

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MARCH 03, 2017

[www.lajollagrotary.org](http://www.lajollagrotary.org)



Rotary

★★★ COMMEMORATIVE EDITION ★★★



ROTARY  
SERVING  
HUMANITY

RI President 2016-17  
**JOHN F. GERM**

District 5340 Governor 2016-17  
**MARILYN SANDERSON**

LJGT Rotary President 2016-17  
**ANTONIO GRILLO-LÓPEZ**



**SPEAKERS**  
AND EVENTS

## MARCH 2017 - *SPEAKER*

10.....Priscilla Lister  
Take a Hike: San Diego County

17.....Peter Chodzko  
Gompers Preparatory Academy

24.....Neal Griffin  
A Voice from the Field

31.....Patricia Marquez  
TBD



LJGT Rotary President 2016-17  
**ANTONIO GRILLO-LÓPEZ**



Welcome fellow Rotarians and guests to the yearly Joint Meeting of the Five La Jolla Rotary Clubs: **Downtown** (Pres. Ken King), **Coastal** (Pres. Chris McCoy), **Torrey Pines** (Pres. Alex Robertson), **Sunrise** (Pres. Andrew Dorvillier), and my own club - **Golden Triangle**. As Rotarians we are dedicated to serving

humanity and in this special issue of the Golden Rotarian and during our meeting you will see evidence of the important humanitarian work performed by members of these five clubs. Enjoy the meeting and continue to every day live our motto of **Service Above Self**.

# SPEAKER



The  
**Rotary**  
Foundation



**Brenda Marie Cressey**, TRF Trustee 2017-21  
Rotary District 5240 Governor 2001-02  
Endowment/Major Gift Adviser – Zone 26  
RC of Paso Robles, CA. USA

**B**renda Cressey has recently been named as a Trustee to the Rotary Foundation and will serve a four-year term on a 15-member international board beginning 1 July 2017 thru 30 June 2021. She is currently serving her fourth year as the Rotary International Zone 26 Endowment/Major Gift Adviser for The Rotary Foundation.

Since serving as Governor in 2001-02, most of her Rotary assignments have focused on successful Fund Development for The Rotary Foundation, specifically in the areas of Polio Eradication, Annual Fund, Paul Harris Society, Endowments, Major and Legacy Gifts. She has enjoyed successful outcomes when serving in a number of Rotary Foundation positions including: *Regional Rotary Foundation Coordinator, Moderator, and Assistant Moderator* for two *Regional Rotary Foundation Institutes*, including the *Future Vision Transition Institute* held in San Diego. She is a Rotary Alumnae, having participated in a number of Rotary Foundation Projects around the world and has seen first-hand how gifts to the foundation greatly impact the lives of others. She and her husband Dick are proud members of the Paul Harris Society, major donors, Bequest Society-level 5 and newly inducted members of the prestigious Arch Klumph Society.

When asked what the highlights in her life might be, she will not hesitate to say that they involve being a Rotarian. She was invited to join Rotary 1989, and feels that her membership and gifts to The Rotary Foundation have changed her life and the lives of many whom she will never know. She is the recipient of the RI "Service Above Self Award," The Rotary Foundation's "Citation for Meritorious Service," and the prestigious *Distinguished Service*

*Award*. She was honored to be nominated as one of President George H.W. Bush's "1000 Points of Light," which recognizes those individuals who are making a difference through their volunteer service. She was also awarded Maine Public Broadcasting System's "Jefferson Award for Meritorious Service," as well as honored with the "State of Maine Governor Award for Community Service."

After retiring from New England Telephone in 1986, where she was the lead project manager for large projects, she began her own telecommunications business in Maine and acts as its current CEO. Much of her professional career includes project management, managing people and teams, and business development.

In 1995, with a move to California, she accepted a rewarding volunteer position with the American Cancer Society as the Unit Manager with a newly formed local office to support cancer patients. She was responsible for setting up the office and volunteer systems, working with the local medical community, public speaking, and volunteer training. She was a two-time recipient of the *American Cancer Society Volunteer of the Year Award*.

Brenda is a member of the Rotary Club of Paso Robles in District 5240 and has been a proud Rotarian for 28 years. She resides in Templeton, California with her husband Richard who recently retired from a long career as a Vice President in manufacturing. They both enjoy spending time with their dog, Casey, and love the outdoors and traveling. Their son, Gary, and his family reside in Maine. She can be reached at Tel. 805-238-4264 or Email: [rotarybrenda@gmail.com](mailto:rotarybrenda@gmail.com).





# CLUB PROJECTS



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB



## OPERATION PENDLETON

One of the many Camp Pendleton projects done by La Jolla Golden Triangle Rotary Club members was the completion of the extended patio to Puller's Post Club, the painting of several barracks, warehouses and their chapel. The Regimental Commander, Col Bumgarten and two of his staff, standing in front of the patio, were most grateful to the volunteers.

