

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

OCTOBER 26, 2018

www.lajollagrotary.org



GADGETS, GIZMOS AND GOOD HEALTH



BE THE INSPIRATION

RI President 2018-19
BARRY RASSIN

District 5340 Governor 2018-19
MEL GALLEGOS

LJGT Rotary President 2018-19
RICK BINDER

SPEAKERS AND EVENTS



NOVEMBER 2018 - SPEAKER

02.....Matthew Hall
Editorial and opinion director of the UT

09.....Alex Mazloom
Financial Literacy Through Character Development

16.....Georganne Irvine
San Diego ZOO

23.....DARK
Thanksgiving

GADGETS, GIZMOS & GOOD HEALTH

Learn about the latest in health technology

Join **Susan Taylor**, Scripps Health Director of External Affairs and former NBC 7 San Diego news anchor, as she discusses the latest in technological advances used to promote better health.

Susan will introduce a multitude of devices that are helping people live longer, healthier and more productive lives while monitoring their sleep and diseases such as:

Diabetes - Cancer - Heart Disease

SUSAN TAYLOR





OCTOBER 2018
26.....Kaci Madden
NOVEMBER 2018
02.....Alex Kirkpatrick
09.....Dory Beatrice

REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE
THINK, SAY OR DO

01

IS IT
THE TRUTH?

02

IS IT
FAIR TO ALL
CONCERNED?

03

WILL IT
BUILD GOODWILL
AND BETTER
FRIENDSHIPS?

04

WILL IT BE
BENEFICIAL
TO ALL
CONCERNED?

HERBERT J. TAYLOR

LJGT Rotary Club President Rick Binder struck the gavel promptly at 7 am, after which all hell broke loose for the most unconventional and fun(ny) club meeting in my just over a year as a member in the most dynamic Rotary Club in the world! Rotarian of the Day Kourtney Kennedy led a fast pledge and gave us a whirlwind journey of her life from being raised in Norway to winning the 4-way test contest in her youth to earning her degree in International Relations and Law from USD! More importantly (to our meeting anyway) – she showed us firsthand her experience as a performer by firing up 3 screens with “This is Me” from the Greatest Show on Earth – and after a bit of technical difficulty (when do we ever NOT have technical difficulty?) – Kourtney sang along, demonstrating her absolutely gorgeous voice!! Hard to believe this is a woman who survived 17 surgeries in the past 7 years. She had us all on our feet clapping and dancing – totally raising the bar for future Rotarians of the Day! As Rick commented, “Next week, Kaci will be reciting the Iliad and the Odyssey” (sic).

Michael Slentz introduced our guest, Christina Nowacki hosted by Will Moore, and welcomed our Rotaractor guests.

Emidio DelConte announced Meg’s Celebration of Life and introduced his son and daughter-in-law, Thad & Debbie DelConte.

Announcements included Jim Davies’ thanks to all who helped on the Police Project Team last Saturday – he said it made the biggest difference he’s

seen in a painting project to date. He included special thanks to the large number of Rotaractors who helped and noted that Big Foot tracks were seen in the halls – aka Will Moore’s cast leaving LARGE footprints! Jacquie reminded us of the Halloween party on Saturday, 10/27 from 7 to 10 at the Braille Institute – \$10 or food contribution required – costumes optional! Allan Galgut reminded us of the upcoming VA dinner on Wednesday, 10/24 – meet at the California Pizza Kitchen in La Jolla at 4:30. Alex Monroe urged everyone to attend the Foundation Gala on November 10 at 6 pm. Pam Russell shared that she got a delightful comment about our Club’s participation in District events. Eric Mjoen reminded us of the Youth Services meeting this morning.

As is becoming a more regular occurrence, Rick announced the bad news that our scheduled speaker had a “fender bender” on the way to our meeting but that good news – the Pope would be substituting as part of a TED conference on The Future You – with subtitles. When that screen didn’t materialize as imagined, Kourtney cut Rick a break by jumping to her feet with her fellow entertainers who sang “Fly me to the Moon” as she danced with Denny Jacobs across the front of the room to rousing cheers from the crowd! That gave our fearless leader time to come up with Plan C, a TED talk from Becky Blanton on being invisible. When her father died, she learned the speed of change in life circumstances could be amazing. She became depressed. She realized that we frequently equate our

personal value with our physical home. She decided to explore this idea by living in her car for the next year. She learned that “real homeless” folks frequently have no hope and become suicidal. She also noted that the “working” homeless are invisible – we just don’t know who they are. After an inspiring essay from Tim Russert’s book, she started writing again, resulting in her book “Becoming Invisible”.

