

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JUNE 28, 2019

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



BE THE INSPIRATION

RI President 2018-19  
**BARRY RASSIN**

District 5340 Governor 2018-19  
**MEL GALLEGOS**

LJGT Rotary President 2018-19  
**RICK BINDER**

## SPEAKERS AND EVENTS

### JULY 2019 - SPEAKER

05.....DARK

12.....President Kimberly Schafer

19.....Founder and CEO of Workshops for Warriors

Hernan Luis y Prado

26.....UCSD Connect

### AUGUST 2019 - SPEAKER

02.....District Governor Visit

09.....Early days of the Golden Triangle

16.....Open

23.....SURFSurfersUnite

30.....Open

## PRESIDENT RICK BINDER STATE OF THE CLUB

It has been an absolute pleasure serving as President of The Most Dynamic Rotary Club in the World! That moniker is well-deserved indeed, for in my nearly 17 years as a Rotarian I've never come across a more motivated, inspirational, caring, ethical, dedicated and dynamic group of individuals. You made my job an easy one, and a part of me will be sad to let it go.

This year most certainly didn't go 100% as I had planned. I suppose that's to be expected. That said, I'm very happy with the successes we've had as a Club. Not all of it has been apparent or obvious – much of it has been behind the scenes and operationally – but I hope you're all happy with what we've been able to accomplish.

1. We successfully launched a Young Professionals category of membership, and in so doing we brought in Nick Milsner, Kaci Madden and Alex Nowacki. The three of them – along with Charlie Mackay – are a strong foundation and next generation of the club, and I am so happy to have their energy, ideas and enthusiasm in our midst.

2. On the subject of youth, I believe we've got the best relationship we've ever had with UCSD Rotaract.

3. We once again took the lead role in January's meeting of all the La Jolla clubs, and we were able to host the Sitting RI President Barry



Raskin. Thank you to Steve Brown for helping to put that together.

4. Once again our membership increased. I believe that makes 4 years in a row. That was a big goal of mine. Thank you to our Membership Committee.

5. Behind the scenes much of the time, Club Service is an area that tends to go relatively unnoticed, but with Sandi Rimer at the helm, things get done! Operationally, we are a much stronger club than we've been and much of that is due to her efforts.

6. We've started the very first – AND the very second – Early-Act clubs in the District, thanks to Marty Rosenstein and Father Wayne Sanders.

7. We're finally getting to a point where long-time Avenue of Service Chairs can mentor others and pass the torch – much to their relief. This means new ideas, fresh

enthusiasm and next-generation leadership.

8. We continue to have excellent projects. The cleanup at the Police Tactical Training Center was possibly the most dramatic transformation I've seen in terms of before and after. This year's Camp Pendleton project made quite a significant difference as well. The Quintessential Festival was outstanding. That's just the tip of the iceberg. There are quite literally too many to name in the space we have.

9. I've been told countless times that the caliber of our weekly programs has been elevated. We've had some fantastic presenters. Bev Fritschner, Janine Pack and Bill Keane did a tremendous job.

10. This one is kind of petty, but I feel we had the best RI Theme – "Be The Inspiration" – that we've had in a very long time. I like that "Rotary" is not included in it. By leaving it out I feel it actually transcends Rotary. Make it YOUR theme for life, and Be the Inspiration to others every single day.

**Thank you to each and every one of you for making this year – and especially this Club – so special.** I couldn't have done any of this if it weren't for all of you. It has been an honor to serve.

**Rick Binder**

President, 2018-2019

La Jolla Golden Triangle  
Rotary Club

# REPORT

from the last meeting



## MEXICO WORK PROJECT IN ENSENADA



OCTOBER  
5-6  
2019

### ROTARIAN OF THE DAY

**Jan Bernardy** began with a short prayer. **Jan** spoke to us about end stage renal disease which, because of her career, was a big part of her life. Individuals with end stage renal disease have about 10 to 15 percent kidney function. An individual with end stage renal disease needs dialysis to have the toxins and fluids removed. **Jan** talked to us about two types of dialysis, hemodialysis (which is normally performed at a center) and peritoneal dialysis (which is normally completed at home). Hemodialysis uses a machine which is sometimes called an artificial kidney. Peritoneal dialysis uses the lining of your abdomen to filter your blood. **Jan** also discussed the history of dialysis... In 1965 Medicare was established. At that time there was no hope for those with end stage renal disease, people died. In 1973 regulations passed that the government would pay 80% of dialysis treatments. In 1975 the government looked at clinics and created the first set of federal regulations to govern them. In 2008 the regulations were revised. Clinics are now rated on a 5-star program. Today patients have an improved quality of life.

