

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JUNE 19, 2020

www.lajollagtr Rotary.org



LEADING UNDER PRESSURE

An Ethical Foundation



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

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

31..... San Diego Humane Society
Brian Daugherty



Knight Campbell and his team develop leaders through outdoor adventures coupled with gritty experiential learning, rigorous leadership study and executive leadership coaching. Crux Society leadership development programs offer growth minded communities and action-oriented solutions for emerging leaders, women leaders, and executives.

After graduating from the Naval Academy in 2006, Knight excelled in flight school, learning to pay attention to detail, manage fear, and control risk with his team. He earned the top graduate spot. Knight earned his Wings of Gold and led Sailors on two deployments to the Pacific conducting theater security and counter piracy operations.

Looking for a change of pace, he went back to the Naval Academy and earned master's degrees in leadership from UMD and the Naval War College. More importantly he had the honor of leading over 700 Midshipmen. From tackling 24-hour crucible events alongside his people to teaching advanced leadership theory, he left the tour passionate about helping leaders reach their full potential.

After one more deployment on an Aircraft Carrier, Knight decided to pursue leadership development full time. Having a goal to climb the high point in every state- only 10 left now- Knight found deep satisfaction in climbing mountains. Observing the limitations of teaching leadership in a classroom, he knew outdoor activities would

be a perfect place for leaders to thrive. While working on a Management PhD at George Washington University, he started teaching rock climbing, hiking, and mountain biking for REI Outdoor School. Knight then did a 30-day expedition in Alaska with NOLS to certify as a mountaineering instructor. Seeing the need for quality, hands-on leadership training, he switched gears to complete an Executive Leadership Coaching Certificate at Georgetown University.

Knight is passionate about combining disparate ideas to get gestalt moments, creating inspiring adventures where leaders forge community and deep growth, and spending time with his wife and daughter in the wilderness.

www.CairnLeadership.com



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?

HERBERT J. TAYLOR

President **Kim Schafer** welcomed 50, or so, club members and guests and then presented Rotarian of the Day. **Bradley Day**, former UCSD Rotaract President and honorary LJGTR member. **Bradley** is currently working at the Braille Institute and is a member of the Pacific Beach Rotaract Club and continues his leadership interests as a member of the Rotaract District Council.

Brett Morey's fine mastering raised hundreds of dollars in honor of **Mike Swartz's** birthday, **Alex Monroe's** baby (Persephone), **Nancy Gatschet's** kayak spill, **Jacquie Rielly's** CASA certification and his own wife's foundation work.

Kim thanked all the Board members and Committee Chairs for their service:

BOARD- Jan Bernardy, Rick Binder, David Chong, Sharon Council, Jim Davies, Emidio DelConte, Luke Ervin, Nancy Gatschet, Jay Hatfield, Garry Kachkovsky, Jackie Reilly, Marty Rosenstein, Linda Stouffer Wallis

COMMITTEE CHAIRS
- Club Service - **Sandi Reimer**, Community Service - **Dennis Jacobs**, **Melanie Geschwind**, **Jacquie Reilly**, International Service - **Dennis Bucko**, Vocational

Service - **Nancy Gatschet**, Youth Service - **Dianne Day**, **Eric Mjoen**, Speakers - **Kaci Manion**, Reporters - **Gary Kachkovsky**

Dr Kaci Madden introduced our inspirational speaker **Carleigh Golightly**, a Naturopathic Doctor from Rancho Bernardo, CA, who explained how her own health challenges led her to pursue a career in Naturopathic Medicine. Her mission is to heal, to educate, and to inspire.


She has developed a passion for prevention and treatment of "*Chronic Disease*" which has been reported in 60% of Americans. She reported that only 12% of Americans were considered metabolically healthy in a University of North Carolina study. She explained that diet and lifestyle are major underlying factors for influencing health and that improvement can lead to better health. She pointed out that we need to undergo a major cultural shift with guidance from all healthcare providers to restore health to our society and briefly explained the 6 basic principles that guide Naturopathic Treatment.

President Kim ended the meeting with the line, "*It's Not Unusual*", another pun-

nyesque joke. (well documented as the lowest form of humor) but with a polysemantic twist that elevated her verbiage to a level sufficient to create mild amusement and tittering in some members of the virtual audience.

C. Dennis Bucko



At the regular meeting of the La Jolla Golden Triangle Rotary Club on July 10, 2020, the La Jolla Golden Triangle Rotary Club Foundation ("Foundation") will hold its annual meeting of the Members of the Foundation. The only item of business will be the election of directors to replace the expiring terms of **Steve Brown**, **Pam Russell** and **Eric Freeberg**, all of which will expire as of June 30, 2020. The Board of Directors of the Foundation unanimously recommends the reelection of all three of these directors, and all three have agreed to have their terms extended if the Membership so approves. Additionally, **Steve** serves as President, **Pam** as Treasurer and **Eric** as Secretary and they will continue to serve in these positions if they are reelected. 

La Jolla Golden Triangle ROTARY CLUB

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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



In the world of social media today, you probably know more about me than I do! All you have to do is to ask "Google Baba"! For instance: how many children I have?; where did I work; how many wives I have, etc. It is all there! All you have to do is to ask Google Baba!

So, I thought, I will share with you what I have come to realize from being a member of this wonderful Rotary Club for the last 10+ years, especially engaging in a very personal project that transformed me to become a Rotarian for Life!

Behind every service project there is

a story, which is as endearing as the project itself. Here is a collage of pictures from the projects Bonnie and I have been involved in over the last 10+ years. There is a story behind each of these pictures. It is these stories that bring us overwhelming joy to keep going. After all, it is in the giving that you receive!



ROTARIAN
OF THE DAY



KRISHNA
ARORA

{ Behind every service project
there is a story. }

