

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

OCTOBER 17 2025



SCOTT LEWIS

CEO/EDITOR IN CHIEF AT VOICE OF SAN DIEGO



THE FUTURE OF SAN DIEGO AND JOURNALISM

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)



As leader of Voice of San Diego, Scott makes sure the journalists at Voice have jobs and the editors get what they need to provide San Diegans with the best journalism possible. He also co-hosts the most popular public affairs podcast recorded in downtown San Diego (the Voice of

San Diego Podcast) and collaborates on the weekly Politics Report along with his own occasional investigative reporting and analysis. He is a graduate of the University of Utah and lives in Ocean Beach with his wife and two children.



REPORT

from the last meeting



UPCOMING SPEAKERS



2025

NOVEMBER - SPEAKER

7.....Rick Clark
2025 Honor Flight

President David opened meeting and introduced ROTD, **Dory Beatrice** who presented a compelling case for “*Computer Stress Syndrome*” (CSS) and humorously discussed the relationship between humans and computers.

New member **Matt Browne** introduced guests which included the largest contingent of students ever to participate in the Ensenada trip with over 30 students from both UCSD and SDSU Rotaract.

Steve Brown recognized **Jean McGrath, Dennis Bucko** and **Dory Beatrice** as Paul Harris Fellows, highlighting their contributions to the Rotary Foundation.

Announcements:

- PB&J Sandwich Making Social Event on October 25th: 10 am - 1 pm 8540 Villa Mallora, La Jolla CA 92037
- Call for volunteer made by Dennis for San Diego Zoo field trip for children from Rosarito
- Upcoming Club Meeting speakers include **Scott Lewis**, an investigative journalist and **Rita Handstand**, a master’s Track and Field champion who will speak about promoting fitness.

● Our International Speaker series on 10/24 will feature a discussion with Professor **Russ Roberts** on life in Israel.

Rick Clark provided the Club with a heartfelt account of the recent Honor Flight he attended in Washington, D.C. where he was among 100 veterans from the wars in Korea and Vietnam. He expressed his deep appreciation for the Club’s recognition of his outstanding service to his country as a member of the Seabees during the Vietnam War.

Erik introduced the speaker: Professor **Ben Smarr** who holds a joint appointment between the Halicioğlu Data Science Institute and the Bioengineering Department at UC San Diego and works at the intersection of AI and Health. Professor Smarr’s presentation featured his leading research in the area of sleep which is a topic that has not been very well understood.

One reason for this is that sleep is not easily defined and we are just beginning to better understand the relationships between sleep and the body’s biological processes which are quite complex. The revolution of new wearable devices such as smart watches, Oura

rings, Fitbits, and other readily available gadgets is providing a treasure trove of new data that is empowering people to develop a much better understand their own sleep and sleep patterns, which in turn can lead to better decision making and more productive consultations with your physician.

The clinical definition of sleep is broken down into 4 stages; nodding off (N1), CBT/harder to wake (N2), deep sleep (N3), and REM cortical activity with paralysis (*i.e. dreams you might remember*). We will cycle through these stages transitioning from deep cycles to REM cycles as our sleep session progresses and different biological processes take place.

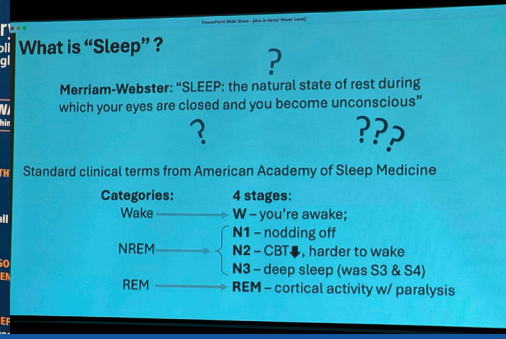
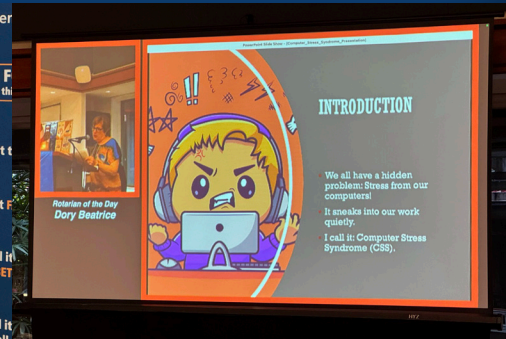
The way you sleep throughout your life is not static. We move around on sleep landscapes. Better understanding your sleep patterns and journey will help you better understand your own health and wellbeing. We can even start making predictions on sickness and disease based on sleep data.

~Reporter

Erik Mjoen



PHOTOS FROM LAST MEETING



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La Jolla Golden Triangle ROTARY CLUB

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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

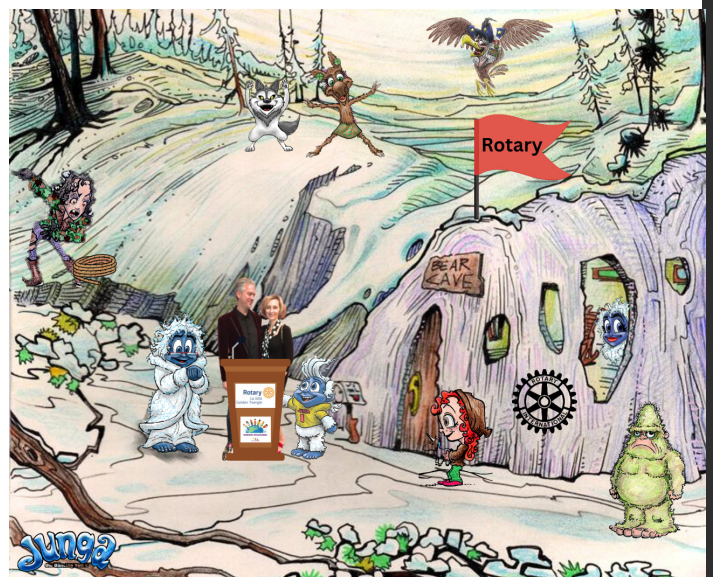


**STEPHEN
TAKO**

Stephen Tako is a board member of the La Jolla Golden Triangle Rotary Club and co-founder of Motivated To Act, a 501(c)(3) nonprofit dedicated to inspiring peace and preventing bullying among children. A native of Ohio and dual citizen of Ireland, Stephen has lived in San Diego with his fiancée Marzena since 2019.

He is the author of the Junga the Dancing Yeti children's book series and creator of the Confident Life Program, an SEL curriculum for students in Kindergarten through 3rd grade that promotes kindness, leadership, and inclusion. Building upon that success, Stephen has recently launched Friendships Across Borders—an interactive Social and Emotional Learning program for 4th and 5th graders that connects classrooms in the United States with partner schools in other countries.

Working alongside Sister Cities San Diego and Rotary International, Stephen's goal is to empower young people to practice empathy, friendship, and peace-building through cross-cultural collaboration. With Rotary's support, Friendships Across Borders is helping plant the seeds of global understanding—one classroom at a time.



OCTOBER 2025

October 31 - Krishna Arora

NOVEMBER 2025

November 7 - Ron Kohl



Ellen BRYSON

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www.MotivatedToAct.org

