

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

NOVEMBER 17, 2017



ROTARY:
MAKING A
DIFFERENCE

RI President 2017-18
IAN H.S. RISELEY

District 5340 Governor 2017-18
SCOTT C. CARR

LJGT Rotary President 2017-18
ALEXANDER S. MONROE

SPEAKERS
AND EVENTS



NOVEMBER 2017 - SPEAKER
24..... Dark - Thanksgiving

DECEMBER 2017 - SPEAKER
01..... Simona Valanciute
OASIS San Diego

08..... Todd Lane
Banking, Economy and Technology

UNDERSTANDING FOOD ALLERGIES



Dr. Laura **Proctor**

Esther **Trevino**



Dr. Proctor is a licensed clinical psychologist at Mindful Psychotherapy Inc., serving adults with depression, anxiety, post-traumatic stress disorder, relationship difficulties and other issues in La Jolla and Hillcrest. She is also a Research Assistant Professor of Psychology at San Diego State University. She received her PhD in Clinical Psychology from the University of Southern California, and is currently conducting research on the transition to adulthood for former foster youth.

Before becoming a clinical psychologist, she worked as a journalist and grant writer in Mexico and Guatemala. **Dr. Proctor** is a passionate advocate for children's rights and disability rights. She is particularly interested in leveling the playing field for children and teens with food allergies, so that they may enjoy the same educational and socialization opportunities at school as their non-allergic peers.



Esther Trevino, a native of San Diego, California, is the #GlutenFreeNerd. This nickname, "the gluten free nerd" is the result of her interests in comic books, space, science, computers, video games, as well as a passion for raising awareness about food allergy and Celiac Disease. As someone who has asthma, Celiac Disease, and allergies to peanuts, shellfish, and bees, Esther focuses her efforts on helping people understand that they can follow their passions and interests and live a normal life even with dietary restrictions.

To further this message, **Esther** runs a blog, The Gluten Free Nerd, along with various social media accounts including Instagram (*TheGlutenFreeNerd*), Twitter (*@EstherTrevino*), and Facebook (*The Gluten Free Nerd*). Her content includes things like allergy-friendly recipes inspired by her favorite scientists, the latest space news, and other favorite topics related to science and technology. The result is content that's fun and educational while raising awareness of food allergy and other dietary restrictions. **Esther**, through her social media presence and speaking engagements, encourages her audience to recognize they are more than their food allergy and auto-immune disorder.



FARE
Food Allergy Research & Education



foodallergy.org



NOVEMBER 2017
 17..... Alex Kirkpatrick
 24..... Dark
DECEMBER 2017
 01..... Rick Binder

PHOTOS

from ROTARY CONCERT FOR PUERTO RICO



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

NOVEMBER BIRTHDAYS

- MICHAEL BARDIN..... 03
- DORY GRIFFITH..... 03
- PAM RUSSELL..... 06
- TONY GRILLO..... 07
- TOM ELLIOTT..... 15
- BRUCE GEIER..... 16
- DENNIS BUCKO..... 19
- ANTONIO GRILLO-LOPEZ .. 20
- SUSAN SCHWARZ..... 20
- JOEL CANDIB..... 21
- ALLAN GALGUT..... 22
- AJAY ASHER..... 24
- JENNIFER SCHAFFER..... 24
- RICK CLARK..... 31





PHOTOS

from the last meeting



La Jolla Golden Triangle ROTARY CLUB

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LJGT ROTARY LEADERSHIP 2017 - 2018

PRESIDENT Alex Monroe
PRESIDENT ELECT (2018-19) Rick Binder
PRESIDENT ELECT ELECT (2019-20)
TREASURER Sharon Council
SECRETARY Beverly Fritschner
PAST-PRESIDENT/FOUNDATION Antonio J. Grillo-López, MD



UPCOMING ROTD

NOVEMBER 2017
24..... DARK
DECEMBER 2017
01..... Nancy Gatschet
08..... Marty Rosenstein
15..... Denny Jacobs
22..... DARK



ROTARIAN OF THE DAY

RICK BINDER



My father used to say you tell a lot about a person by the size of their hat, so *Yipee-Ki-Yay!!* I am a Native Californian. I grew up in the San Fernando Valley back when, if you got in trouble at school, parents would take the teachers side. Growing up, I played baseball from about the time I was 5 years old. I've always been a fan of the warmer weather, so it was no surprise that I chose the University of Arizona in Tucson, Arizona, and I graduated with a Bachelors in Marketing. Many years later I would go on to earn my MBA from the University of Phoenix. My early career had me traveling the world for a consulting company where I managed a division working with Aerospace and Defense contractors. From there I spent several years in financial services, which ultimately led to a successful career in executive recruiting. I also spent nearly 10 years in the now defunct Warner Center Rotary Club, where I served as Club President in 2001-2002.

I moved to San Diego in 2012 to help care for my father. In order to have the flexibility to do so re-

quired an interim career shift, so I took my lifelong obsession with fitness and the martial arts to start a training and corrective exercise company, and while that helped me get through those challenging years, it became time last year to get back to the recruiting industry. I've actually been working at **Rich Papike's** firm - once again focusing primarily on placing Accounting and Finance executives nationwide.

The first thing I did when I came to San Diego was to join the La Jolla Golden Triangle Rotary Club, and I'm so grateful for the people I've met and the great friends I've made here. This is truly a remarkable organization, and I am very honored to serve as President next year.

On a more personal note, I've got two children, **Brianna**, now 25 and recently engaged, and **Zachary**, 22. I've been in a wonderful relationship with **Janine** for the past 2 1/2 years, and my hobbies include Standup Paddle Boarding, rock climbing and martial arts.

