

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

DECEMBER 15 2023



RI President 2023-24
GORDON MCINALLY

District 5340 Governor 2023-24
DON FIPPS

LJGT Rotary President 2023-24
CHRISTY WHITE BROOK

AOS MEETINGS AND SOCIAL EVENTS

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

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

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



SHAUN TOMSON



THE CODE FOR THE NEXT WAVE

Shaun is a leadership and empowerment expert and lectures widely on the Code Method, a high-impact program that activates the power of purpose to improve wellbeing, engagement and performance. As an entrepreneur he founded two market leading, international clothing brands – Instinct in the 80's and Solitude, which he co-founded with his wife Carla, in the 90's.

He is a former World Surfing Champion, has been described as one of the 10 greatest surfers of all time and one of the most influential surfers of the century. During his professional career he won 19 major pro events and is recognized as one of the world's most innovative surfers.

Shaun is the author of Surfer's Code, The Code -The Power of "I Will", and the recent #1 Amazon best seller The Surfer and the Sage. He produced and co-wrote the award-winning documentary film Bustin' down the Door, a dramatic story of how a group of young Australians and South Africans created professional surfing and built a multi-billion-dollar industry.

He has a Bachelors in Business Finance, a Master of Science in Leadership from Northeastern University, and is an inductee in the US, Jewish and South African Sports Halls of Fame. Shaun has lectured across the world and inspired corporations like General Motors, Cisco, Price Waterhouse, Google, Disney, Patagonia and The Gap.

He is a former board member for Surfrider Foundation and Santa Barbara Boys & Girls Club, an ambassador for Boys to Men Mentoring, and a current board member of Santa Barbara Maritime Museum.

He lives in Santa Barbara, California with his wife Carla and fourteen-year-old son Luke.

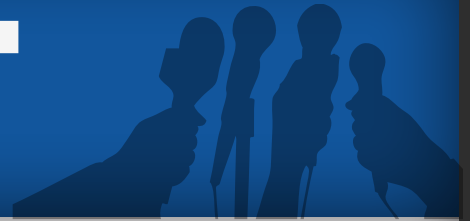
His mission is to show individuals how to activate their own personal Codes to create a better and more purposeful life.

Please join me in welcoming Shaun Tomson.



REPORT

from the last meeting



UPCOMING SPEAKERS



2024

JANUARY - SPEAKER

- 5.....Venu Prabaker MD
The Primary Care Physician Crisis
- 12.....John Conover
Coastal Sand Loss and Replenishment
- 19.....Councilmember Joe LaCava
La Jolla All-Club Joint Meeting
- 26.....Tim Prusener
Lost in the Shadows: Unraveling the
Costly Enigma of Untracked Marketing

FEBRUARY - SPEAKER

- 2.....Kelly Martinez
San Diego Sheriff Updates
- 9.....Toastmasters
The Power of Public Speaker
- 16.....Michelle Saul
Integrity and Levels of Agreement
- 23.....Brian Lee
The University Club

President Christy rang the bell as **Jan Bernardy** was our amazing Rotarian of the Day. Jan jokingly reminded fellow Rotarians that she was born in Regina, Saskatchewan, Canada and that the nicest thing in her hometown might be the sign greeting motorists. Regardless, Jan travels back to Regina with her husband Jerry each year. The couple moved around the country from San Diego to Atlanta, Thousand Oaks, Scottsdale, Boston etc. as her career working with the regulatory aspects of dialysis clinics created new opportunities. She was with AmericanRenal when it went public. **Dianne Day** sponsored Jan into Rotary during President Alex Monroe’s year. Jan has really enjoyed her 6 years in “The Most Dynamic Rotary Club in the World!”

Bonnie Arora announced our guests: **Arlene Bardin** (married **Mike** 57 years ago), **Pam Davies** (39 yrs with **Jim**), **President Christy** mugged the **Davies** giving a mug to Pam and Jim. **Christy** also gave a high fifty to the UNLV Campus Police for how they handled the school shooting last week. **Tim** shook down the audience for high fives. **Dr. Marty** gave a high five, **Stephen Tako** gave a high five for **Kathy Bates** film premiere he will be

attending. Past President **Dr. Antonio Grillo-Lopez** gave a high five to his son Tony’s Birthday. **Christy** announced Club Foundation match as an anonymous donor is offering up to a \$5000 match. **The Tansey’s, Jan Percival, Stephen** and others presented checks totalling \$700.

Past President **Brett Morey** invited everyone to come out to watch the 4th Annual Surfers Unite Ugly Christmas Sweater Paddle Out on Saturday morning in Del Mar as it’s always a great time of laughs and socializing over donuts. Past President **Jacque Reilly** is heading up the Wreaths Across America event on the 16th as sign ups will be on the table next Friday Our club Holiday Party is Saturday night at ZLAC, Past President **Jay Hatfield’s** band Baywolf will be playing. Special thanks to Past President **Bev** and others for putting this fun social together.

