

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

APRIL 19 2024



RI President 2023-24
GORDON MCINALLY

District 5340 Governor 2023-24
DON FIPPS

LJGT Rotary President 2023-24
CHRISTY WHITE BROOK

STEPHEN TAKO AND SARAH SALUTA



THE CONFIDENT LIFE PROGRAM™: A SOCIAL, EMOTIONAL LEARNING (SEL) CURRICULUM PILOTED WITH SAN DIEGO COOPERATIVE CHARTER SCHOOL

Stephen Tako and Sarah Saluta will present together, for the first time, the results of this program and the effect it has had on the 90 students enrolled. Plus, they will discuss the importance of implementing a Tier 1 PBIS (Positive Behavioral Interventions & Supports) program for young students.

Stephen Tako, CEO of Motivated To Act

Stephen has been an anti-bullying advocate for over 12 years. As a former victim of bullying, he used his storytelling skills to create the story of a young yeti boy who overcame bullying and discrimination while learning how to make new friends. Since 2011, this original story has developed into three Junga the Dancing Yeti® books which have all been adapted into award-winning animation-style short films. In 2022, he and partner Marzena co-founded Motivated To Act, a 501(c)3 nonprofit, to allow more opportunities for their SEL programs to reach young children. The Junga stories are intertwined within their Confident Life Program™ to provide primary schools with an evidence-based curriculum to prevent bullying and improve social and emotional skills for young students.

Sarah Saluta, Executive Director of San Diego Cooperative Charter School

Sarah began her journey as an administrator in 2013 and began working as an Executive Director in 2019. Her goal as an educator and leader is to innovate, support and inspire. She wants to know every student and parent in her school so that she can support them in their family's educational path.

In her own words, "I believe in our educational philosophy, the focus is on academic excellence but it is through collaboration and critical thinking. Our focus on the whole child is developed through relationships, social-emotional teaching and amazing courses like art, PE, music and dance at all grade levels. I believe strongly in what we do and know that we are innovators in education."

AOS MEETINGS AND SOCIAL EVENTS

April 26th LJGTRC Fundraiser

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)

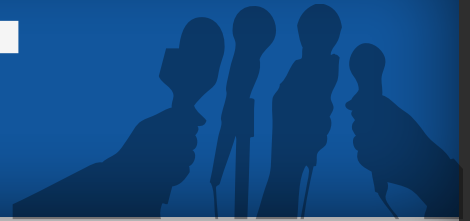
4th Friday of the Month Peace Committee
(follows club meeting)





REPORT

from the last meeting



UPCOMING SPEAKERS



2024

APRIL - SPEAKER

26.....Maasai Cultural Ambassador
Results of Rotary's work
for their community

MAY - SPEAKER

3.....Matthew Bainbridge, PhD
Bridging the gap: bringing the genomic
revolution to the underserved

10.....Fary Moini & Steve Brown
Fary's Story

17.....Toastmasters
The Power of Public Speaking

24.....Professor Brad Voytek

31.....Community Service Committee
Updates/Sucesses and Overview

Meeting Commencement: The morning kicked off promptly at 7:30, orchestrated by the illustrious **President Christy**, who graciously handed the mic over to our very own **Jim Davies**, our Rotarian of the day. Amidst the delightful clinking of silverware, signaling a breakfast worthy of our appetites, Jim regaled us with tales of his wild ride through the past year. With his dear wife by his side, Jim shared the highs and lows, the adventures, and the triumphs, reminding us all of the beauty of resilience and the joy of shared experiences. Jim, your Rotary family stands with you through it all!

Acknowledgments and Celebrations: **President Elect Luke** took the stage, shining a spotlight on the ever-popular **Pamela Davies**, Jim's esteemed better half. We also welcomed **Sandeep** and our other distinguished guests, including the dynamic Student of the month **Jared** and his entourage. Also, we welcomed our guest speaker **George Haligowski**. And let's not forget **Sam Ford**, representing UCSD's Rotaract chapter—great to have you with us, Sam!

President Christy then lit up the room with birthday cheers for **Jim Davies**, who just celebrated another trip around the sun this past Sunday, the 14th. Plus, a hearty congratulations to **Jim Frost** for an impressive 45 years as a fellow Rotarian!

Upcoming Events: **Christy** also rallied the troops for some upcoming community initiatives, including the Just in Time for foster youth event on May 11th, where we'll be lending a hand to those starting fresh. We

need shoppers, drivers, and movers—let **Christy** know if you're in! And mark your calendars for Red Shoe Day on May 22nd, supporting the Ronald McDonald House. **Brett** and **Wayne** are your go-to guys for this one.

Then there's the City2Surf event on May 11th, teaching inner-city kids to ride the waves in Del Mar. And don't miss Switchfoot BroAM at Moonlight Beach on June 15th—a charity bash you won't want to skip! Reach out to **Brett** to get involved.

