrinology, regenerative injection therapies and community health.



**Dr. Carleigh Golightly**  
Empower Naturopathic  
Medicine, Inc.



# 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?

**PRESIDENT KIM** called the Zoom meeting to order at 7:30, introducing **MIKE BARDIN** as Rotarian of the Day. After leading us in the pledge he gave a beautiful reflection of how to approach life by following the 4 Way Test in our thoughts and actions.

**MIKE** recently retired after a 32 year career as the Chief Public Policy Officer for Scripps Health and as such he oversaw Scripps role in the development of healthcare policy on federal, state and local levels. **MIKE'S** career in public relations, public affairs and government relations began with 4 years in the Navy as a Pubic Affairs Officer. He then continued his career as VP Public Relations with Phillips-Ramsey and ultimately to Scripps.

As a Past President of the La Golden Triangle Rotary Club, (thank you for your service) he co- founded the Rotary District 5340 Pathways to Peace Initiative in 2004. He was named the Rotary District 534 Rotarian of the Year in 2004.

**MIKE** and **ARLENE** have been married 53 years and their daughters and their husbands and grandchildren are all superstars!

Announcements included **JIM FROST** asking for 10

volunteers to help move the storage items on Saturday 8-12. **KAILEY OSHEA** talked about the new UCSD Rotaract Club board. This year they are having co-presidents. As always they are doing an awesome job! **BRETT MOREY** our very fine Fine Master started the fines off with **KRISHNA**. Happy Birthday to Krishna who is a young 76. The fine was for his birthday Facebook post of a video showing him doing push ups not using one arm or one leg. Hope that made sense. I think he said he did it for an hour and a half but I could be mistaken. **LORI BENDE** was fined because her husband **JOOST** put hot BBQ wood chips in a trash bag and caught their fence on fire. I understand the fireman were very nice! **JOOST** does get points for already rebuilding the fence. **BRETT** reminded the club that if they have hot tips to call **RAT FINK** at 858.602.2532.

**KACI MADDEN** introduced our speaker **AMBER WEBB** on the subject of Women in Construction.

**AMBER** was born in San Diego. She has worked in the construction industry since 2005. **AMBER** began a new professional endeavor in 2018 working as the Project Coordinator for Ryan Companies US, Inc. **AMBER** told a non-profit organization the National Association of

Women in Construction NAWIC founded in 1953. NAWIC has partnered with the Future Construction Leaders Foundation to educate children about the field of construction. Classes are held at Camp NAWIC for grades K-12 to learn construction skills. The younger children start with Legos and rocks to teach them building creativity then as they get older they advance to building neighbor hood book stands for book sharing. The older children learn drafting, dry walling, working with solar and so much more. They are looking for volunteers and there is no requirement that you have a clue how to do any of this! Go to NAWIC.org for more information on volunteer opportunities.

**ANTONIO GRILLO-LOPEZ** presented a COVID 19 overview and update. **ANTONIO** is one of the most brilliant physicians I have ever had the pleasure to know. He did a an amazing job! I am not even going to take a stab at reporting what he shared today!

**PRESIDENT KIM** closed the meeting with congratulations and good wishes to **ALEX** and **ALICE MONROE** on the birth of their new baby girl! She ended the meeting with the shortest joke ever. It happened so fast I missed it!



# La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

P.O. Box 13023  
La Jolla, CA 92039  
[www.LaJollaGTRotary.org](http://www.LaJollaGTRotary.org)

## LJGT ROTARY LEADERSHIP 2019 - 2020

PRESIDENT ..... Kimberly Schafer  
PRESIDENT ELECT (2020-21) ..... Emidio DelConte  
PRESIDENT ELECT ELECT (2021-22) ..... Jacquie Reilly  
TREASURER ..... Sharon Council  
SECRETARY ..... Nancy Gatschet  
PAST-PRESIDENT/FOUNDATION ..... Rick Binder



**JUNE 2020**

19 ..... Krishna Arora



**ROTARIAN**  
OF THE DAY



I was born and raised in Glendale California, near Los Angeles. My experiences and education throughout highschool led me to take an interest in the human brain. I decided to study psychology when I first entered UCSD until I discovered a similar study called Cognitive Science. After a two-year service as a voluntary missionary proselytizing in northern Spain, I returned to UCSD to finish my education and narrowed my academic interests on Design.

My past few years at UCSD have blessed me with fantastic experiences, including my involvement with Rotaract at UCSD. My education inspired me to find a job where I innovate, and my time in Rotaract inspired me to find a job where I serve others. To this day, I am still not completely sure where that will lead me, but as of now, I have spent the past 9 months working happily in my first full-time job as a technology and youth instructor at the Braille Institute. I find a great amount of fulfillment working with an amazing team to serve others!



**BRADLEY**  
**DAY**