

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

APRIL 23, 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

APRIL 2021- SPEAKER

30..... Mike Eastwood
One Small Business' survival and observations during the times of Covid.

MAY 2021- SPEAKER

07..... Ernie Hahn
Wonderbus - innovation in entertainment

14..... Cade Metz
AI Innovations



THREE KEY WORDS TO BUILD A POWERFUL FEEDBACK LOOP

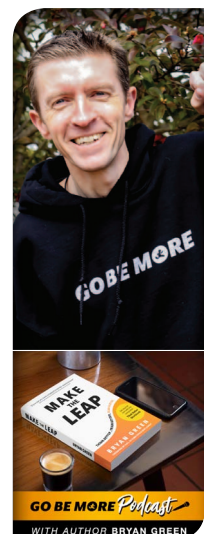


BRYAN GREEN

I am the co-founder of Go Be More Apparel, lead host of the Go Be More and Fueling the Pursuit podcasts, and author of the book Make the Leap: Think Better, Train Better, Run Faster. My passion is sharing powerful ideas to help us go be more in life.

After 10 years working for Fortune 50 companies (Cisco, Apple) I recently co-founded a start-up, Go Be More Apparel, to promote the use of clothing to increase commitment to our goals. My podcasts interview Olympians, entrepreneurs, and creators about their paths to success. And my book, Make the Leap, provides young runners a mental framework to think better about training.

I currently live in Sendai, Japan, with my wife and two daughters, where I teach mental models and strategies for problem-solving at Tohoku University, one of Japan's leading engineering schools. I enjoy traveling, running, watching magic acts on YouTube, and being a dad (but not in that order).



REPORT

from the last meeting



ROTARY ANNOUNCEMENT



At the regular meeting of the La Jolla Golden Triangle Rotary Club on May 7, 2021, The La Jolla Golden Triangle Rotary Club Foundation ("Foundation") will hold its annual meeting of the Members of the Foundation.

The only item of business will be the election of directors to replace the expiring terms of Sharon Council and Tony Grillo. Sharon and Tony have agreed to continue serve as Directors, and the Directors of the Foundation unanimously recommend the election of these highly qualified individuals to continue to serve as Directors.

The election process will take less than two minutes. At the meeting and prior to the election, we will distribute a list of the members of the Foundation who are entitled to vote. Steve Brown, Alex Monroe, Luke Ervin, Linda Stouffer Wallis, Eric Freeberg and Pam Russell will continue to serve as Directors.

President Emidio called the meeting to order promptly at 7.30 am and welcomed Rotarian of the Day **Father Wayne Sanders**.

It was great to see **Father Wayne** back in good form after pretty a serious battle with pneumonia which included time spent in the hospital. He was grateful for the care and support of his family as well as being reunited with their dog **Churro**.

Churro is a 3 year old rescue dog from Tijuana and was described as sweet on the inside and fierce on the outside.

Father Wayne also shared the joyful news that his Grandson has found love in the Air Force and will be getting married to his fiancé this summer. They currently live in Texas but will be tying the knot in San Diego.

There were no visiting guests or Rotarians at the meeting.

Next up were the fine mistresses, **Lori** and **Susan**. In an unprecedented move

Susan came out swinging, calling out fellow fine mistress **Lori Bende** for her work with the Scouts which is getting well deserved media attention, but did not include a visible Rotary pin or mention of our Club. A bruising fine of \$4 was handed out as an elective penalty. How **Susan** came to know about this information is still a mystery since she is very protective of her sources.

Nancy gave a high \$10 for all who are attending Preuss Career Day on April 21st.

Denny was elated about going to the Padres Dodgers game on Saturday and has not been this excited in a while. **Sarah** sent shock waves through the Club declaring her allegiance to the Dodgers over the Padres. Good thing we are still meeting virtually...

ANNOUNCEMENTS: April 24th, Rotarians at Work Day, have yet to identify a project. Looking for ideas.

