

# THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

APRIL 5 2024



RI President 2023-24  
**GORDON MCINALLY**

District 5340 Governor 2023-24  
**DON FIPPS**

LJGT Rotary President 2023-24  
**CHRISTY WHITE BROOK**

**DIVYA KAKAIYA, PH.D. M.S.**



## AOS MEETINGS AND SOCIAL EVENTS

April 26th ..... LJGTRC Fundraiser

1st Friday of the Month ..... Community Services Committee  
(follows club meeting)

2nd Friday of the Month ..... International Services Committee  
(follows club meeting)

3rd Friday of the Month ..... Youth Services Committee  
(follows club meeting)

4th Friday of the Month ..... Peace Committee  
(follows club meeting)

## HEALTHY BRAIN AGING AND BRAIN INFLAMMATION

This presentation will be a short overview of aspects of our lifestyle that allow us to have health in the most important organ of the body - the brain! A brief introduction will be given to the rise of anxiety among youth that we serve. Root causes of brain inflammation will be identified. Encouragement to think of brain health conditions versus mental health conditions will be explored.

Dr. Divya Kakaiya is a Psychologist and a Neuroscientist who obtained a Post Doctoral Degree in Clinical Psychopharmacology in 2011 to become a prescribing Psychologist. It backfired on her when she became aware of the significant negative side effects of medications. She then became an Integrative Psychologist! She serves on numerous Boards. The one she is proudest of as of right now, is UCSD Chancellor's Community Advisory Board (CCAB), where she gets to be a thorough advocate of all aspects of UCSD. The person she serves the most is Betty Peabody...if she asks Divya says YES!!!





# REPORT

from the last meeting



## UPCOMING SPEAKERS



2024

### APRIL - SPEAKER

- 12.....George Haligowski  
The Valle de Guadalupe:  
the new darling of the wine world
- 19.....Stephen Tako,  
Mike McQuary, Sarah Saluta  
The Confident Life Antibullying Program
- 26.....Steve and Lisa  
The Waves Project

### MAY - SPEAKER

- 3.....Matthew Bainbridge, PhD  
Bridging the gap: bringing the genomic  
revolution to the underserved
- 10.....Fary Moini & Steve Brown  
Fary's Story
- 17.....Toastmasters  
The Power of Public Speaking

Pretty in Easter pink, **President Christy** opened by introducing ROTD **Ellen Bryson**, our perennial celebrant of Easter. The pic of her holding a baby Dutch bunny to muster a crew for Easter basket assembly is a Club favorite. The Easter 2024 basket crew assembled 231 baskets in one hour for the Salvation Army's Door of Hope residents. Guinness Book of World Records, take note.

Ellen recounted a few real estate tales from over the years, highlighting such religious diversity as one property on the same "heavenly" land (but up the hill) from 1997's Heaven's Gate house and another property that she sold to the Sisters of Notre Dame for their beautiful school in Carmel Valley. Ellen finished with a great video clip of her as a guest on Luxury Real Estate tips, specifically emphasizing that one's agent should be on site for every showing to 1) ensure that the atmosphere is inviting (eg, fresh air not stale), 2) answer questions about the property, and of course 3) get the property sold.

**Christy** then LIGTR-mugged **Ellen**. She also mugged **Wayne Davis** for his exemplary vocational service to the Club via his architecture background. Many thanks, Wayne! Rotarians on Zoom were **Irwin Rubenstein** and **Jane Helmer**.

**President Elect Luke** (of Luke and Bonnie at the Front Desk) introduced visitors: visiting Rotarians **Sandeep** and **Dr. Jenny Parker**, and our own moved-away **Matt Shillingburg**, now with the Rotary Club of Port Orchard, WA. Matt invited our Club members to a Saturday, June 15 ceremony (10:30 am) installing a plaque on Mt Soledad to honor his father's service in underwater demolition teams.

We wished **Fr Wayne Sanders** a very Happy Birthday. **Christy** provided not-too-gentle reminders to **Mike Bardin** and **Rick Clark** that their wives' birthdays are today. Rock on, Wayne, Arlene, and Nilsa!

**Carolyn Fritz** recounted our Club's participation in the habitat restoration project on March 23 at Cardiff State Beach. Those of us there learned to identify and then pulled A LOT OF invasive species, played with a few caterpillars and ladybugs, and learned about the Living Coast. The project reduces flooding on Highway 101 by building up the sand dunes and then planting native species whose roots hold the dunes in place against winter winds and tides. Invasive species take nutrients and space from native species, but don't have the deep root structures to anchor the dunes. All who participated agreed that it was a productive and relaxing morning that we'd like to do again. Thanks for creating this experience for us, **Carolyn** and **Jane Helmer**.

