

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

OCTOBER 16, 2015

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



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to the world



RI President 2015-16  
**K.R. RAVINDRAN**

District 5340 Governor 2015-16  
**JANICE KURTH**

LJGT Rotary President 2015-16  
**BEVERLY FRITSCHNER**



calendar  
**EVENTS**  
and speakers

## OCTOBER 2015 - SPEAKER

23..... Prepare San Diego  
• Bill Earley, CEO Red Cross •

30..... Inside the San Diego Central Library  
• Jay Hill •

## NOVEMBER 2015 - SPEAKER

06..... KPBS - A Growing Passion  
• Nan Sterman •



## Saving Women and Babies - Protecting Dignity - Success in the world's poorest country

Anders Seim

**Anders R. Seim MD, MPH** (known as “**Dr. Anders**” due to issues of pronunciation) is a Norwegian Family Physician who is introducing disease eradication methods to save women's lives and protect their dignity by rapidly preventing obstetric fistula, the most devastating of all complications after childbirth, and strategically combining new low- cost technologies to prevent women in under-resources countries from bleeding to death at childbirth. He founded HDI (Health & Development International) in the US and Norway as a non-profit organization to advance world public health, strengthen economic development, and augment human dignity among some of the world's most unfortunate people by helping to permanently free them of specific diseases.

Among achievements in Guinea Worm Disease (dracunculiasis) Eradication, two accomplishments stand out. **Dr. Seim** catalyzed the partnership that made and distributed pipe filters to 9 million people in Sudan, then war-torn and the world's most heavily endemic country, so they could protect themselves by drinking filtered water even when fleeing unrest or living away from home to tend animals. Next, he got Norway's medical students to provide enough bandaging materials to treat every case of Guinea worm on both sides of the conflict in Sudan (what's now Sudan and South Sudan) for two years.

Having then helped Togo become the first country in sub-Saharan Africa to completely eliminate transmission of a major parasitic disease called lymphatic filariasis which causes “elephantiasis”, **Dr. Seim** is now introducing organizational approaches from successful disease eradication programs to eliminate obstetric fistula, a devastating injury resulting from obstructed labor, most commonly in girls whose bodies are not old enough for healthy birthing. The result of blocked childbirth in poor African and Asian locations where caesarian section is not available, is that surviving girls and women are left leaking urine all day and night, permanently unless surgery corrects it. The aim is to prevent this nightmare in the up to 130,000 women who now develop obstetric fistula each year, while also preventing women from dying in obstructed childbirth, initially in Niger.

In 2014, Niger's Ministry of Health expanded on a component of what makes that project so successful by launching a Prevention and 3-Step Treatment strategy developed by HDI under **Dr. Seim's** leadership to keep women from bleeding to death at childbirth. The ambitious aim to reduce post partum bleeding deaths nationwide by 50% within two years is worth striving for! And it may even be achieved.

**Dr. Seim** received the prestigious **Karl Evang** Prize in Norway for his work, and Harvard University's 2008 Alumni Award of Merit, “the highest honor the school bestows on its alumni in recognition of outstanding contributions to the field of public health.”



Ivan Mwanja  
Reporter

# REPORT

from last meeting



Susan Schwarz  
Coordinator

## UPCOMING REPORTER

### OCTOBER 2015

16..... Jim Davies  
19..... Ivan Mwanja  
23..... Tom Hinton  
30..... Linda Andrews

## THE FOUR-WAY TEST OF THE THINGS WE THINK, SAY OR DO

1 | IS IT THE  
TRUTH?

2 | IS IT  
FAIR  
TO ALL  
CONCERNED?

3 | WILL IT BUILD  
GOODWILL  
AND BETTER  
FRIENDSHIPS?

4 | WILL IT BE  
BENEFICIAL  
TO ALL  
CONCERNED?

