

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

APRIL 02, 2021

www.lajollagtr Rotary.org



Rotary Opens Opportunities

RI President 2020-21
HOLGER KNAACK

District 5340 Governor 2020-21
STEVE WEITZEN

LJGT Rotary President 2020-21
EMIDIO DELCONTE

SPEAKERS AND EVENTS



ORTHOPEDIC STEM CELL

RESEARCH

Dr. Christopher J. Rogers

Dr. Christopher J. Rogers is a board certified Physical Medicine & Rehabilitation physician and founder of the San Diego Orthobiologics Medical Group. With more than 25 years of clinical experience, Dr. Rogers is recognized as one of the world's leading experts in the field of Orthopedic Regenerative Medicine, specializing in the non-surgical treatment of spine and joint conditions. He has developed new techniques for the treatment of tendon injuries, osteoarthritis and disc degeneration which provide safe and viable alternatives to surgery.

Dr. Rogers serves as a Voluntary Clinical Professor in the Department of Orthopedics

at UCSD, and has practiced at Orthopedic Specialists of North County where he successfully treated more than 80,000 San Diegans including many professional athletes, healthcare providers and leaders in business and government. As a result of his work with the PGA and LPGA, he was featured on the Golf Channel's Golf Fitness Academy and Golf Channel's World Golf Fitness Summit. He has also been honored several times by San Diego Magazine's "Top Doctors" and by Castle Connolly's "Top Doctors" list every year for more than a decade. He is co-founder of DataBiologics LLC, a software company that has developed the world's largest data registry

for patient clinical outcomes following regenerative medicine procedures. He serves on the Board of Directors of the American College of Regenerative Medicine.



More details on Dr. Rogers can be found at <https://sdomg.com/christopher-j-rogers-md/>

REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE
THINK, SAY OR DO

01

IS IT
THE TRUTH?

President Emidio promptly started the meeting of The Most Dynamic Rotary Club in the World at 7:30am. He introduced our Rotarian of the Day, **Janine Pack**. **Janine** started with the pledge of allegiance, followed by a silent prayer for the recent Boulder and Atlanta shooting victims and the loved ones left behind.

She gave a summary of her background as was reflected in the newsletter. Her and her husband have 2 sons, one who lives in Japan, the other in Joshua Tree. In September/October they took 2 Rick Steves tours and spent a total of 7 weeks in France. They saw many cities and sights and enjoyed the food and wine!

2020 saw her and her husband each turning a milestone birthday ending in a zero. She is joyful in getting her vaccination and has recently visited her son and family in Joshua Tree, and had a wonderful trip to Hawaii.

Emidio made an announcement that **Dr. Dennis Bucko** has requested to have **Nancy Gatschet** replace him as President Elect Elect. **Dennis** then shared that he has noticed recent memory changes in himself. He thinks he might have had Covid-19 in March 2020, and this possibly could be the effect of some of the Long-Hauler syndrome that has been reported. Just to be safe, he will undergo some testing and has opted to delay his Club Presidency for a year. Expressions of love and support were given to him via the Chat comments.

Erik Mjoen announced that tomorrow starts the 17th anniversary of the Rotary Model UN, founded by **Marty Rosenstein** and **Dory Beatrice**. This event started at the Braille Institute and then moved to the Joan B. Kroc Institute for Peace and Justice at USD. This year's event will be virtual and will cover 2 days. There are students from schools in San

Diego as well as students from Mexico and Nigeria. The 2 pressing international issues to be debated are relating to Covid-19 and the climate crisis. Our sponsored teams include students from Preuss as well as University City High School. They will be representing Egypt and Israel. **Erik** introduced the 4 delegates (**Alex, Alex, America, and Christian**) and they each gave a summary and recommendations on their position. They were all bright and articulate and will surely become our future leaders.

Lori Bende collected a number of high-5's including:

Bret volunteered at Del Mar Fair Grounds vaccination clinic with **Marty Peters** and was able to get vaccinated himself. **Lori** had dinner in a restaurant and got to hug a friend. **Nancy** for seeing Kelly Price-Nobel back in club meeting today. **Mike B.** for the fact that he and **Arlene** are fully vaccinated and will be traveling up

02

IS IT
FAIR TO ALL
CONCERNED?

03

WILL IT
BUILD GOODWILL
AND BETTER
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WILL IT BE
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north to see daughters and family and celebrate **Arlene's** birthday.

