

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

AUGUST 07, 2020

[www.lajollagrotary.org](http://www.lajollagrotary.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

### AUGUST 2020- SPEAKER

14..... How COVID-19 has impacted the work place  
Vocational Committee meeting Rick Binder

21..... Natural Resources Director Imperial Beach/river project  
Chris Helmer

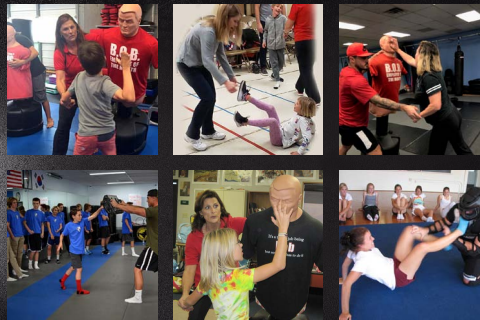
28..... Solutions for Change  
Chris Megison

### SEPTEMBER 2020- SPEAKER

04..... SD3d Printing  
David Feenley

11..... Thinking Inside the Box: Reflections on Service  
Charles Hartford

18..... Movement and Longevity  
Andy Hsieh



TRACIE ARLINGTON



Tracie Arlington, is the owner and lead instructor of Play It Safe Defense. She has her black belt in Tae Kwon Do and has been teaching self-defense courses since 1998 to adults, teens, and children. Tracie has appeared on Dr. Phil and the Doctor's TV as an expert on self-defense and family safety. She is also on the San Diego Crime Stoppers Board of Directors. Her classes have been taught to hundreds of thousands of children, teens & women since 2003. Tracie is also a nationally certified instructor for the Women's Self-Defense Community.

SAFETY AND  
SELF-DEFENSE  
**TIPS**  
FOR YOU AND YOUR FAMILY



[PlayItSafeDefense.com](http://PlayItSafeDefense.com)

# 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?

We kicked off the last day of July with President Emidio opening the meeting wearing a most colorful Hawaiian shirt and contracting, non-matching tie. As the meeting progresses it was obvious that I did not get the memo as there were notably several other non-conforming shirt and tie out fits in prominent display.

### Our Rotarian of the Day

Kaci Madden led in an opening prayer and our Pledge of Allegiance. Kaci shared a few life changes since 2018 when she was last Rotarian of Day, beginning with the arrival of their first child, Isley who just turned 15 months old on Thursday. In the role of being a Mom, she has received 3 life lessons:

- Walking Isley to the beach taking about 45 minutes to go about 0.4 miles Isley needed to stop and smell every flower, pick up every leaf, wave at every person along the way takes a lot of time - Life Lesson 1 - Patience.
- As a result of the walk to the beach, realizing the here & now, to appreciate the moment and surroundings not worrying about the future also provides a more grateful heart. Life Lesson 2 - Gratitude
- Isley became very upset when she finished her carrots and hummus, even with Kaci there with a cookie from Nonna (Isley's Grandmother) she didn't realize what a treat was coming. We all tend to fall into these situations not realizing there is something that will come along that surprises us in a positive way. Life Lesson 3 - Expectations.

### Introduction of Guests:

Brett introduced Sara Katts and Bev introduced Chris Roberts

### Fine Master/HI 5's:

- Lori Bende had a hi-5 in celebration of getting laser

treatment for the nose she broke some time ago (AKA "Asphalt Tattoo" as it is the same laser treatment used to remove tattoos)

- Brett had a hi-26 in celebration of their 26th wedding anniversary.
- Rich had 2 hi-5's - one for getting in a 5-hour game of heavenly golf with Denny and one for his mother who never made him eat carrots and hummus.
- Steve Brown had hi-5 recognition for a \$15,000 grant to Uzbekistan for the treatment of the Covid virus.
- Rick Clark gave a hi-5 and recognition for Frank McGrath just recovering a scalp cancer treatment.

Lori summed up the Fine Master role by recommending we all adopt the dress code set today by Emidio and others for our next meeting.

### Announcements:

Emidio reminded us to be sure to join in on the Merlot Mondays Bev announced a planned walking event (Bridges and Canyons) tentatively plans for August 16th around 11 AM. More info to follow. Jim Frost mentioned a possible Rotarian "light" work project associate with cleaning up a part of the UCSD Preserve System located at the north end of Mission Bay. More info. To come.

### Covid Update by Dr. Antonio Grillo Lopez:

Antonio noted the highest number of Covid incidents occur to those between 50-59 with the mortality increasing with age. His presentation included how some of the vaccines now being tested are developed, using combinations of RNS, DNA, T-Cells etc. (too much for me to absorb and report accurately on - forgive me Antonio) But the bottom line being that there are some vaccines in final

trials looking promising to create antibodies.

### Program for the Day

Nancy introduced Brian Dougherty of the San Diego Humane Society. The Society is the oldest non-profit organization in San Diego and has been around for 140 years. In addition to the most commonly known functions of the Society, that of animal rescue, adoption and placement of animals, they provide behavior training, vaccine clinics, humane law enforcement, provide a foster program for animals, recently opened a Wildlife Rehab Center and have the first Center for Shelter Medicine in California. They provide care for over 50,000 animals each year, 40,000 companions animals, 12,000 injured or orphaned wildlife consisting of more than 300 species where San Diego is one of the most diverse wildlife areas in the US.

