

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MAY 27, 2016

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RI President 2015-16
K.R. RAVINDRAN

District 5340 Governor 2015-16
JANICE KURTH

LJGT Rotary President 2015-16
BEVERLY FRITSCHNER



calendar
EVENTS
and speakers

JUNE 2016 - SPEAKER

03..... A Stand-up comic's novel about Rotary
• Nat Read •

10..... Alzheimer's Disease
• Douglas Galasko •

17..... Saving Babies lives in Ethiopia
• Karin Davies •

24..... President's Message
• Beverly Fritschner •

JULY 2016 - SPEAKER

CHILD BRIDES



FAMILY PLANNING INTERVENTION WITH CHILD BRIDES



DR. ANITA RAJ

Dr. Anita Raj, PhD, is a Professor of Medicine and Global Public Health and the Founding Director of the Center on Gender Equity and Health at the University of California, San Diego.

Trained as a developmental psychologist,

Dr. Raj has expertise in social and behavioral theories and intervention development, implementation science, and evaluation, as well as measures development, in her focal areas of interest which include sexual and reproductive health, gender based violence and inequities such as girl child marriage, and adolescent maternal health, as well as substance use and HIV.

Dr. Raj has served as Principal Investigator or Co-Investigator on more than 40 federal, foundation and multilateral (e.g., UNICEF) grants conducting research in South Asia, the United States, Russia, and sub-Saharan Africa, and she has more than 150 peer-reviewed publications from this research. Her publications include papers in such prestigious journals as the Lancet and the Journal of the American Medical Association, and her research has been featured in media outlets across national settings.



DR. JAY SILVERMAN

Dr. Jay Silverman, PhD, is Director of Research for the Center on Gender Equity and

Health and a Professor of Medicine and Global Public Health at UCSD. He is a leading global researcher on understanding and preventing gender-based violence against adolescent and adult women (e.g., intimate partner violence, sexual violence and sex trafficking). Dr. Silverman has led multiple major federally, foundation and UN-funded studies of gender-based violence and its effects on the health of women and their children, with a focus on gendered effects on the girl child. **Dr. Silverman** has published over 160 peer-reviewed papers in top-tier scientific journals (e.g., JAMA, Lancet) and has also co-authored an award-winning practitioner guidebook book on these issues.

Dr. Silverman also continues to work domestically on issues of gender-based violence and health. He is currently leading a study co-funded by the NIH and the Kellogg Foundation to develop and evaluate a program to address chronic threats to adolescent girls' sexual safety (i.e., sexual assault, teen pregnancy, HIV/STI) and promote youth development utilizing community-based participatory methods in a public housing community in Ward 7 of Washington, D.C. He is also joint PI on a large-scale NIH-funded RCT of a program to address reproductive coercion and intimate partner violence in the context of family planning services for adolescent and adult women.



MAY 2016

27.....Denny Jacobs

REPORT

from last meeting



THE FOUR-WAY TEST OF THE THINGS WE THINK, SAY OR DO

1 IS IT THE
TRUTH?

2 IS IT
FAIR
TO ALL
CONCERNED?

3 WILL IT BUILD
GOODWILL
AND BETTER
FRIENDSHIPS?

4 WILL IT BE
BENEFICIAL
TO ALL
CONCERNED?

~Herbert J. Taylor

Our Rotarian of the Day was **Bill Keane**. **Bill** gave us the BK Refresher Course, with slides and colorful commentary. The past few years have seen some dramatic changes in the world of professional photography. Between digital photos and selfies, the landscape has changed! **Bill** is putting on his beret and turning to the world of art. As he pointed out **Col. Sanders** reinvented himself at age 66 and so can **Bill**! He is becoming a Grand Old Master, and has created Legacy by Keane. He will be helping clients make their legacy an art piece. Between a little re-touching to manipulate colors and texture, and a fine showcasing in 14k gold frames, anyone is sure to glow! ...

Bev Fritschner was away at a seminar today – **Past President Ron Kohl** did a great job leading the meeting. ... The Governor's Dinner is coming up on June 13! Our goal is to have at least 20 members of our club attend– if we have 10 or more, we get to sit together. Come and show your support for **incoming President, Dr. Antonio Grillo Lopez**!

... **Rick Binder** introduced guests: **Wayne Cusick** is back!! **Buddy Thomas** from Club 33 joined us and brought Charlie McCain – soon to become a 3rd generation Rotarian! **Letty The New Graduate** was here!!! We are so happy for her! And, **UCSD Rotaract** was in the house: **Vivian, Anna, Kelly, and Sean**. Yay!! We were additionally blessed by the presence of two beautiful young Viking guests, both from the **Eric Mjoen** clan. ... **Linda Andrews'** Mom died on Wednesday. Please keep her in your thoughts.