To fill the remaining time of the meeting, Rick encouraged a free-for-all of members sharing good news. Following the theme of Becky’s TED talk, David Chong announced that he and his office staff (CoastCare) has worked with Father Joe’s Villages to train their constituents in home care/domestic services to help them find gainful employment. Nancy Gatschet asked if he & his team might consider doing the same for the Uptown Community Service Center as part of the Vocational Committee’s outreach. Dennis Bucko thanked Kourtney who had shared a photo of herself with a bronze turtle – noting that a turtle is never homeless. Jim Davies spoke of the positive impact that music can have. And finally, Brett thanked the club attendees at the District Conference Dinner. The District Council Dinner featured Brett speaking of how his Surfers Unite District Fellowship came to be.

And as we have learned, the only way Rick can end a meeting is with a “groaner” – this time about a golfer with a lucky frog. If you want to know the rest – call Rick!!



PHOTOS

from the last meeting



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 2018 - 2019	
PRESIDENT	Rick Binder
PRESIDENT ELECT (2019-20)	Kimberly Schafer
PRESIDENT ELECT ELECT (2020-21)	
TREASURER	Sharon Council
SECRETARY	Nancy Gatschet
PAST-PRESIDENT/FOUNDATION	Alex Monroe



NOVEMBER 2018

02.....Dennis Bucko
09.....Diane Day
16.....Open
23.....Dark
30.....Open

DECEMBER 2018

07.....Eric Freeberg
14.....Rick Clark
21.....The Cogs?
28.....Dark

ROTARIAN
OF THE DAY



Being the oldest daughter of two Air Force Colonels made me into a lively little spitfire of a child in my sub-zero birth-city of Minot, North Dakota. Both of my parents graduated from the United States Air Force Academy and served 30 years before retiring as Colonels last year. I was blessed to be their only child for 14 years before they decided to have two more children. My sister **Alexandra** is now 15 (she's a Rockstar going to state for science fair and cross country every year), and my brother **Christopher** is 13 (also crushing school and sports).

I was set to follow my parent's path and join USAFA until I witnessed a medical miracle with my sister in the hands of a chiropractor. I watched as a simple adjustment freed my sister from excruciating pain, and from that moment on I was set on learning more about the field of chiropractic. I decided to go to the University of Florida instead to pursue Health. **GO GATORS!** I graduated UF with a Bachelors in Health Science and took a year off between undergrad and grad school to travel Europe. I spent that year traveling, working on organic farms, and falling in love with Italy.

When I came back to the states I moved to Dallas to complete my doctorate in Chiropractic. While living in Dallas for 4 years I met an incredibly handsome man playing volleyball and I'm blessed

to get to call him my husband today. Unfortunately for my relationship, the best opportunity for my career took me out to Kauai, so we had a *really* long distance relationship for a year before he decided to propose. I was practicing on the island for another 6 months before I moved back to the mainland and got married in my home church in Fort Walton Beach, Florida. Immediately after, we moved to San Diego and we have lived here just shy of a year now.

I still work for the same company that that I worked for in Kauai called 'The Specific Chiropractic Centers' and I recently opened my own practice in Sorrento Valley. We have 20 offices around the nation and we specialize in addressing and correcting dysfunction of the nervous system. I work with lots of patients who have chronic pain, such as headaches, migraines and visceral issues, but I also love working with children with allergies, brain balance disorders, or other cognitive dysfunctions.

In the last few years of practice, I have been able to partake in miracles not unlike the one that set me on the path to become a chiropractor. I have seen and helped patients with with all sorts of physical and mental ailments take back control of their health and their lives. *I love empowering people and giving people hope, which is why I am excited to meet more people in the San Diego community.*

MARK
YOUR CALENDARS!

THE SPECIFIC
CHIROPRACTIC CENTERS
SAN DIEGO, CA

GRAND OPENING

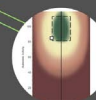
Thursday, Jan 10th from 5:00-7:30pm.
There will be refreshments and prizes!

WHEN YOU
NEED TO
THRIVE.
NOT JUST
SURVIVE.



X-RAYS

INFRARED
THERMOGRAPHY



HEART RATE
VARIABILITY

THE SPECIFIC
CHIROPRACTIC CENTERS

5665 Oberlin Dr 102
San Diego CA 92121
(858) 859-0530
sandiegotospecific.com