

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

AUGUST 28, 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

### 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

### OCTOBER 2020- SPEAKER

02..... International committee

09..... Tandem Diabetes  
Lisa Larkin



## SOLUTIONS FOR CHANGE

Solutions for Change was founded in 1999 by social entrepreneurs Chris and Tammy Megison because they didn't think it was right for babies to be sleeping on the floor of an emergency winter shelter. Prior to starting up Solutions for Change, the Megison's developed and directed work and housing programs that helped thousands of homeless men get jobs, pay rent and earn their way back into society through an intense boot camp style program.



**CHRIS MEGISON**

[SolutionsForChange.org](http://SolutionsForChange.org)



# REPORT

from the last meeting



## THE FOUR WAY TEST



OF THE THINGS WE  
THINK, SAY OR DO

01

IS IT  
THE TRUTH?

Personal evil twin of mine **Alex Monroe** launched ROTD with the Serenity Prayer, which we really cannot hear often enough in a year like this. Alex proceeded to give us a rundown on his take of the Brady Bunch: his sons Jack (12), Emerson (10), and Willem (6); Alice's daughters Trinity (11) and Violet (5); and because Alex and Alice love each other very much, Persephone (.25). The blending and expanding family is virtually Alex's complete update from the past 3 years, as this Brady Bunch keeps themselves busy.

As plans are apt to go in 2020, the family had three vacations planned but only one came to fruition. But the one that did happen was worth it as they joined their bubbling family (relatives in their coronavirus isolation bubble) on a houseboat at Lake Powell. As the underwater extension of the Grand Canyon, the family enjoyed exploring and swimming into its many desolate fingers.

Further torturing the English language beyond turning "bubble" into a verb, Alex introduced us to "Covid Fakations". Alex attributes this development to Alice. At this event a country is randomly chosen and for the evening cuisine from that country is prepared and the older kids tell facts about the country. Recently England was the pick which produced a skit about George III and an opportunity to knock down a bottle of Pimms.

In addition to his day job at Stifel, in the afternoons Alex begins his moonlighting gig as P.E. coach. With a full basketball team plus reserve at his disposal he's getting the training started early. Wearing sweats in this weather has been uncomfortable, but not as uncomfortable as allowing **Brett Morey** to stalk him to fawn over his calves.

Speaking of our esteemed (and apparently jealous) Past President Brett, he brought Toby Johnson and Matt Shillingburg as guests. Matt thanked the club for participating in the Veterans Association of North County food drive. Esteemed Past President **Bev Fritschner** re-introduced Chris Richards, who will soon be a Most Dynamic member. Soon-to-be-esteemed President Elect **Jacquie Reilly** introduced guest Richard Bolin. **Sheila Henry** brought

her partner Lyle Brady. A review of several recent Golden Rotarians revealed that Sheila both frequently brings Lyle and infrequently identifies his surname. We apparently recently had a "Lyle Brady" as a guest, so for this write-up it's Brady.

With great enthusiasm, **Fine Master Lori Bende** exclaimed: "We have dirt this week!" **Frank McGrath** caught grief for reading the newspaper during what must have been a less-than-Most-Dynamic moment. Joining Jacquie for a walk, **Fary Moini** was forced to shorten her standard daily walks of 3 to 4 hours to a mere 5.5 mile stroll down Lomas Santa Fe en route to San Dieguito Park. Brett assured that should anyone need rescuing.

In the world of High 5's, **Ron Kohl** celebrated Letty's birthday by bringing her to our meeting and with a staycation at Harbor Island. As a professional travel agent, apparently, Ron obtains access to ADA rooms (not really, sounded more like a quirk). Sheila's granddaughter is headed to medical school. **Krishna Arora** recently received approval for a District Grant for handicapped children in India.

Announcements: Rotary Board meeting next Thursday 7am (which occurs after the distribution of this newsletter). Merlot Mondays visited Athens last week and will be hitting Florence next week, with the event running from 5 to 6 pm.

