

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

AUGUST 14, 2020



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*

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

25..... Rotary & Peace Corps: Partnering for Peace
Cal

The Impact of COVID-19 on Human Trafficking Victims and Survivors

JAMIE BECK



Jamie Beck is the President and Managing Attorney of Free to Thrive, a nonprofit organization that empowers survivors of human trafficking to be free from exploitation and thrive by providing them with legal services and connections to additional support.

Prior to launching Free to Thrive in 2017, Jamie practiced civil litigation for five years at Procopio, Cory, Hargreaves & Savitch LLP. Jamie also worked as a judicial law clerk to San Diego district court judge Michael M. Anello. Jamie received her law degree from the University of San Diego School of Law.

Jamie was the 2016-2017 president of Lawyers Club of San Diego and founded the Lawyers

Club Human Trafficking Collaborative. She currently serves on the Dean's Advisory Board of the Joan. B. Kroc School of Peace Studies at the University of San Diego. Point Loma Nazarene University recognized Jamie's contribution to the fight against human trafficking, awarding her its inaugural 2016 Hope Rising Award. She also received the San Diego County Bar Community Service Award for Outstanding Service by a New Lawyer and the San Diego Rotary Peace Award in 2018. The American Bar Association also included her among its eight "members who inspired us in 2018" and in November 2019, Jamie will receive the USD Law Distinguished Alumni Rising Star Award.



REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE
THINK, SAY OR DO

01

IS IT
THE TRUTH?

Sara Miceli said Tucker is starting at La Jolla Country Day.

The ROTD and illustrious past president Kim Schafer started the meeting with the pledge of allegiance and a quote from Christopher Hass. She shared her latest venture, which is a new business called BringThings, Inc. Her first product is called the Ring Thing and is an inexpensive alternative to make sure you always know where your jewelry is! While not working on her new venture, she is busily working on an Alzheimer's clinical trial at UCSD, for which they are enrolling 350 patients. Way to go Kim!

We had many guests at the meeting. OF the many guest, we had Jenna Lavalieri and SurfDog Turbo as first time visitors.



Prior to the meeting and while at the break out room, Cynthia mentioned that Rotary International has selected its first woman president. Jennifer E. Jones, a member of the Rotary Club of Windsor-Roseland, Ontario, Canada, has been nominated to become Rotary International's president for 2022-23, a selection that will make her the first woman to hold that office in the organization's history 115-year history.

Fine Master:

Susan Schwartz, fine master extraordinaire, opened by offering a high five for our first female RI president, Jennifer Jones. Pam Russell, joined her as well with another high five for Jennifer Jones.

Brett gave a high five to honor his bride of 26 years (she must be a saint!) for her new position with the school district.

One of funniest and most eloquent members, Mr Dennis Jacobs, was beaming when he gave a high \$4 (which got turned into a high \$5) for getting a sweet post card from his niece.

In an effort to continue in good standing with the club, Emidio gave a high five because he is yet to get impeached. Keep it up buddy, we are not that easily bribed.

Mike Bardin gave a high five for his grandsons Eagle Scout court of honor. For those not familiar with the scouts, this is a huge accomplishment and one achieved by very few. Congratulations!

Lori Bende gave a high five for the speaker today. They have been training with Tracie

Alex Monroe gave a high five for spending a week in Lake Powell and driving 16 hours round trip with 6 kids.

Antonio J. Grillo-Lopez gave a high five for his grandsons 1st birthday on the 10th.

Announcements:

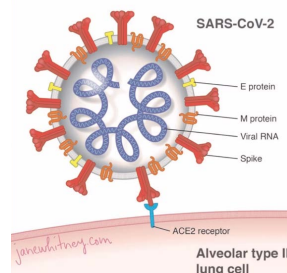
Our very own Pam Russell just got appointed as to District Council on registration legislation.

Emidio announced the community service meeting, hosted by Denny, immediately following our regular meeting.

Emidio is encouraging all members to join Merlot Mondays at 5:30 (just in case for those wondering, it really is on Mondays).

Jim Frost, ask us to save the date: September 12th for the Light cleanup project at the UCSD Kendall-Frost reserve. Details to follow in the next few weeks

Brett announced for those who wish to serve the Veterans Aug 14 @ 1PM - 2PM in Oceanside text him at 858-602-2532 or email at bretthmorey@gmail.com.



COVID Update:

Antonio gave us an update on COVID. This is his update number 11. Antonio has now named this the "great pandemic". Today he gave us a lesson on immunology and vaccine. With great graphics, he went on to teach us about immunology and how the body is constantly having to defend itself from infectious diseases. Most of the infectious diseases we know something about. However, COVID-19 was a strain for which we have had to learn a lot in a very short period of time. One of the things we have learned is how this virus can be treated.

