

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MAY 15, 2020

www.lajollagoldentriangle.org



RADICAL
SALES COACHING



RI President 2019-20
MARK MALONEY

District 5340 Governor 2019-20
MARTA KNIGHT

LJGT Rotary President 2019-20
KIMBERLY SCHAFER

SPEAKERS AND EVENTS

MAY 2020- SPEAKER

22..... Extreme Leadership
Steve Farber & Rick Clark

29..... EMDR benefits
Laura Gordon

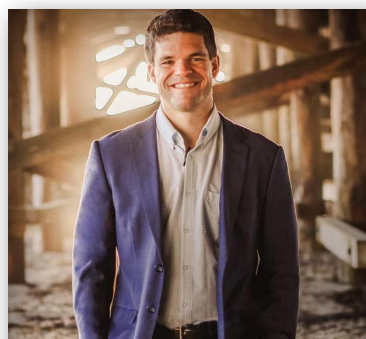
JUNE 2020- SPEAKER

05..... Women in Construction
Amber Web

12..... Cognitive function and preventative?
Carleigh Golightly

19..... Ethics
Knight Campbell

26..... San Diego Business Journal
Barbara Chodos



**LUCAS
BARBRA**

RadicalSalesCoaching.com

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Lucas is the owner of Radical Sales Coaching in San Diego. Lucas coaches entrepreneurs and sales professionals across the US on how to grow their sales through organic lead generation. Lucas has coached hundreds of professionals and also has been apart of 2000+ closed sales.

Lucas's eclectic background will help you learn the key mindsets you need to get the most out of your life and business! Lucas is originally from Chicago, Illinois and currently resides in the Pacific Beach area of San Diego, California. Lucas is also a sports and workout enthusiast. Lucas originally wanted to be Jerry Maguire until he decided to become like Jerry Maguire for sales professionals and entrepreneurs. Lucas likes long walks on the beach, lively conversations, and is a music connoisseur.



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 S. opened with meeting with our traditional dynamic call and response. As per usual, the collective fervor was palpable. These weeks apart have by no means dampened our club's Rotarian spirit.

The Rotarian of the Day, **Michael M.**, rolled in to a stellar moment of Zen by quoting the Dalai Lama. The reporter did not have the proper Words Per Minute rate to capture the entire statement, but the sentiment was clear: No more "Us" and "Them". In these trying times, our interdependence has never been more evident.

In a similar vein, **Michael** proceeded to speak on the San Diego Unified School District's effort to maintain a sense of inclusivity amidst the global pandemic. The District and staff have worked tirelessly to ensure every student stuck at home has what he/she needs to continue to learn and grow. Not only have they succeed to delivering 20,000 meals per day from 25 food distribution sites, but students without the tools to properly "distance learn" have been

given computers and other internet-connected devices to facilitate their remote academic journey.

Zack Patterson, Student Board Member of the SD Unified and student at University Heights High School, jumped in to confirm the good work being done and echo **Michael's** comments. A bright future in politics surely awaits him.

Following **Michael's** update, **Kim** announced the return of the Fine Master for next week's Zoom. Please direct all tips to **Brett M.** for consideration. **Krishan A.** followed up with a quick note on the generosity of the Community Service Committee. In their 30 minute session after last week's Zoom, the group raised \$1,000 for Feeding San Diego. All club members have been invited to donate as well.

Melanie G. also highlighted the Community Service Committee by discussing how their recent book donations fit nicely with the 6 Pathways and 8 Pillars of Peace. A member of the Pathways to Peace Committee, **Melanie** re-

cently completed a 2-hour course on positive peace. Per **Melanie**, this course is open to all interested club members.

Our speaker was **Doctor Peace Uche**. She is doc. PEACE, a Doctor of pharmacy by trade and Spoken Word Poet at heart. doc. PEACE is a best-selling author of doc. PEACE of Mind Method: A Poetic Guide to Living Your Best Life. She spoke on how to live a more passionate and fulfilled life consistently. She used her craft to transform our mindsets, harnessing the power of spoken word. doc. Peace encourage the club to respond to her various prompts in the chat box and this seemed to bring real meaning to her talk. In closing, she taught the club what it means to "gold" or Genuine, Original, Loving Dreamers. The reporter is sure that each member "x-ed out" of this week's Zoom with a sense of communal compassion.

Note: All remaining May meeting will be held via Zoom, per President Kim.

Happy Friday,



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



MAY 2020

22..... Jim Frost

29..... Irwin Rubenstein



ROTARIAN
OF THE DAY

Being a part of LJGTRotary Club has given me gifts far beyond anything I could have ever imagined.

Great friendships, leadership opportunities, attending meetings in other cities and countries and of course being part of this international organization that brings so much good throughout the world-oh yeah, the best gift was meeting Craig through Rotary. ☺ Now as we are transitioning into our new world, I am confident that our club and RI will continue to serve those in need.

I am a native-born San Diegean, growing up primarily in the college area, graduating from Crawford High School, then off to SDSU where I graduated with a degree in Nutrition, Biology and Business Management. I continue to have lifelong friends from my college days and Sigma Kappa Sorority.. Earning my secondary teaching credential and MBA I started by career as a high school teacher, then entered the private sector spending 20 years in the computer industry. Next career was conducting management and professional development programs across the country and around the world. Things slowed down and I started back where I began; first as a substitute teacher then being offered a contract. I may be the only teacher on her way to receiving tenure for the second time!!!

So as many of you are spending your time cleaning, gardening, reading, zooming, I am mastering Google Classroom, Kahoot, and holding ZOOM classes with very energetic 6 grade students! It is all a change and challenge for all of us and I am incredibly proud of them.

I have had the privilege to serve our club in many capacities including programs, membership, club service, and president. As I think about what has made our club strong, it is the members. I think today people want to be connected in ways we have not seen before. I also think this is a great time to introduce a friend or colleague to our club and invite them to one of our zoom meetings. We are fun, dynamic, have great programs, and always mindful of the importance of membership.

Looking forward to seeing you Friday.

