

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MAY 08, 2020

[www.lajollagtr Rotary.org](http://www.lajollagtr Rotary.org)



## 7 Steps to a Life of Pure G.O.L.D.



### DOC.PEACE

*Transformational Rhythmic Speaker & Speaking Strategist, Author and Pharmacist*

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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

15..... How to Create a narrative for more excitement in your life and business  
Lucas Barra

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

### SAMPLE INTERVIEW QUESTIONS

- 1) What experience led you to become a Transformational Rhythmic Speaker?
- 2) Why do you feel the average person struggles with sharing their story?
- 3) What methods do you use to transform mindsets?
- 4) What are your top tips for emboldening aspiring speakers to share their story?
- 5) What impactful message can you share with us?

### Featured at



Dr. Peace Uche 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 (exclusively available on Amazon). She's presented on numerous stages across the world, speaking on how to live a more passionate and fulfilled life consistently. doc PEACE transforms mindsets using the power of spoken word and emboldens aspiring speakers to share their life stories, providing valuable insight on story-crafting and finding a platform. She lives in San Diego, CA where she avidly plays beach volleyball in her free time.

*To book or schedule  
an interview with  
doc.PEACE*



SHINEON@  
DOCPEACEOFMIND.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

Steve Brown climbed to the top of Kilimanjaro in the 90's; stayed on top for "20 seconds" & then found the downward climb more difficult than going up. Brett said he is glad to be back in the water. Scott Barton gave an update on his retirement.

Ajay Asher was ROTD. He shared a meaningful prayer and led the Pledge of Allegiance (hope everyone remembered to stand). He shared photos of the many places he traveled with his family: Australia, Portugal, London, Boston, Hawaii; everyone practicing social distancing when required. He also reported that his printing business, Replica, was successful in keeping all of his employees on board.

Announcements: Community Service will meet after this meeting. Kim notified Marriott that the Club will be dark May 8 and May 15. We will be meeting via zoom. She also reported the International Convention will meet virtually at the end of June. More details will be forthcoming.

Mike Bardin announced there will be a telethon on Rotary's response to Covid-19, where, what and how reacting. Go to Rotary International Facebook page for details.

Brett Morey, Fine Master Extraordinaire advertised the Rat Fink Hotline: Susan was fined \$6 for new tires on her new Rav4 Hybrid after some confusion on her part thinking she had a say in the matter. High 5's: Nancy Gatschet's son is 40 today. Father Wayne & Kathy celebrated their 46th anniversary and his 80th birthday. Janine celebrated her 70th birthday on April 23. Marty & Sharon celebrate their 49th anniversary next week and last week Marty celebrated his 74th birthday. On April 20 Fary shared her 70th birthday with Yaya, who is not 70. Ajay had a High 5 that he was able to keep all of his employees. Lots of happy occasions!

Dona Mapston, Programs Director of Salk Institute Education Outreach Program. The goal is scientific literacy and the mission is to Teach, Inspire, Promote. The keys to success is supporting teachers in the classroom so they are able to use Salk Programs. Students are central to the program and it is offered at no cost to them. Key Programs include Mobile Science Lab for Middle Schools; Summer High School Scholars; March of Dimes High School Science Day on Salk Campus; Community events; and teacher symposiums.

The annual impact of these programs show it reaches 3200 students, 200 teachers and 55 schools. 6500 community members act as volunteers and support the programs. Real scientists interacting with students and the one-on-one connection is huge!

The LJGT Rotary Club has been supporting this program and has enabled them to purchase much needed items and equipment. As regular classroom activities are not possible at this time activities and information can be found at Salk.org. Director Mapston says "we shall return!"

President Kim said that a donation is being made in Dona's name to Doors of Change and thanked her for being our speaker today. She ended the meeting at 8:30am with a story about Albert Einstein and how he changed positions at a conference with his look alike driver, who said he had heard Einstein give the same talk so many times he could give the talk himself. They exchanged clothes and all was well until a question was asked that the driver did not know the answer to. Being clever, the driver responded, "this is such an easy question, I will let my driver in the audience respond."

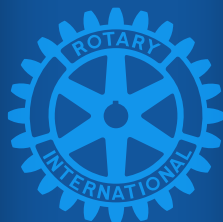
# La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

P.O. Box 13023  
La Jolla, CA 92039  
www.LaJollaGTRotary.org

## 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



ROTARIAN  
OF THE DAY



**Dr. Michael McQuary, Ed D**

### Career Pathway:

Born in Idaho  
Lived in Washington, Oregon, California, and India  
Employed as Railroad Fireman, Home Construction, Manufacturing Quality Control Inspector (Titan Missile, Polaris Missile, Off Shore Oil Rigs, San Francisco BART Tunnel), and Insurance Representative (Casualty and Life)  
Teacher and School-District-County School Administrator  
Rotary Volunteer at Tibetan's Children Village, Dharamsala, India (Paul Harris Fellow Recognition)  
Retired in San Diego (Pacific Beach)  
Community Service in multiple local, county, state, national, and international organizations  
Currently, Past President and Board member of San Diego Unified School District and President of San Diego International Sister Cities Association (16 Cities in 15 Countries)  
**Education Experience:**

BA-UC Berkeley: Political Science/History  
MA-Fresno State: School Administration  
Ed D-USC: Curriculum & Instruction  
Teacher (Math/Science) and Administrator (Principal, District Program Manager, County Supervisor)

### Organization Experience:

International Volunteer: Tibetan Children's Village, Dharamsala, India (1 year)  
Town Council Director/Secretary: Pacific Beach Town Council (6 Terms)  
Community Organizer: Local, County, and State President of multiple organizations (18 years)  
President: La Jolla Democratic Club  
President: California Democratic Council (400 Democratic Clubs in 38 Counties)  
President/Chair: San Diego International Sister Cities Association (2 Terms)  
Member/Honorary Board Member: SD-Yokohama SC, Delegation to Yokohama

Founding Committee and Charter Member: SD-Panama SC:  
School Board Trustee: San Diego Unified School District President (2 Terms)  
Delegate: California School Board Association, multiple committees and task forces  
Board Member: Council of Great City Schools (76 largest Urban School Districts in US)  
President: Mission Bay Rotary Club  
Member: La Jolla Golden Triangle Rotary Club

### Family:

3 Children: Dana, UC-Santa Cruz (Graduate-MA); Misha, UC-Santa Barbara (Graduate-MA); Justin, West Point-Captain with military service in Korea, Bosnia, Kosovo, and Iraq  
5 Grandchildren: Kindergarten; 3rd Grade; CSU-Monterey Bay (Graduate); CSU-Sonoma (Graduate)