THE GOLDEN
rotarian
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Rotary Club of La Jolla Golden Triangle
LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER
NOVEMBER 6 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)

NATHAN MOEDER
PRINCIPAL, MOEDER ADVISORS

ARE WE BUILDING THE RIGHT HOUSING?



Nathan Moeder is widely considered one of the West Coast's foremost authorities on the financial feasibility of real estate projects. He serves as a strategic consultant who advises a wide array of clients from the perspective of real estate economics.

His clients include real estate developers, investors, corporations, financial institutions, businesses, and public agencies. Project assignments span all real estate sectors, including residential developments, office buildings, industrial, hotel, retail, and mixed-use projects. He brings extensive experience and financial expertise as an advisor and analyst to many successful projects and assignments throughout North America.

Mr. Moeder is a member of Lambda Alpha International (LAI) land economics society. He served on the San Diego/Tijuana Urban Land Institute (ULI) board for 14 years, where he founded the Young Leaders program.

He is an Advanced Toastmaster and speaks regularly to industry and business organizations on global economic trends and real estate land use issues at the local and national levels. He has been quoted in the San Diego Union Tribune, Los Angeles Times, Chicago Tribune, Baja Times, California Real Estate Journal, National Real Estate Investor, Meridian Star, San Diego Daily Transcript, and San Diego Business Journal. Radio and TV appearances have included: Channel 39 KNBC, Channel 10 KABC, Channel 8 KFMB, Channel 9 KUSI.

Mr. Moeder received his B.A. in Economics in 1998 with a concentration in mathematical economic theory from the University of San Diego (USD). He also holds a Master of Science in Real Estate degree (MSRE) from USD, where he participated in its inaugural class.



REPORT

from the last meeting



UPCOMING SPEAKERS



2026

NOVEMBER - *SPEAKER*

6.....Nathan Moeder
Is San Diego building the right housing?

20.....TBD

DECEMBER - *SPEAKER*

4.....TBD

WELCOME & ROTARIAN OF DAY

President Tim welcomed members and Zoom guests. Rotarian of the Day **Jan Bernardy** opened with a reflection and led the Pledge of Allegiance. Jan shared her story—born in Canada, trained as a nurse, and built a healthcare career managing dialysis facilities. Along the way she became an American citizen. In nine years with Rotary, she has led refugee fundraisers, served on the board, and now heads Village Rotarians and Friends.

GUESTS & NEW MEMBER

Jay welcomed 12 visitors, including UCSD Rotaract members.

Sarah Saluta introduced newest Red Badge member, **Vanessa Davila Conn**, a physician in preventive medicine and epidemiology pursuing a joint doctoral degree at UCSD/SDSU. Vanessa has just completed her term as a Rotary Global Scholar.

SUPPORT FOR UCSD ROTARACT

Samson Tse presented UCSD Rotaract with $1,000 from the club for their projects this year.

DONATION FOR RICH PAPIKE

Julie and Jim Caputo donated $6,000 to Rotary in Rich's name to thank him for driving **Julie** to emergency knee surgery. The gift will support our Rotaractors to become Rotarians.

PROGRAM PRESENTATION

Sarah Saluta introduced **Thad Kousser**, UCSD political science professor and commentator.

Thad spoke on trust in American elections and the work of UC San Diego's new Center for Transparent and Trusted Elections, which he co-leads with Professor Lauren Prather.

In the center's survey of 10,000 Americans, fewer than half expect upcoming midterms to be free and fair.

Trust reached a high after the 2024 election but has since dropped across all parties. He highlighted election officials' security efforts and creative transparency measures—such as glass-walled election centers and livestreamed ballot checks. The center turns research into two-page briefs at elections.ucsd.edu.

ENSENADA ORPHANAGE PROJECT

Garry Kachkovsky reported on the recent Ensenada project, calling it the most personally impactful project he has taken part in. The orphanage houses 70 children. The project was made possible thanks to support from **Alex Monroe's** children, the Rotaractors, and leadership from **Tony, Jim, Samson, and Ranjan**.

UPCOMING ANNOUNCEMENTS

- Zoo trip for children from Mexico: Friday, October 30. Volunteers needed; unused zoo passes welcome. Contact **Dennis Bucko**.

- Ronald McDonald House *"Meals from the Heart"* dinner: Tuesday, November 10, 4 to 8 PM. **Brett Morey** needs volunteers.

- District Foundation Impact Celebration: Saturday, November 14, 7:30 to 11:30 AM at Rancho Bernardo High School.

- PB&J Community Sandwich Build: Sunday, October 18, 10 AM to 1 PM at **Fary's** complex. Goal: 5,000 sandwiches. Councilmember **Stephen Whitburn** joins at noon. Sign up with **Samson.**

- Rotary Breakfast Bunch: Friday, October 23 at 7:30 AM at The Broken Yolk Cafe or Snooze A.M. Eatery. RSVP to **Dory.**

- San Diego Museum of Art tour: November 13. Register on the club website.