**Dr Jenny Parker** of Solana Beach Eco Rotary invited us to an amazing (free) District Environmental Solutions Summit on Sunday, May 19, 10 am - 3 pm at San Dieguito County Park, 1628 Lomas Santa Fe, Del Mar. Five featured environmental topics will include tree planting and revegetation, saving pollinators, litter cleanups, plastic solutions, and food waste reduction. Rotary Club projects in the environmental sphere will also be featured (application deadline is May 10). Register at Environmental Solutions Summit | Rotary District 5340 (d5340environment.wixsite.com)

**Christy** invited us to participate in the My First Home Project on Saturday, May 11, helping young adults who have transitioned out of foster care to set up their first homes. Three roles are available: Shoppers (help them to pick out/mark items from the Just in Time warehouse; 8:30 am - noon), Movers (help load and unload selected items into vehicles; 8:30 am - noon) and Drivers (drive your own SUV, truck, or van to the new home; 10 am - 2 pm). "Remember moving into your first home? Imagine doing it without the support of a loving family." The sponsoring organization Just in Time also seeks NEW items to stock the warehouse: Target/Walmart gift cards, bedding/sheets, comforters (queen), towels and bathmats, vacuums, toasters, cleaning supplies, microwaves, Tupperware sets, knives and cutting boards, pots, pans, dish sets, silverware, glassware, lamps, irons and ironing boards. Talk with **Christy** or donate directly via [bit.ly/jitmfh](http://bit.ly/jitmfh) (619-657-6954).

**Christy** advised that our Board approved allowing dues to be paid via credit card on file (complete one of the forms on tables; can give to **Sharon** or **Christy**). A \$6 fee will be charged for each transaction.

Our Program Coordinator Par Excellence **Stephen Tako** announced that last week's presenters Pointworks (<https://www.pointworks.org/>) have donated two tickets for their inaugural performance on June 20 at the Conrad Performing Arts Center in La Jolla. A world premiere, the performance of five pieces will present a captivating joyfulness of dance, music, and surrounding oneself with creative and inspirational artists. Stephen will auction the tickets at the April 5 meeting. **Past President Jacquie** is organizing a dinner/ballet performance group to attend the event.

**Past President/VP What-would-we-do-without Linda Stouffer Wallis** invited us to the Club Wine Soiree on April 26 at the UCSD Faculty Club. It is a FUNraiser, and not simply a chance to sip distinguished wines in a world-class intellectual setting. Auction items so far include sailing with Jim Frost, dinner at Rich Papike's, two nights at a private B&B winery in the MX Valle, use of a condo off-season in beautiful Whistler, BC (September 8-15), and of course Eric Freeberg's incomparable selected wines. **Garry Kachkovsky** is sending out the invitation to Club members and guests each week. This promises to be a wonderful event.

**Past President and Font of Eternal Energy Brett Morey** and Birthday Guy **Fr Wayne** invited us to participate in the upcoming Red Shoe Day on Wednesday, May 22 benefitting Ronald McDonald House Charities, meeting in the PF Chang's parking lot.

**Past President Bev Laursen**, also of the ZLAC (the initials of the four founding women's first names) Rowing Club, invited us to this year's 51st Crew Classic on Friday, April 5 from 3-7 pm (Crown Point Shores Park). Bev introduced our speaker **Susan Francia**, a two-time Olympic gold medalist, whose mother (biochemist **Katalin Kariko**) has been awarded a Nobel Prize in medicine and the UCSD Scripps Institution of Oceanography Nierenberg Prize. Such a gene pool -- tall, athletic, competitive!

Susan is an incredibly engaging and natural speaker. Emigrating with their family from

Hungary and the Iron Curtain in 1985, Susan's parents had to sell their Yugo on the black market and sew the proceeds into 3-year-old Susan's teddy bear to leave for the USA. At 6'2" tall in 9th grade, she was the first pick of every basketball and volleyball coach -- only to have them learn that she couldn't catch a ball. She attended the University of Pennsylvania, made the Dean's list, but didn't play sports there. Her mother advised that academics were most important, as "we didn't come to this country for you to screw around." After graduating with honors, Susan joined the US women's rowing team (Coach: "You're decent. You could go to the Olympics.") At that time everyone on the team was 6'2"-6'3" and performance was okay. BUT in 2008 after strenuous tryouts the team assembled would win Olympic gold in Beijing, leading from start to finish (Susan's internal race dialogue identical to the fighter pilot's prayer: "Don't f\*\*\* this up"). At this point Susan brought out her gold medal and placed the red ribbon around her neck, to our awe and applause.

A favorite memory was at the Beijing Olympic Village McDonald's, where athletes would gather (but not for the fast food, which most of them couldn't/wouldn't eat). "Once you've won gold, you can get in anywhere and do anything in the Olympic Village." There Susan met Dwight Howard, who put her gold medal around his neck (faux pas). They were joined soon after by Kobe Bryant. And for that one moment in time, as she watched these basketball icons appreciate her gold medal, Susan realized that she had something -- Olympic gold -- that neither Dwight nor Kobe had.

