

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JUNE 17, 2016



★ Celebrating our 30th Anniversary as
★ The Most Dynamic Rotary Club in the World!
★

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

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

JULY 2016 - SPEAKER

01.....4th of July
• Dark •

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

15.....In-coming Governor



SAVING **BABIES** LIVES IN **ETHIOPIA**

Karin Davies MD is a retired San Diego Kaiser pediatrician who lived in Ethiopia as a child when her father, as part of the Point Four Program, helped to develop an agricultural and technical school in Jimma Ethiopia. Dr. Davies returned to visit Ethiopia years later with her brothers and found that the small school her father helped to develop with only 80 students is now Jimma University with over 40,000 students. She felt a strong connection to Ethiopia and its people and, upon return, worked

with her colleague, Neonatologist Patricia Bromberger, to develop a training of trainers program in neonatal resuscitation and post-resuscitation care of newborns for medical, nursing, and midwife students at the College of Medicine and Health Sciences at the University of Gondar in Gondar, Ethiopia. That training program became a Vocational Training Team Project funded by The Rotary Foundation's Global Grant: "Saving Babies Lives in Ethiopia".

***Dr. Davies** is a certified provider in the Neonatal Resuscitation Program and the Stable Program. In addition, she is a Master Trainer in Helping Babies Breathe and Essential Care for Every Newborn which are training programs developed jointly by the American Academy of Pediatrics and the American Heart Association to train doctors, nurses and midwives in low resource areas to save babies lives at birth.*



JUNE 2016

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

Rotarian of the Day-Keith Jeffers Welcome Back Keith!

Keith Jeffers was Rotarian of the Day. **Keith** was previously a long time member and rejoins the club after a 2 year hiatus. He started with a prayer to remember all the Rotarians in our club that have passed and the late and great **Muhammad Ali**, who was being laid to rest today. . . . **Keith** is a chiropractor. In addition to the regular chiropractic work, he specializes in spinal decompression, laser therapy, corrective exercises and nutritional counseling. He talked about removing gluten from our diets. It's not just a fad. For what it is worth, I agree.....although I admit I still eat it. . . . He is the only doctor's office in San Diego to offer the newest axial spinal decompression technology DRX 9000 and also the only office to offer Class 3 and Class 4 cold laser. **Keith's** office is located in the Vons Shopping Center off Regents Rd. He's my next door neighbor.

Some of Bev's Presidential Announcements:

Unfortunately **Roger Drexler** has resigned from the club, but he left his piggy bank full of coins. Thank you **Roger!** If anyone wants his piggy bank they are welcome to have it. . . .
• June 13th-District Governor Dinner at the Marriott. Bring toys to the DG dinner. This is a district campaign. . . .
• ***Club Birthday Celebration is next week. Please invite former members!!! . . . June 17th-Youth Service meeting . . . July 4th at **Bev's** house-Please sign up . . . June 24th-Last meeting of the Year. The **George Mannschreck** Service Above Self Award will be presented.

Rick Binder introduced our guests

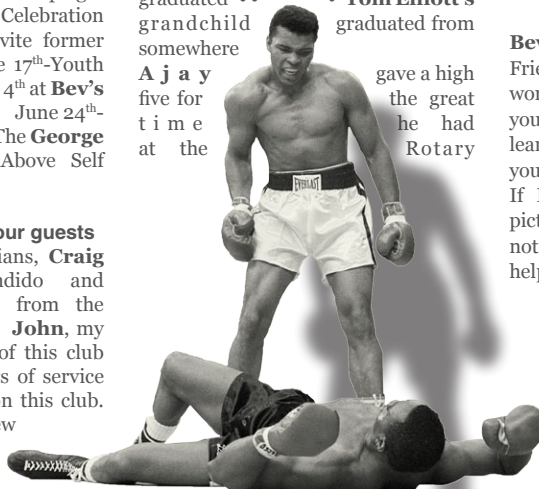
We had 2 visiting Rotarians, **Craig Laursen** from Escondido and **Martha Page**, who is from the Mission Bay Rotary Club. **John**, my husband was a member of this club as well and after 60 years of service have closed the chapter on this club. **Martha** is looking for a new

home. . . . Other visitors include-**Rich Papike's** good looking nephew **Jesse Papike**, **Kalthleen Tansey's** returning guest-**Ina Vonber**, **Charlie Mackay**, **Allan Galgut's** guest **Dan Amaro** and **Luke Ersin Cynthia** reminded us to get in your \$30 per person for the Disco Party Promote/Demote on June 25th. . . .
• **Rich Papike** will have a Summer Soiree on August 20th at his house. More fun events to follow.....
• . . . **Jennifer** and **Denny** got up to promote bringing in all your old back packs so they can be given to the homeless. We are feeding the Homeless at Mariner's Point on June 29th. . . . **Bill Busch** will be giving any royalties from his new book till the end of the year back to the club to honor **George Mannschreck**. Thanks **Bill!** . . . ***OK now things get a bit fuzzier in my handwriting skills... don't quote me on this.

Andrea Brannan-Fine Mistress

Andrea fined our guest **Craig** since his phone rang . . . **Andrea** fined herself for fining **Bev** last week . . . High Fives-Lots of Graduations! Many of these high fives went to fund the back pack fund . . . **Rich Papike's** granddaughter **Zoey** graduated and has a soccer scholarship to St. Mary's. **Antonio's** granddaughter **Alex** graduated . . . **Tom Elliott's** grandchild graduated from somewhere

A j a y gave a high five for the great time he had at the Rotary



Convention. . . . **Allan Galgut** gave money for the back pack fund . . . **Linda Stouffer-Marleen Rogers** says hi . . . Someone gave a high \$10. They have 5 grandchildren and one is President of their Middle School.

