

# THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

DECEMBER 03 2021



## SERVE TO CHANGE LIVES

RI President 2021-22  
**SHEKHAR MEHTA**

District 5340 Governor 2021-22  
**DANIEL GENSLER**

LJGT Rotary President 2021-22  
**JACQUIE REILLY**

## SPEAKERS AND EVENTS

### DECEMBER 2021 - SPEAKER

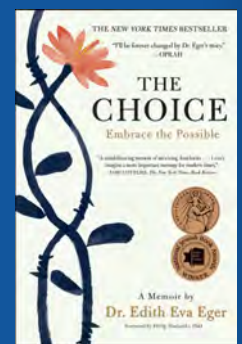
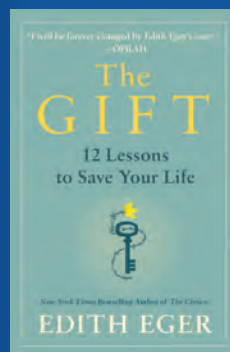
10.....California Cogs Rotary Band  
45 minutes of holiday music and fun

17.....Luke Jacob  
Media Literacy

24.....Dark



## DR. EDITH EVA EGER



## HOW TO DISCOVER YOUR INNER POWER: INTERVIEW WITH AUSCHWITZ SURVIVOR DR EDITH EGER

A native of Hungary, Edith Eva Eger was just 16 years old in 1944 when she experienced one of the worst evils the human race has ever known. As a Jew living in Nazi-occupied Eastern Europe, she and her family were sent to Auschwitz, the heinous death camp. Her parents lost their lives there. She and her sister survived even though they were subjected to horrible treatment by Dr. Josef Mengele and survived the Death March in Austria. In 1949 she and her young family moved to the United States. In 1969 she received her degree in Psychology from the University of Texas, El Paso. She then pursued her doctoral internship at the William Beaumont Army Medical Center at Fort Bliss, Texas. She has spent much of her professional time working with members of the military helping them to recover from, and cope with, the ongoing effects of PTSD. Dr. Eger has always found ways to use her personal experiences to inspire, educate and help others.

Dr. Eger has a clinical practice in La Jolla, California where she uses her past as a powerful analogy to inspire people to reach their potential and shape their destinies. In the fall of 2017 at the age of 90, her memoir *The Choice, Embrace the Possible* was published. In her book, she details how the synergy of working with, and learning from, her patient's perspectives has enriched her life experiences and outlook. The book focuses on moving forward in-light-of hardship, has received excellent reviews, was a New York Times Bestseller, and is Internationally acclaimed. The New York Times Book Review wrote: "Eger's book is a triumph and should be read by all who care about both their inner freedom and the future of humanity." Oprah said of the book "I will be forever changed by Edith Eger's story." As of March 2018, the book has received two book awards, one being from the national organization of the Jewish Book Council; the other, The Christopher Award. Her second book, *The Gift, Twelve Lessons to Save your Life* was released in September 2020 and immediately became a best seller in the UK and Ireland. In this book she gives actionable advice to assist every person facing life's difficulties in a positive and healthy manner. Both books are being translated into more than thirty languages.



# REPORT

from the last meeting



## THE FOUR WAY TEST



OF THE THINGS WE  
THINK, SAY OR DO

01

IS IT  
THE TRUTH?

**President Jacquie** started the meeting a bit early because she's the President and she can do whatever she wants!

Her first order of business was to have all the people on Zoom wave to all the people in attendance. Once that was accomplished, those in attendance waved back...very emotional indeed!

Our own **Bradley Day** was the Rotarian of the Day and he started with a few thoughts on land acknowledgement which is the practice of honoring the people who occupied the land we live on previously. He mentioned that this practice was a staple of YOUNG groups and he wanted to do it for our club which is mostly young ish. After the pledge, he began talking about his studies at UCSD and his major of Cognitive Science. Apparently, Cognitive Science can mean different thing to different people and for Bradley, it means "let's figure out how to open these doors." It appears that some doors you can push open and others you have to pull open...who knew? I was told that when his parents were told that he spent 4 years studying doors and how they open, they were brimming with pride!

**Gary** introduced our visiting Rotarians as well as a few guests on Zoom. Jacquie then mentioned

on a somber note that long tome Rotarian **Carl Lower** had passed away, an all too familiar story in our club these days. Carl and his lovely wife Judy were in this club from the beginning and had recently moved to Hawaii. Aloha, Carl...we will miss you!

**Louise Andres** is recovering nicely from her knee replacement on the 12th and enjoyed a nice long walk a few days ago...good news.