Pam Russell made a money-saving announcement about the Atlanta Rotary Convention next spring: from May 28 to June 6, it will only be \$265 for registration. After that it will be about \$400. This meeting will be the 100th anniversary of Rotary Foundation – I see alcohol involved in this celebration. Go online and get your tickets! ... **Jacquie Reilly** reminded us all that Linda Andrews has been collecting books to give to children and adults learning to read. So far, it's been slim pickings – not many people are bringing books to donate. Next week is last week. Please bring a book – any book at a garage sale is fine. ... **Alex Monroe** announced a Thank You Happy Hour: May 26 – 5:30-7:30. This will be our chance to say Thank You to our Festival sponsors, vendors and volunteers. That will definitely be a Happy Hour! ... Next week we will

hold an auction for a one night stay at the Embassy Suites, and \$50 towards dinner.

... **Rick Clark** – Tomorrow will be our rescheduled Rotarians at Work Day! It will be our 5th project for the Marines. We've done 4 at Camp Pendleton, and now this one at Miramar. The project will be to refinish decks on pond, and 8 picnic tables will be constructed. The project is still on until further notice – it's possible it will rain but we won't know until the day has dawned. Currently we have 56 people signed up across 3 clubs – La Jolla, Miramar, and the magical LJGTRC. Go Team Rotary!! ... **Susan Schwartz** – The Club reporter calendar will be sent out soon, and will include tentative dates for everyone – if the proposed dated doesn't work for you, just let Susan know. Thank you in advance for being club reporter! ... **Andrea Brannan**, Fine Master, had an alternate engagement. **Ellen Bryson** stepped in and fined **Tony Grillo**, in celebration of Malahat being featured in Coastal Living Magazine. Way to go Tony!!

Brett Morey had a High 5: In addition to a few graduations to attend, his beautiful daughter will be coming home after completing her 1st year at Chapman, and soon his equally stellar son will be coming home from college. The Morey House will be hopping! ... **Irwin Rubenstein** also had a High 5: His beloved wife turns 82 today – 82 cheers to them both! ... **Lee Ann Cusick** gave a High 5 for her grandson, who just graduated from Cal State Long Beach. ... **Jacquie Reilly** announced she will be leaving Tuesday for almost 3 weeks, to tour Spain and Portugal. Photos please!! ... **Sheila Henry** will be taking a fantastic biking tour from Budapest to Amsterdam – we are doubling down on our request for photos! ... **Buddy Thomas** gave a High 5 for his son, who just graduated from Cal Maritime. ... **Will Moore** is moving on up! He and Jake will be moving from their big house to a new condo. Jake will start middle school – can that be true? Time sure does fly!! ... **Pam Russell** gave a High 5 in celebration of her new house, which will be available to move into by November. She promised to give a High 20 when her current house sells. Wonderful news on all counts! ... **Ron Kohl** gave a High 5 in honor of his Significant Other **Letty**, who was there and beaming after graduating from her University of Phoenix Masters Program. Did this reporter mention she graduated with Honors??

Ron Kohl also got the room buzzing with anticipation about the Promote/Demote party on June 26! It will be a 70's themed event, with a photo booth to make the evening immortal. 65+ people have signed up so far and there is room for more! Platform shoes for all men!!! Bell bottoms and fringe vests galore! A festival of paisley. Don't miss it! ... **Brett Morey** introduced our speaker, **Harley Rose Taich**. After reading an inspiring article about her, **Brett** thought she would be a wonderful speaker for our Club. And she was! **Harley** grew up in La Jolla. She grew up on the beach – her father was a professional surfer. Surfing became her escape, and brought her joy in life. She became a professional surfer at a young age, and loved traveling. Seeing different cultures made her so grateful and appreciative. ... However, that all changed in August, 2011, at Point Mugu. During a pre-season competition, she was doing a snap and came down directly on her head into the sand. She suffered a severe concussion, and was in bed for most of the next 9 months, with headaches, nausea, dizziness and some depression. She kept trying to recover and get back to surfing, and it has taken 5 years for her to get back to where she is now. This is her first year back surfing, and she is practicing safe surfing. She hopes to get back into competitions, but is taking it one step at a time. ... She realized she could spend a lot of energy feeling sorry for herself, or work to turn the experience into something positive. She learned she had to let go of dream of pro surfing lifestyle. Someone wrote an article about her, and another one was published in Seventeen magazines. That has led to **Harley** serving as a role model and beacon of hope for others suffering from concussions. She now has a new dream- to work with teens and others who are suffering from concussion. She is dedicated to helping others suffering from Traumatic Brain Injury, and her story is very inspiring! She has recently written a children's book, and she donated a book to **Linda Andrew's** book campaign! She was helping others even at our meeting.

