

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JANUARY 15, 2021

[www.lajollagrotary.org](http://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*

22..... District Governor, Steve Weitzen  
Rotary Club District

29..... Vitaliy Bezrodov  
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

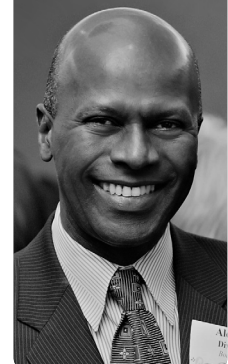
26..... Sandi Rimer  
Rotary Website Update

## THE WORK OF LISTENING



Alexis Dixon is a corporate and family mediator trained in humanistic person centered psychology. His work as a corporate (mediator) consultant has informed him that listening is the foundation of all human engagements, particularly, in times when answers are no where to be found. He invites his clients to sit at the intersection of their collective humanity, empathy and complexity - it is clear to him that life is a deliciously messy proposition that requires empathic joyful brilliant engagement - in essence, life is a complex empathic verb!

**ALEXIS  
DIXON**





# 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?

Perhaps the most important moment of this meeting was when **Mindy Baker**, our speaker, answered a question about avoiding dementia. *"The best way is to exercise and eat a healthy diet."* (I quote her at the beginning of my review, because I'm not sure how many of you will read my whole article.)

**Tony Grillo** was our Rotarian of the day. Life has been going fairly well for our ROTD. His oldest daughter graduated from Eton with a Ph.D. and is now in Washington DC in an internship. His next daughter goes back to school in 2 weeks and will go into marketing which she may use for a combined JBMBA degree.

As **Tony** is an avid cyclist, he biked through most of San Diego county with socially distanced friends. He really noticed how different parts of the county are treating the Covid pandemic. He went on 4 (mostly) socially distanced car races. Malahat Spirits is surviving, bleeding just a little.

The real estate projects are doing well.

He misses all the wonderful Rotary projects and seeing us in person. The student of the month, **Greg Moreno**, came from a background of extreme poverty. He lived for 7 years in a run down motel. Outside were drugs, prostitutes and other criminals. He made a choice that he didn't want to be a criminal and he and his brother split with the family and moved into an apartment. His mother and brother have made great sacrifices for him and he intends to pay them back by graduating from college.

**Jacquie Reilly**, said we made \$7500 on the Silent Auction. We will probably have another one in the spring.

**Mindy Baker**, as I mentioned before is the Education Director of the Glenner Alzheimer's Family Center, and was our speaker. She talked about Dementia and Reminiscence Therapy. There are many different causes or forms of

dementia, and Alzheimers is only one of them. It can start at any age although we usually associate it with old age. San Diego has many resources to help people. that interferes with everyday functioning for at least 6 months.

To help individuals it is important to focus on what these people CAN do. Perhaps the most important thing about the Glenner Center is that they have storefronts. (They're going to franchise these ideas to other centers in the country.) Since the aim is to access long term memories indirectly, these storefronts look like pool halls, restaurants and other familiar places. By utilizing visual, auditory, and olfactory clues participants often have enjoyable moments. (The sad part is that no one can yet stop the continued deterioration.

Our first meeting of the year ended with **Emidio** reading a couple of quotes concerning creativity, fun and optimism.



# 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 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

22..... David Chong  
29..... Open

### FEBRUARY 2021

05..... Rick Binder

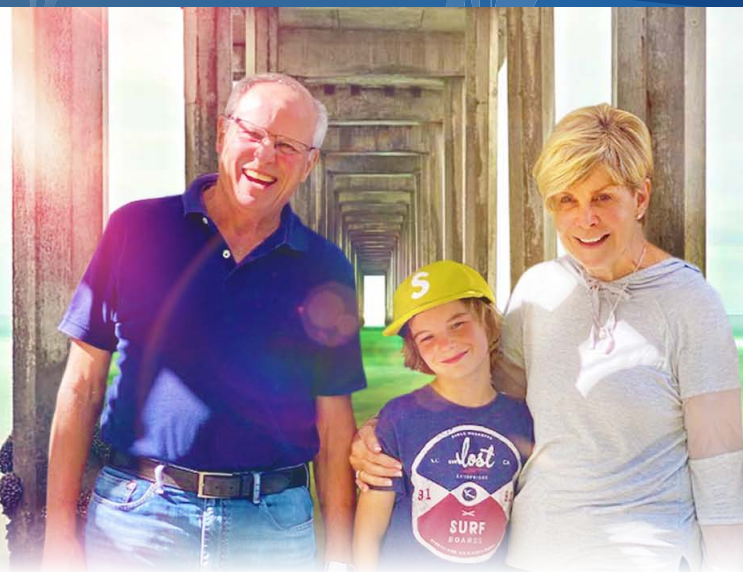


ROTARIAN  
OF THE DAY



Jan Bernardy

Jan Bernardy



I grew up in mid-western Canada and after I graduated as a Registered Nurse, I made my way to the US and have never looked back. I do thoroughly enjoy our visits to Canada to see both family and friends and have missed not going up there this year.

I have been a member of LJGTR club for about 3 years. I am happily retired as of April 2017 after spending my whole career in health care, working first as a registered nurse and then in management.

My life, as did many of ours, changed with the onset of the pandemic. Both my husband and I have lived pretty much by the restrictions placed upon us as the pandemic grew. I feel fortunate that we have a condominium in Scottsdale, Arizona that we can go to for a change in scenery but not ac-

tivity as we remain in lockdown over there also.

*Over the past 9 months, I have been trying to keep busy to pass the long days by crocheting, having made several afghans, gardening and reading the occasional book. We do spend some time with our grandson who turned 10 this past year and we were delighted to spend Christmas morning with him. We are also doing more cooking and continue to try to walk 3 miles every day. We feel blessed to have stayed healthy as we have known people not quite as fortunate.*

I have been a member of LJGTR club since July 2017 and thoroughly enjoy the meetings and friendships I have developed along the way. I am a Board Member and have been involved in the up-grading of the club's website. I am thankful to Sandi Rimer, LeeAnn Cusick and Deb Gibb for their leadership and for getting me involved in this

project as I truly do love it. Many of you have viewed the site and I am sure you will agree that there has been a lot of progress. I am also involved in the Village Rotarians and Friends and as chair of the Care and Share team try to keep on top of fellow members who are experiencing medical issues to help provide support as needed.

I am on the Board of Oasis and continue to be amazed at the work and progress this organization has done and continues to do. It has not really slowed down much with the closure of the site in Grossmont Center due to the pandemic. They have mastered the art of online classes, etc. The leadership is phenomenal!

*I am so proud to be a member of the most dynamic Rotary Club in the World and treasure each and every one of you.*