La Jolla Golden Triangle Rotarians and guests will be at Camp Pendleton in March and April, working shoulder to shoulder with young Marines to build guard rails, paint several buildings and assemble picnic tables, as well as provide them with a ping pong table, air hockey table and billiard and workout equipment. This is one of several projects undertaken through the community service committee.



LJGT Donation: New Air Conditioners



LJGT Donation: New Barbeque Grill





# CLUB PROJECTS



*gift of life*  
FOUNDATION  
Rotary District 5340

## 2016 SUMMARY OF IMPACT THROUGH GOL 5340 FOUNDATION DONATIONS



**40 Children will receive life-saving heart surgery** during 3 training missions to Romania (October 2016, January 2017, and March 2017). An additional 10 Romanian children will be treated at Wolfson Medical Center in Tel Aviv, Israel. Romanian healthcare professionals will enhance their knowledge and skills as they learn to treat children for the first time in Romania.

In addition, during the past four years our global grants have saved the lives of countless numbers of children with our programs in Uganda and the Caribbean. **This could not have been accomplished without the generous support of over \$400,000 from TRF.** We are currently working to develop a sustainable pediatric cardio-vascular program in El Salvador.



<https://portal.clubrunner.ca/10139/>



ROTARY CLUB OF LA JOLLA

## TIJUANA SCHOLARS • PROGRAM

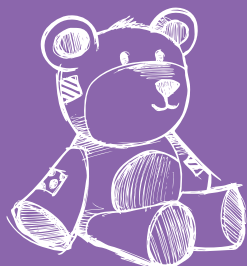
The Tijuana Youth Scholars Lab, now in its 10th year of operation, financially assists, educates, and mentors exceptionally gifted teenagers from poor communities in Tijuana. Directed and taught by Rotarians from both La Jolla and Tijuana, the non-governmental application of goodwill and resources helps to break a generations-long poverty cycle. English, computer skills, and mentorship are delivered to eager students in classroom facilities rented by our clubs and equipped with modern computer technology provided through cash and in-kind contributions of members and supporters. The program hopes to enable our 24 students (four in each of grades 6 through 12) to become models for their families and local communities, able to offer insights, advice, and leadership to the larger San Diego/ Tijuana community.

For further information, including sponsorship opportunities, please contact us.



[www.RotaryClubOfLaJolla.com](http://www.RotaryClubOfLaJolla.com)

# CLUB PROJECTS



## TORREY PINES [LA JOLLA] ROTARY CLUB CARE 'N SHARE TOY DRIVE

Torrey Pine (La Jolla) Rotary Club's biggest undertaking is the annual Care 'n Share toy drive run by member Nancy Stokes. "She collects toys throughout the year, which are given to children in county hospitals, most organizations think to host a toy drive during the holidays, but children are in hospitals all year long, so we collect starting in May."



One key site is the Del Mar Fairgrounds, where Rotarians set up boxes at the exits for toys or stuffed animals that are won through carnival games that the winners might not need. "A great deal of effort goes into this. We can't just take the toys to the hospital, they have to be cleaned and repacked so they are sanitary." A new toy-raiser this year has come through a partnership with the San Diego Blood Bank. Jackie Vella SDBB Foundation Director and Club Community Director said "When people give blood, they get points from the Blood Bank, and this year, they offered the option to trade in those points for toys that would be given to the Care 'n Share toy drive." This year, the Torrey Pines Rotary Club collected just under 8,000 toys.



If you have any new or gently used stuffed animals in need of a new home, we welcome your donation!

Contact Nancy Stoke for further information.  
[nancy@torreypinesrotary.org](mailto:nancy@torreypinesrotary.org)



[www.TorreyPinesRotary.org](http://www.TorreyPinesRotary.org)

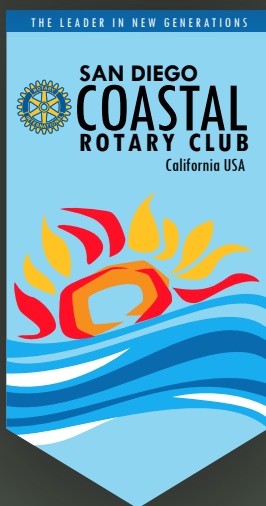


# CLUBPROJECTS



## THE LITTLE FREE LIBRARY

TAKE A BOOK • RETURN A BOOK



San Diego Coastal is proud to participate in the Little Free Library is a “take a book, return a book” free book exchange. Little Free Libraries are a great way to help support literacy in our community. The idea is a simple one, create a place that anyone may take a book or bring a book to share. We built our first Little Free Library in October of this year and are planning to open 3 additional locations by the end of this year. Included are a few pictures of the installation of our first project.



