THE GOLDEN
rotarian
www.lajollagtrotary.org
Rotary Club of La Jolla Golden Triangle
LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER
OCTOBER 16 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)

Thad Kousser
UCSD Political Science Professor

"Trust in American Elections Headed toward the 2026 Midterms"

As Americans prepare to vote in another critical contest, do they trust that it will be a free and fair election and that ballots will be counted accurately? This discussion will begin by sharing the findings of anew national survey on trust in elections and will be informed by the work that a team of scholars, centered at UC San Diego, has been conducting in partnership with election officials across the country. Since the 2020 election, these officials have been conducting public information campaigns designed to provider voters with factual, nonpartisan information about election safeguards. Our team has provided them with rigorous data in real time to support their efforts to strengthen American democracy. We'll share lessons learned to kick off this conversation about the vital topic of election trust at this critical moment in our history.



Thad Kousser is a professor of Political Science at UC San Diego, where he co-directs the Center for Transparent and Trusted Elections as well as the Yankelovich Center for Social Science Research. Since 2024, he has served as the Associate Dean of Graduate Education and Postdoctoral Affairs. Kousser has worked as a staff assistant in the California, New Mexico, and United States Senates and comments on American politics for venues such as NPR, the New York Times, the Washington Post, the Wall Street Journal, Politico, The Hill, the Los Angeles Times, and the San Diego Union Tribune.



REPORT

from the last meeting



UPCOMING SPEAKERS



2026

OCTOBER - *SPEAKER*

16.....Thad Kousser
Trust in American Elections
Headed toward the 2026 Midterms

NOVEMBER - *SPEAKER*

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

President Tim welcomed everyone to the October 2nd Club meeting, noting that equipment updates the night before had wiped the AV settings and kept the team busy re-entering them. We take for granted the amazing AV operation that is now de rigueur for our meetings, but we all owe a big debt of gratitude to **Tim** and **Maria** for making it possible.

Our Rotarian of the Day was **Ajay Asher** who reminded us that October 2nd is the International Day of Nonviolence, honoring Gandhi's birthday. Ajay was born in Moshi, Tanzania, and moved to San Diego in 1997 when he started Replica San Diego Digital Print & Copy with the goal of building a dependable print shop rooted in honesty, quality, and strong community relationships. I personally use his company for my printing needs. Every week our Club Bulletin produced by Ajay's company arrives on time and is perfect and provides a professional aspect to our meetings and we take this service for granted. Ajay shared highlights of a trip to Cambodia, including the APOPO center in Siem Reap where rats are trained to detect landmines and tuberculosis. Ajay then walked the club through photos of three family weddings in one year: a nephew in Seattle, a niece in India, and his own daughter's wedding at the Estancia, complete with a henna party and a surprise father-daughter dance that took weeks of late-night practice. Ajay showed off his impressive dance skills and he did not want anyone to know, but he has confided in me that he will be on Dancing with the Stars in 2027.
Jay Hatfield brought his friendly personality and big smile to the podium as he welcomed a record 28 guests, including 13 from UCSD Rotaract,8 from SDSU Rotaract, and 2 from Pacific Beach Rotaract, and a group from San Diego Climate Week. **Melanie** introduced her friend **Matt Frandell** as a potential new member, and **Ron's** girlfriend **Wen Peng** again joined our meeting. Kudos to our Youth Service Committee for their good work with our Rotaractors who bring such wonderful energy to our meetings.

President Tim celebrated the October birthdays for the first half of the month, then presented challenge coins. **Ajay** received a coin for his many contributions to our Club, not the least of which is our Club newsletter. **Tony Grillo** received a coin for his outstanding service to our Club, and a coin on behalf of his father Antonio whose leadership to our Club and legendary charitable giving to Rotary was recognized by Tim. Each coin comes with a second coin for the recipient to give to someone new and start a conversation about Rotary. Tim also called up the presidents of UCSD and SDSU Rotaract and challenged them to help bring Rotaractors in as future Rotarians. Tim's challenge coins are a very innovative and classy way to recognize our members and to also help spread the good works of Rotary.

Announcements and Upcoming Events: The San Diego Museum of Art tour is Friday, November 13. The PB&J Social is Sunday, October 18, with **Sammy** hoping for 150 volunteers to make 5,000 sandwiches. The Ronald McDonald House dinner is Tuesday, November 10. Celebration of Life for **Cynthia Villis** is November 15th. Other volunteer opportunities, are in the President's newsletter and on the Club website.

Samson gave the last minute details for the volunteers who would be participating in our Club's 2026 Ensenada Work Project at the Rancho de las Ninos Orphanage. Kudos to **Ron Kohl** for his hard work every year keeping this tradition alive and well, and Kudos to this year's hard working lieutenants **Jim**, **Garry**, **Tony** and **Samson**. There is no better way to really understand the magic of Rotary until you have participated in a work project like this.
Program Presentation

Brett introduced **Steve Bender** as the most interesting Rotarian in the world and a surfing buddy of Brett. **Steve** is a man who can organize 90 volunteers for a medical mission in Panama after a five-minute call, builds sailboats for the disabled, and is the poster child for Rotary as people of action. Steve is president of the Rotary Club of Newport Beach and director of the United States Green Chamber, and he coordinates the Rotary Experience in Dallas, the largest environmental event in Rotary. He called the club's welcome and AV format the best-prepared event he has ever spoken at. Mr. Bender is also perhaps the most energetic Rotarian in the world and I am still exhausted by even contemplating all that he has done, and plans to do, as a Rotarian.

