

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

FEBRUARY 12, 2021

[www.lajollagtr Rotary.org](http://www.lajollagtr Rotary.org)



Rotary Opens Opportunities

RI President 2020-21  
**HOLGER KNAACK**

District 5340 Governor 2020-21  
**STEVE WEITZEN**

LJGT Rotary President 2020-21  
**EMIDIO DELCONTE**

## SPEAKERS AND EVENTS

### FEBRUARY 2021- SPEAKER

19.....Dr. Michael Fryer

Pathways for Peace group

26.....Sandi Rimer

Rotary Website Update

### FEBRUARY 2021- SPEAKER

12.....Bob Rohrbach

50th Anniversary of Apollo 14 splashdown recovery: Feb 9, 1971



## Achieve Your Optimal Health



- \*Managing current injuries
- \*Preventing future injuries
- \*Advantages of Functional Fitness

KATE J. GRACE  
RPT, OPA-C

Kate is a Physical Therapist and Orthopedic Physician Assistant. She founded **Kate Grace Physical Therapy** in 1985. This very progressive rehabilitation clinic treats a wide variety of patients with acute and surgical orthopedic injuries, postural dysfunctions and athletic and industrial injuries of the spine and extremities. Kate received her degree in Physical Therapy from Ohio State University in 1979. From 1979 to 1982 Kate was a staff Physical Therapist at Children's Hospital in San Diego. In 1982 she planned, opened and supervised the new Sharp Orthopedic Outpatient Physical Therapy Department at Sharp Hospital in San Diego. Kate was also the supervisor of the Physical Therapy Clinic at the 1984 Olympics in Los Angeles, where over 100 athletes were treated per day. Her OPA license was obtained in 1994. Kate has a special interest in patellofemoral dysfunction since she has suffered with the problem since she was

12 years old. She has undergone 8 painful knee surgeries and years of rehabilitation. After treating patellofemoral patients and researching the problem for the past 20 years, Kate and her associates developed the **OnTrack System**. This is a unique, non-surgical method for the management of patellofemoral dysfunction. Research has proven that the OnTrack is the only system that realigns the patella and can return the joint anatomy back to normal. Kate is proud to say that she and her team have successfully resolved thousands of patients' knee problems.

Kate and her business partner, Annie M. Fonte, established OrthoRx, Inc. in 1995, a research and development, and orthopedic product company. They focus on the design and implementation of needed products to help a wide variety of orthopedic challenges. In 1997, Kate and Annie established OrthoEd, an

international medical education seminar company. They have spent the last 13 years traveling throughout the United States and internationally, lecturing and teaching health professionals about an effective and research-proven way to examine and treat patellofemoral dysfunction.

Annie and Kate's most recent venture is to create a new model for the delivery of physical therapy and wellness services to individuals of all ages. They are determined to continue to provide world-class care to their patients and clients without compromise. Today's health care environment is costly, inefficient and ineffective. **Evolve Physical Therapy + Advanced Wellness** was created to rise above mediocrity and to excel at the highest level while positively impacting the lives of so many.



[www.kgpt.com](http://www.kgpt.com)



# 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?

HERBERT J. TAYLOR

**President Emidio** called our meeting to order via Zoom at 7:30 am. **Emidio** also introduced the Rotarian of the Day, **Rick Binder**, who opened the meeting with the pledge and a prayer asking everyone to be their best self in these trying times. He recapped his pandemic year of lock down, speaking about his job consolidation and several small jaunts to Santa Barbara, Tucson (go Wildcats) and NASCAR. The big announcement was his engagement to **Janine** in March and mentioned his plans to get hitched in June in Hawaii. May this new chapter in his life bring him happiness and joy.

**President Emidio** introduced our visiting Rotarians and guests, **Dr. Chris Ciezko**, **Peter Valentine** and **Hasha**. **Rich Papike** complimented her on a well-organized bookshelf.

### ANNOUNCEMENTS

**Jacque Reilly** announced newly elected members of our board of directors. **Lisa Galstian**, **Melanie Gershwind** and **Will Moore** are added to our slate and the chat box blew up with “congratulations” to all!

**Denny Jacobs** announced the upcoming Community Service meeting this Saturday at Nobel Park with Zoom option. **Brett Morey** announced the Cupid Cleanup coming up on Feb 13<sup>th</sup> in PB with the PB Rotary. **Jay Hatfield** mentioned his band “Gray Wolf” is playing outdoors

(next to Peohe’s) in Coronado 1-4 this Saturday.

