

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

APRIL 28 2023



Rotary

La Jolla

Golden Triangle



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

MAY 2023 - SPEAKER

- 5..... TBD
Community Service Committee
- 12..... Steve Brown
International Service Committee
- 19..... Dr. Oli Bachie
TBD



KATHRYN R. ELY PH.D.



CLEAN WATER FOR HIGH SCHOOLS IN UGANDA

Clean water and health are essential for developing nations to thrive. Uganda is a democratic nation in east Africa with much potential. But the government is not able to provide high schools for its people. Consequently, two-thirds of the high schools there are established and built by parents and citizens who see the value of education. The schools are located in rural areas where there is no piped water. Students must fetch drinking water from contaminated ponds and streams, and are constantly sick from drinking the filthy water.

Quench and Connect is a 501(c)(3) non-profit public charity working to provide borehole water wells directly on the campus of schools in Uganda, so that students can have clean water to drink. After the boreholes are in place, students are healthy and ready to study. Quench and Connect strives to improve the education of these students, who will become the future successful citizens of Uganda, and will help lift the nation out of poverty.



REPORT

from the last meeting

LET'S
WELCOME
NEW
MEMBERS



OUR NEWEST
MEMBERS 1ST
QUARTER OF 2023!

NOW YOU HAVE THEIR
NAMES AND PHOTOS...

PLEASE TALK
WITH THEM AND
MAKE THEM
FEEL WELCOME!



Tatiana Piotroff
Medical Writer



Carol Tohsaku
Educator



Tim Fronczek
Computer Administration

What a great morning we had. Here's all the highlights you missed:

We had a packed house with UCSD and SDSU Rotoractors in attendance.

The Rotarian of the Day was **Jim Davies** who gave us an update on his past year: his mother passed away, but they were able to spend some fun times at a lake house with her.

Pam had a messy birthday, **Collin** keeps brewing beers, and **Krista** is all sports all the time. In between all the family time he's been busy working on new construction projects at Grossmont College.

Our usual Zoomer joined us from behind the screen: **Cynthia, Jay, Irwin, Jim,** and **Chris M.**

Michael Slentz introduced our visitors: **Jillian** - granddaughter of Louise; **Marty Vi Ho** – a Preuss Interactor, and **Samson** – a former UCSD Rotoractor.

The Project Wildlife event is moving forward with the goal to plant 50 plants around the Carnivore Enclosure in Ramona.

Set your calendars for the Nami walk (4/29); Feeding San Diego for the Rotarians at Work Day (also 4/29) –

see **Brett Morey** if you want a shirt. On 4/28 celebrate **Rick and Jeanine** with a farewell party before they move to Florida. 5/6 is the Humane Society walk. 6/24 – join your fellow club members at t a Padres Game vs the Nationals – section 109 – see **Ron Kohl** for Tickets: \$86. Just to get a note on your calendar, **Ron** is also starting to plan an Ensenada project for October.

Steven and Rich gave a great recap of their weekend at **RYLA** and the youth they got to work with – somehow **Rich** was able to avoid sleeping in a bunk bed. (Side note: I've been to **RYLA** as both a student and a facilitator – it's an amazing program and everyone should try to go at least once)

Three members received 4 Paul Harris pins between them! Congrats to **Luke Charlie,** and **Kathleen.**

Rich Papaike was back to introduce our speaker – after 2 years of Training with **Jeremy,** he's ready to share his secret as to what keeps him looking so good!

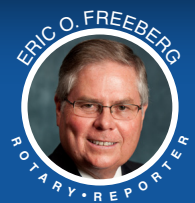
Jeremy gave us some terrific tips on how to keep our bodies healthy with some fun tidbits: "You're never not able to get better". With 206 bones and 600

muscles in our body, we need to keep ourselves healthy. To focus on your posture, keep your head back over your hips and never let your spine know if you're sitting down or standing up. Focus on channeling your Chi by knowing where your feet/arches are, your midsection as the center of gravity, and your head looking straight ahead. With all the work you do on your body during the day, don't undo it at night by sleeping scrunched up.

Nancy ended the meeting with a very appropriate quote "Life has its ups and downs; we call them Squats".