Past President Ron Kohl closed the meeting with two jokes, involving elephants and popsicles (not in the same joke). You know what they say – what happens at the Marriott stays at the Marriott..... ... This reporter is respectfully closing up her notepad and putting her pencil back behind her ear.

JUNE

BIRTHDAYS



Krishna Arora.....	04	Mike Schwarz	12
Pete Griffith	05	Steve Brown.....	24
Bill Keane	08	Lisa Galstian	29
Ron Kohl.....	08	Drew Hamilton.....	30

PHOTOS

from last meeting



La Jolla Golden Triangle ROTARY CLUB

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LJGT ROTARY LEADERSHIP 2015 - 2016

PRESIDENT	Bev Fritschner
PRESIDENT ELECT (2016-17)	Antonio J. Grillo-López, MD
PRESIDENT ELECT ELECT (2017-18)	Alex Monroe
TREASURER	Sharon Council
SECRETARY	Rick Binder
PAST-PRESIDENT/FOUNDATION	Ron Kohl



UPCOMING ROTD

JUNE 2016

03.....Eric Fuller
10.....Keith Jeffers
17.....Lee Ann Cusick
24.....Sara Hogue

JULY 2016

01.....Kourtney Kennedy

ROTARIAN OF THE DAY



ANASAMBOLD

Ana Sambold is originally from Colombia and moved to San Diego in 1996 to attend University of San Diego School of Law. Ana's father is Italian, her mother is Colombian, and her husband, Eric is half German-Austrian born in San Francisco. They have two sons, **Nikko** (16) and **Danny** (14) who attend La Jolla Country Day School. The latest addition to their family is a 9 week old Welsh Corgi, who **Ana** named **Sofia** (the name that she always wanted if she would have had a daughter). Sofia completed their truly modern family (as Sofia Vergara would do).

Ana's parents always encouraged her to focus on studies, working hard and helping in the community. That's probably why she became an attorney admitted to practice in Colombia, California and Federal Court Southern District. **Ana** has two masters' degrees in law, she is a credentialed mediator, a lead trainer in conflict resolution, is actively involved with peace development projects and very soon she'll become a professional arbitrator and get her California realtor's license.

As a mediator at the San Diego Superior Court Mediation Panel and the National

Conflict Resolution Center (NCRC), **Ana** helps individuals to resolve their litigated and non-litigated disputes out of court, -efficiently and privately-. She has conducted over 600 mediations involving business, employment, real estate, family, personal injury, Homeowner's Association, landlord-tenant and divorce matters. She has also taught extensively on conflict resolution, negotiation, intercultural diversity and mediation to government agencies, universities, and community organizations. **Ana** mediates and teaches in English, Spanish and "Spanglish."

Recently, **Ana** was selected as the Project Leader for the International Training Institute in Peace and Conflict Resolution (ITI) in Latino America with Mediators Beyond Borders and the Rotarian Action Group for Peace. She is a professor of law for the California Western School of Law Masters program and serves on the board of directors for the Southern California Mediation Association. She is the legislative liaison for the San Diego County Bar Association and the California Law Revision Commission on public policy issues related to mediation in California.

Ana enjoys traveling and if she can com-

bine it with mediation is even better. In June, **Ana** will be in Spain, presenting at the World Mediation Summit in Madrid and maybe teaching mediation at different Spanish universities. But her favorite trip so far was visiting Cuba with her family last month. Since they stayed with a local family, they had the opportunity to experience the real Cuba, learn about the people's hopes and challenges and were amazed with the uniqueness of their culture.

Ana loves the ocean, tennis, hiking, yoga, paddle boarding and anywhere that is sunny (that's why she never strays far away from San Diego). She is a music enthusiast. Her very eclectic musical taste ranges from classic, pop, Latin to country music. Yes, she recently went to Stagecoach Festival and found herself to be a fan of country music, especially after watching **Luke Bryan** perform on stage.

Captivated by the motto, 'Service above Self' and the Rotarian fellowship, **Ana** joined our club the last November and so far she is having a blast becoming a Rotarian. In fact, by being the Rotarian of the Day today, she completes all her requirements to get her blue badge in a time record of 6 months.