<https://portal.clubrunner.ca/10109/>



# REPORT

from 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

## MARCH BIRTHDAYS

RYAN ALBRECHT ..... 05

DENNIS JACOBS ..... 08

JOHN STEPHAN ..... 08

KIM SCHAFER ..... 12

LORI BENDE ..... 30

President Antonio brought the meeting of the MOST DYNAMIC ROTARY CLUB IN THE WORLD to order and introduced the dynamic Ellen Bryson as Rotarian of the Day. Being one of the first female members of our Club, Ellen shared with us the many designs of our bulletins since the 80's, particularly those where she was featured as Rotarian of the Day. Ellen got her inspiration to pursue a real estate career after hearing a speaker at one of our weekly meetings. She and her daughter work together for Coldwell Banker listing properties from \$80,000 to \$10 million and produce a magazine called "American Lifestyle". Ellen has become a top producer for Coldwell Banker and also commits a great deal of her time to her favorite charities. She expressed how important it is to be an advocate for aging parents sharing a story about her 87 year old mother's recent hospital experience. Thankfully her mother is fully recovered and from her photo we know where Ellen gets her good looks.

Rick Binder, our president elect-elect, introduced visiting Rotarians and guests. Erik Mjeon introduced his mother, Margaret who shares her time between California and Norway...we know where Erik gets his good looks; Linda Andrews introduced new incoming member Gineen; and Rotaractors, Vivienne and Sam joined us from UCSD. It was announced that Sam has been hired by IBM and will be moving to Andover, Mass. Congrats to Sam!!!

President Antonio announced: February 24 was Rotary's 112th birthday; the joint La Jolla Rotary Club meeting is

scheduled at 7:00 a.m. at the Braille Institute; Kim Shafer and David Chong have been elected to the LGTRC Board to fill vacancies of Louis Scotti and Tony Grillo who have served their terms.

High Fives were given from Kelly whose daughter has traveled to South Africa, Cuba and now in Qatar; Papike for Brett being the reincarnation of Eddie Haskell; Louise Andres for celebrating 48 blissful years with hubby, Steve; Keven Carlson ponied up \$25 for his recent birthday and 25th anniversary; Bucko for his wife being out of town for 3 weeks but little did he know that Sally was really spending those three weeks with Frank McGrath; Mike Schwartz \$5 to thank Mike Bardin for arranging such good care during his stint at Scripps where he had his back operation and \$5 to honor nurse Susan for her post-op loving care.

Announcements: Peace Forum at USD February 25; March 18 District Assembly at UCSD; March 18 Grant Management Seminar; March 18 First Camp Pendleton project to build wooden rails, second project April 1 primarily to paint; Quintessential Festival April 22 from 1:00 p.m. to 5:00 p.m. 16 kraft breweries represented and 6 wineries – need to distribute flyers to condo associations; Camp Kesem is a nationwide community that supports children ages 6 to 16 who have been touched by a parent's cancer. UCSD Camp Kesem Family fundraiser to "Make the Magic 2017" at Green Dragon Tavern & Museum in Carlsbad 6:00 p.m. April 8 (\$60 pp).

Kathleen Roche Tansey was honored with another Paul Harris pin with five

stones. Kathleen has put a great deal of time and effort into many of our Club's projects with particular emphasis on International Service. Congrats to Kathleen!!

Charter member, Romik Kesian who was diagnosed with stage 3 melanoma several years ago and still fights the disease, introduced his doctor and speaker, Dr. Maria Lopez Bonilla. Maria lost her mother to melanoma at a very young age and has dedicated her life to studying the disease. A native of San Diego, Maria graduated from San Diego State, received her medical degree from UCLA and did her medical training in the mid-west. She gave an overview of what melanoma is and treatment options. In 2016 there were over 87,000 cases of melanoma with over 9,000 deaths. It is the most deadly form of cancer. She described the differences between moles and melanoma and the various types of melanoma, one being internal melanoma that can hide in various places in the body. Current treatments include chemotherapy, radiation and immunotherapy. The medical community is targeting therapies that block oncogenes and clinical trials are underway to study newly developed drugs to treat the disease. She emphasized how important it is to use sunscreen daily, wear sun protective clothing and to avoid tanning beds and sun burns. Tip: use sunscreen that has zinc and titanium listed as ingredients.

As usual, President Antonio ended the meeting with a joke, this one, "the controversy between mice and men!" The meeting was adjourned.



La Jolla Golden Triangle  
**ROTARY CLUB**  
 Chartered - June, 1986 • La Jolla, California

P.O. Box 13023  
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[www.LaJollaGTRotary.org](http://www.LaJollaGTRotary.org)

**LJGT ROTARY LEADERSHIP 2016 - 2017**  
 PRESIDENT ..... Antonio J. Grillo-López, MD  
 PRESIDENT ELECT (2017-18) ..... Alex Monroe  
 PRESIDENT ELECT ELECT (2018-19) ..... Rick Binder  
 TREASURER ..... Sharon Council  
 SECRETARY ..... Rick Binder  
 PAST-PRESIDENT/FOUNDATION ..... Beverly Fritschner



# PHOTOS

from the last meeting