Returning to SD, Susan applied to 50 jobs and got two interviews (they asked if she'd brought her Olympic gold medal; she had). She went back to the Olympic Training Center. Rowing on Otay Lake one day she decided to go back to the Olympics for a second time. This time it was harder; she had a record to uphold and had sustained a disc injury in her lower back. The team once again won gold at the 2012 London Olympics (she brought out this second gold medal on its purple ribbon). She showed us that the face of the medal is the goddess Nike, the goddess of victory.

Returning to SD, Susan coaches rowing, impacting the next generation of rowers. Her spirit was willing but her body did not want to go to the 2016 Olympics. She works in business development at a SD biotech, leading a team that sells reagents. Susan became a parent of a 3 year old and a 2 month old, and she notes that being tired from training for the Olympics is NOTHING compared to being tired as a parent. Susan is featured in the book *The Path to Elite Level Leadership*. During Q and A Stephen Tako acknowledged their mutual membership in the Hungarians Over 6 Feet Tall Club.

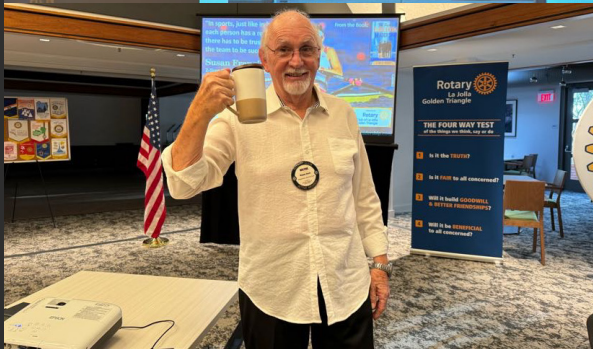
**Christy** closed our meeting with a round of announcements: **Jim Davies** was about to retire on Friday, March 29 as his last day of work. Yeehaw! **David** and **Sarah Chong** are about to begin the Camino de Santiago in Portugal. And Community Service meets right after the meeting.

~Reporter

Cynthia Villis



# PHOTOS FROM LAST MEETING



## Membership Tips:

IT SOUNDS SIMPLE, BUT THE MOST EFFECTIVE WAY TO GROW MEMBERS IS "ASK SOMEONE"

REPEATEDLY INVITE PROSPECTIVE MEMBERS UNLESS YOU GET A DEFINITIVE "NO" FROM THEM.

ENSURE THAT PROSPECTIVE MEMBERS FEEL IMPORTANT. INTRODUCE THEM TO OTHER MEMBERS AND SIT WITH THEM.

"Rotarian At Work!"

## 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

La Jolla Golden Triangle  
**ROTARY CLUB**  
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**LJGT ROTARY LEADERSHIP 2023 - 2024**

- PRESIDENT .....Christy White Brook
- VICE PRESIDENT ..... Linda Stouffer Wallis
- PRESIDENT ELECT (2024-25) ..... Luke Ervin
- PRESIDENT ELECT ELECT (2025-26) .....David Chong
- TREASURER ..... Sharon Council
- SECRETARY ..... Ranjan Lahiri



**APRIL 2024**

April 12 - Jim Davies

April 19 - Allan Galgut

April 26 - Irwin Rubenstein



**ROTARIAN**  
 OF THE DAY

**RICH PAPIKE**

Rich was born 78 years ago to an American hockey playing steel worker and his lovely Canadian hockey fan wife at Mercy Hospital. He was raised in the East County, played baseball, hung out with his buddies and graduated in the top 72 percent of his class at Monte Vista High School.

His dreams of playing professional baseball evaporated when a scout once said to him. "Are you talking to me?" After going to Cal and marrying Cheri, he continued his Colliers Encyclopedia career until he was arrested for the third time in Arizona for soliciting without a license. It was at that point that he returned to San Diego and in 1971 joined a recruiting company named Dunhill. One year later, he and his soon to be partner Gary van Eik bought the company and ran it semi successfully for 52 years and sold it in late 2023. He is currently working with his son Alex who started his own firm at the beginning of 2024 but is on the precipice of finally retiring (he still hates that word)!

Rich and Cheri have two sons, Chris and Alex, five grandkids, Luka, Zoe, Wes, Sky and Macy all of whom have finished college and have jobs...hallelujah! They also just learned that Luka and his bride Anna are pregnant, and they will be having their first great grandchild in September!

After talking about downsizing forever, they have just bought a smaller home in the Covenant of Ranch Santa Fe and will be moving there in the next 2-3 months. Yes Bev, they can still host the chili cook off at the new place!