### PRESENTATION

**Marty Rosenstein** introduced a guest Eric Patrick and our student of the month at Pruess School, **Melanie Camacho**. Melanie is a senior at Pruess and is the daughter of undocumented immigrants and did not have parents growing up. She is a peer counselor and her successes are well deserved. She is a very independent and inspiring young adult with a great future ahead and hopes of attending a UC school. **Marty** presented the Certificate virtually.

### HIGH (HAPPY) \$5 OR?

**Lori Bende** had no dirt on anyone but was able to get the word out about the Girls Scout cookie drive going on. There were several high \$5s, **Diane Day** for **Alex Monroe** and **Rich Papike** for the 4-some golf session at RB Inn, **Jan Benardy’s** mention of **Chris Richards** birthday, **Jay Hatfield** celebrates Coronado lifting its live music lockdown, **Brett Morey** for **Kathleen Tansey** for the Gravity Water Project, **Dr. Dennis Bucko** for **Brett’s** work on ISC with University HS Rotaract, **Alex Monroe** celebrating his daughter, Stephanie’s 8 month perfect attendance.

**Jan Benardy** introduced our guest speaker, Joyln Parker, from San Diego Oasis. Jan has been active with their group as well as others in our club. They

are an award winning nonprofit for outreach to “New” Older Adults providing education and engagement to prevent isolation and give purpose and quality of life. Our club was honored by Joyln for painting their offices several years ago and giving their HQs a fresh look. The challenges from the pandemic is far reaching and they came up with a plan in 48 hour to rethink the way they can benefit the elderly population by reconnecting with computer training and reading/tutoring/literacy programs for younger at risk kids with older adults. Drive through book distribution has exceeded 30,000 books. Over a million residents of San Diego will be over the age of 71 by 2030 so they are quite important for our future. Activities include classes in technology, dancing, language lessons and many others. Purpose is so important as you age.

**President Emidio** honored Joyln’s talk with a donation to Angel Flight West a nonprofit to provide free air transportation services for children and adults with serious medical conditions.

**President Emidio** gave us a few inspirational quotes from football greats. Coach John Wooden’s quote “ Make each day your Masterpiece”.

~Respectfully Submitted,

*Jim Frost*



# La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

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## LJGT ROTARY LEADERSHIP 2020 - 2021

PRESIDENT ..... Emidio DelConte  
PRESIDENT ELECT (2021-22) ..... Jacquie Reilly  
PRESIDENT ELECT ELECT (2022-23) ..... Dennis Bucko  
TREASURER ..... Sharon Council  
SECRETARY ..... Nancy Gatschet  
PAST-PRESIDENT/FOUNDATION ..... Kimberly Schafer



**FEBRUARY 2021**

19..... Lyle Brady

26.....Janine Pack



ROTARIAN  
OF THE DAY



PAM RUSSELL

Some of you may recall my last Rotarian of the Day when I talked about the different forks in the road of my life. Well, it is time to take another one. When my husband **Alan** and I moved to San Diego in 1998, I was blessed to have both of my parents in Coronado. Several years later my nephew **Brian** moved here while serving in the US Navy. Over the years, I had to say good bye to my father in 2011, my mother in 2017 and **Alan** in 2018. Several of you attended the memorials for my parents and I will always be grateful to you for that. It meant more to me than you can imagine.

Last fall my nephew **Brian** and his family left San Diego and moved to Reston, Virginia. And my best friend moved from Templeton to Maine. That left me with friends here but no family. During the pandemic, it became clear to me through seeing friends spend time with family that I needed to be closer to my family as well. My brother lives in Chico and my sister lives in Palm Beach Gardens, Florida. I began considering Florida last spring and looked at some homes in my sister's neighborhood when I visited her in November.

**So now I embark on a new fork!** I'll be leaving San Diego on February 17 and move into my new home on March 10. It is a ten minute walk from my sister's home. Also in the neighborhood is my niece's family and her brother-in-law's family. There will be at least 11 of us at holiday events from now on!

*Thank you to all of you for your friendship and support over the 23 years that I have been here. I will miss you all greatly and plan to come back to visit when I get a chance. I have lots of space in my new home in Florida and expect you to come visit!*

