THE GOLDEN
# rotarian
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Rotary Club of La Jolla Golden Triangle
LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER
NOVEMBER 20 2026




CREATE LASTING IMPACT

Rotary

RI President 2026-27
OLAYINKA HAKEEM **BABALOLA**

District 5340 Governor 2026-27
JEB **BAKKE**

LJGT Rotary President 2026-27
TIMOTHY **FRONCZEK**

## AOS MEETINGS AND SOCIAL EVENTS

1st Friday of the Month.....Community Services Committee
(follows club meeting)

2nd Friday of the Month.... International Services Committee
(follows club meeting)

3rd Friday of the Month..... Youth Services Committee
(follows club meeting)

4th Friday of the Month.....Peace Committee
(follows club meeting)

## STATE OF THE CLUB
### La Jolla Golden Triangle Rotary Club

Join us for a wide-ranging State of the Club conversation focused on what La Jolla Golden Triangle Rotary is doing today—and where we are headed next.

This member-centered program will kick off with a quick overview of the Foundation from Alex Monroe, followed by a discussion of:

- meeting logistics/format/flow
- food service
- program topics
- volunteer opportunities
- support of the Rotarians of the future (Rotaracts)

Your perspective matters. Bring your questions, suggestions, and ideas as we shape the next chapter of La Jolla Golden Triangle Rotary together.




# REPORT

from the last meeting



## UPCOMING SPEAKERS




**2026**

**NOVEMBER** - *SPEAKER*

20.....STATE OF THE CLUB

**DECEMBER** - *SPEAKER*

4.....TBD

**Rotarian of the Day: Lisa Galstian**
Lisa Galstian was our Rotarian of the Day and shared a little about her journey from Queens, New York, to San Diego.
Lisa met her husband, John, while attending optometry school in Manhattan. Connecticut was initially their compromise on where to settle, but Lisa eventually asked John where he would live if they weren't getting married. His answer? San Diego! Apparently, that settled it, and they headed west on one-way tickets after passing their California boards.

They purchased their first optometry office in Pacific Beach, followed by a second in the La Jolla Golden Triangle. Last November, they sold their group practice to Vision Service Plan, although both continue to practice.

Their daughter Lindsay, 27, manages community relations for the Downtown Women's Center and is pursuing a master's degree in public administration. Their daughter Gina is preparing to appear in SpongeBob the Musical at the Old Town Theater with Arms Wide Open.

The family loves exploring national parks and recently returned from Shenandoah National Park, where they were fortunate enough to witness a sun dog. Lisa wrapped up by describing our club as the most dynamic Rotary club in the world. Clearly, she knows how to win over an audience!

**Guests**
**Vanessa** welcomed several guests, including two UCSB master's students in global policy who were guests of **Ron** and **Janine** and accompanied by **Michael**. We also welcomed Rotaractors from UCSD and SDSU. Great to see the next generation of community leaders joining us!

**Announcements**
**President-elect Sammy** encouraged members to consider serving on the Nominating Committee and to think about candidates for president-elect nominee and the open board positions. Some important decisions lie ahead for the club, including where and when we will meet.

With Veterans Day coming up the following Wednesday, Tim invited all veterans in attendance to stand and be recognized, along with a heartfelt acknowledgment of the families who support them. A nice reminder of the sacrifices made by those who serve.
Students of the Month – Preuss School UCSD

**Jonathan** took the reins of the Students of the Month program for the first time, introducing two impressive students from Preuss School UCSD. **Hailey Villa Anaya** was nominated by her advisor, Tiffany Majors, for an inspiring turnaround in her academic journey. After struggling in middle school, Hailey found her footing and finished her junior year with an impressive 3.88 GPA. She hopes to pursue a career in healthcare.
**Andres Ferreira Salazar**, introduced by **Dr. David Weber**, also shared an impressive story of academic growth. After starting with a GPA around 3.0, Andres turned things around and achieved a remarkable 4.13 GPA. He credited the book Drive by Daniel Pink with helping change his approach to motivation and achievement.
Outside the classroom, Andres stays busy cleaning beaches with Surfrider and helping pre-register voters. Two very different activities, but both demonstrate a strong commitment to making a difference in the community. Congratulations to both students!