~Herbert J. Taylor

**President Bev Fritschner** called the meeting to order at 7:30am and introduced the Rotarian of day, **Pete Griffith**. Fresh off the boat, or should I say plane, from his vacation in China, **Pete** led us in the Pledge of Allegiance. **Pete** shared with us some exciting news that he recently sold his company and he's preparing for retirement. He also told us about his fishing hobby (fly fishing/panga fishing) and trips to Wyoming, Alaska, etc. **Rick Binder** introduced our guests for the day.

**Jacquie Reilly** presided over the induction of our newest member, **Kelly Noble**. **Sheila** is her sponsor and **Rick Binder** her mentor. Welcome to the club **Kelly**.

**President Bev** led the announcements with the events calendar, and **Jim Davies** talked to us about the upcoming mixer hosted by the Chamber of Commerce, named Business After 5. We were all reminded and encouraged to go attend the Rotary World Peace Conference that's going to take place in our backyard –in Ontario – early next year. **Lisa G.** reminded us to contribute auction items.

**Michael Leaf** of Michael Leaf Design (Michaelleafdesign.com) and **Nick Jones** of Nick Jones Design (Nickjonesdesigns.com) took to the stage to talk to us about the upcoming FROM THE heARTS art show and auction. If you haven't secured your ticket yet, please do get it from <http://rotarycheersforcharity.org>.

[org/](http://rotarycheersforcharity.org/) tickets are \$50 each. Invite your friends and family.

**Bill Keane** introduced the speaker of the day, **Mr. Jeffery Hall** from Honor flight San Diego. The speaker took us through the history of this great cause and also reminded us that this year marks the 70<sup>th</sup> anniversary of the end of World War II. He further educated us on what happens on each of these tours and how important they are in appreciating our vets. The tours have, over the years, become so popular that there's so much demand with limited funding. Currently, there're over 200 applications in queue in San Diego alone. Even though the organization is run by 100% volunteers, the cost of putting together a single tour is estimated at \$200,000. **Jeff** listed what is needed, just in case someone is interested in helping out.

- Volunteer medical staff for the flights
- Volunteers to work as guardians.
- Private and/or Corporate donors.
- Fundraising committee.
- PR for the tours.

For more information write to or call the contacts below.

[info@honorflightsandiego.org](mailto:info@honorflightsandiego.org)

800-655-6997

[www.honorflightsandiego.org](http://www.honorflightsandiego.org)

[www.hfsdgear.org](http://www.hfsdgear.org)

**President Bev** then closed the meeting.



**Bill Keane**  
Photographer

# PHOTOS

from last meeting



**Bev Fritschner**  
President

**November 7 | 4.00 -7.00**  
**FROM THE heARTS**

In an effort to take the pressure off our primary fund raiser the Arts and Craft Beer Festival, **Dory Beatrice** had the idea of doing a smaller event requiring less work from the club—thus the FROM THE hearts idea was born. As Dory shared with us last Friday, this is a great opportunity to enjoy a most unique experience at the most unusual art gallery you will ever see. Our goal is to have 125 members, family, friends, and potential members enjoy this fun afternoon. Michael Leaf, the artist of the gallery, will join us Friday to share his art and enthusiasm for our joining him on November 7. Tickets will be available for purchase on Friday.

Congratulations to **Cynthia Villis** and moi and we are the first graduates of the new Rotary Leadership Institute. This three session series provides both training that will benefit you both professionally and with your

Rotary leadership. Like all good high school seniors, we demonstrated our senioritis as we learned more about Effective Leadership Strategies, Rotary Opportunities, Public Image and Public Relations, Vocational Service and Expectations and Making a Difference before we received our leadership pins and photo session. Our graduation will also be celebrated at the District Promote Demote in June. Welcome President Elect **Marty Rosenstein** and Club Service Chair **Rick Binder** who started the program this past Saturday. The three sessions are offered three times during the year—I encourage you to take advantage of the leadership training through Rotary by completing the Leadership Institute.