Matt nominated RSF Rotarian **Amy Scruggs** for Woman of Impact Award. **Louise** (\$20) for **Dr. Antonio** helping her through upcoming procedure. **Denny** for Model UN participant, **Alex**, dentist partners son all grown up. **Rich** for recent vaccination for himself and **Sheri** and their recent trip to Puerto Vallarta. (A mission of mercy to help rid the excess of tequila!)

Charlie for **Brett** organizing beachside pro surfer chat. **Dennis B.** a dollar for each member (\$88) for all the kind comments and support. **Rick C.** had a background of world's largest sandcastle. Years ago, came across **Dennis B.** sculpting his own sand art at this event. **Susan S.** in honor of **Dennis B.** looking much more relaxed after delaying his Presidency for a year.

Alex Monroe introduced our speaker **Dan Sheehan**. **Dan** served 12 years as a Marine Corps

helicopter fighter pilot and served 2 tours in Iraq. His topic today is the first week of the Iraq invasion, that occurred 18 years ago this month, and titled: The Invasion of Iraq: A Fighter Pilot's View.

Dan was a 28-year-old Captain with the call sign **Shoe**. He flew a 2-seater Cobra helicopter manned with guided missiles and unguided rockets. He gave a narration of his time and duties, including dramatic video of his combat missions and specific special engagement strikes in Iraq. His squadron division included 8 members with the call signs **Fuse**, **BT**, **Count**, **Weasel**, **Spock**, **Ike**, **Gash**, and **Jojo**. They flew Cobras and Hueys and were responsible for close air support of troops on the ground. The conditions were far from ideal dealing with sandstorms and torrential rain. We thank **Dan** and his squadron for their courage and service.

Dan has written 2

books both available on Amazon. The first is titled *After Action – The Story of a Cobra Pilot's Journey*. This book won several awards and in 2020 was named as recommended reading for all Marines by the Commandant of the Marine Corps. The second is *Continuing Actions - A Warriors Guide to Coming Home*. This is a guidebook for veterans and their families on how to face and navigate the challenges after coming home from combat.

Rick Clark shared a story how his combat unit received support from a Cobra unit predecessor that saved their bacon, as is much obliged.

Emidio ended the meeting with some eloquent quotes and ironically turned the meeting over to the Peace Committee.

~Reporter

Jay Hatfield



La Jolla Golden Triangle ROTARY CLUB

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LJGT ROTARY LEADERSHIP 2020 - 2021

PRESIDENT Emidio DelConte
PRESIDENT ELECT (2021-22) Jacquie Reilly
PRESIDENT ELECT ELECT (2022-23) Dennis Bucko
TREASURER Sharon Council
SECRETARY Nancy Gatschet
PAST-PRESIDENT/FOUNDATION Kimberly Schafer



APRIL 2021

09..... Open
16..... Open
23..... Sara Katz
30..... Mike Schwarz



ROTARIAN
OF THE DAY

PETER BALLANTYNE



I was born and raised in Westbury, NY, and spent summers in upstate New York at Hulett's Landing on Lake George. I was raised in a family of six children (#5 is my spot). My father was a WWII veteran with two purple hearts and two bronze stars, who worked in freight forwarding out of NYC. My mom was a stay-at-home mom, and once the kids were grown enough, worked in accounting for a few local companies. I met my future wife when she moved into a house around the corner from us, in 1976. Walking her home from her mother's store, after the 6 o'clock fire whistle went off, was a highlight of my day.

Sports and music dominated my early years and remain as favorite activities. After graduating from college in 1984, I moved to San Diego with my wife, as she pursued graduate studies at SDSU and UCSD.

I worked at the Mission Bay Aquatic Center for 17 years, running watersports programs. One area of focus for me was the adaptations of watersports equipment for individuals with disabilities. This has dominated my life ever since. I have traveled the country sharing adaptive technologies, meeting incredible people and being inspired to do more.

After the Aquatic Center, I ran the Firehouse YMCA in La Jolla, with a focus on performing arts and music. After that I worked in senior communities in activities and now am Executive Director at Paralyzed Veterans of America, Cal-Diego Chapter. This is the best job ever.

I cherish every day with my family, and am proud to have my younger son as a Coast Guard aviator. I play music every day.

My wife and I celebrate our 36th anniversary this year.