

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

APRIL 29 2022



SERVE TO CHANGE LIVES

RI President 2021-22
SHEKHAR MEHTA

District 5340 Governor 2021-22
DANIEL GENSLER

LJGT Rotary President 2021-22
JACQUIE REILLY

KNIGHT CAMPBELL



THE OUTDOOR IMPERATIVE FOR LEADERS

Knight will share funny stories, powerful anecdotes and the science behind why leaders should purposefully spend more time outside. Research increasingly shows that time outdoors makes us happier, healthier, and more creative. Knight has taken over 200 leaders out on weekend to month long expeditions all over the US and Alaska. He shares how these trips make leaders better decision makers, more emotionally intelligent, and more resilient among many other benefits. Time outside does not need to be extreme. Knight will offer actionable insights to get the most out of time outside for yourself and your team.

Father, outdoor guide, coach, and leader. Knight Campbell is passionate about the power of outdoor adventure to transform the business leadership world. Knight has led Sailors in the Navy for over 16 years and three deployments. He earned Masters degrees in leadership at the University of Maryland and the Naval War College before teaching at the Naval Academy. A skilled outdoor guide, he leads rock climbing, mountaineering, and backcountry skiing expeditions while offering executive coaching in the wilderness. He is an apprentice rock guide with the American Mountain Guide Association and rock, mountain, ski, and hiking expedition instructor for the National Outdoor Leadership School. As the founder of Cairn Leadership Strategies, he creates a powerful community for leaders using shared adventures, executive coaching, and an MBA-level leadership curriculum through weekend adventures. When he isn't helping leaders elevate, you can find Knight climbing mountains with his wife Leonie or exploring the wild with his daughters.

SPEAKERS AND EVENTS

MAY 2022 - SPEAKER

- 6..... Alison Cobb
climate change / weather and climate research
- 13..... Rotary Club Youth Services Committee
- 20..... Resounding Joy Inc
Music Therapy for General Health and Wellness
- 27..... Cynthia Villis
Rotary





REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO

01

IS IT THE TRUTH?

President Jacquie rang the bell promptly at 7:30 to call the meeting to order.

She mentioned she had attended the Peace Pole Dedication and how nice it was to see the Interactors (or was it Rotaractors?) there. After some discussion from the audience, I think it was determined it was Interactors, no ... maybe Rotaractors I just don't know!

President Jacquie then introduced our Speaker of the Day **Rick Binder**. She let Rick know he was being timed by a toaster. Rick went on to tell us about his Pandemic Vacation. He and Janine did a lot of traveling. Didn't care for Yuma too much but Tucson was okay. Other destinations included Boston, New York, Texas, Palm Springs, and Santa Barbara. Oh yes, on their Maui trip, they decided to get **MARRIED!!!** The toaster went off just two minutes into his stories, so he ignored it and went on to say his job was going well and he is looking forward to many Rotary adventures this year.

Boo-Hoo! We had no visitors attending the meeting in person nor by

Zoom.

Announcements:

May 21, 2022- Road Rally- Still room for more teams - Contact **Kaci Madden**

April 30, 2022- Two Rotarians at Work Day projects - San Pasqual Academy 8:30am to noon- Contact **Jacquie**

Generate Hope in South County - District Anti-Human Trafficking 8:00 to noon - Contact **Kim Schafer**

May 5, 2022 in North County 6:00-8:00 pm- Agua Hedionda Lagoon Foundation, 1580 Cannon Road, Carlsbad- Contact **Nancy Gatschet**

May 19, 2022 in Central County 6:00-8:00 pm - Legacy Center Mission Valley, 875 Hotel Circle South, San Diego - Contact **Nancy Gatschet**

High Fives:

Jim Frost celebrated 42 years of blissful marriage.

Fines:

Lyle Brady for his Rotarian of the Day program last week and his thinking cake was better than Sex. That led to **Rick Clark** making some sorta comment that caused another round of laughter.

Jacquie showed a short movie taken at the Peace Pole presentation.

Our program for today was **Karen Kendrick-Hands** speaking on Rotary's area of focus on environmental sustainability. She co-founded the Environmental Sustainability Rotarian Action Group (ESRAG) because she thought Rotary needed a place for like-minded Rotarians to collaborate that "Service Above Self" is ensuring a stable climate for future generations. She reminded us that Paul Harris not only founded Rotary, but he also founded a conservation and environmental group. Additional information can be found on Rotary International's website.

After the program, a short discussion was had on how we can individually help our eco system.

Several suggestions were made and our Club members seem to be on the right track.

After a couple of cute environmental jokes by Jacquie, the meeting was adjourned.

~Reporter

Lee Ann Cusick

04

WILL IT BE BENEFICIAL TO ALL CONCERNED?

03

WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?

02

IS IT FAIR TO ALL CONCERNED?



PHOTOS FROM 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?

La Jolla Golden Triangle
ROTARY CLUB
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LJGT ROTARY LEADERSHIP 2021 - 2022

PRESIDENT	Jacquie Reilly
PRESIDENT ELECT (2022-23)	Nancy Gatschet
PRESIDENT ELECT ELECT (2023-24)	Dennis Bucko
TREASURER	Sharon Council
SECRETARY	Nancy Gatschet
PAST-PRESIDENT/FOUNDATION	Emidio DelConte



MAY 2022

- May 06 - Jay Hatfield
- May 13 - Jan Bernardy
- May 20 - Janine Pack
- May 27 - Peter Ballantyne



ROTARIAN
 OF THE DAY

SANDI RIMER



Sandi Rimer is going to tell you the story of her life, in 5 minutes or less. She'll be using a new timing device: the stopwatch feature on someone's phone, instead of Jacquie's Toaster Timer. Bring your questions and let's have some fun.

Here are possible topics: PP, TRF, PDG, GSE, MOM, CMS, LJGTRC, CCIM, SRES, RAG, PHF, LA, EYES, WPW, BB, KU. If these are not tempting, think of something new.