**WE HAVE BEEN CHALLENGED.**  
**. . . TO STRIKE OUT POLIO. . .**  
**. . . THROUGH BOWLING!**

The La Jolla Club raised \$4000 for the End Polio Now campaign and has challenged the other La Jolla Clubs for a bowl-off on Saturday, November 14 from 2.00 – 4.00. So dust off your bowling shoes, shine your bowling ball,

get out your bowling shirts and let's show the other clubs how good we are and throwing a ball down an alley—as for my own skills—I do hold the honor of winning the Worst Bowling Trophy in junior high school!!

Many thanks to **Irwin Rubenstein, Marty Rosenstein, Jennifer Schaffer** and her husband Hal for serving lunch at the International Café this past Friday. Thank you, Irwin for your continued commitment to the students at UCSD.

## TIME TO PARTY!

**October 17 | 6.00 PM**  
**Millions for HOPE Foundation Gala**

Del Mar Fairgrounds  
This will be a spectacular evening headlined by special guest Rotarian International President K.R. "Ravi" Ravindran. Let's support this important event and show other clubs why we are "the most dynamic Rotary Club in the World". You can register through the Rotary District 5340 website.

**October 23**  
**Day at the ZOO**  
Contact Dennis Bucko at [cdh@drbucko.com](mailto:cdh@drbucko.com)  
If you can help chaperone this fun event

**October 24 | 9.00 AM**  
**Seven Bridge Club Hike and Potluck**

This wonderful 5.5 mile guided tour and mostly flat walk crosses the 7 bridges that accessed the San Diego historical streetcar routes to Downtown from the Balboa Park and Hillcrest areas. There are also shorter walks through the park and some of the bridges. Something for everyone! There will be a sign-up at the Friday Meeting.

**December 12 | Holiday Party**  
**Details to Follow**

**January 15-16**  
**Rotary World Peace Conference**  
**Ontario, CA**

**International Assembly**  
**January 17-23**  
**January 20**  
**International District Governors**  
**Elect Dinner**  
**Details to Follow**

**February 6**  
**Road Rally**  
Contact **Linda Stouffer** at [lstouffer@cbbank.com](mailto:lstouffer@cbbank.com)



# La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

P.O. Box 13023  
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www.LaJollaGTRotary.org

## LJGT ROTARY LEADERSHIP 2015 - 2016

PRESIDENT .....Bev Fritschner  
PRESIDENT ELECT (2016-17) ..... Marty Rosenstein  
VICE PRESIDENT ELECT (2016-17) .....Alex Monroe  
TREASURER ..... Sharon Council  
SECRETARY .....Rick Binder  
PAST-PRESIDENT/FOUNDATION .....Ron Kohl



**Dave Wiegman**  
Coordinator

### UPCOMING ROTD

#### OCTOBER 2015

23.....Tom Hinton  
30.....Open

#### NOVEMBER 2015

06.....Tom Stocking



## Ryan Albrecht

**Ryan Albrecht** was born and raised in the suburb of Chicago, Schaumburg Illinois, and has one younger brother. His family moved to Dallas Ft. Worth, Texas where **Ryan** eventually took his young unknown talents to the live capital music city of the world in order to attend The University of Texas at Austin. After graduating with a bachelors in psychology and business he managed to find his way to San Diego and has been here for just about five years now.

Having no idea what he truly wanted to do for work he bounced around from a handful of jobs before landing a spot within the mortgage and real estate industry. This is where he met the love the of his life and newly engaged! fiancé, and are getting married in November 2016.

**Jacqueline** brought the cutest 3yr old redhead bonus daughter, Aubrie, to the relationship. And as most, if not all of you already know, **Ryan** and **Jackie** just had a beautiful chunky baby boy, **Nikolas James** 6 months ago.

**Ryan** has been involved with the mortgage industry for a few years and over this past year he left a team he help build to top 30 in the nation, so he could partner up with his Father. In his endeavors to find a solid networking group similar to a BnI group, **Ryan** was introduced to the famous past fine-master **Morey**, the concept of rotary AND "The Most Dynamic Rotary Club in The World!"

Love the Life you Live, Live the Life you Love

# ROTARIAN OF THE DAY