

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JANUARY 08, 2021

www.lajollagrotary.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

JANUARY 2021- SPEAKER

- 15.....Alexis Dixon
Mediation Solution
- 22.....District Governor, Steve Weitzen
Rotary Club District
- 29.....Vitaliy Bezrodnov
Rotary Childrens Fund and it's international Cultural Exchange
Program GOLDEN GATES

FEBRUARY 2021- SPEAKER

- 05.....Jolyn Parker
San Diego Oasis
- 12.....
- 19.....Nancy Gatschet
Pathways for Peace group
- 26.....Sandi Rimer
Rotary Website Update



REMINISCING

Something to talk about with someone
who has dementia

Mindy Baker is the Director of Education for the George G. Glenner Alzheimer's Family Centers, Inc. She has 30 years of experience working with older adults and more than 25 years of experience working with people with dementia. She has a Ph.D. in Applied Cognitive Aging Psychology and a Certificate of Gerontology from the University of Akron, in Akron, Ohio.

She is a member of the American Psychological Association and the Gerontological Society of America. Her research has been presented at national conferences and published in journals including *Activities Directors' Quarterly for Alzheimer's*, *Activities Adaptation & Aging* and *Clinical Gerontologist*. Prior to working at Glenner, Mindy managed research grants, taught university courses, was an administrator of an adult day program and a director of Memory Care for an assisted living community. She enjoys translating research into practice. Being at Glenner, is a perfect fit where she develops curriculum and trains those who are on the front lines.

MINDY
B • A • K • E • R



GEORGE G.
GLENNER
ALZHEIMER'S FAMILY CENTERS, INC.®

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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?

President Emidio kicked off the meeting with our regular greeting and turned the meeting over to **Jay Hatfield** as our Rotarian of the Day. Jay gave us an inspiring thought to help us through these days and then led us in the pledge. Jay then introduced his special guest “Elfis” to entertain us with the song “Blue Christmas”. And we will all have a Blue Christmas without each other.

Guest introductions followed with District Governor Steve Weitzen, Rea (sp?) Hosseini, Uwaysah Ali, and Peter Ballantyne joining us this morning. DG Steve then inducted **Lyle Brady** as a new member of the club! Welcome, Lyle! We are all so happy to have you with us, and thank you Sheila Henry for bringing him to us.

Finemaster **Lori Bende** looked to the members for possible fines. **Dennis Jacobs** had trouble with a beach chair. Looks like he may have had some weight gain with the pandemic. **Sheila Henry** had a high five now that her condo remodel is done. **Brett Morey** had a high five for the team at Ronald McDonald house to help out. **Denny Jacobs’** favorite hangout, Cheetah’s is now open and will soon be looking for new members. He will pay that in singles. **Susan Schwarz** gave a high \$15 for the end of the year, their daughter’s

recovery from surgery and their great niece’s recovery from some birth issues. **Lori Bende** paid a high five for the U-T article featuring her three female Eagle Scouts in her scout troop. More stories will follow in January based on this article. **Mike Bardin’s** younger daughter got vaccinated yesterday! Fortunately, Lori was able to show the video of **Alex Monroe** dancing in his Christmas pajamas.

Rick Clark announced that **Bruce Geier** is going through some new treatments for his cancer. He lost his hair and a lot of weight but both hair and weight are coming back. Bruce feels good and is getting excellent treatment in Salt Lake City.

President-elect **Jacquie Reilly** shared some highlights from our club website, especially the auction site. One of her Facebook friends saw her post and bid on the Opus One Wine Tasting. Share the site! And remember, that the auction closes at 5:00 pm on December 23, 2020.

Brett Morey introduced his very best friend Don Huntington from the Brentwood Rotary Club as our speaker. His topic “How to Get Along with Each Other (and everyone) during a Pandemic (and forever).

To live only for some future

goal is shallow. It’s the sides of the mountain that sustain life, not the top.” - Werner Erhard

The final end of my self-isolation will be satisfying but while waiting for it I’m completely enjoying life today. - Dr. Don

Don’s shared with us these key principles for life:

1. Make Others Happy
2. Never Feel Entitled to Anything or Defensive about Anything
3. Love Everybody
4. Practice Gratitude
5. Take Responsibility for Your Emotions
6. Create the World You Want to Live In

Don’s thoughts were so helpful to our daily life, especially in these times.

President Emidio ended the meeting with this quote from Former First Lady Barbara Bush which was so apropos based on Don’s presentation. “At the end of your life, you will never regret not having passed one more test, not winning one more verdict or not closing one more deal. You will regret time not spent with a husband, a friend, a child or a parent.”



La Jolla Golden Triangle ROTARY CLUB

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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



JANUARY 2021
15.....Jan Bernardy



ROTARIAN
OF THE DAY



TONY GRILLO

What a year this has been! The pandemic certainly re-shaped 2020 in very short order. For all the bad things that it created, it also brought what's important into much more focus. Before bringing you up to speed, let's get the basic bio out of the way....

I born in Portsmouth, Virginia at the Naval base a long time ago. Shortly thereafter, the family moved back to Puerto Rico. The **Grillo** family moved from Puerto Rico to Ann Arbor Michigan, just in time to complete high school there. After high school, I obtained a degree in Mechanical Engineering from Cornell University, a Masters in Engineering from Penn State, and an MBA from Pepperdine.

As for me, I am still at Malahat Spirits and GrilMar Investments. Malahat has been doing suffering just like restaurants and bars, we do have the fortune to be able to sell through retailers. While we are not profitable, we believe we will outlast the pandemic.

I am still enjoying cycling and car racing as much as possible. During the pandemic I was able to step up my cycling quite a bit, logging between 750-800 miles a month every month from March to October. Car racing has been more limited as a lot of the events were cancelled. Even so, I was able to participate in 4 races this year.

Best wishes to all for a great 2021!!

