

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

APRIL 30, 2021



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

MAY 2021- SPEAKER

- 07.....Ernie Hahn
Wonderbus - innovation in entertainment
- 14.....Cade Metz
AI Innovations
- 21.....Wade Nomura



smallgoods

AMERICAN CHEESES & PROVISIONS



One Small Business' | survival and observations during the times of Covid

Mike Eastwood - co-owner of Smallgoods Cheese & Provisions. Smallgoods started 5 years ago in the La Jolla Open Aire Market. In February of last year, the husband and wife team opened their first Brick n' Mortar - just north of La Jolla Boulevard, on Pearl Street - just as Covid was gaining momentum.



Smallgoods Cheese Shop & Cafe | 7524 La Jolla Blvd, La Jolla, CA 92037 | Tel: 858 886 7217 | info@smallgoodsusa.com

REPORT

from the last meeting



ROTARY ANNOUNCEMENT



NOTICE OF ANNUAL MEETING OF THE MEMBERSHIP OF THE LA JOLLA GOLDEN TRIANGLE

Rotary Club Foundation
**MAY
7
2021**

At the regular meeting of our Club, our Foundation will hold its annual meeting of the Members of the Foundation on May 31st in order to reelect Sharon Council and Tony Grillo as Directors.

President Emidio called the meeting to order promptly at 7.30 am and welcomed Rotarian of the Day Sara Katz.

Sara led us in the Pledge of Allegiance and let us know "She's Baaaccckkk" as a Rotarian, having first joined the organization in 1988/89. Sara is a native San Diegan and was raised in East County. Today she is a proud mom to Justen, who goes to the University of Oregon, and Alena, who is a sophomore at USC. Go Ducks and Trojans!

Sara cut her teeth in political campaign management after working for Pete Wilson and Susan Golding. In 1986 she formed her own consulting firm, K&A (Katz & Associates), which focuses on environmental, public policy, and infrastructure issues. She has been deeply involved in water projects and describes potable reuse as her "first child." At least she

won't have to send that child to college!

Sara's community service includes, but is not limited to, fostering dogs, supporting Rachel's Women's Center, and serving as the movie critic for the Coronado International Film Festival. She also shared photos of her globe-trotting travels to Mykonos, Lake Titicaca, Israel, Oaxaca, Machu Picchu, and Iceland.

Finally, Sara shared that she just learned of the death of her stepson, and she read a moving poem to honor his memory and remind us that life is precious. Rotarians expressed our heartfelt condolences to her and her family as they grieve this terrible loss.

Guests and Visitors

Guest Rotarian Bob Donnelly joined us to ask for help for his wife, Ginny, who desperately needs a kidney. The website is teamginnyneedsyou.com, and you can

also email them at teamginny1@gmail.com. Potential kidney donors are asked to call (805) 517-1717.

Father Sanders introduced his guests: Joy, his daughter, and Deann Rios, a long-time friend who recently joined the staff of Good Samaritan Episcopal Church and is also involved in peace and justice work.

Fines and High Fives

In the interest of time, President Emidio postponed these to the next meeting.

Club Announcements

- Volunteers are needed to help acquire and run the equipment need to run our hybrid in-person/Zoom meetings in the future. Contact President Emidio for more info.
- We are going to have a get-together!! Mark your calendars for Saturday, May 1, 4:00-8:00, Gillespie Airfield. More details to follow.

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?

HERBERT J. TAYLOR

- Kim Shaefer asked for donations of points to help raise funds for the Rotary Foundation.

- David Tansey announced that the Lawyers Club of San Diego is sponsoring an in-depth conversation about how traffickers gain access to children online and what parents can do to combat it. The event is free, is open to non-members, and takes place Thursday, April 29, at noon. Register at lawyersclubsandiego.com/events by 4/28.

- Rick Clark showed a great video of our own Steve Brown talking with Martha Raddatz (This Week with George Stephanopoulos) about the impact of the U.S. withdrawal from Afghanistan on the Rotary Club school in Jalalabad. Steve said he is “hopeful but not optimistic about the programs going forward.”

Program Summary:
Understanding
Feedback Loops

in Three Words,
presented by Bryan
Green

Kaci Madden introduced our speaker, Bryan Green, who was joining us from Japan, 12:30 a.m. his time. Bryan is the founder of Go Be More Apparel, and author of the book, “Make the Leap: Think Better, Train Better, Run Faster”. Although his background is running, and his book is aimed at young runners, his true passion is sharing powerful ideas to help all of us Go Be More in life. His website is gobemore.com, and he offers podcasts as well.

He pointed out that feedback loops appear linear in the beginning, which can be misleading, as their benefits increase exponentially over time. He pointed out that typically our growth begins with a Build phase, then over time enters a Leap phase where we see dramatic improvements, and then enters a Sustain phase. Improving the feedback

loop gets us out of the Sustain phase and into a new Leap cycle. To accomplish that we must look at three factors: Quality, Retention, and Consistency. He left us with an inspirational quote from Michael Gelle: “Champions know that success is inevitable. That there is no such as failure, only feedback. They know that the best way to predict the future is to forecast it.”

Adjournment

President Emidio announced that Mike Schwartz will be Rotarian of the Day and Mike Eastwood will be our speaker next week. He adjourned the meeting at 8:30 a.m.

~Recorded by

Debra Kelley

La Jolla Golden Triangle
ROTARY CLUB
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P.O. Box 13023
 La Jolla, CA 92039
 www.LaJollaGTRotary.org

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



O The range

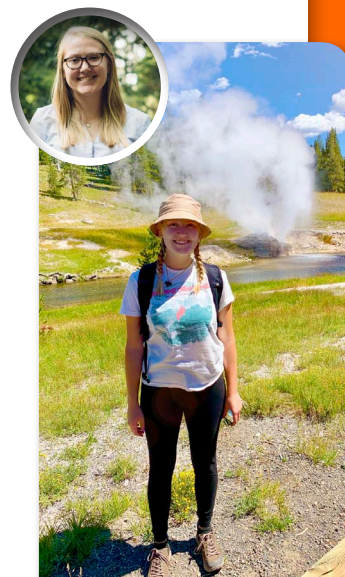
*At lunchtime I bought a huge orange—
 The size of it made us all laugh.
 I peeled it and shared it with Robert and Dave—
 They got quarters and I had a half.*

*And that orange, it made me so happy,
 As ordinary things often do
 Just lately. The shopping. A walk in the park.
 This is peace and contentment. It's new.*

*The rest of the day was quite easy.
 I did all the jobs on my list
 And enjoyed them and had some time over.
 I love you. I'm glad I exist.*

— Wendy Cope

Erin is the Service Director of the Pacific Beach Rotaract Club, and the Service Director for the Rotaract district. She graduated from UC Santa Cruz in 2019, and now she works with the Braille Institute in Youth Programs and at Urban Street Angels with homeless youth.



ERIN MULLIGAN



ROTARIAN
 OF THE DAY