

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MAY 03, 2019

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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

MAY 2019 - SPEAKER

- 10.....Teacher of the Year
Nancy Gatschet
- 17.....Real Estate Panel
Vocational Service Committee
- 24.....Celebrating Memorial Day
Rick Clark
- 31.....Steffanie Strathdee, PhD
Kim Schafer

JUNE 2019 - SPEAKER

- 07.....Coach Rocky Long
SDSU Football Coach--Ellen Bryson
- 14.....Vocational Service
- 21.....Shamayel Nikzad
Dennis Bucko
- 28.....Last meeting
Rick Binder

JULY 2019 - SPEAKER

- 05.....DARK



KADAMPA
MEDITATION • CENTER
S A N • D I E G O

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Gen Kelsang Lhadron, American Buddhist nun, has studied under **Venerable Geshe Kelsang Gyatso Rinpoche** since 2001. As the resident teacher at Kadampa Meditation Center San Diego, she teaches weekly meditation classes, week-end workshops and retreats. **Gen Lhadron** shows a living example of dedication to the Buddhist way of life and the practice of meditation. *Her teachings are both insightful and humorous. She inspires people to experience the benefits of meditation and practical wisdom.*



GEN KELSANG LHADRON

KADAMPA MEDITATION CENTER SAN DIEGO

REPORT

from the last meeting



ROTARY FOUNDATION ANNUAL MEETING OF MEMBERS



At the regular meeting of our Club, our Foundation will hold its annual meeting of the Members of the Foundation on May 31st in order to reelect **Alex Monroe, Linda Stouffer Wallis** and **Luke Ervin** as Directors.



MAY
31
2019

President Rick Binder - after a couple attempts of getting our attention, our illustrious leader, got us all going with our typical Good Morning welcome to the **La Jolla Golden Triangle Rotary Club** - **"THE MOST DYNAMIC ROTARY CLUB IN THE WORLD!"**

Emidio DelConte - Rotarian of the Day and President Elect, delivered a wonderful Invocation and led us in our Pledge to the Flag. Emidio shared several aspects of his love of aviation, including his past flying with fellow club buddies **Harry Mathis & John Thille**. **Emidio** actually built his own "flying machine" - a Kitfox which is an all fabric covered plane. After 15 years of construction, one of his flying episodes in the Kitfox included a rough landing where one of the wheels landed in a hidden, muddy rut which caused the plane to flip up on its nose. He escaped with minor cuts and bruises. He has had the pleasure of flying more than 50 different types of aircraft.

Michael Slentz, announced our visitors and guests, including **Steven Jacobs**, guest of **Alex Monroe** and Alex's two boys, **Jack & Emerson**. Visiting Rotaractors were **Eden, Bradley, Mathew, Kenya, Olivia & MacKenzie**.

The club under the leadership of **Sheila**, sang Happy Birthday to **Bradley**, who's birthday was actually last week.

Bradley and **Eden** were recognized for their Rotaract Club leadership and working with our club on various projects.

ANNOUNCEMENTS:

Kim reminded us of our upcoming Quintessential fund raising event on the 27th. **Jacquie** advised us that we are honoring the Mom's of children at the Ronald MacDonald House on May 12th. And that we needed to wear hairnets for the food serving. **Tiffany** of the UCSD Rotaract invited us to participate

on their Casas de Luz home building project coming up May 18 - 19. **Lisa** informed us of the food vendors attending the fund raiser - **Inferno Wood Fire Pizza, Poke, Bread & Cheese** and **Doggos Gus**. **Jim** added more information about the fund raiser and encouraged us all to Thank the vendors for their participation. The Uptown Community Service Center will be receiving clothing donations for both men and women on June 7 & 14. **David** reminded us of the Pathways to Peace Committee meeting immediately following today's meeting.

Hi Fives were given by **Will**, who had a high-12 for his receiving of 12 endorsements on his campaign for City Council; **Nancy** - for all those who participated in the Career Day at Preuss; **Emidio** - thanking those who helped him hosting the theater party; **Wayne Cusick** a high-10 appointed his wife **Lee Ann** to summarize the recent wedding of their son and **Bradley** let us know that **Eden** has just been admitted to medical school.

