

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 27, 2019

www.lajollagrotary.org



RI President 2019-20
MARK MALONEY

District 5340 Governor 2019-20
MARTA KNIGHT

LJGT Rotary President 2019-20
KIMBERLY SCHAFER

SPEAKERS AND EVENTS

OCTOBER 2019 - *SPEAKER*

04.....The Inside Secrets of Sesame Street
Dr. Lucille Burbank

11.....JUST in Time for Foster Youth
Diane Cox

NOVEMBER 2019 - *SPEAKER*

08.....Remembrance Day
Rick Clark

29.....DARK

DECEMBER 2019 - *SPEAKER*

06.....Vocational Panel
Nancy Gatschet

20.....California Cogs
Dave Davies

Update in breast cancer and cancer detection Haydee Ojeda-Fournier



Haydee Ojeda-Fournier, MD, is a board-certified radiologist. She specializes in breast imaging and the detection of breast cancer utilizing mammography, sonography, molecular breast imaging and magnetic resonance imaging (MRI). Among the procedures she performs are image-guided biopsies (utilizing multiple imaging modalities), fine needle aspiration, and biopsies of axillary (armpit) lymph nodes.

Before joining UC San Diego Health, Dr. Ojeda was on the clinical faculty at the University of Cincinnati.

Dr. Ojeda earned her medical degree from the University of Cincinnati College of Medicine. She completed her diagnostic radiology residency and women's imaging fellowship at the University of Cincinnati College of Medicine. She is board certified in diagnostic radiology.

Dr. Ojeda is a member of the American College of Radiology, Association of University Radiologists, Alliance of Medical Student Educators in Radiology, Radiological Society of North America, Society of Breast Imaging, American Institute of Ultrasound in Medicine, and International Society of Magnetic Resonance Imaging.

Dr. Ojeda was recently recognized as a Physician of Exceptional Excellence "2019 Top Doctors" in the field of Diagnostic Radiology, Breast Imaging. Selected by peers both within specialty and outside of specialty as one of San Diego's top doctor, July 2019. This is the second time to receive this honor.



REPORT

from the last meeting



Saturday

October 26

Halloween Party

Location:

Bende house

Rotarian of the Day

Our Rotarian of the Day was Dory Beatrice Griffith. Dory is a Clinical Social Worker, who works in private practice. While she is a proud Rotarian and has done a lot for Rotary and our club, Dory shared a new passion with us. Dory has developed a passion for issues regarding aging and support and has founded a Rotary "Village" to help members of our club. The Village Rotarians and Friends is a group of club members who care for each other when necessary, share information and knowledge about aging and related trends, and participate in fun activities. There are a number of challenges of aging, many of which center around getting the support one needs and combating the challenges of loneliness. The Village seeks to help members overcome those challenges by providing a support network. Some of the events that they put on are a day at the races, and a Queen and King's dinner. The Village is a reminder that Rotary is a family of people who seek to help each other and those in need.

Guests

Today, we were joined by Rotarian Judith Trong of the Rancho Bernardo Club. Former District Governor Steve Wetzen and his guest, Seth Cohen were in attendance, as well as Rotoractors Lori, Bradley, and Tiffany.

Announcements

Members were reminded of the upcoming Rotary Leadership Institute that is being held at the Del Mar Hilton. We will also be having an auction of two original paintings/masterpieces created by our own Antonio Grillo-Lopez. Kaci Madden and Jacquie Reilly were announced as two of the new members who will be in charge of the Club's presentation program. Jim Davies and Ron Kohl reminded us of the upcoming Ensenada painting project. Linda Andrews is continuing her children's book drive for children's literacy and Krishna made another pitch for participation in the Camino walk.

We also inducted new member Debra Kelly to our club and we are happy to have her as our newest member.

