

# THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

DECEMBER 2 2022



Rotary



IMAGINE  
ROTARY

RI President 2022-23  
JENNIFER JONES

District 5340 Governor 2022-23  
CHARLES PRETTO

LJGT Rotary President 2022-23  
NANCY GATSCHET

## SPEAKERS AND EVENTS

DECEMBER 2022 - SPEAKER

2.....	Melanie Stanek Hands of Peace
9.....	John Wood San Diego Fire



## MELANIE STANEK



### YOUTH DIALOGUE: A PATH TO POSITIVE PEACE

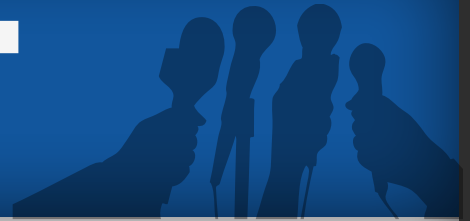
For 20 years, Hands of Peace has been bringing together youth from Israel, Palestine, and the United States to build bridges of understanding through dialogue and experiential education. In a time of increasing polarization, rising hate speech and political violence, our work is more essential than ever. Our new approach to youth empowerment considers the Institute for Economics and Peace's Positive Peace Index, particularly the "attitudes" that lead to stronger, more resilient societies.

Melanie holds a Master's in Peace and Justice from the University of San Diego and a Bachelor's in History and Holocaust studies. Since 2014 Melanie has devoted her career to youth empowerment and cross-cultural education, as a dialogue facilitator, experiential educator, and Peace Corps Volunteer in Memphis, Tennessee, Bangkok, Thailand, and Madagascar. She also studied and volunteered for six months in Be'er Sheva, Israel, where she studied Hebrew, sociology, and narrative history. She moved to San Diego in 2021 to complete her Master's degree and now works full time as the San Diego Site Director for Hands of Peace.



# 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?

After banging the gavel **President Nancy** searched for **Bonnie** to introduce our visiting Rotarians and guests. Once located, Bonnie introduced Rotarians **Tim and Angela Cochran** from the Rotary Club of Sandpoint, Idaho and **Tim Fronczell**, guest of Christy White.

**Bev Laursen** followed as Rotarian of the Day. Her words of inspiration focused on taking time to pause and reflect on how fortunate we are.

After leading the salute to our flag, she provided a brief history of ZLAC Rowing Club which is now located in Pacific Beach. ZLAC has been recognized as the World's Oldest Women's Rowing Club, (Reporter's note, not to be confused with the Rowing Club with the World's Oldest Women.) Bev and her colleagues are now working on a membership drive for ZLAC. The facility will be the venue for our Club's Holiday Party Dec. 10 starting at 6:00 PM. This will be BYOB and members are asked to consider signing up to bring a dessert. The COGS will provide the evenings entertainment. Bev's pictures of the facility were particularly inviting.

#### Announcements included:

- **Ron Kohl** and some other club members will be going to Ensenada tomorrow for a work project.

- **Dory** advises there will be a Canyon cleanup project in City Heights Dec. 10 from 9:00 to 11:00 with lunch to follow.

- **Jacque** got ready to speak but in looking at herself in zoom, realized she needed to do some serious work with her hair. After a minor delay, announced that the Wreaths Across America project is so successful that she has moved the goal posts so that the goal of 75 wreaths (which has been reached) has been upped to 100 wreaths. An 11:15 AM time slot has been secured for Dec. 17 for driving delivery with the group to gather at 10:30 somewhere.

- **Linda** advises the food for children project will support 36 kids and. There will be a basket putting together party at Linda's Dec, 3 and **Pam Davies** is helping out—sounds pretty wild to this Reporter.

- **Jan Bernardy** is taking over Family of Rotary. Please pass on pertinent information to her.

**Dianne Day** introduced our speaker, her former neighbor but still a friend, **Phyllis Sarkaria**. Dianne provided a long list of very impressive credentials including a graduate degree in Ethical Leadership.

Phyllis started by advising her current career involves coaching, primarily for corporations but sometimes includes individuals or small businesses. She uses the terminology of Leadership GPS, asking: Where you are, Where you want to go, and Changing Direction and Recalculating.

As if on cue, there was then

some loud banging on the door at the back of the room.

A helpful Rotarian opened the door and it turned out a clearly disturbed **Rich Papike**, dressed up as a caution sign, had locked himself out of the room and was desperate not to miss any more of the speaker's presentation.

Phyllis being a true professional, chose not to be bothered by the disturbance and proceeded with her comments. She went on to explain three more concepts to "Enhance Truth": Connection, Curiosity, and Clear Plan. One of the larger challenges she submits to her audiences is for each person to ask his or her self: "How long can you go without saying a word in a meeting." (Your Reporter is refraining from any finger pointing on this topic.) Phyllis closed by emphasizing the need for busy people to prioritize. In response to a question, she mentioned more detailed information about her presentation can be found on her website or in her book *Courageous Clarity*. (Papike placed his order.)

Unfortunately, some time remained for our Fine Master to further embarrass himself by not only showing lack of respect for Stanford, but by again refusing to wear a Rotary pin at a Rotary meeting.

~Reporter

*Steve Brown*





# PHOTOS FROM LAST MEETING



## Rotary Ensenada



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La Jolla Golden Triangle  
**ROTARY CLUB**  
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**LJGT ROTARY LEADERSHIP 2022 - 2023**

PRESIDENT ..... Nancy Gatschet  
 PRESIDENT ELECT (2023-24) ..... Christy White Brook  
 PRESIDENT ELECT ELECT (2024-25) .....  
 TREASURER ..... Sharon Council  
 SECRETARY ..... Christy White Brook  
 PAST-PRESIDENT/FOUNDATION ..... Jacquie Reilly



**DECEMBER 2022**

December 2 - Carolyn Fritz

December 9 - Krishna Arora



**ROTARIAN**  
 OF THE DAY

**CAROLYN FRITZ**



Carolyn Fritz was born in Minnesota on a snowy winter evening. After living on the East Coast and in the Midwest, she, her late husband and their two children moved to San Diego in 2000.

Her daughter Leigh lives in San Diego and her son, Reid lives in Montrose, CA.

Carolyn is a serial biotech entrepreneur and has built four biotechnology businesses. She currently serves on biotech boards, advises early stage companies and works with a venture capital company.

Carolyn has an M.B.A from the Wharton School, University of Pennsylvania, an M.S. in Computer Science from The George Washington University and a B.S. in Mechanical Engineering from Iowa State University.

She is a member of Women Give San Diego, a mentor at Promises to Kids and a lector at St. Peter's Del Mar Episcopal Church.

In her free time, she loves to walk, practice yoga, read, study French, enjoy time with friends and travel with her kids.