### VISITORS AND GUESTS

**Debra Kelley** was a retuning guest. **Krishna** and **Bonnie Arora** were accompanied by their granddaughters, **Sadie** and **Stella Smith**. **Alex Monroe's** sons were present. UCSD

Rotaractors **Bradley, Eden, Kaeley,** and **Joe** were also present.

### ANNOUNCEMENTS

**Kim Schafer** reminded us to sign up for the 4th of July party that will be hosted by **Sara Miceli** from 5 to 10. **Jacquie Reilly** invited us to join her later that evening at Pow-erhouse Park in Del Mar at 6:30 for a picnic followed by a movie... Back to the Future. **Alex Monroe** reminded us to sign up for the promote-demote event on Saturday, June 29. The cost is \$30 per person. **Rick** reminded us about the District Governor dinner on June 27.

Rotaractors **Eden** and **Joe** announced that this would be their last meeting. They thanked everyone for supporting them this year and wanted to let us know that **Kaeley** and **Conor** will do a great job.

### HIGH FIVES

**Jim Frost** had a high five for his wife **Kim** who went to Vegas and participated in the WSOP. She won \$5,000. **Craig Clark** had a high five because he had all his children and grandchildren here for Father's Day. **Dianne Day** gave a high five and announced that she won the 2019 senior women's golfer award at La Jolla Country Club.

### SPEAKER OF THE DAY

**Rick Binder** and **Dennis Bucko** introduced **Shamail Amiri**. She is

currently a student at UCSD and a volunteer with the International Survivors of Torture organization. **Shamail** talked to us about the treatment of women in Afghanistan. Afghanistan is a male dominated society. Women are viewed as a commodity. They have the same rights as animals. After 9/11 the US began donating money to the education systems in Afghanistan in an effort to educate girls. However, half of the country has no schools and many students study without a building. Donor money does not go directly to women and children... the money goes directly to politicians. There are women that are appointed to parliament. However, without "prostitution" women cannot reach government positions. Because women are selected and not elected, women lawmakers are not able to pass laws to protect women. Women do what their bosses allow them to do. In 2019 not one single law was passed to support women. The problem in Afghanistan is with the older generation. Younger and educated men support women. **Shamail** plans to become a lawyer, work here, and help women in Afghanistan. She concluded by thanking the club for all we have done in Afghanistan.

**Rick** told two jokes then **Dory Beatrice** wrapped up the meeting with one more.





# PHOTOS

from the last meeting



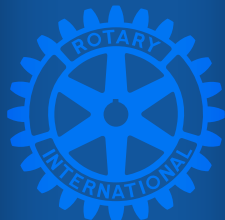
# La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

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## LJGT ROTARY LEADERSHIP 2018 - 2019

PRESIDENT ..... Rick Binder  
PRESIDENT ELECT (2019-20) ..... Kimberly Schafer  
PRESIDENT ELECT ELECT (2020-21) ..... Emidio DelConte  
TREASURER ..... Sharon Council  
SECRETARY ..... Nancy Gatschet  
PAST-PRESIDENT/FOUNDATION ..... Alex Monroe



### ROTARACT CLUB AT UCSD

Service Above Self.



[WWW.ROTARACTUCSD.ORG](http://WWW.ROTARACTUCSD.ORG)



## EDEN INES



Eden Ines grew up in Kapolei, Hawaii with two younger brothers, Aaron and Andrew, who are identical twins. As children, Eden and her brothers would often follow their parents to work. Their mom is a Nurse Practitioner and their dad is a General Surgeon. Though most children probably disliked hospitals, the Ines kids enjoyed hanging out at the hospital because nurses would always give them Jell-O cups.

Eden has been a part of the Rotary family for eight years, having been a part of the Kapolei Interact and UCSD Rotaract Clubs. She looks forward to joining a Rotary Club when she returns to Hawaii.



## BRADLEY DAY



Bradley Day was born in Glendale California, near Los Angeles, to John and Grace Day, both accountants. Four years after, his sister was born. Although his parents divorced when he was relatively young, they lived close enough that he spent his youth with both and was raised in Glendale.

For university, Bradley chose to attend UCSD for his first year. Although unsure of his exact future plans, he found the Rotaract club and was pleased to find a fantastic way to serve the community. As a member of the Church of Jesus Christ of Latter-day Saints, he then decided to serve for two years as a missionary, and was called to serve in northern Spain.



ROTARIAN  
OF THE DAY