Presentation of the Day

Our presentation this week was by Angel Westerman, a senior living expert. Angel told us about the Village concept and how villages are being used to benefit the aging population. Villages are non-profit communities of people who share resources and effort to help each other in their daily lives. Village members are generally geographically near each other and pool financial resources, exchanges services, coordinate care, and, most importantly, help form new friendships and take care of each other. The village concept is spreading in the United States and recent studies show that it has a significant benefit to those who are involved, including increasing sociability, helping members gain access to services and transportation, and getting members involved in their local communities by volunteering to help others. We are often told that "it takes a village" but this is one of the truest statements and it is encouraging to see that communities can band together to benefit each other and help each other age with grace and dignity.





PHOTOS

from the last meeting



AUCTION

September 27th

2 pieces of artwork donated by Antonio Grillo-Lopez
Thank you Dr. Antonio Grillo-Lopez

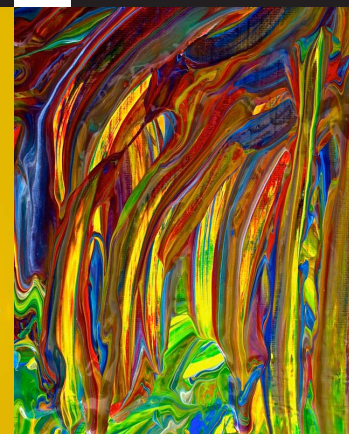
1. "Word of Mouth" - Liquid acrylic on porcelain tray, 2019. HDR photo taken while acrylics still wet. In the style of Joan Miro! The 8X10 photo is matted and framed in a black wood frame 11X14. It is an artist's proof of a limited edition of 50. Frame and matting alone cost about \$40.00.

2) "Going Bananas" - Liquid acrylic on canvas, 2019. HDR photo taken while acrylics still wet. The 8X10 photo is matted and framed in a black wood silver color edged frame 16X20. It is an artist's proof of a limited edition of 10. Frame and matting alone cost about \$55.00.

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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



OCTOBER 2019

04.....Jacquie Reilly
11.....Open
18.....Brett Morey
25.....Kathleen Roche-Tansey

ROTARIAN
OF THE DAY

Peggy Martin

Returning to the *Most Dynamic Rotary Club in the World* 3 years ago was such a joyful day... I'd been in the Club for nearly 20 years when a senior moment blip caused me to move to a Club closer to my home. Happily, very little changed within the *Most Dynamic Club* in those 8 intervening years -- same fabulous members plus vibrant new ones, same roster of extraordinary programs and activities plus amazing new ones, and greater than ever service committee involvements. But what has really changed *now*, in just the last 2 years, has been the drive down Genesee Avenue! It still seems like just yesterday that I was chasing the rabbits off the property where I'd build the first office building in University City. That was the first of half a dozen other new buildings I was in charge of building along this stretch of Genesee Ave. Now, except for the 16-story office tower next door, my handiwork is nearly hidden from the street, or been demolished (i.e. the bridge connecting the Marriott to the shopping center), to accommodate the new, massive overhead transportation structure.

As a brief background, my 35-year professional career was in commercial construction management, and I was the first (and for 2 decades the only) woman construction manager in San Diego. During those years, I was responsible for the development, often from land purchase and financing through construction, of a wide variety of structures -- hospital complexes, high schools, medical buildings, a library and a computer center, high rise office and condo developments, and some less exciting projects like road infrastructure and parking garages.

What hasn't changed through the years though is that I'm still a University of Washington Huskies fan and return for annual visits to my home town of Seattle; I'm still passionate about skiing and did my annual run (just one though) down Whistler Mountain last April as my birthday celebration; I still love travelling, and this year added Costa Rica's coastal waters and inland jungle to my fun adventures (my grandson's choice.) My 2 sons (Ian and Chris) and my daughter (LoriAnn) and her family all live in San Diego ... and 15 years ago I moved into the house I designed and built in Solana Beach, where I live with Toby, my faithful furry companion.

Once again, I'm thrilled to be back with *The Most Dynamic Rotary Club in the World*.