Possibly one of the Police Departments.

Brett Morey announced a Rotarian at Work Day Opportunity with AMPSurf at Del Mar Beach Camp Pendleton - April 24 www.surfersunite.org/events

Krishna asked **President Emidio** about the status of in-person meetings. **Emidio** is waiting to hear back from Marriott regarding the possibility of holding hybrid meetings with options for both in-person and zoom. Leadership is still in the process of figuring this out.

Matthew Shillingburg – shared that Veterans Association of North County's Monthly Food Distribution Program has distributed food to 26,231 Active Duty (91%), Veterans and their Families and 226,230 Diapers and 3,931 Volunteer Hours. If one wants to Volunteer, the program is the 2nd Friday of every month. There are 2 shifts. The morning Shift starts at 9:00am



REPORT

from the last meeting



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?

and the other is noon.

Steve Brown shared that **Ashley Brown** with ABC National News, has interviewed him regarding his thoughts on the troop withdrawal in Afghanistan which starts May 1st. The story will be featured on "This Week" with **George Stephanopoulos**. Much progress has been made in Afghanistan in terms of infrastructure, education, opportunities for women, access to internet and information. It all stands in danger of being lost. **Fary** also expressed her grave concern about this consequential decision.

Brett Morey introduced our speaker, fellow Rotarian **Lisa Cannon** Rodman who is the CEO of the Agua Hedionda Lagoon Foundation.

The 400-acre Agua Hedionda Lagoon in Carlsbad is one of the threatened coastal wetlands on the Southern California coastline. The Lagoon

is unique in that it has many current uses such as a YMCA day camp, recreational boating, a mussel and abalone aquaculture facility, a white-sea bass breeding and research center and a power generating facility. The Lagoon's various usages, and the many activities and ecosystems it supports, makes it a distinctive and precious natural resource unlike any other.

The Agua Hedionda Lagoon Foundation is a hands-on organization that believes kids learn from their experiences, and is dedicated to the preservation of the lagoon through education and interaction. During 2019/2020 and Covid pandemic they were visited by 13 school districts and over 10k students. During this time they have enjoyed record membership and introduced new initiatives such as raptors, pre-school program, building trails, Bee-Quarium, and virtual programs.

The foundation engages volunteers in a number of important activities such as assistance with watersport activities, trail maintenance and conservation. The Lagoon Kahuna Challenge is an incredibly fun opportunity to volunteer and meet other people. Sign up to volunteer any shift 9AM to noon or noon to 3PM beginning April 30 and running four Friday's April 30, Ma7, 14 & 21. More information can be found at www.surfersunite.org/events

Fun Fact: Lisa's High Noon Rotary Club meets at the Sheraton and members attend the meeting from their cars and presentations are done from a stage intended as a drive in movie theatre!

Next week ROTD Sara Katz

~Reporter

Erik Mjoen

La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

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LJGT ROTARY LEADERSHIP 2020 - 2021

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



APRIL 2021

30.....Mike Schwarz



ROTARIAN
OF THE DAY



K&A

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Sara M. Katz is the founder and CEO of Katz & Associates, a full-service public communications and outreach firm. Founded in 1986 after tenures with former California Governor Pete Wilson and San Diego Mayor Susan Golding, Sara has developed a recognized specialty in creating communications and public involvement programs for local, state, and federal public agencies, with a special emphasis on water, wastewater, transportation and other large environmental and public works infrastructure projects.

Sara and her K&A team of nearly 40 people have worked in 37 states as well as internationally in Australia, Guam and Iraq. With offices in San Diego, LA and San Francisco, Sara is actively involved locally on the board of directors of the San Diego County Taxpayers Association and the North County Economic Development Council and is a frequent speaker and moderator in various professional organizations.

She is the proud mom of Justen (age 23) and Alena (age 20), as well as two adorable bulldogs - Harley and Hamilton.



SARA
KATZ

Sara M. Katz | Founder/CEO, Katz & Associates, Inc.