Steve opened with his January speech at the World Economic Forum in Davos, on bringing the Four-Way Test back into business and government. He is building a series of events around climate weeks across the country and said that rather than bringing Rotarians to one venue, he is going to Rotary clubs, with our Club as his first stop. He challenged every Rotary club to send at least one person to take a free class on becoming a green leader, with video competitions and an award ceremony at the 2027 Rotary Experience in Dallas.

He described his long history of Rotary work in Mexico, including musical instruments for a Boys and Girls Club, orphanage projects, and annual dental clinics, and said he would like to feature the club's Ensenada work on his Building Bridges Through Rotary website. He also described Pollinators Without Borders, which protects the monarch butterfly hibernation area in Mexico, and the fire-equipment training he arranged for five Mexican firefighters at Ensenada with Catherine Turner of Baja Bridges.
He closed by inviting anyone to submit Rotary projects for his website and noting that Rotary in Germany turns 100 next year, with a project every day to mark it. The website is https://47817.org/ The purpose of the website is to allow Rotary Club throughout the world to enter a project they have done and then receive a 4-7-8-17 Report Card which ranks how the project aligns with the Four Way Test (4), Seven Areas of Focus (7), the Eight Pillars of Positive Peace (8) and the Seventeen Sustainable Development Goals (17), which gives ideas to Rotary Clubs throughout the world to possibly do similar work projects.
I encourage you to go to the website because it is really pretty awesome.
President Tim previewed our next speaker, **Thad Kousser,** on trust in American elections, on Friday, October 16th which will certainly not be controversial at all, and closed with the Four-Way Test, wished the Mexico team a safe trip, and adjourned.

~Reporter

Eric Freeberg

PHOTOS FROM LAST MEETING

BRETT MOREY
ROTARY • REPORTERS



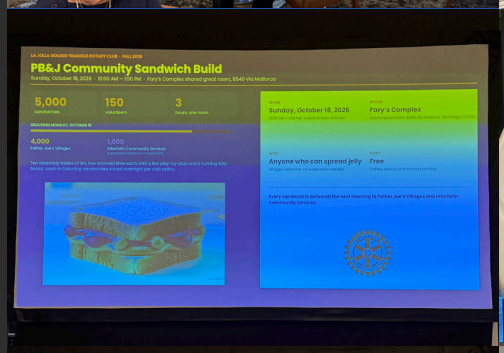






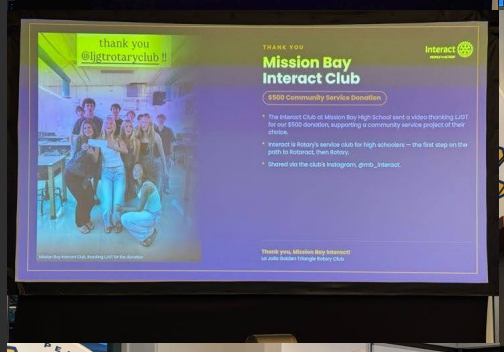








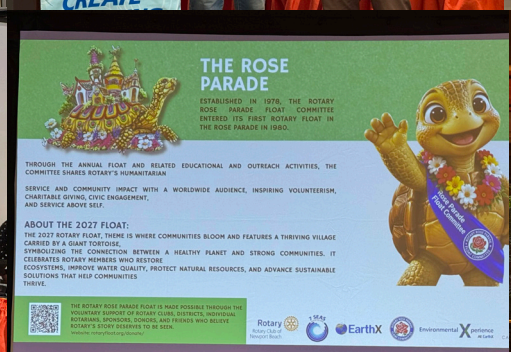


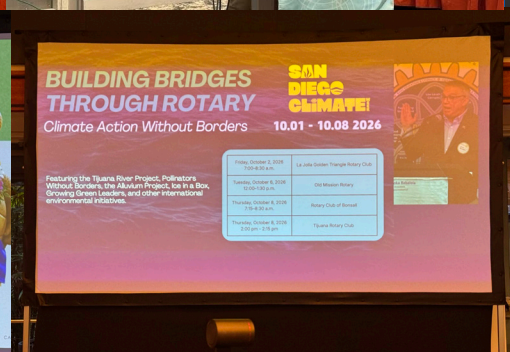












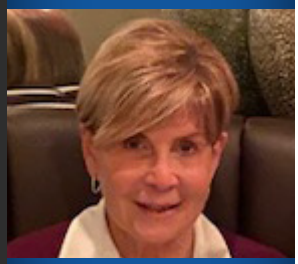
La Jolla Golden Triangle
ROTARY CLUB
Chartered - June, 1986 • La Jolla, California

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



JAN BERNARDY



I was born and raised in Regina, Saskatchewan, Canada. After graduating as a Registered Nurse, I made my way down to the States and ended up in San Diego where I met my husband, Jerry. My whole career has been in Health Care and I have had many career moves, each one proving to be better than the last one.

My last position was with a start up company on the north shore of Boston where I was hired as their first clinical and regulatory nurse. Here we partnered with Nephrologists and build and managed dialysis facilities. During this time, I became an American citizen. I also had the privilege of going to Wall Street to take our company public. Retiring in 2017, we had 250 dialysis facilities and were the 4th largest provider of dialysis in the USA.

I joined Rotary in July of 2017 and was the first new member under President Alex Monroe. This was over nine years ago and I have never looked back as it was the best move I could have made. I am currently the head of Family of Rotary and substitute for Brett in taking pictures at our meetings.

In addition to Rotary, I love being with my grandson who is now 16 and driving a car, looking after my succulent back yard, crocheting, playing Mahjong and going to our Scottsdale condominium.
Life is good and I treasure the friendships I have made through Rotary. I appreciate each of you and love being a member of the Most Dynamic Rotary Club in the Word.



NOVEMBER 2026

November 6 - Lisa Galstian

November 20 - Eric Freeberg