REMEMBERING FRIENDS

The club remembers **Cynthia Ann Villis**; her celebration of life is Sunday, November 15 at 2:30 PM at the San Diego Oasis in Rancho Bernardo.

CLOSING

President Tim assured members that dues are not going up as the club implements cost-saving measures. **Christy** will share more soon.

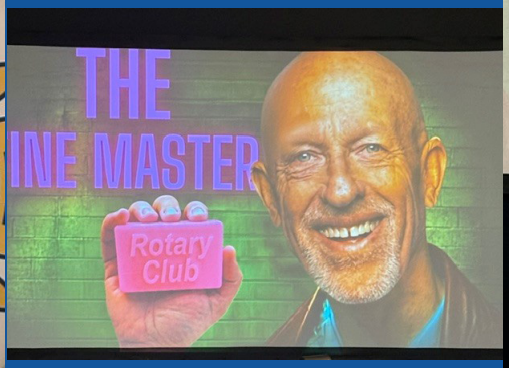
~Reporter

Jean McGrath

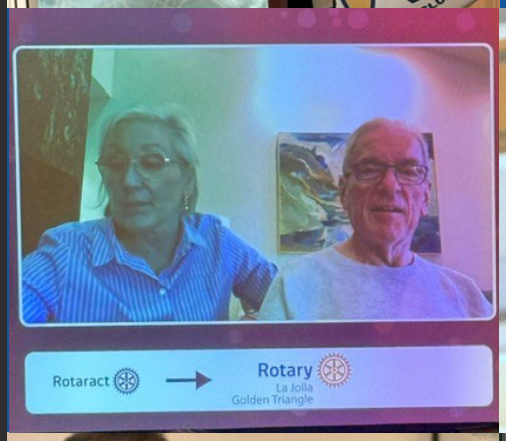
PHOTOS FROM LAST MEETING

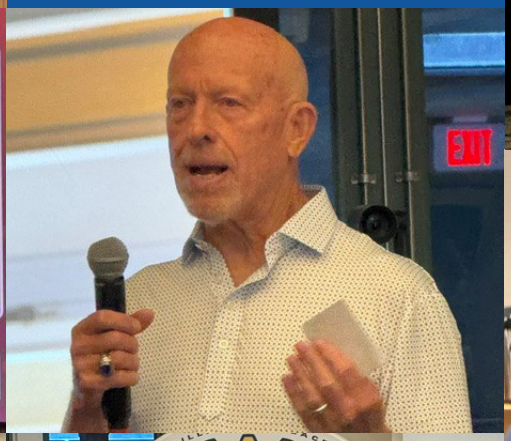
JAN BERNARDY
ROTARY • REPORTERS























La Jolla Golden Triangle
ROTARY CLUB
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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



LISA GALSTIAN

Lisa was born and grew up in Queens, New York. She met her husband, John, in optometry school in New York City. John wanted to live in Buffalo when they graduated, and Lisa wanted to move to Long Island. The same day they got married they both found out they passed California boards. They went on their honeymoon, came home packed up and moved to San Diego, where they purchased their first optometric practice eight months later in Pacific Beach. Seven years later they purchased their second office in the Golden Triangle.

They combined their two offices and currently have one office in the Golden Triangle. Six years ago, they sold the management part of the business to a company partly owned by a group of doctors, including Lisa and John, and an investor. In November of 2025 the group was sold to Vision Service Plan. Lisa still enjoys working and is happy not to deal with managing and owning a business.

When not working she enjoys spending time with family and friends as well as hiking, travelling, photography and theatre. She has visited over 22 National Parks with her husband and daughters Lindsey and Geena.

Lindsey is 27 and lives in L.A. She has recently been promoted to Community Relations Manager at the nonprofit Downtown Women's Center in L.A. which ends homelessness by providing safe housing and supportive services centered on wellness, employment and advocacy. She works full time and is also pursuing her master's in public administration/ nonprofit management at CSU Northridge.

Geena is 25 and they are continually learning more about Geena's Abilities. She had several health challenges as a child. She has apraxia which affects her verbal communication, gross and fine motor skills and is on the autism spectrum. Among other things that have been helpful is Spelling to Communicate, which allows us to hear her True Voice to share her insights, wisdom and wit. Geena stays active in sports and theater and will be in a musical coming up at the Old Town Theater.

Lisa enjoys being a member of the Most Dynamic Rotary Club in the World and all the friendships she has made and continues to make.



NOVEMBER 2026

November 20 - Eric Freeberg

DECEMBER 2026

December 4 - Rick Clark