Dr. Douglas Galasko was our speaker. He is a neurologist and professor in the Department of Neurosciences at UCSD and is a staff physician in the Neurology Service at the VA Medical Center. He is director of the Shiley-Marcos Alzheimer's Disease Research Center at UCSD. In 1907 **Dr. Alzheimer** was the first to see plaques in a patient. Patients with Alzheimer's have 2 clinical findings which are amyloid plaques and tangles in a protein called tau. There are changes in the amyloid plaques and tau before symptoms. With technology amyloid plaques and tau can be seen. The hope is to find early interventions and target therapies that would be amyloid lowering drugs and tau therapy. Some factors that may be helpful include exercise, sleep, cognitive activity, social activity. Treatment of vascular diseases such as hypertension, diabetes and cholesterol may also be helpful. . . . On a side note.....all our social activities may be good for our brain health. I'll drink to that.....or at least in moderation.

Bev's closing words of wisdom. Friendship is the hardest think in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything. If I missed anything I was taking pictures in **Bill's** absence and taking notes. . . . Thank You **Brett** for helping take photos!

Taking these notes reminded me of being in school. The only difference was that I used to be able to read my notes.

__Lisa

JUNE BIRTHDAYS



Krishna Arora.....	04	Mike Schwarz	12
Pete Griffith	05	Steve Brown.....	24
Bill Keane	08	Lisa Galstian	29
Ron Kohl.....	08	Drew Hamilton.....	30

PHOTOS

from last meeting



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 2015 - 2016

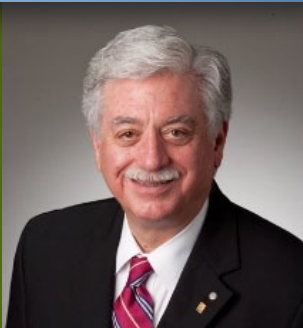
PRESIDENTBev Fritschner
 PRESIDENT ELECT (2016-17)Antonio J. Grillo-López, MD
 PRESIDENT ELECT ELECT (2017-18)Alex Monroe
 TREASURER Sharon Council
 SECRETARY Rick Binder
 PAST-PRESIDENT/FOUNDATION Ron Kohl



UPCOMING
ROTD

JUNE 2016
 24.....Sara Hogue

JULY 2016
 01.....DARK
 08.....Kourtney Kennedy
 15.....Cynthia Villis
 22.....Dave Davis
 29.....Jacquie Reilly



Michael Bardin

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**ROTARIAN
 OF THE DAY**

MICHAEL D. BARDIN, APR

Senior Director Public/Government Affairs Scripps Health
 Chair Rotary District 5340 Pathways to Peace

Rotary

Charter Member – La Jolla Golden Tringle Rotary Club
 (Chartered June 18, 1986)
 President La Jolla Golden Triangle Rotary Club - 1996-97
 Founding Member/Chair District 5340 Pathways to Peace
 Rotary District 5340 Rotarian of Year – 2014
 Numerous club and district board and committee assignments

Professional

32 years with Scripps Health
 Chief Public Policy Officer (Senior Director Public/
 Government Affairs);
 formerly Director of Marketing Communications & Public
 Relations
 12 years with Phillips-Ramsey -- Vice President Public
 Relations
 4 years U.S. Navy – Public Affairs Officer (USS Ranger, Sea
 Lab, Public Affairs West Coast)

Awards & Recognition

Public Relations Society of America (PRSA) Health Academy
Frank Weaver Lifetime Achievement; PRSA San Diego
Otto Bos Lifetime Achievement; San Diego Health Care
 Communicators *Communicator of Year*; San Diego Press
 Club *Public Relations Professional of Year*; Public Relations
 Club of San Diego *Professional of Year*; more than 25 awards
 and commendations for public relations and public affairs
 programs.

Boards and Committees

San Diego Regional Chamber of Commerce – *Public Policy &
 Health Care (past chair) Committees*
 California Hospital Association – *Political Advisory,*

*Advocacy Communications, Political Action Committee (past
 chair)*

Hospital Association of San Diego & Imperial Counties –
Public Affairs Advisory Group

American Hospital Association – *Government Relations
 Officers Network*

Alliance of Catholic Health Care – *Political Advocacy*
 Private Essential Access Community Hospitals – *Board
 Liaison*

San Diego County Taxpayers Association – *Board Executive
 Committee*

Community Health Improvement Partners – *Board, (past
 chair)*

Public Relations Society of America – *National Board of
 Directors, PRSA Health Academy (past chair)*

Education

Stanford University – *BA Communications & Journalism*
 San Francisco State University – *Post Graduate in Radio-
 Television- Film*

Personal

Born Berkeley, CA – *fourth-generation Californian*
 Married 49 years – *Arlene, retired registered operating-
 room nurse*

Two Daughters – *Stephanie Schachter (Los Altos, CA) –
 husband Carl & grandkids Evelyn, Carolyn & Harrison;*
*Laurie Nathan (San Carlos, CA) – husband Tal & grandkids
 Zachary and Eli*

Mother – *99 years, Moraga, CA*

Grandfather – *President Rotary Club of San Francisco (Club
 #2) 1932-33*

Great, Great Grandfather – *Emigrated to California in 1855
 on Oregon & California Emigrant Trails; early settler/
 rancher in Salinas, CA*