**David Tansey** reported that Pathways to Peace is expanding into content related to racial equity, undertaking the 21-Day Racial Equity Habit-Building Challenge organized by the American Bar Association. Daily readings and Zoom discussions will help build these habits. Participants also read and discuss the book How to Be an Antiracist by Ibram X. Kendi. Contact David if interested in participation. All are welcome. Also, the Peace Committee will meet next Friday morning after the LJGTR meeting.

**Ron Kohl** announced an upcoming Rotary Social Distancing Road Rally. Rules are shaping up to be: cars limited to 2 people; most clues answered from within the car; awards for 1st, 2nd & 3rd; no risk of winning

because **Kaci Madden** is still on the hook for the next one (and never has there been such anticipation of a Road Rally with all the promotion and pre-hype). The Social Distancing Rally will end roughly around San Diego, with the potential for a hotel option. **Rick Binder** & Janine Pack are planning partners in crime, with Rick commenting "It's going to be messed up". Rick has previously established his authority on this topic. Shooting for the end of Oct for an event date.

Jacquie introduced our speaker Chris Helmer, a SD native who serves as the Environmental & Natural Resources Director at the City of Imperial Beach. Some takeaway facts:

- Imperial Beach is surrounded on 3 sides by water and 3 sides are protected areas, which make up half of Imperial Beach
- 2020 has seen 234 days and counting when the beach has been closed due to waste from the Tijuana River. In the last 10 years, the beach has been closed for the equivalent of 5 years, restricting economic development in Imperial Beach
- Tijuana has 2 million residents, is the fastest growing growing city in Mexico, and is not keeping up with expanding infrastructure needs related to wastewater
- Very little functions in Tijuana with regard to wastewater treatment. Some flows directly into the Tijuana River and into the Pacific. Other wastewater enters the Pacific from the coast. Seasonal Pacific currents running South to North bring additional wastewater to Imperial Beach
- Various funding sources for remediation are the USMXCA Agreement, State of California, and Mexico. These are all inadequate.
- With attention on border security and the new \$2 billion Navy Special Warfare facility North of Imperial Beach, the problem should receive more attention from the U.S. on the federal level

On the water theme, President **Emidio DelConte** wrapped us up with Life Lessons from Noah's Ark. The most apropos for 2020 was: When stressed, float a while.

04

WILL IT BE  
BENEFICIAL  
TO ALL  
CONCERNED?

02

IS IT  
FAIR TO ALL  
CONCERNED?

03

WILL IT  
BUILD GOODWILL  
AND BETTER  
FRIENDSHIPS?



# La Jolla Golden Triangle ROTARY CLUB

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## 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



### SEPTEMBER 2020

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



ROTARIAN  
OF THE DAY

{ the rare So Cal Native }

Christina  
NOWACKI



Christina is the rare So Cal native who cannot imagine living anywhere else :) Born in LA, grew up in Westminster, and then came to San Diego to go to high school at Bishop's and never left. She's spent the majority of her adult life living in the Del Mar/Carmel Valley area raising two sons over the last 35 years - you guys know her younger one (Alex) and her older son Nick was a member of Roteract in his Junior High days.

Christina settled into an accounting career at National University right after her first son was born and hasn't left there either. Though she would like to - soon!

In 2015 after Alex graduated from high school and left for New Mexico she started a bookkeeping business and fell in love with it. Now there is a team of 4 working with her

as she grows the company with an eye to "retire" from the university job sometime in 2021.

While mostly raising the boys on her own, she does have a pretty fabulous boyfriend who has been a constant source of support and encouragement as she embarks on her crazy schemes like becoming an entrepreneur mid-life, hiking the grand canyon in the heat of the summer, and joining the most dynamic rotary club in the world! On the less exciting side, Christina enjoys spending time with her cats, puttering around her yard doing renovations and planting bird friendly flowers and going on birding walks on the local trails.

*Christina Nowacki*

