

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 06, 2019



RI President 2019-20
MARK MALONEY

District 5340 Governor 2019-20
MARTA KNIGHT

LJGT Rotary President 2019-20
KIMBERLY SCHAFER

SPEAKERS AND EVENTS

SEPTEMBER 2019 - SPEAKER

13..... Saved in America
Joseph Travers

20..... Village Community
Angel Westerman

27..... Update on Breast Cancer Detection
Haydee Ojeda-Fournier
Director of Medical Student Education in Radiology

Chris Buscher, Executive Director San Diego Parkinsons Association, speaking on “Mission Statement and Services provided by San Diego Parkinson’s Association for PWPd.”



Chris Buscher, Executive Director of San Diego Parkinson's Association: Proven executive level leadership experience in the nonprofit, legal and real estate professions. Recognized for the ability to consistently plan, organize and implement highly successful initiatives. Deep life commitment to those in need and have introduced dynamic and positive solutions to meet those needs. Extensive background in management, fundraising, event hosting, staff development, public speaking, allocations, training and grantsmanship.

Graduating from Butler University, Indianapolis, Indiana with B.A. Speech Communications, this launched his life work beginning as Regional Management Specialist – Legal Services Corporation – New York, Executive Director – Human Services Coalition, Ithaca, NY, then 1983 – 1996 Vice President – Community Initiatives - United Way of Central New York, Syracuse, NY. From 1996 -2006 Executive Director - United Way of Cayuga County, Auburn, NY then on to San Diego until 2009 as Vice President - United Way. Chris served as Interim President and CEO, USO San Diego until 2010.

From 2010 Chris served as a consultant for various non-profits. In 2017 he took on the challenge to revive the San Diego Parkinson's Association, and has been the Executive Director since then.

For more website information: <http://parkinsonsassociation.org>

Mission: Optimize quality of life for people affected by Parkinson's disease with programs and services that enhance Mind, Movement and Morale.

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

Rotarian of the Day

Our Rotarian of the Day was **Garry Kachkovsky**. **Garry** was born in Russia, but immigrated to the United States when he was young. He met his wife, **Emily**, approximately 15 years ago and has two daughters, **Ava** and **Elle**. He and his wife have lived in University City for two years. He is a partner in a wealth management firm called Kachkovsky & Fisher, a firm which specializes in helping individuals coordinate the different aspects of their lives. **Gary** talked to us about the House's recent passage of the SECURE Act (Setting Every Community Up for Retirement Enhancement). The Act affects that ways that people can save money for retirement and how you can use funds over time. If the bill is passed, financial professionals such as **Gary** will definitely be able to assist clients in navigating the new rules, which are designed to expand people's ability to save for retirement.

Guests

Today, **Yocelyn Arias**, a new visitor to the club, joined us. UCSD Rotoractors **Esme**, **Cindy**, **Lori**, and **Kaeley** also joined us.

Announcements

David Tannsey reminded everyone to nominate a Peacemaker of the Year. **Ron Kohl** reminded us about the upcoming Ensenada project, which takes place from October 5th to October 6th. People will be travelling by bus, staying overnight in a hotel, and coming back the day after. **Brett Morey** will be conducting a Rotoract learn to surf event on Sunday morning. **Denny Jacobs** and **Peggy Martin** announced that their group that went to the races won big on a betting system created by **Denny** and that they were donated their winnings to the Club. **Krishna Arora** promoted the Walk Camino de Santiago and offered to loan any interested parties money to participate in the walk. All profits from the walk are returned to the Club for service projects.

Alex Monroe gifted a bottle of Laphroaig to **Jay Hatfield** for his contributions to the promote-demote this summer. **Bonnie Arora** also auctioned off two spa baskets that she won at last week's Uptown fundraiser. Last but not least, **Brett**, the fine master, **Morey**, announced the "Rat Fink Link" to report any fine

worthy transgressions.

Presentation of the Day

This week's presentation was put on by **Amy Carstensen**, a San Diego based Professional Organizer. **Amy** holds a Master's degree from UCSD in International Relations, but discovered a passion for helping others organize their lives. She talked to us about the fact that clutter can mean physical mess, but also be a manifestation of delayed decisions. Clutter also costs everyone in time and money, and studies show that people spend on average of 55 minutes looking for stuff they already own. A recent study by UCLA showed that Americans are victims of their own clutter and throw away a significant amount of food that they buy. In addition, America also has 3% of world's child population, but 40% of the world's toys. Unintended clutter also has a physical and mental effect and can lead to reduced focus and increased stress. Regardless of what de-cluttering method you choose, de-cluttering your physical space can result in mental and spiritual benefits as well.





PHOTOS

from the last meeting



La Jolla Golden Triangle ROTARY CLUB

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LJGT ROTARY LEADERSHIP 2019 - 2020

PRESIDENT Kimberly Schafer
PRESIDENT ELECT (2020-21) Emidio DelConte
PRESIDENT ELECT ELECT (2021-22)
TREASURER Sharon Council
SECRETARY Nancy Gatschet
PAST-PRESIDENT/FOUNDATION Rick Binder



SEPTEMBER 2019

13..... Craig Clark
20..... Dory Beatrice
27..... Peggy Martin



ROTARIAN
OF THE DAY

The 2020 Rotary
International Convention
will be in Honolulu, Hawaii!!

June 6-10, 2020
at the
Hawaii Convention Center