The Humane Society goal is to achieve "0" animal euthanasia. A big part of achieving that is their Community Cats program - to bring down the number of feral cats by neutering. They provide free to low cost neuter surgery and have established the first Kitten Nursery in the US. The Humane Society has several volunteer opportunities available, including fostering, dog walking and cat sitting. You can contact the Humane Society for more information if interested in a volunteer opportunity.

Our dapper President Emidio closed the meeting with a few quips from Will Rogers—

*"Good judgment comes from experience, and a lot of that comes from bad judgment."*

*"There are two theories to arguing with a woman. Neither works."*

*"Never kick a cow-chip on a hot day."*

# La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

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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) .....	Dennis Bucko
TREASURER .....	Sharon Council
SECRETARY .....	Nancy Gatschet
PAST-PRESIDENT/FOUNDATION .....	Kimberly Schafer



### AUGUST 2020

14.....Ellen Bryson  
21.....Alex Monroe  
28.....Christina Nowacki

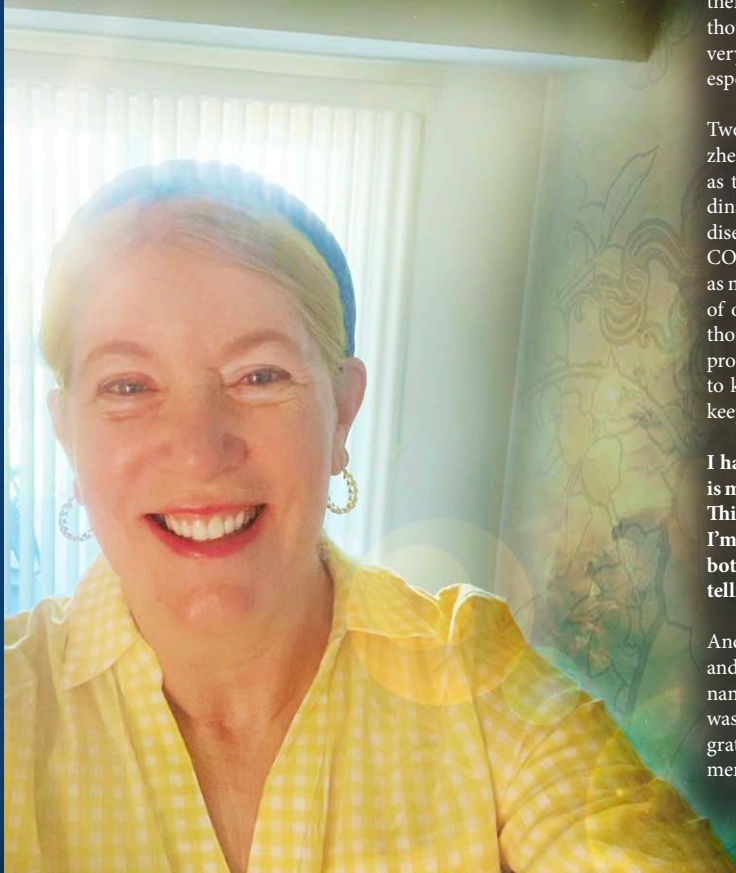
### SEPTEMBER 2020

04.....Sheila Henry



ROTARIAN  
OF THE DAY

KIM  
SCHAFER



I was delighted and honored to join the La Jolla Golden Triangle Rotary Club in 2013, and have found that indeed it IS The Most Dynamic Rotary Club in the World! Our Club projects continue to inspire me, and I feel like Club members have become family. I can't believe how quickly the last 7 years have flown by! During that time, I have continued to work at UC San Diego. When I joined the Club I was the Administrative Director of the Center for AIDS Research, working with the world's top HIV researchers. As a note, I even have emails from Dr. Tony Fauci from a few years ago, who replied to two emails I sent to him on behalf of my Director, Dr. Douglas Richman. Dr. Fauci was so down to earth in his replies - starting them with "Hi Kim", and signing off "Tony", even though he didn't know me at all - he knew my boss very well and that was enough. I treasure those, especially right now!

Two years ago I moved within UCSD to the Alzheimer's Disease Cooperative Study, where I serve as the Director of Clinical Operations. We coordinate multicenter clinical trials for Alzheimer's disease, and currently have 9 ongoing studies. The COVID-19 pandemic has made life.....not dull.... as navigate how to ensure the safety and protection of our vulnerable study participants, particularly those taking double-blind study medication. I am proud to say that the team has worked very hard to keep our studies going while at the same time keeping our study participants safe.

I have also established BringThings, Inc., which is my passion project. Our first product, the Ring Thing, will launch in the next 1-2 months and I'm very excited. Entering the business world is both scary and exciting, and I look forward to telling you about the Ring Thing on Friday!

And, most importantly, I had the great privilege and blessing to serve as President of The Most Dynamic Rotary Club in the World this past year. It was one of the great honors of my life, and I am so grateful for the opportunity and support of every member of this incredible Club!