

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

FEBRUARY 10 2023



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

FEBRUARY 2023 - SPEAKER

17..... Maren Kavanaugh
I Love a Clean San Diego

24.....Rotary Scholars
USD Kroc School of Peace Studies

MARCH 2023 - SPEAKER

3.....TBD
Padres



PEACEMAKER OF THE YEAR



ABDUL QAUM ALMAS

The La Jolla Golden Triangle Rotary Club Peace Committee has selected a special young Afghan, Abdul Qaum Almas, as the 2023 LJGT Peacemaker of the Year.

After college graduation, Almas worked with the BRAC Bangladesh International organization. There, he gained a unique perspective of the country's education programs, culture and experience. It gave him a new appreciation for the importance of cultural education exchange and understanding. When he joined our Rotary team and the GCE education program in 2008 at age 23, he was hooked. He was instrumental in establishing and administrating many society changing programs in his country.

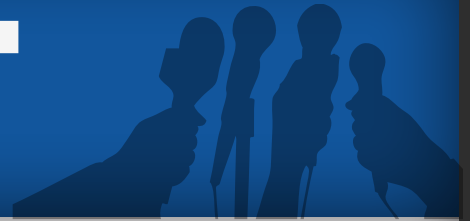
Over a 14 year span, these included education of English as a second language, computer and international internet skills and sports programs for boys and girls. He also assisted in coordinating critical medical programs and volunteer services including food distribution to needy families and many community activities.

When the US pulled out of Afghanistan in August, 2021, Almas negotiated with the Taliban authorities to continue many of these activities and programs.



REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO

01

IS IT THE TRUTH?

President Nancy Gatschet started the meeting at 0730. She mentioned that February is Peace Month and asked that members keep fighting to a minimum during this time ;)

Nancy then introduced the Rotarian of the day **Matt Clarke**. Matt joined LJGTRC in 2022. He is a stock broker/ equity selection specialist. Matt gave us an invocation and led the Pledge of Allegiance.

He then explained that he is originally from Lodi (same high school as Bonnie Arora). Matt is a young man in an old man's body. He likes and relates to older people. He explained that he likes Frank Sinatra, drawing, and comic books. He plays ball sports such as pickleball, tennis, and basketball. It has been confirmed that he had nothing to do with Jacquie Reilly's pickleball injury. Matt is interestingly not a big fan of technology as is can take away from our social interactions with each other. He has enjoyed being a member of the club and hopes to spend more time with us in the future.

Stephen Tako then introduced guests. We have **Tatiana Piotroff** as a new member of our club. She moved here from Russia 6 years ago and is a friend of Brett and Karla Morey.

Linda Wallace brought **Jenni Bowman**, a local insurance agent.

Tim Fronczek brought **Erica Garcia**, SD regional Chamber of Commerce, as a guest.

Brett also brought **Terry**

Wagner, a Navy reservist, surfer and owner of Motivated Military Movers.

Marty Rosenstein introduced our student of the month **Cindy Kieu**. Cindy brought her family and supporters from Preuss school.

Marty said she was like Dory in Finding Nemo, needing a lot of help maturing and guidance, but now Cindy has a 4.0 GPA and is Cheer Captain!! Cindy hopes to enjoy her senior year before she "turns 18 and has to start paying taxes" Most of us can relate and wish we could enjoy our senior year in high school again.

Rick Clark was helping record a video message before and after the meeting for **Mike** and **Susan Schwartz** who have been going thru a difficult time.

There were 14 people on Zoom this week.

Melanie Geschwind is looking for members who would like to go to Tijuana Feb 11 to visit a school where Rotary installed a computer lab. Please contact her soon for details.

Volunteers needed for Career Day. **Nancy** will be in touch.

Rich Papike graciously did not fine anyone today. He accepted donations for high fives and **Lori Bende??** Donated as she pitched Girl Scout Cookie sales for her daughter.

Tim Quast was our speaker of the Day. He is retired Commander of Naval Ship Mercy. A floating mobile hospital. If it were on land

it would be the 8th largest hospital in the world. It displaces about 70% of the water that an aircraft carrier does. Its primary mission is to support major combat operations, then urgent disasters, and large scale humanitarian assistance. It has a skeleton crew of around 120, but can scale up to 1250 in a few days for a urgent mission.

The galley can make 7500 meals a day. Their humanitarian assistance is not just medical care, but building classrooms and helping with local projects as the travel around the globe.

Their last trip was more than 40,000 nautical miles. The people and nations that they help are very grateful and appreciative of the good will of the USA.

Their last mission strengthened partnerships and security in the South Pacific.

Nancy thanks Tim and explained that we have donated to Urban Street Angels on his behalf and gave him a parting gift of sticky notes.

The mystery song of the day was Peace Train by Cat Stevens.

Next week ROTD is Dennis Bucko MD and a Peacemaker award

02

IS IT FAIR TO ALL CONCERNED?

03

WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?

04

WILL IT BE BENEFICIAL TO ALL CONCERNED?


~Reporter
Brian Eichenberg



PHOTOS FROM LAST MEETING



THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO

01 IS IT THE TRUTH?

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03 WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?


04 WILL IT BE BENEFICIAL TO ALL CONCERNED?

TAH Primary Mission

- Mission:** Provide support for major combat operations for deployed Navy/USMC/Army and USAF elements.
→ Afloat surgical trauma platform.
- Secondary:** Urgent Disaster Response – Acute Care
– Haiti, DSCA-LA and NYC, Indonesia post-tsunami 2005
- Tertiary:** Large scale Humanitarian Assistance

Be ready to deploy within 5 days of a deployment order

36 busy hours in Hawaii
Rendering Honors, tours and briefs – and seeing friends!



U.S. Pacific Fleet
Adm. Samuel Paparo visits @MSCSealift hospital ship USNS Mercy (T-AH 19) while in port Pearl Harbor, HI.
Mercy is participating in #PacificPartnership2022 the largest annual multinational humanitarian assistance & disaster relief preparedness mission conducted in @INDOPACOM.

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

P.O. Box 13023
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 www.LaJollaGTRotary.org

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



FEBRUARY 2023

February 17 - Carol Tohsaku

February 24 - Charles Mackay



ROTARIAN
 OF THE DAY

DR. 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 as well as in a small Dixieland band as a trumpet player. Dennis received a Bachelor of Arts 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, 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 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 continued to teach as a 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 on the Rotary-connected, Mercy Outreach Surgical Teams trips to Mexico for the past twenty years.

His leisure time activities include playing guitar and harmonica (especially blues style) as well as kayaking, sailing, scuba diving, and tennis. Dr. Bucko joined Rotary in 1987 and has been a long-time member of the La Jolla Golden Triangle Rotary International Service Committee and was elected to the LJGT Rotary Board in 1997 and has served as International Service Committee Chairperson.

Dennis has become more and more serious as a sculptor over the years and has displayed a bronze piece in the La Jolla Contemporary Art Gallery. His most recent work is a commission of the “Virgin of Guadalupe”, in one half size scale.

Dr Bucko retired in 2020 and is happily enjoying his leisure time but is surprised that there never seems to be enough time to do everything

Doctor HARP