**Community Christian Service Agency**
Our next presentation featured **Connie Villarreal**, Operations Manager of the Community Christian Service Agency, a donation-supported food bank serving the Clairemont area since 1972.
The numbers were impressive and really brought home the scale of the need in our community. Last year alone, the agency served more than 40,000 people and distributed 52,000 bags of food. Its other services included 948 backpacks for students, 800 loads of laundry, and 16,000 sack lunches.
The agency also runs a holiday program that provided more than 180 families with food baskets and Target or Walmart gift cards. Our Community Service Committee supports this important organization through its holiday food basket program. A wonderful example of how local organizations and Rotary can work together to make a meaningful difference.

**Veterans Day Tribute**
**Rick Clark** shared a special video honoring our veterans in recognition of Veterans Day. It was a fitting tribute and a reminder to recognize the service and sacrifices of those who have served our country.

**Speaker: Nathan Moeder – Moeder Advisors**
**Brett** introduced our speaker, Nathan Moeder of Moeder Advisors, a housing analyst who also teaches real estate at UCSD.
Nathan delivered an insightful presentation on the challenges facing California's housing market, with a particular focus on San Diego.
His central message was that housing has become increasingly expensive to build, while fewer homes are being constructed.
A few of the key takeaways:
- Interest rates: Mortgage rates generally follow Treasury yields with an additional spread of approximately two percentage points. With rates currently around 7%, Nathan doesn't anticipate a significant decline anytime soon.
- Construction costs: Building costs have increased approximately 44% since before COVID, making new development increasingly challenging.
- Fewer multifamily permits: Permits for multifamily housing have fallen to approximately 20,000 across major California metropolitan areas, well below the 2022 peak.
- Smaller homes: Small units now account for approximately 43% of San Diego's new housing construction, compared with just 13% in the 2000s. Nathan attributed this shift in part to rising costs and housing policies that have made larger family-oriented housing more difficult to develop.

Nathan was particularly critical of the state's top-down housing quotas, arguing that they often fail to consider the actual types of homes people need. He also highlighted a troubling demographic trend: many Californians leave the state around age 30, when they are looking to start families and establish roots, often because they can find more affordable housing elsewhere. Despite the challenges, Nathan ended on an optimistic note, expressing confidence in the potential of Gen Z and Gen Alpha.
An interesting and timely discussion about one of California's most pressing economic and social challenges.

**Ensenada Project**
**Ron Kohl** shared some good news regarding the Ensenada project and thanked an anonymous club member who stepped up and purchased all the remaining T-shirts, putting the project back in the black.
He also recognized the generous support of the Copley Foundation and the International Service Committee, which funded most of the project expenses. The International, Youth, and Community Service Committees also contributed toward the Rotaract costs. Approximately 35 Rotaractors participated in the project. A great example of Rotary collaboration across generations and service committees!

**In Memory of Cynthia Villis**
Members were invited to attend the Celebration of Life for Cynthia Villis on Sunday, November 15. Our thoughts are with her family and friends.

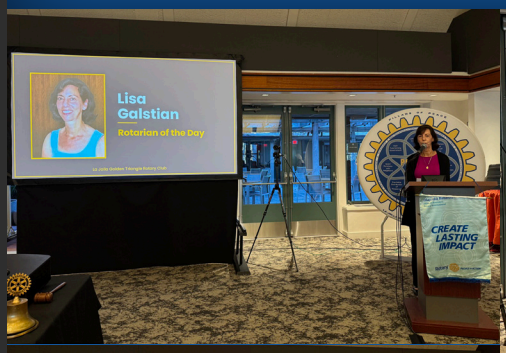
**Next Meeting**
Friday, November 20 – State of the Club. The meeting will cover the club's finances, future meeting format, and how we handle announcements. An important opportunity to discuss where we're headed as a club.

