

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

APRIL 21 2023



Rotary



IMAGINE
ROTARY

RI President 2022-23
JENNIFER JONES

District 5340 Governor 2022-23
CHARLES PRETTO

LJGT Rotary President 2022-23
NANCY GATSCHET

SPEAKERS AND EVENTS

APRIL 2023 - SPEAKER

28.....Dr. Kathryn Ely
Quench & Connect

MAY 2023 - SPEAKER

5.....TBD
Community Service Committee

12.....Steve Brown
International Service Committee



JEREMY MANNING



PRINCIPLES OF POSTURE AND PERFORMANCE.

Jeremy Manning is a Master Trainer with over thirty years of experience.

His professional career began in the United States Navy where he served as a Helicopter Search and Rescue Swimmer, Aircrewman, and was Awarded the Navy Achievement Medal for leading Helicopter Maritime Strike Squadron 49 to the highest readiness scores in the Search and Rescue community as their SAR Coordinator.

Since completing his military service he has been training groups and individuals in the art of movement and conditioning. With over 40,000 hours of instructing, Jeremy has had the opportunity to work with a wide range of clientele, from Autistic teens to joint replacement rehabilitations. He believes, "Everyone is the same in their own unique way. We all have dreams and desires, and we all have the same time, and similar tools to use."

Jeremy loves to help people find themselves!



REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO

01

IS IT THE TRUTH?

President **Nancy Gatschet** opened the meeting of the La Jolla Golden Triangle Rotary Club, The Most Dynamic Rotary Club in the World!

Jan Percival was the Rotarian of the Day. She talked about the 1965 Selma to Montgomery protest marches (54 miles) to ensure that African Americans could exercise their right to vote.

Jan has been working to create a walking trail on that same 54 mile path. Unfortunately, on hold for now due to the natural disasters in those areas. Jan you are amazing!

Maria introduced members on Zoom, so nice to see them.

Nancy Announcements Vegetation Mission at Project Wildlife, 23 April; NAMI Walk for Mental Health, 29 April; Walk for Animals & Rotary Work Day, 29 April - contact Brett for Rotary tee shirts; Preuss Career Day postponed; Padre Game, 24 April - contact Ron Kohl; Urban Street Angels Tour, 29 April - contact Jacquie; Scavenger Adventure, 06 May at UCSD Campus, lunch \$25 (you do not need to participate to join for

lunch) - contact Linda Andrews.

Marty introduced **Dylan Gomez**. Dylan deserves to be honored as April's Student of the Month because throughout his seven years at Preuss he has exhibited an empathetic and positive nature that empowers all of those around him. I happened to sit with Dylan and his father. I thought he must be so worried about speaking in front of club. But as I watched his contagious smile and composure I knew he was a star! And yes, he is a star earning the Captainship of the boys varsity soccer team that recently won Preuss its first CIF title.

Dianne introduced the speaker **Dr. Jack Fisher**. Native of Buffalo, New York and graduate of University of Buffalo School of Medicine, He received his surgical training in Minneapolis, Boston, and Charlottesville. He came to UCSD in 1975, established the Division of Plastic and Reconstructive Surgery and directed a graduate training program in his field for 20 years. After retiring from the Department of Surgery faculty Dr. Fischer earned an MA in U.S. Political and

Economic History. He then served as the the Emeriti Association's Historian. While serving as the UCSD Emeriti Association Historian, he wrote the book Title: "Preparing the Soil:" How UCSD Acquired its Land. Highlighting the documenting how the military, city council, and private citizens contributed to the land now held by UC San Diego. It was a fascinating talk.

Nancy closed the meeting with a "name this song "Rain Drops Keep Falling on My Head". Sung by B.J. Thomas, composer, Burt Bacharach and Hal David for the 1969 film Butch Cassidy & the Sundance Kid.

~Reporter

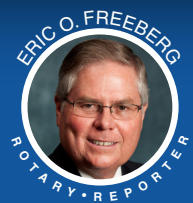
Ellen Bryson

03

WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?

04

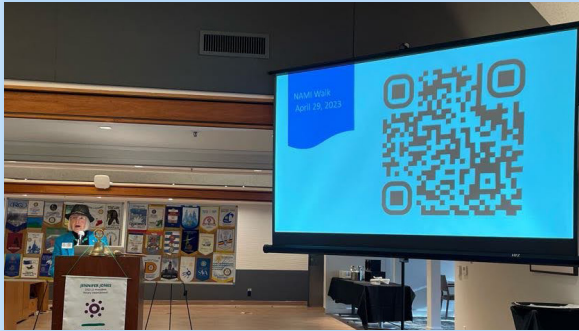
WILL IT BE BENEFICIAL TO ALL CONCERNED?



At the regular club meeting on May 12, 2023, the Club Foundation will hold its annual meeting of its Members who will be asked to approve the election of Steve Brown, Sara Miceli, and Christy White as directors, and to vote to approve the Amended and Restated Bylaws of the Foundation.



PHOTOS FROM LAST MEETING



THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO

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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?

La Jolla Golden Triangle
ROTARY CLUB
 Chartered - June, 1986 • La Jolla, California

P.O. Box 13023
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 www.LaJollaGTRotary.org

LJGT ROTARY LEADERSHIP 2022 - 2023

PRESIDENT Nancy Gatschet
 PRESIDENT ELECT (2023-24) Christy White Brook
 PRESIDENT ELECT ELECT (2024-25) Luke Ervin
 TREASURER Sharon Council
 SECRETARY Christy White Brook
 PAST-PRESIDENT/FOUNDATION Jacquie Reilly



This past year has been very bittersweet and rewarding.

Family:

My family and I unexpectedly lost a couple close extended family members as well as my mother this past year. The good news is our family got to spend some quality family time with my mother at a cabin located in Lake Lure, North Carolina. We had a wonderful time at the lake, touring the wine country, shopping, visiting local cities including touring the Biltmore chateau.

As for my family, my wife Pam retired last April. Since she has been remarkably busy planning our son's upcoming wedding and volunteering mentoring at our local church.

We recently celebrated her birthday. Little did I know when we uncovered her favorite mini-Bundt cakes had been tossed around in the delivery box. We laughed and lit candles.

As for my son, he is now a lead brewer at Coronado Brewery. He surprised me and had me join him brewing. I was so excited and got to learn a lot about commercial brewing. He recently brewed his first original beer recipe.

He got engaged this past year to his beautiful fiancée Haley Conway who he has dated for 15 years, they are to wed this June.

My daughter Krista is a sport fanatic. She keeps herself busy as a member of Pacific Beach Rotary Club participating in community service projects and fellowship. She works at a local Child Development Center; she loves working with children.

On the weekends she is busy playing soccer, field hockey or attending Gull and San Diego Wave games. She spends her chill time with her cat London.

Work:

I continue to be busy at work at Grossmont Community College. Completing the build-out of the new Math, Science & Career Complex, preparing for the renovation of the Liberal Arts Complex, and planning for Phase 2 Arts & Communication Complex.

Rotary:

This past year our club worked on one the most challenging and rewarding projects, the remodeling, and upgrades to District 1 NE Police Station. A project our club can be proud to have been a part of. I look forward to my continuation as a member of this active one-of-kind club.

Pam and I treasure the relationships that we have developed with fellow Rotarians and look forward to growing new relationships.



APRIL 2023

April 28 - Brett & Karla Morey

MAY 2023

May 5 - Chris Muhart

May 12 - Ellen Bryson



ROTARIAN
 OF THE DAY

JIM DAVIES