

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

NOVEMBER 7 2025



RICK CLARK U.S. NAVY CIVIL ENGINEER CORPS OFFICER, SERVING WITH THE SEABEES

HONOR FLIGHT SAN DIEGO

A SPECIAL PROGRAM IN HONOR AND CELEBRATION OF VETERANS DAY 2025

Rick Clark is a product of the small town, Perry, Iowa (population 7,000, then and now) and a high school class of only 92.

After receiving a Bachelor of Architecture from the University of Oklahoma, he served four years as a US Navy Civil Engineer Corps Officer, including two tours with the SEABEES, imbedded in combat bases with the Army and Marines in Vietnam. The battalion experienced significant conflicts, especially during the infamous TET Offensive of 1968.

Rick and his wife Nilsa have lived in San Diego since 1971. He is a retired Architect and has been a member of La Jolla Golden Triangle Rotary Club since 1992.

In September, 2025, Rick was privileged to have been asked to join Honor Flight San Diego for a trip to Washington, D.C with 89 other military veterans. They toured nearly 10 memorials and were treated royally. He plans to share some of his experiences with the SEABEES in Vietnam as well as show a video of the Honor Flight weekend.

Involvement in the endless list of local and worldwide club projects, together with the friendships that he and Nilsa have developed in the club, have become permanently imbedded in their memories.



RI President 2025-26
FRANCESCO AREZZO

District 5340 Governor 2025-26
LUIS R. CARRANZA

LJGT Rotary President 2025-26
DAVID CHONG

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)





REPORT

from the last meeting



UPCOMING SPEAKERS



2025

DECEMBER - SPEAKER

5.....Luis Carranza
District Governor 2025-26

19.....Senior holiday event

Krishna Arora was Rotarian of the Day. He discussed his India-based project to save newborns. Currently, India loses 700,000 babies due to breathing issues from respiratory distress syndrome. Krishna said the risk is greatest in rural and tribal areas. The Vayu bubble Continuous Positive Airway Pressure (bCPAP) system is a cost-effective system designed for developing countries and is currently in use in 38 countries. Bonnie and Krishna are supporting the commercial launch in India and they have treated 360 babies to date.

Matt Browne, in his inflatable frog costume, introduced **Alice Cash** and **Lee Ann Cusick** as the visitors of the day.

Carolyn Fritz introduced the Monarch Butterfly Wintering Count Project. Western Monarch Butterflies winter near the California coast each year. There are multiple sites in Southern California and ten sites in La Jolla, four of which are on or immediately adjacent to UCSD campus. She asked for volunteers and five additional members volunteered.

A generous donor has offered to match up to \$5,000 for the Rotary Foundation. Members were invited to donate to the foundation. **Luke** reminded members that if they are retired, they can contribute from their retirement account.

Jim Davies announced volunteer opportunity from Hands on San Diego called Volunteers It is scheduled for Thursday, Nov 6, at 6 – 8 pm at Duckfoot Brewery and benefits Housing for the Homeless.

Rich Papike asked that Rotarians of the Day get their biographies to Ajay and the presentation to Tim a week in advance.

Samson Tse reported that last weekend's PB&J project was extraordinarily successful. Fifty volunteers made 1,400 sandwiches. When Samson dropped them off, the staff at Father Joe's said the sandwiches were going on the table immediately.

Dory Beatrice promoted Village Rotarians which is a subgroup of LJGT Rotarians who are 55+ in age. They meet once a month for potluck brunch and the next meeting is Saturday, Nov 1.

Doug Deer announced a new recurring monthly happy hour. The first happy hour will be at Common Theory on Nov 21 at 6 pm.

Brett announced the next Ronald McDonald House volunteer opportunity on Nov 10 @ 5 pm.

Tim Fronczek then led the club in High Fives. Tim gave a high \$100 for his husband Leo's retirement from the Navy after 22 years of service.

Dianne Day shared a positive experience at George Helikowskis' Palazzo in Guadalupe Valley encouraging other members to visit.

The speaker of the day was **Rita Hanscom**, an attorney and Master track and field athlete. Rita has competed in Masters track and field events nationally and internationally for twenty-five years and has

won many medals and set many records. She initially focused on pole vault but went on to compete in the pentathlon and heptathlon. She said research has shown in it is important to keep moving, preferably fast. She said a Physician health study showed fast walking is linked to a longer lifespan. She went on to say if you are concerned about your knees, some studies have shown that running does not wear out your knees, it actually makes them stronger. She went on to say that for good bone density, weight bearing exercise is important. She recommended lifting as much weight as you can.

Please mark your calendar: 2026 meeting dates

January 9 & 23
(NOTE: 2nd & 4th Fridays because 1st Friday is dark)

February 6 & 20

March 6 & 20

April 3 & 17

May 1 & 15
(NOTE: May 15 program will be 40th anniversary celebration)

June 5 & 19

July 10 & 24
(NOTE: 2nd & 4th Fridays because of July 4 holiday; July 3 is dark)

August 7 & 21

September 4 & 18

October 2 & 16

November 6 & 20

December 4 & 18

~Reporter

Carolyn Fritz



PHOTOS FROM LAST MEETING



(760)783-9547
Da.mariarenteria@gmail.com

Tel: 858.457.9500
Fax: 858.566.4677
7060 Miramar Rd, Ste101
San Diego, CA 92121
Miramar Crossings/Next to Starbucks
ajay@replicasandiego.com
orders@replicasandiego.com
www.ReplicaSanDiego.com

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 2025 - 2026

- PRESIDENT David Chong
 VICE PRESIDENT Christy White Brook
 PRESIDENT ELECT (2026-27) Timothy Fronczek
 TREASURER Sharon Council
 SECRETARY Lisa Galstian
 PAST-PRESIDENT Luke Ervin

**ROTARIAN
 OF THE DAY**



**RON
 KOHL**



DECEMBER 2025

December 5 - Garry Kachkovsky

December 19 - Rich Papike



For the eighth year, the La Jolla Golden Triangle Rotary Club took Rotarians and Rotaract's to Ensenada, Mexico on a chartered bus to paint a preschool. The preschool educates 300 children and there were about 100 of them at the project. We had 140 stuffed toys that were handed out to the children by Rotarians and Rotaract students.

From San Diego, we had 61 Rotarians, Rotaract's and guests that attended. We also had 19 Rotarians and Rotaract's from Ensenada assisting with the project.

Following a very eventful day, Rotarians and Rotaractors shared a paella dinner hosted by the Ensenada Rotary Club. We all stayed in a downtown hotel and the bus took everyone back to San Diego on Sunday mid-morning.



Ellen BRYSON
 REALTOR® | CaIRE#: 01788786
 C: 858.945.2522
ebryson@san.rr.com
ellenandwendyrealstate.com



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