

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

FEBRUARY 19, 2021

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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

26.....Sandi Rimer
Rotary Website Update

MARCH 2021- SPEAKER

12.....Bob Rohrbach
50th Anniversary of Apollo 14 splashdown recovery: Feb 9, 1971



MICHAEL FRYER



PEACE AND THE VALUE OF HEALTHY CYNICISM

Michael Fryer has been a Professor of Practice at the Joan B. Kroc School of Peace Studies since 2018. His focus is on the applied relationship between theory and practice. At the Kroc School he teaches classes including 'Foundations: Peace, Justice and Social Change', 'Negotiations', 'Facilitation and Dialogue Skills' and 'Creativity, Peace and Social Change'. His research interests focus on grassroots peace leadership and resilience, the role of creativity and the arts in peacebuilding, and peace education.

Michael has been working on issues relating to peace and conflict since 1996 when he began an ongoing connection with The Corrymeela Community in Northern Ireland. Corrymeela is the oldest center for peace and reconciliation on the island of Ireland and continues to provide an important space for dialogue across and within divided communities. He completed his Master's degree in Conflict Reso-

lution at the Department of Peace Studies at the University of Bradford in 2002. Bradford, in the UK, is his hometown and he remained based there for the following 10 years. Until 2006 he was the Conflict Resolution Training and Development Officer at the Department of Peace Studies. He was responsible for designing and delivering training workshops locally, nationally and countries such as Sri Lanka, Ghana, Georgia and Bosnia-Herzegovina. He continues to lead workshops and mediate conflicts within organizations seeking to gain a deeper understanding of the nature and dynamics of conflict and how to create cultures that authentically engage with diversity and inclusion.

He has been a member of faculty at the Rotary Peace Center at Chulalongkorn University in Bangkok since 2010. He will be teaching the 2021 class of Peace Fellows remotely, and this will be the 11th class he has had the honor and

privilege of working with.

Michael has spoken at a number of Rotary peace conferences over the years including the 2020 Rotary Peace Forum at the Kroc School of Peace Studies. He was a keynote speaker at the Institute of Economics and Peace's launch of the 2019 Positive Peace Index at Stanford University. You can watch his 2019 Kroc School Peace Innovators talk on the importance of bringing a long-term vision to building peace here: <https://youtu.be/TVUlaVKtVQA>

Since 2012 he has lived in San Diego, the hometown of his wife Vanessa Contopoulos. Michael and Vanessa met when she was a Rotary Peace Fellow (2008-2010) at the University of Bradford. They live in Julian with their 6 year-old daughter Eloise and her 3 month-old sister Lucette





REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE
THINK, SAY OR DO

01

IS IT
THE TRUTH?

The meeting opened up with **Pam Russel** as Rotarian of the day. She shared a nice poem to start and then talked about her upcoming move to Florida. She wants to move closer to her family in Florida and is selling her house here and moving to a large house on a golf course that is a 10 minute walk from her sister's house. She will be driving out with her brother to her new house in Florida soon. She'll be coming back soon, however, to get her second COVID shot and she'll be staying with **Emidio**. **Pam** will definitely be missed.

02

IS IT
FAIR TO ALL
CONCERNED?

Steve Brown talked about the impacts **Pam** had at the district and international levels. **Pam** has been our treasurer for the last 16 years. **Pam** has been very active behind the scenes. She has done an amazing job getting grants for overseas projects for the club. Her tireless dedication has helped build this club into what it is today. She'll still be helping with grants for a time. **Eric** said she is the most gracious and kind person to work with. Finally, **Emidio** presented a plaque for everything she has done for the club. We all thank her for her outstanding service and we will miss **Pam** for her warmth and kindness. We all wish her well with her move and her new life.

03

WILL IT
BUILD GOODWILL
AND BETTER
FRIENDSHIPS?

It was then announced that there would be a Vocational club meeting with **Nancy** at the end of the meeting.

04

WILL IT BE
BENEFICIAL
TO ALL
CONCERNED?

Next, **Dr. Antonio Grillio**

talked about the latest developments with the COVID-19 vaccines. First he discussed timelines for the rollout of new vaccines. The Johnson and Johnson vaccine is expected by the end of this month. The AstraZeneca vaccine should follow soon after. He said that you should not worry about which vaccine is best, there are no clinical differences between them. "The best vaccine is the one you get." The incidences of allergic reactions to the vaccine is very low at about 11 cases/million people. The highest risk group is people that already have severe allergic reactions and use an EpiPen. People with conditions like that should have their shot in very controlled circumstances with the proper precautions in place. If you are allergic to polyethylene glycol (PEG) you should consult with their doctor. The vaccine manufacturers will be making booster shots to deal with the new strains of the virus that have developed. The highly contagious South African variant has now been discovered in Southern California.

Diane Day introduced the speakers, **Kate Grayson** and **Anne Fonte**. Both work at Evolve Therapy. Evolve therapy delivers both physical therapy as well as athletic training to its clients. **Kate** kicked off the session and got us to stand up and move around. She encouraged us to break the pattern of sitting too much. She is a physical therapist from Ohio

State who helped open the Sharpe physical therapy clinic and worked at the 1984 Olympics as a physical therapist. She spoke about the importance of increasing flexibility and strengthening joints to prevent injuries when starting a new activity. She followed up by talking about the importance of physical examinations in addition to other methods like MRIs to correctly diagnose an injury.

Anne then talked about the importance of sleep and ensuring that your diet supports a healthy Microbiome. She cited researchers that say we need 7-9 hours of quality sleep without medications to be healthy. Our risk of cancer rises by 50% when we regularly get less than less than 5 hours sleep. Another interesting fact was that when we move the clocks forward during daylight savings time the incidence of heart attacks increases 24%. **Anne** then described the Microbiome as trillions of microbes; bacteria that lives in our gut and helps to protect us and digest our food. You can improve the health of your gut by eating fermented food and eating lots of fiber. Be sure to use antibiotics sparingly. **Kate** and **Anne**, then took numerous questions from the club. It was a very informative session.

~Reporter

Michael Slentz



La Jolla Golden Triangle ROTARY CLUB

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LJGT ROTARY LEADERSHIP 2020 - 2021

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PRESIDENT ELECT ELECT (2022-23) Dennis Bucko
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SECRETARY Nancy Gatschet
PAST-PRESIDENT/FOUNDATION Kimberly Schafer



FEBRUARY 2021

26.....Janine Pack

MARCH 2021

05.....Matt Shillingburg

12.....Garry Kachkovsky



ROTARIAN
OF THE DAY

Lyle Brady

I was born in Ohio and raised in Washington state. There I graduated from high school, got married and settled in Seattle. I obtained my BSEE from Seattle University while working at Boeing. During this time my wife and I had 4 children and subsequently 5 grandchildren. I moved the family to the LA area and have been a resident of California since 1965. I am now widowed and recently retired after 63 years in engineering.

What brought me to San Diego



What brought me to San Diego was meeting and learning to know Sheila Henry. It was Sheila who introduced me to Rotary by inviting me to many of the Friday morning meetings. *I am happy to be retired, living in San Diego, and becoming a member of the LJGT Rotary Club, the Most Dynamic Rotary Club in the World.*