**Announcements** included the tour of the SD Botanical Gardens on the 19th of December is still in the planning stages. January 8th will be our "holiday party" at Malahat and Nancy mentioned that later today the Quintessential virtual auction will be coming online with a raffle, auction items and a raise the paddle opportunity.

**Chris Richards** again mentioned that time was running short on the wreath giving through Reach Across America at the Miramar National Cemetery.

Jacquie introduced **Eric Lovett** (no relation to Lyle) who is 10 years ago founded Urban Street Angels whose mission is to help get 1000 youths between the ages of 18-24 off the streets and into housing and jobs. This is the organization that we have been making speaker donations for during the

last year...very cool.

**Steve Brown** gave an Afghanistan update and told a story of one of our Rotary Scholars who we helped get out by going through Iran to Columbia to Panama and finally to Costa Rica, all the while continuing his studies... amazing!

He also told a story how he went from a fly on the wall meeting with a bunch of Muckity Mucks in Cape Town to convincing F W De Klerk to accept a Paul Harris Fellow award from our club.

Our Speakers were **Michael Podolny** who helped form the **Theodora Africa Project** as well as two of his success stories **Mary Fiadese** and **Justina Ansah**. The project seeks to get women out of the sex trade on to productive and profitable work as virtual assistants to American companies doing various administrative tasks and email marketing. It's still a pilot program with 4 participants currently and they hope soon to increase that to 42.

Jacquie ended the meeting talking about joy and gratitude...words to focus on as we approach Thanksgiving!

~Reporter

*Rich Papike*

04

WILL IT BE  
BENEFICIAL  
TO ALL  
CONCERNED?





# PHOTOS FROM 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?

La Jolla Golden Triangle  
**ROTARY CLUB**  
 Chartered - June, 1986 • La Jolla, California

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**LJGT ROTARY LEADERSHIP 2021 - 2022**

PRESIDENT .....	Jacquie Reilly
PRESIDENT ELECT (2022-23) .....	Nancy Gatschet
PRESIDENT ELECT ELECT (2023-24) .....	Dennis Bucko
TREASURER .....	Sharon Council
SECRETARY .....	Nancy Gatschet
PAST-PRESIDENT/FOUNDATION .....	Emidio DelConte



**DECEMBER 2021**

- December 10 - California Cogs
- December 17 - Raya Zakir
- December 24 - Dark



**ROTARIAN**  
 OF THE DAY

**DENNIS BUCKO**

Carroll Dennis Bucko was born December 19th, 1941, in West Springfield, Massachusetts and was educated in the public-school system. In high school Dennis was Class President and participated in soccer, track and the marching band and played trumpet in a Dixieland band. Dennis received his B.A. in Chemistry from American International College and his M.D. degree in 1967 from the University of Vermont. Dennis also met and married Sally Clerkin while he was a medical student in Burlington and they have three children (Dan, Wendy and Sarah) and seven grandchildren.

After a year at Rhode Island Hospital/Brown University as an intern in Surgery, Dennis served as a Lieutenant Commander in the Public Health Service stationed in Alaska for two very cold but exciting and rewarding years. After a four-year General Surgery residency at the University of Utah, and a two-year Plastic Surgery residency at the University of Michigan, he was Board Certified in Plastic Surgery in 1977 and stayed on at the University of Michigan for five years as Assistant Professor of Plastic Surgery while maintaining a part-time private practice with the chairman of the U of M Section of Plastic Surgery.

In 1981 the Bucko family moved from the "rust belt" to the "sun belt" in La Jolla. Dennis started his own private plastic surgery practice, after spending three years at Scripps Clinic developing their satellite plastic surgery program. Dr. Bucko is a retired clinical Assistant Professor of Plastic Surgery at UCSD. He has also volunteered on cleft palate teams in the United States and Mexico, as the leader of Southwest Medical Teams program in Oaxaca, Mexico in 1992, and as a surgeon and Board Member on the Rotary connected Mercy Outreach Surgical Teams trips to Mexico for over twenty years.

Dennis joined LJGT Rotary in 1987 and has been a long-time member and past Chairman of the International Service Committee and served on the LJGT Rotary Board in 1997 - 1998.

In his leisure time, Dennis, (AKA, Dr Harp) especially enjoys playing guitar and harmonica (especially blues style) in the California Cogs Band. He also enjoys kayaking, sailing and scuba diving.



Dennis has also become more and more serious over the years as a sculptor apprentice with the late A. Wasil, and he has displayed a bronze piece in the La Jolla Contemporary Art Gallery. His most recent work-in-progress is a commission of the "Virgin of Guadalupe", in one half scale, (3 feet) to be placed in the Mercy Hospital Clinic lobby when completed.

Dennis retired from practice last year and he and Sally have enjoyed travelling in their new Motor Home over the past year .