~Reporter

Sara Miceli



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.



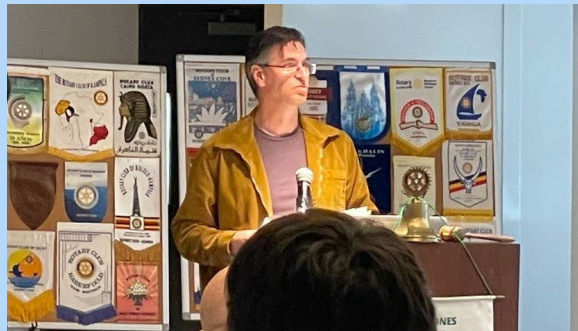
PHOTOS FROM LAST MEETING



THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO



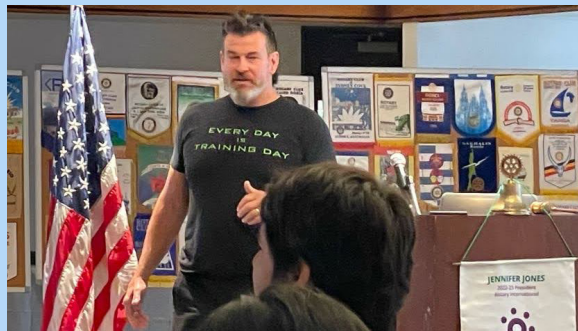
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IS IT THE TRUTH?



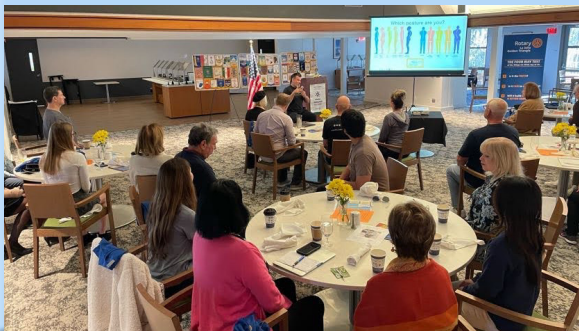
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IS IT FAIR TO ALL CONCERNED?



03

WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?



04

WILL IT BE BENEFICIAL TO ALL CONCERNED?

La Jolla Golden Triangle
ROTARY CLUB
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P.O. Box 13023
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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



MAY 2023

May 5 - Chris Muhart

May 12 - Ellen Bryson

May 19 - Linda Stouffer-Wallis

May 26 - Tatiana Piotroff



ROTARIAN
 OF THE DAY

KARLA PRIETO-MOREY

Karla Prieto-Morey

Originally from Parral, Chihuahua Mexico Karla received her Accounting degree from Tecnológico de Parral. She came to San Diego to study English over 20 years ago, then moved to London, received a management degree from Kensington & Chelsea College and traveled Europe. Her career in corporate America started in Mexico as a Financial Auditor and ERP Implementation Specialist giving her access to work in the United States and becoming a citizen. She then earned her MBA from University of Alpine, Texas. Karla worked for tier one automotive suppliers Delphi and Superior Industries, Teal Electronics and finished her corporate career with PriceSmart (COSTCO).

Karla has lived a life of service to others volunteering through Catholic ministry doing projects at orphanages and elderly care facilities, medical treatment trips to Honduras and was an active member of Rotaract while at university supported by the Rotary Club of Parral. Locally she has volunteered to serve homeless through Father Joe's Village of San Diego.

Embracing her entrepreneurial spirit Karla started KP Properties & Investments LLC in 2016. She has purchased, remodeled and sold real estate properties and manages short term rentals in San Diego, Las Vegas and Los Angeles. In addition Karla has been in the gold and diamond jewelry business for almost 20 years with her sister selling primarily in Mexico. In 2022 she launched PS I Love You Jewelry to serve clients in the US market and create an online presence. "P.S. You are the diamond."



The past 18 months have been extremely rewarding. She met a guy, married him twice, traveled to at least 15 states with him and has gotten pulled into far too many Rotary & Surfers Unite projects as a result. She would not change a thing honestly.