

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 19 2025



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)



DR. DIVYA KAKAIYA FOUNDER AND CLINICAL DIRECTOR OF HEALTHY WITHIN NEUROFEEDBACK CENTER SAFER AND PEACEFUL COMMUNITIES CRIMESTOPPERS AND STUDENTS SPEAKING OUT

Dr. Divya Kakaiya is the Founder and Clinical Director of Healthy Within Neurofeedback Center in San Diego and a nationally recognized expert in integrative brain health. With over 40 years of experience treating brain-based conditions, Dr. Kakaiya holds a Ph.D. in Clinical Psychology and a postdoctoral M.S. in Psychopharmacology. In 2019, she was awarded Fellow status by the Association for Applied Psychophysiology and Biofeedback (AAPB) for her contributions to neuroscience.

Originally known for her work in eating disorders, Dr. Kakaiya pivoted her entire practice to brain optimization through neurofeedback, treating conditions such as ADHD, anxiety, PTSD, traumatic brain injury, autism, and learning differences. Her neurofeedback-only practice serves patients aged 4 to 89. As an integrative psychologist and neuroscientist, she combines QEEG brain mapping, neurofeedback, mindfulness, and trauma-informed care to promote brain regulation and healing without medication.

Dr. Kakaiya is also a renowned educational and community leader. She founded the Healthy Within Foundation in 2002, reaching thousands of youth and parents through school-based wellness programs like "Full of Ourselves" and "The Council for Boys and Men." She has trained over 385 interns in her career and continues to speak on topics such as the teen brain, trauma, and neurogenesis and creating safe communities.

A passionate advocate for diversity and inclusion, Dr. Kakaiya has served on the Boards of the San Diego Rotary Club, San Diego Psychological Association, the Women's Museum of California, and CrimeStoppers. She received numerous awards, including the KPBS/Union Bank Local Hero Award, "Cool Women" of San Diego by the Girl Scouts, and the Rotary Cliff Dochterman Award.

Dr. Kakaiya published her book "Healthy Within: Brain Fitness Through Neurofeedback" in 2020 to make brain health education accessible to all. She is currently building Healthy Within Enterprises, a neurofeedback franchise aimed at bringing brain-based healing into communities nationwide.

A charismatic presenter and thought leader, Dr. Kakaiya frequently delivers workshops for clinicians, schools, parent groups, and national conferences. Her TED Talk, "Dare to Love Your Body," reflects her lifelong mission: to empower individuals—especially youth and families—with tools for emotional resilience, brain wellness, and meaningful, values-based living.





REPORT

from the last meeting



UPCOMING SPEAKERS



2025

OCTOBER - SPEAKER

3.....Dr. Benjamin Smarr
UCSD Halicioglu Data Science

17.....Scott Lewis
Editor, Voice of San Diego

NOVEMBER - SPEAKER

7.....Rick Clark
2025 Honor Flight

Past President Luke Ervin called the meeting of the Most Dynamic Rotary Club in the World to order at 7:30am.

ROTARIAN OF THE DAY

Ricky Ricardo Villa and his partner **Shanna** inspired us with the an opening Tango followed by the flag salute. Ricky shared his life story from his birth and education in Mexico City, Broadway and Show Business in New York. He shifted to a career in banking and finance, but he still made time to perform and teach Latin and Ballroom dancing. While in New York, he earned a Masters Degree in Bilingual, General, and Special Childhood Education, and he was a Case Manager and Special Education Teacher. Moving to Southern California, Ricky organized community gatherings, retreats, and business networking events. In addition to being a member of LJGTRC, he is active with BNI La Mesa, Chula Vista & National City Chambers of Commerce, and the Corazón de Vida San Diego Chapter. He swims and practices CorePower Yoga.

GUESTS

In addition to **Sharon Schendel**, Area Governor of District 1, a number of distinguished guests were introduced:

Cami Eiskamp introduced **Jenny**, a Toast Master.

Fary Moini introduced **Robby**, who she met while seeking help with finding a phone. He has an interest in Africa.

Ricky Ricardo Villa introduced **Shanna**, his dancing partner, who has a PhD, does research, and swims.

BIRTHDAYS AND ANNIVERSARIES

Marty Rosenstein, **Stephen Tako**, **Dennis Bucko** had birthdays. **Kathleen Roche-Tansey**, **Samson Tse**, **Stephen Tako**, and one other (?) had anniversaries. Rotary anniversaries included: **Jim Davis**, **Ron Kohl**, **Dory Beatrice**, and **Michael McQuary**.

ANNOUNCEMENTS

Luke Ervin humbly announced that LJGTRC received the 2024-5 District 5340 Club Excellence Award during his term.

Jan Bernardy announced programs

related to crime stoppers, high school guns, Steve Brown's international Zoom Meeting about Lebanon with the **Honorable Najat Aoun Saliba**, and the October 23rd International Program about "Inside Israel."

Jim Davis and **Ajay Asher** provided instructions for Club Reporters and Rotarians of the day.

Janine Pack shared information and photos of the Memorial Wreath Program (\$5 per wreath).

Christy White provided helpful instructions about parking (*report at the front desk so there is not a duplicate charge*) and the importance of registering for the meeting meals before Wednesday of a meeting week.

Steve Brown and **Rick Clark** provided an update on the Afghanistan education program for boys and girls. They mentioned the recent earthquake and the volunteer help provided by the students and Amos, the Education Director. **Rick Clark** and **Fary Moini** made major donations in support of the humanitarian effort.