Community Outreach: **Past President Jacquie Reilly** swooped in to rally the troops for a group outing to Pointe Works ballet on June 20th, with dinner plans in the works, of course. And **Rick Clark** shared with us about the Memorial Day event in Miramar, where we'll be planting a staggering 22,000 flags that Saturday and removing the flags that following Tuesday. More details to follow! Let's show up and make our mark, folks!

Ron Khol announced that the last week of September, there will be a fun trip planned and a bus to take us down to help out with our Ensenada Project. He also shared about last year's experience and what a blast it was!

After that, **President Christy** made her way back to the forefront to do her famous weekly mugging on one of our fellow members, who becomes a recipient of a one-of-a-kind coffee mug! She chose **Phil Morgan**, one of our newer members, highlighting his stellar contributions to various projects.

Guest Presentations: **Christy**

followed up by calling up **Erik Mjoen**, who had the opportunity to fill in for **Marty Rosenstein**, introducing Jared, our Student of the month. Followed by the amazing praise and accomplishments given by TJ, his advisor, Jared took the stage by sharing with us his testimony as a young student, artist, and Mixed Martial Arts Athlete. His story was truly unique as he navigated challenges with mental health and the hurdles endured as a student through the COVID pandemic. Jared has been accepted to Cal State San Marcos as well as San Jose State pursuing art.

Jan Percival introduced our guest speaker **George Haligowski**, who was invited to speak about the rise of the Palazzo Del Valle, a winery located in Valle de Guadalupe, Baja California. He is the founder of this winery, uniquely based on the themes of art & gastronomy. George illustrated to the club the journey he has been on since getting engulfed by this endeavor. He ended his speaking segment by saying, "Owning a winery is a rich man's hobby! If you want to make a small fortune in the wine business, you start with a big one and end with a small one! And lastly, I drink all of my profits!"

Christy ended the meeting by sharing that for the first time this year, the Vocational Service Committee met afterwards. She also leaves us with a quote by W. C. Fields who said, "I cook with wine. Sometimes, I even add it to the food."

~Reporter

Phillip Morgan



PHOTOS FROM LAST MEETING

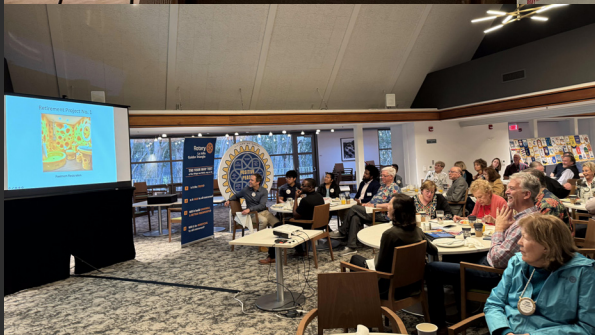


Membership Tips:

IT SOUNDS SIMPLE, BUT THE MOST EFFECTIVE WAY TO GROW MEMBERS IS "ASK SOMEONE"

REPEATEDLY INVITE PROSPECTIVE MEMBERS UNLESS YOU GET A DEFINITIVE "NO" FROM THEM.

ENSURE THAT PROSPECTIVE MEMBERS FEEL IMPORTANT. INTRODUCE THEM TO OTHER MEMBERS AND SIT WITH THEM.



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?

Rotary Club members Dr. Michael McQuary, Karla Prieto Morey and Past President Brett Morey joined others from San Diego Sister Cities to present checks to Alejandra Padilla, Mayor of Rosarito Baja Mexico funding the restoration project of several Lifeguard Stations. This International Service Committee project improves water safety for local residents of Rosarito as well as the hundreds of thousands of tourists who travel to the beaches of Rosarito annually. The \$300 contribution on behalf of the Rotary Club of La Jolla Golden Triangle lead by Karla and Dr. Michael also provides an opportunity to invite fellow Rotarians down for the dedication of the restored Lifeguard towers. The towers increase water safety for all and prevent drownings. Thanks to Gaby Rincón Chief of Lifeguards for Rosarito Aarón Salvavidas was also on hand for the presentation. Just another example of how Rotary makes a difference in the lives of others and how we "Create Hope in the World."



La Jolla Golden Triangle
ROTARY CLUB
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LJGT ROTARY LEADERSHIP 2023 - 2024

- PRESIDENTChristy White Brook
- VICE PRESIDENT Linda Stouffer Wallis
- PRESIDENT ELECT (2024-25) Luke Ervin
- PRESIDENT ELECT ELECT (2025-26)David Chong
- TREASURER Sharon Council
- SECRETARY Ranjan Lahiri



APRIL 2024

April 26 - Irwin Rubenstein

MAY 2024

May 3 - Dory Beatrice



ROTARIAN
 O F • T H E • D A Y

ALLAN GALGUT

I have been in the insurance profession for nearly 43 years. I came to the insurance industry after a career in retail pharmacy in South Africa and was a former chairman of the Pharmaceutical Society of the Free State. My experience as a pharmacist, working closely with physicians and patients gives me valuable insight when it comes to meeting insurance needs. As a pharmacist, I understand that the “cost” of an illness is so much more than the price you pay for drugs and doctor visits – it includes the cost to one’s family relationships and way of life.