We can use the proteins to create a vaccine and use it against the virus itself.

Antonio, de-bunked the thoughts that T-Cells produce antibodies. Instead, he suggested focus on the use of proteins to create an antibody vaccine to use against the virus itself. These antibodies would be created by B-lymphocytes and plasma cells and would these attach themselves to the spike proteins. When it attached to the spike protein, it destroys the virus. IN general, the

antibodies and T-cells act together to protect the body from foreign agents such as the Corona Virus.

Guest Speaker:

KC Madden introduced our guest speaker Tracie Arlington. Tracie, a certified national instructor for the Women's Self Defense Institute, is a strong advocate of child safety and self defense training. She specialized in self-defense for kids and young adults, although she has quite a few adults taking her classes.

She will be sending (via KC) a handout with tips to use during these times. She is a ball of fire and energy, and I have attempted to gather here as much information as possible in this very important subject.

First of all, the good news at this time is that personal boundaries are much larger (at least 6 feet right!) and people are much more aware of their surroundings. This has helped reduce personal crimes. With that said, she would prefer a much larger boundary when you are feeling threatened.

Here are some of her safety tips:

Awareness – This is key to your safety. Predators are looking for people that are unaware and distracted (looking at their phones is the top distraction these days). She stated that 90% of the time we know our attacker. For all of us, its important to make sure you are aware of what's around you at all times.

Boundaries – Keep a safe distance from a stranger. The preference would be 21', for you to be "safe". If helping a stranger, step back if you have to take your eyes off the person. Predators will tend to step forward into your personal space.

De-Escalate – If in a situation where you feel threatened, try to de-escalate the situation first. Try to keep calm and do not engage. There is a lot of tension these days and you don't want to aggravate the conflict.

Personal Protection – "layer" your protection. You can use video cameras at home, specially at the front door. She showed a number of potential impact weapons (umbrella, pen, heavy flashlight, etc.). You can also carry a small personal alarm on your key chain or hang it on a door for motion detection. Pepper spray is also good to carry on your key chain although be careful as it can be used against you!

Finally, if you all 911, tell them the exact problem. They will be able to track your phone, but if you have an address or landmark to give that is good as well.

Emidio closed the meeting with his usual funny quotes. "You know you're getting old when everything dries up or leaks" I hope this one never becomes true!

04

WILL IT BE
BENEFICIAL
TO ALL
CONCERNED?

La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

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



AUGUST 2020

21..... Alex Monroe
28..... Christina Nowacki

SEPTEMBER 2020

04..... Sheila Henry
11..... Diane Day



ROTARIAN
OF THE DAY

E L L E N B R Y S O N



Ellen Bryson is a native Californian, born in Hollywood, grew up in the San Fernando Valley "Valley Girl" and now has lived in San Diego for 40 years.

She is a graduate of the University of San Diego School of Nursing. Her first career was as a registered nurse working in the emergency room and recovery room. She then created a healthcare public relations / marketing firm with clients in both San Diego and Orange County.

A few years back, wishing she had something stylish to wear with a Rotary logo she became a Rotary International licensee creating a sportswear line for men and woman. Her company grew to be one of the top U.S. licensees. She then sold it to All American in Chicago – the birthplace of Rotary!

This journey led to the perfect career for her – Real Estate. Her mar-

keting, public relations and sales experience have helped her be Presidents Circle consistently in the top 50 Coldwell Banker realtors in the San Diego / Temecula Valley. Her daughter **Wendy** is a realtor and joined **Ellen** 7 years ago. This mother and daughter team enjoy making their client's dreams come true!

Community Service is a very important part of Ellen's life. She was the 3rd woman to join the LJGTRC where she then co-chaired the 3rd Cheers for Charity with Stu Brown, Chaired Community Service multiple times and has served on the LJGTRC Board.

In 2003, the Salvation Army honored her as a "**Woman of Dedication**" for the volunteer time she has given to San Diego charities over the past 35 years. She is past president and currently serves on the Boards of The Salvation Army and Patrons of the Prado, raising funds

for their 10 museum beneficiaries.

Ellen and her husband **T.K** have been married almost 30 years and live in Del Mar. **TK** is a retired Cardiac Anesthesiologist. They have three children and two grandchildren.



Ellen Bryson

REALTOR® | CalRE#: 01788786

Coldwell Banker Realty, Del Mar
3790 Via De La Valle Suite 301,
Del Mar, CA 92014
D: 858-945-2522 | O: 858.755.0075
Ebryson@san.rr.com

www.EllenBrysonHomes.com

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