Brett Morey called attention to the surfing fliers created by Ajay highlighting Surfers Unite Rotary Fellowship September Events and the need for Volunteers. He shared a surfing video, talked about the \$500,000 goal, the 100 Wave Challenge, Oceanside Pro Event, and the world championships in Oceanside that will benefit 1,000 young female surfers.

Jim Davies announced that the Community Service Committee will meet at the end of the breakfast meeting.

SPEAKER OF THE DAY

Jan Bernardy introduced, **Frank Urtasun**, Port of San Diego Commissioner, who provided an update on the Port of San Diego and "What's New on the Waterfront."

Frank Urtasun provided a history of the Port that included its early years as separate port authorities servicing San Diego, National City, Chula Vista, Imperial Beach, and Coronado Island. They united under one commission in 1962 that included

the airport and 34 miles of ocean front property. Each of the smaller four incorporated communities had one port commissioner and San Diego had three, creating a seven member board of commissioners. In 2001, the airport separate from the Port and formed its own board of commissioners.

Frank was first appointed to the Port in 1990 as a commissioner representing Imperial Beach. He served for 10 years. He took a break that ended when he accepted an appointment to return to the Port as a Commissioner, this time representing Coronado.

The Port of San Diego is undergoing significant development, including the construction of Veterans Park at Navy Pier, which will honor veterans and reduce parking spots from 330 to 100. The Topgolf project on Harbor Island is in the regulatory process, expected to include a sports bar and entertainment district. The Gaylord Hotel, with 1600 rooms, is a successful partnership with Chula Vista. Coronado's new restaurant and Lowe's hotel redevelopment are also in progress. The port's economic impact is substantial, contributing \$26 billion statewide and \$14 billion locally, supporting 71,000 jobs. The port is also exploring sister city relationships and navigating regulatory challenges.

Highlights included: Veterans Park at Navy Pier and Harbor Island Projects, Top Golf Development on Harbor Island, Gaylord Hotel and Other Developments, and Economic Impact and Future Plans.

The Port will continue to do great things for the region, that includes many ongoing and future projects.

Question and Answers covered a number of areas including: the Chula Vista Elite Athletic Training Center, Cruise Ships and terminals, connection with Sister Cities, and regulatory challenges.

All in all...A very informative and a most dynamic meeting!

~Reporter

Michael
McQuary



PHOTOS FROM LAST MEETING



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La Jolla Golden Triangle ROTARY CLUB

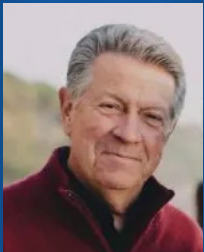
Chartered - June, 1986 • La Jolla, California

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LJGT ROTARY LEADERSHIP 2025 - 2026

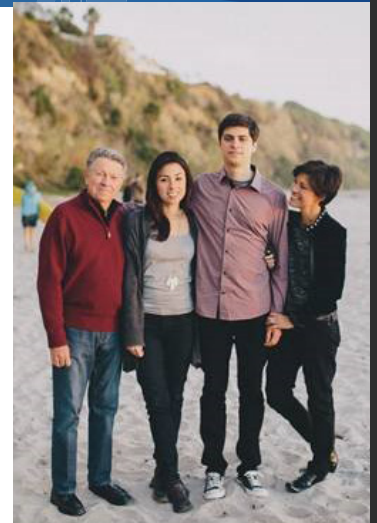
PRESIDENT David Chong
VICE PRESIDENT Christy White Brook
PRESIDENT ELECT (2026-27) Timothy Fronczek
TREASURER Sharon Council
SECRETARY Lisa Galstian
PAST-PRESIDENT Luke Ervin

ROTARIAN OF THE DAY



**DAN
KISNER**

I was fortunate to be born into a working class family right after WWII. Dad was an electrician and Mom a homemaker. They were both kind and intelligent. Whatever of that I have I received from them. By the time I went away to college, Rutgers, I was able to work as a journeyman electrician to support most of my own education costs. My holidays and summers were time to earn that money. I had decided in high school I was interested in medicine. I did well at Rutgers and then well at Georgetown University Medical School. My further training was then in internal medicine and finally medical oncology. I was thirty one years old when I completed my education. My passion had become developing new medicines for cancer treatment. I went to the National Cancer Institute on the faculty and continued that work there for five years and then to The Univ of Texas at San Antonio Cancer center for several more years- always working on new drugs for cancer and AIDS.



To expand my commitment to new drug development I joined a pharmaceutical company (SKB) to run all their new drug studies outside the USA. My new wife, Rosette, and I moved to Paris for that work. Tough duty! Our daughter, Jordan, was born there. The work went well and we stayed five years, returning to a new position to head of all drug development at Abbott Laboratories in the Chicago suburbs. Our son, Griffin, entered there. I grew tired of large pharma and we finally decided to come to California where we have loved living and raising our children and I have happily been in the biotech world as a company president, a CEO and a board member ever since. I have been involved in a number of medicines now available to patients and been a mentor to a number of scientist/physicians much smarter than myself.

We have great kids who are accomplished and successful, but most importantly they are smart, kind and generous. My wife, Rosette, and I are very proud of the people they have become. As I transition slowly out of the biotech world I am happy to shift my focus to new ways of making myself useful with my new friends in Rotary.

OCTOBER 2025

October 3 - Dory Beatrice

October 17 - Stephen Tako

NOVEMBER 2025

November 7 - Krishna Arora



Ellen BRYSON

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