Our speaker **Mike Schaefer** was not able to attend so **Stephen** and **Christy** encouraged members to visit. Each table captain reported as **Ellen** spoke about how fellow members joined Rotary, new member **Theron** spoke about the Youth Service aspects of our club, New member **Douglas** shared about how the

service projects of our club helped grow Rotary, **Samson** reported for his table noting that they are “dowers’ in the club, **Kathleen Tansey** acknowledged **Jan** for being our ROTD, reminded us that **David** was a Charter member of the club, reported that **LeeAnn** is a member of our club and the Rotary Club of Blythe as well as discussed several projects our club has done throughout the years. **Dr. Michael McQuarry** talked about future projects in Baja including lifeguard stand restoration, **Bonnie** spoke about the Grillo’s, Tony’s daughters and how he became a Rotarian because of his father Dr. Antonio.

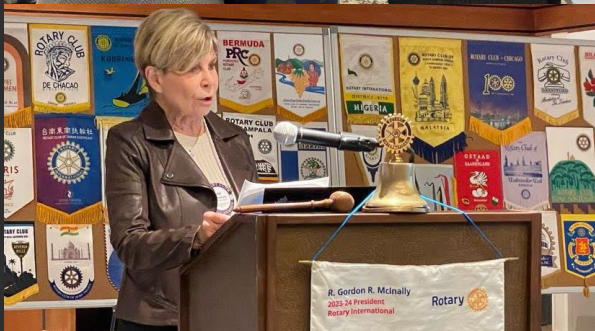
Bonnie and **Krishna** volunteer at Oasis weekly where we recently planted a garden and **Stephen Tako** is teaching a chocolate making class next week. **Jim Davies** spoke about Christmas gifts and told the story of **Ron Spilsbury** donating his pants in Ensenada after “spilling” green paint in the courtyard of the school.

President **Christy** closed the meeting giving a \$500 donation to Motivated to Act to thank **Stephen** for his fine efforts.

~Reporter
Karla Prieto Morey



PHOTOS FROM LAST MEETING



CCSA Basket Assembly



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.

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
 Chartered - June, 1986 • La Jolla, California

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LJGT ROTARY LEADERSHIP 2023 - 2024

- PRESIDENTChristy 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



JANUARY 2024

January 5 - Tony Grillo



ROTARIAN
 OF THE DAY

DIANE DAY



I was most fortunate to have been invited to join the Most Dynamic Rotary Club in the World in 1988. The membership included in a handful of “dynamic” ladies and I was proud to be among them. They, along with the charter members and a few other male members had a great time laying the foundation for what the Club has evolved into today. Thankfully many of them are still members and good friends.

Over the years I’ve served on our board several times, was club secretary for a term and have chaired several fundraisers. I currently co-chair the Youth Services Committee with Erik Mjoen. Our Youth Services Committee typically supports about fifteen projects annually involving UCSD, USD, Salk, the Preuss School, Motivated to Act and we’ve partnered with Community Service on several of their projects in Mexico. I applaud the members of our committee for their time, talent and dedication to these programs and for supporting and mentoring the students who are striving to succeed in their academic endeavors.

Before retiring in 2008, I was Vice President of Development for the Salk Institute, a most rewarding and gratifying career. Working with brilliant scientists, some of whom were Nobel Laureates was a privilege and being able to build a board and volunteer base to support them was great fun. I was very fortunate to meet and spend time with some very interesting people both nationally and internationally that included royalty, corporate leaders, heads of state, actors among them. After retiring I consulted for Salk until their new development team was in place and I continue to consult for a large California Foundation that supports and invests in research programs both nationally and internationally. Salk and UCSD are beneficiaries of their generosity.

As many of you know golf is a big part of my life and I have had a great time playing with some of you over the years. As a member of San Diego Country Club, I have been on the board, chaired the Women’s Golf Association and am Captain of our Winter Cup League. I also serve on the San Diego County Winter Cup League board.

Brad and I have increased our travel schedule recently to include Australia, New Zealand, the Baltics, Canada, Spain, France and this past summer we were fortunate to play golf in St. Andrews before attending the women’s and men’s tennis finals at Wimbledon. Meantime, we continue to enjoy cooking, increasing our wine collection, golfing and planning more travel. 2024 includes Istanbul and Greece. When time permits, I enjoy playing bridge and Mah Jongg. My current bridge partners include fellow Rotarians Linda Wallis, Bev Lauren and LeeAnn Cusick.

Although Brad and I are kidless, we have eight grand nieces and nephews ranging in age from seven to nineteen. All but one resides in and around Vancouver British Columbia, where I am from so, we make frequent visits there.

Rotary is a very special part of my life. It is all of us who make our Club The Most Dynamic Rotary Club in the World and I’m very proud of all that we do for our community and for the world.