Our speaker for the day was **Wendy Wilson-Gibson**. **Wendy** is the Executive Director of the Bonita Historical Society which operates the Bonita Museum and Cultural Center. **Wendy** is a fourth generation native San Diegan, who grew up in Escondido and the North County area. Her relatives bought land in the 1880's in the Olivenhain/Encinitas area from the Kimbal brothers, who also owned land in the National City, Chula Vista and Bonita area. **Wendy** noted that she comes across people who still ask "where the H --- is Bonita"? Bonita is a small rural community in the South Bay Area where the Museum is located along the Sweetwater Valley with extensive hiking and horse trails that extend all the way to the bay. You can sometimes witness museum visitors arriving on horseback. The museum is known for hosting many exhibitions each year, primarily relating to the history of the San Diego South Bay as well as local and regional artworks.

Currently exhibit are sculpture works of Southern California artists who are members of the National Sculpture Society based in New York. Coming in May is an exhibit of California Plein Air artwork. California Plein Air artists create all their art outdoors and focus on natural art scenes. The Museum has existed for 30 years and has two main galleries, one deals with the history of the Sweetwater Valley and Rancho de la Nation area as well as the Art History and Cultural Main Gallery. Exhibitions typically change each month and attempt to feature and highlight the various art, history and culture of the San Diego and South Bay areas that has evolved over the past 250 years. One exhibition of art work is by local architect **Ben Meza** where he recreates scenes representing the 1769 Spanish Expeditions coming from Mexico into the South Bay areas. Historical people such as the Crosthwaite's (associated with the Presidio area), Bandini's and Escondidos all stem back to the settling of this area. Eventually, 1821-1848 ranchos were being established by these "Californios" with cattle ranches developing their own brands. Some of the original branding irons can be seen on exhibit in the museum. There are interactive exhibits created for use with children participation, including one featuring a "Conducting Stand" where students can get the sense of conducting and orchestra. This was developed by a local college student **Jeremy Steel** with input from **Maestro Jahja Ling**, our San Diego Symphony Conductor who also teaches classes at the museum. The museum is free and open Wednesday through Saturday from 10:00 AM to 4:00 PM - and yes - "you can ride your horse to the museum."

President Rick closed out the meeting with quoting un-useful directions and warnings from labels on various products.



PHOTOS

from the last meeting



PHOTOS FROM

the QUINTESSENTIAL FESTIVAL

2019



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



MAY 2019

10.....Marty Rosenstein
17.....Rich Papike
24.....Janine Pack

ROTARIAN
OF THE DAY



PAM RUSSELL

Pam Russell grew up in Shawnee Mission, Kansas, a suburb of Kansas City. Not liking hot humid summers, cold snowy winters and tornadoes, **Pam** went to school in the Pacific Northwest at Pacific Lutheran University. After graduation she hired on with IBM and spent 30 years with the company in many positions including customer engineer (fixing typewriters), administration management, systems engineer, healthcare consultant and business development executive.

Her career moved her to the Bay area where she met **Alan**. They were married in 1988. Thanks to IBM being flexible, when **Alan's** job moved them to Southern California, **Pam** was able to find great opportunities within IBM. They moved to San Diego in 1998. **Alan** suffered his first stroke in 2005 and a second brain injury in 2015. Sadly, the second incident was very debilitating and he struggled for three

years until his passing in August 2018.

Pam joined the La Jolla Golden Triangle Rotary Club in 1998 just months after arriving here. Through IBM contacts she was introduced to **Lee Ann Cusick**, who sponsored her into the club.

She was Club President in 2003-2004 and today she continues as the club's Foundation Treasurer and International Service Committee Chair. She was District 5340 Governor in 2008-2009 and was District 5340 Rotary Foundation Chair. **Pam** has served as a trainer for presidents-elect, governors-nominee and governors-elect. She was the Zone 26 Regional Rotary Foundation Coordinator before her current position as the Zone 26 Endowment/Major Gifts Adviser. **Pam** is a member of the Water & Sanitation Major Gifts Initiative Committee.

Besides training and Rotary Foundation activities, **Pam** has been deeply involved in multiple Zone and International Institutes and has represented the Rotary International President at multiple District Conferences. She has been recognized with the Citation for Meritorious Service. **Pam** is a Major Donor and member of the Bequest Society.

Outside of Rotary, **Pam** was a University Regent and member of the Alumni Board of Pacific Lutheran University. She and her dog **Daisy**, live in a wonderful new neighborhood in Del Sur and are loving life!