*~Reporter*

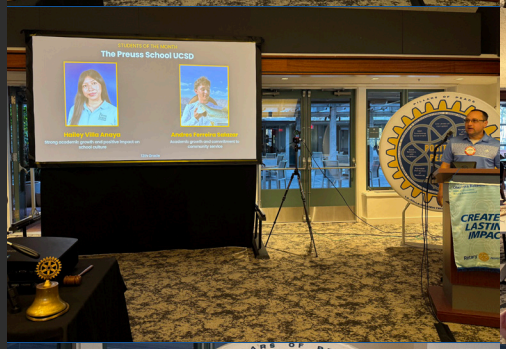
*Erik Mjoen*

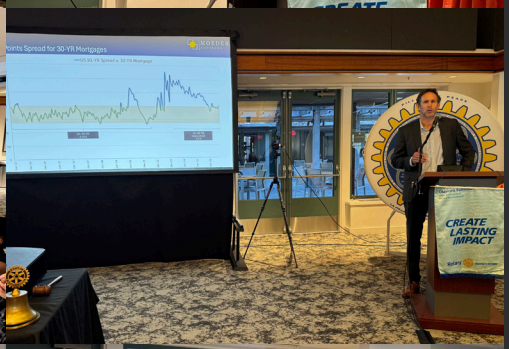
# PHOTOS FROM LAST MEETING

BRETT MOREY
ROTARY • REPORTERS












## Ronald McDonald House Nov 10








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 2026 - 2027

| | |
|---|---|
| PRESIDENT | Timothy Fronczek |
| VICE PRESIDENT | Christy White Brook |
| PRESIDENT ELECT (2027-28) | Samson Tse |
| TREASURER | Sharon Council |
| SECRETARY | Lisa Galstian |
| PAST-PRESIDENT | David Chong |



## ROTARIAN OF•THE•DAY



**ERIC FREEBERG**




**DECEMBER** 2026

December 4 - Rick Clark

December 18 - Holiday Program

I have been the Rotarian of the Day more times than I can count during the 40+ years I have been a member of our Club. The only time I actually talked about myself was the one time when I was ROTD and it was so BORING, that I bored myself. That is why whenever I am ROTD I do not talk about myself because I am a boring person, but instead I talk about my observations about Rotary and our Club and its importance to me and my gratitude for the other members of our Club that make our Club so special and yes we are the MOST DYNAMIC ROTARY CLUB IN THE WORLD!

Since I will not talk about myself during my presentation, I will give you a small personal snapshot in this writeup. Rotary has been a part of my life my entire life. My father was a Rotarian for 43 years and the President of 3 different Rotary Clubs. When I was a senior in high school in LA, in 1969 I was selected to be part of a team of 9 other high school students from throughout LA to spent ½ of the summer in Japan, and then 7 high school students from Japan came to LA and spent the other ½ of the summer in LA. That experience changed my life. It gave me an understanding that American was just a very lucky upstart on the historic stage and as a country we tend to be very arrogant and we have seem to have to little understanding of the centuries of the rest of the world. Thereafter, my world view became global as opposed to the typical and common ethnocentric belief of so many Americans that assume United States culture, values and laws are the global standard and are inherently superior to every other country. We are not. We are all different but we are all connected.

My parents were solid middle class and we did not have much money. It was a very nice surprise when I got $500 from a Rotary Club when I went off to college. I have never suffered from low self-esteem, but that was very empowering and that is why I am a big fan, and supporter, of what we do with Preuss students.

Thankfully, our Rotary is not my father's Rotary which did not have women as members and was primarily a business networking group. I will never forget when I told my dad I had joined Rotary he was over the moon. However, I then told him that we have women as members and not everyone in our club was a Republican. He was very surprised but my mother said, "I think that is a great idea that women are members and equals." My mother is the basis for my belief that women are smarter than men.

Rotary is a sanctuary to me from the chaos of the modern world. I love our club and its diversity and I have made peace with the fact that our future leaders are all younger than all of my three children. Look at the quote above. That will be the theme of my talk because we all need to just learn to adjust and grow in response to the inevitable chaos of the constant change in our future.

Thank all of you for all that you do to make our Club so special.