

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MAY 22, 2020

www.lajollagtr Rotary.org



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

29..... WD-40
Garry Ridge, CEO

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



EXTREME LEADERSHIP



STEVE FARBER

Ranked on Inc.'s listing of the Top 50 Leadership and Management Experts in the world, and #1 on Huffington Post's 12 Business Speakers to See, Steve Farber is a bestselling author, popular keynote speaker, and a seasoned leadership coach and consultant who has worked with a vast array of public and private organizations in virtually every arena.

Farber is the former Vice President of legendary management guru Tom Peters' company and is the founder and CEO of The Extreme Leadership Institute—an organization devoted to helping its clients develop award-winning cultures and achieve radical results. The Institute's team has helped over 25 companies earn a ranking on the Best Places to Work list.

Farber's third book, *Greater Than Yourself*, debuted as a Wall Street Journal and USA

Today bestseller. His second book, *The Radical Edge*, was hailed as "a playbook for harnessing the power of the human spirit." And his first book, *The Radical Leap: A Personal Lesson in Extreme Leadership*, was named one of the 100 Best Business Books of All Time.

His much-anticipated new book, *Love Is Just Damn Good Business*, published by McGraw-Hill, has been featured on Wharton radio and The World Economic Forum website and has been listed by Book Authority as one of the top business strategy books of 2020.

Farber is a member of the exclusive Transformational Leadership Council, and his column, *The Extreme Leadership Chronicles*, runs frequently on Inc.com.

ExtremeLeadership.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

7:24 am. People are already enjoying fellowship. A couple of people were blacked out: **Ranjan, Kaci, Fary**, maybe they needed a quarantine haircut. **Mike Bardin** was sitting in a forest. May have been in his backyard. I did not see **Linda Andrews** either. Her hair is really getting long. Did anyone notice?

And then, **President Kim** unmuted us all as she opened the meeting at promptly 7:30 am. And we joined Rotarian of the Day **Bev Fritschner** with the flag salute, invocation, and her story of teaching 6 graders during a pandemic. **Bev** has been teaching science and insisting that the students wash their hands, use sanitizer, as a normal course of events. Remote teaching began for **Bev** in late April at her Title I school. Her students are extremely low income and all the insecurities that entails. She reported that they inspire her every day.

Finemaster Brett opened the bidding for the best feel-good story. **Sharon Council** has a new grandson, **Joseph Blake Morgan, Jr.** **Kathleen** gave a high five for teacher in her area that went to all the students/seniors? homes with balloons. **President**

Vivian Albuquerque MX, AKA **Ranjan's Mom**, had a shout out but I did not catch why. **Jay Hatfield's** son, **Austin**, finished law school, and is now studying for the bar exam to be held in September. **Alejandro, Antonio's** grandson, turns 16 today but cannot drive **Darth Vader**. **Cynthia** has 9 years as a cancer-survivor. Looks good on you, **C. Mike Mc** announced SD has the best high schools in nation and state. **Mike Bardin's** granddaughter is graduating from Colorado-Boulder next week. **Brett** finished his backyard project thanks to **Mark McAnally** of the Old Mission Rotary Club. **Ellen Bryson** announced the Easter basket budget went to Door of Hope. (Did you notice the advertisement behind **Ellen**? I think someone should fine her!!) **Emidio** just finished radiation, gave \$30 and was smiling, ear to ear. Other monies were \$5 \$7, \$9, etc.

GUESTS: **Don Fipps**, PP of DM, Area 3 Gov Rep; **Scott Barton** retired educator; **Joe Villareal** and Kaeley O'Shea from UCSD. **Alex** had a good-looking guest join him.

Kaci Madden introduced our speaker. Mindset aficionado **Lucas Barra** came out of the dark to tell us about getting

the most out of your life. Be sure to develop the ability to bounce back. **Lucas** is a sports junkie and coach and used the Chicago Bulls 3-peat championship team as the example of his thoughts. Through resilience and **Michael Jordan's** work ethic, the Bulls were able to stay on course. Be the best version of yourself. He shared the philosophy of most Rotarians: help others and you benefit too. Hey **Kaci**, why don't you sponsor him as Rotarian? Then I could tell him about **Phil Jackson's** book, Sacred Hoops.

Alex was lip-syncing for a while and showed us he is a good Cuddle Dad.

PP Antonio reported on COVID-19 and what is going on in Tijuana. He Tijuana tested positive but no one knows how/if that condition will affect/infect other organisms. The need food, clothing, PPE, etc., etc. suffering. Two Chula Vista hospitals are most impacted in the county in part due to American citizens living in MX.

Kim left us with the thought-provoking question: What is difference between a cat and a comma? A tongue twister and didn't have enough coffee to repeat.



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

29..... Irwin Rubenstein



ROTARIAN
OF THE DAY



JAMES FROST

I was born in San Diego, the youngest of five kids, whose roots arrived in San Diego in the late 1800's. Growing up in the Point Loma area and whose family were active members of the San Diego Yacht Club, I was introduced to sailing and tennis. While at Point Loma High, I played on the Point Loma High tennis team and won the 110 Nationals sailing regatta in Ocean City New Jersey 1974. I still participate in those sports, along with skiing, scuba diving, and occasional surfing. My love of scuba diving has taken our family to many exotic waters, such as Grand Caymans, Fiji, Cook Islands, Great Barrier Reef and annually on the family boat "Yacht Helen" to Catalina Island.

I graduated in 1978 from University of Oregon (GO DUCKS!!!) with a BS in business management and was active in the SAE (Sigma Alpha Epsilon) fraternity from 1975-78. I married my college sweetheart, Kim Kellum, in 1979 and we moved to Utah to start our careers. I

spent two years working at Weyerhaeuser in the wood products business and Kim with US Forest Service in recreation. During the winter months, Kim worked at Snowbird tickets, which allowed me to get a \$5.00 season pass.

With a job offer from my father at the family lumber yard, we moved to Memphis TN to attend Lumber grading school before we moved to San Diego. We returned to San Diego in 1981 and have lived in Encinitas for the last 38 years. We have three children: Nick, 34 (graduated from the University of Washington), Ryan, 35, (graduated from Northern Arizona University) and Kayla, 29, and living at home while completing her studies at University of St. Augustine to get her degree in physical therapy. We have 4 grandchildren (Alistair, Cleo, Addie, and Jaxon) ages 2, 3 and 5.

Currently, I am President/General Manager of the family lumber business, a 109 year old establishment. A few years ago

we received the Centurion Award and honored as one of the top 20 oldest businesses in San Diego. My cousin Gordon (GT - a Rotary Club 33 member) and Byram my nephew (BBB Board member), are also involved in the family business. I am past president of the San Diego Lumberman's Club, Pacific Coast Wholesale Hardwood Distributors Association and served on the board of San Dieguito Tennis Club.

I joined Rotary in 2004 and it has been a good 16 year run. I really enjoy giving back to the community and have been a team captain in many of the local military projects as well as our Mexico projects. I really have great respect for this group of individuals for all the good you have done at home and abroad and look forward to continuing to serve and support the club in the future.

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