

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

DECEMBER 9 2022



**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

9.....John Wood
Status of San Diego Fire-Rescue

16.....Malte Niebelschuetz
Shore Buddies



JOHN WOOD



STATUS OF SAN DIEGO FIRE-RESCUE

Assistant Fire Chief John Wood started his career with SDFD in 1996 as a firefighter and progressed through the ranks. He currently oversees all aspects of SDFD business operations including the Emergency Command and Data Center, Employee Services, Logistics, and Community Risk Reduction.

Chief Wood was an FBI certified bomb technician on the SDFD Bomb Squad for 17 years. He has been a member of the Federal Emergency Management Agency's (FEMA) Urban Search & Rescue (US&R) program for 24 years; a member of the SDFD HAZMAT team for six years and a member of several incident management teams (IMT). As a member of the FEMA US&R Task Force and Incident Support Team (IST), Chief Wood responded to many nationwide disasters including New York City following 9/11, Hurricanes Katrina and Sandy, the Colorado floods, and the Oso, Washington landslide. Additionally, Chief Wood responded to many wildland fires around the nation as a member of an IMT.

Chief Wood has an Associate of Arts degree in Fire Technology, a Bachelor of Arts degree in Business Administration and has completed the Mission Critical Team Development program in Executive Leadership at the Wharton School, University of Pennsylvania. Currently Chief Wood is pursuing a Master of Arts in Organizational Leadership. He specializes in labor-management coordination and was a board member for the International Association of Fire Fighters Local 145 for 10 years.

Chief Wood's wife Shelbey has been an educator for 30 years. They are the proud parents of two sons who are currently attending college. In his time off, Chief Wood enjoys golf, physical fitness, and snow skiing.



REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO

01

IS IT THE TRUTH?

Disclaimer: This week's report was viewed on a recording of the meeting. Unfortunately, it was not always clear to hear all the details. So, if there are any errors in information it was because I didn't hear it.

Bonnie introduced our visiting Rotarians and guests. There were two students from SDSU-Taylor and Leah, **Jim Davies** had a couple of guests and back for his third visit was Tim Fronczell, guest of **Christy White**.

Bonnie will need help from January-March at the front desk. If you are looking for something fun to do, please ask Bonnie.

Rotarian of the Day was **Carolyn Fritz**. She shared an inspirational comment (experience). During the pandemic Carolyn attended a class online taught by a professor at Yale University. The professor teaches a class on the Science of Wellbeing, and she reviewed psychological research on what makes us happy. There were two main things that increased happiness. One was to increase the flow or immerse yourself in activity at home or at work. The second was relationships. These are not only relationships with those we are close to, but also positive conversations with our neighbors or at a checkout counter at a store.

Carolyn has two children. Her daughter, Leigh lives in San Diego and is in the biotech industry working on a startup company. Her son, Reid lives in LA and is a high school teacher and administrator. Carolyn is involved in Precision Fermentation. Many in our club can relate to brewing your own beer. This science optimizes and modifies microorganisms. She is involved with products such as a compound that is a repellent against ticks that causes Lyme disease. Alternative dairy and meat products are exploding from this area of precision fermentation. In the future, we may be able to utilize methane and CO2 to produce products.

Marty introduced our Student of the Month from the Preuss School Diana Martinez. She has made great strides in her studies. Her GPA is currently at a 4.2 and she has a strong interest in the mental health field.

Linda Wallis thanked everyone for the baskets of food they received for the 11 families in need and 36 children. Sounds like a party at Linda's house to put the baskets together.

Dory announced a Canyon cleanup project in City Heights Dec. 10 from 9:00 to 11:00 with lunch to follow.

Reminder about Wreaths Across America project.

Rick Clark talked about our projects and Camp Pendelton and said the David Copley Foundation is donating \$10,000 again this year to support the children of the Marines. The donation will be used to purchase gifts and gift cards for them for the holidays.

Christy White announced that on Dec. 14th there will be a lunch served from 11-1:30 to support the VA with spinal cord injuries. There is a sign up sheet.

It's Official!!!-Nancy made the announcement that as of January 6th our club meetings will be held at the UCSD Faculty Club. If you have any connection with Faculty, please invite them to attend our first meeting or future meetings.

The ZLAC rowing club will be the venue for our Club's Holiday Party Dec. 10 starting at 5:00 PM. Bev was nice enough to arrange for the Parade of Lights and Sea World Fireworks for the night of the party. The fireworks begin at 5.30 so the start time of the party to 5.00. PLEASE BRING YOUR BEVERAGE OF CHOICE TO THE MEETING FRIDAY. THIS PARTY IS BYOB

Nancy introduced our speaker **Melanie Stanek** who works full time as the San Diego Site Director for Hands of Peace. Nancy also

mentioned that Hands of Peace was our club's recipient of the Annual Peace Award several years ago.

Melanie holds a Master's in Peace and Justice from the University of San Diego. 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. It is a 3-week intensive program in the summer. The first 3-4 days there are a lot of ice breakers and getting to know each other. As they become more comfortable, they start getting into tough questions and share stories and also become active listeners.

The way to create impactful change is to cultivate young leaders who are committed to serve each other and their communities. They are finding through this program that many of these youth are discovering paths into international studies and this program changed their trajectory. It also finds that these youth are more understanding of situations other than their own and are effectively learning how to have conversations about difficult topics. If you want to get involved by hosting a student, or if you know a student that wants to apply contact Hands of Peace.

Nancy was very excited to present Melanie with a \$1,000 check for Hands of Peace from our club.

Nancy concluded the meeting with a saying. **"Count your age by friends not years, count your life by smiles and not tears"**

I am hoping to come back to Rotary meetings in January. Looking forward to seeing you all again. Lisa

~Reporter

Lisa Galstian



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
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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 16 - Steve Brown
 December 23 - Dark
 December 30 - Dark



ROTARIAN
 OF THE DAY

KRISHNA ARORA

Having been involved in the Most Dynamic Rotary Club in the World for the past 13 years, by now you know how many children and grandchildren Bonnie and I have; you also know about our many journeys on Camino de Santiago, you also been part of our moments of utmost joy and pain.

However, you may not have heard of many delightful stories that have led us to many Service Above Self projects over the last 20 years. For example, you may not know about:

- *Response to a question from a 6-year old child with Cerebral Palsy, "Mummy, why am I not going to school"; "I don't wish to go to school, I am teased by everyone"...*
- *Bonnie and I have 52 children in Delhi, India.*
- *Story of Hatun Qeros, Edgar and Santa Clara bridge.*



- *Rotarian Guillermo van Immerzeel and Guinea Pig Farm in Cuzco, Peru*
- *Tale of water filtration plant in my ancestral city of Jhang, Pakistan*
- *What led me to Rotary and what about becoming, "Rotarian for Life",*
- *Story behind, "A Journey of 1,000 Miles"*

At the end of the day people won't remember what you said or did, they will remember how you made them feel.