

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JANUARY 22, 2021

www.lajollagtr Rotary.org



Rotary



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

29.....Vitaliy Bezrodnov
Rotary Childrens Fund and it's international Cultural Exchange
Program GOLDEN GATES

FEBRUARY 2021- SPEAKER

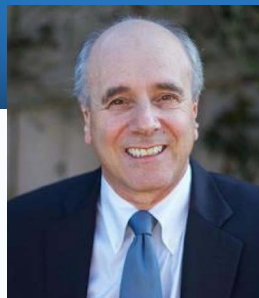
05.....Jolyn Parker
San Diego Oasis

12.....

19.....Nancy Gatschet
Pathways for Peace group

26.....Sandi Rimer
Rotary Website Update

ROTARY CLUB DISTRICT GOVERNOR



Steven Weitzen is a resident of La Jolla with his wife, **Ava**. Steven is a native San Diegan. He has been a licensed attorney since 1987 and opened his law practice in 1990. Today, he is a solo

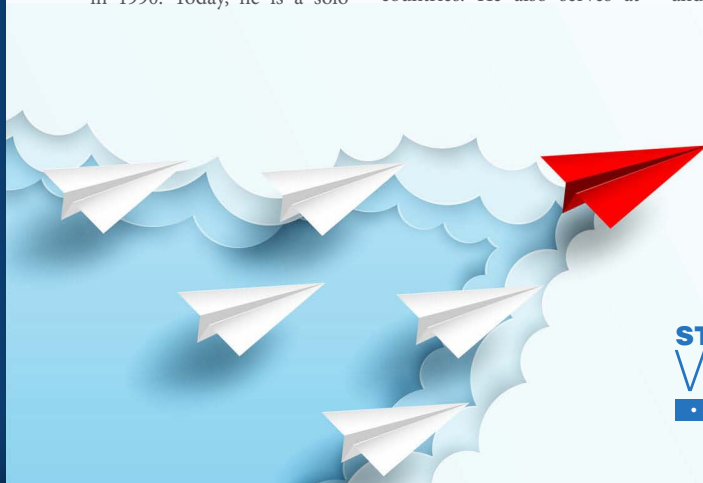
practitioner in the area of civil litigation.

Steven has been a member of the Del Mar-Solana Beach Rotary Club since 2006 and served as President in 2013-14. He has been to El Salvador twice with the club to work on international projects in this poorest of Central American countries. He also serves at

Stand Down as a counselor of homeless military veterans.

He was an Assistant Governor from 2015-18, and was the Chief Assistant Governor from 2019 -2020.

He is a Paul Harris Society member and has been a speaker at PETS, District Training, and District Conference.



**STEVEN
WEITZEN**
• DISTRICT GOVERNOR •



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 DelConte called the meeting to order at 7:30AM. Our Rotarian of the Day, Jan Bernardi, led us in a moment of silence to think about our country and to pray for unity based on respect, peace and love. She then led us in the Pledge of Allegiance.

Jan has been a member of the LJGTR for about 3 years. She happily retired in April 2017, from a career working as a registered nurse and then in management. She grew up in Canada, and after getting her RN, immediately came to the states. She and her husband have been living by the pandemic restrictions here and in their condominium in Scottsdale. She has been spending her time crocheting, gardening, reading, cooking, and walking 3 miles a day. And she did get to see her 10 year old grandson on Christmas morning!

She is a Board member and has most recently been working on updating the web site with Lee Ann Cusick and Sandi Rimer and has loved doing that. She is a member of Village Rotarians and is chairperson of the Care and Share. She is also a member of the Oasis board. She is proud to be a member of the La Jolla Golden Triangle Rotary!

Emidio introduced four guests: Peter Ballantyne, who knows Emidio from Kiawanis and who works on the San Diego Festival of the Arts and with Paralyzed Veterans; Brian Eisenberg who is a former member and plastic surgeon; Sara Katz, a former member who is getting involved again; and Chris Cieszko who has recently relocated back to San Diego from New York City to work with CalPrivate Bank which he initially founded.

High 5's: From Bev Fritschner to Dory Beatrice for her letter published in the UT; from Brett Morey to Frosty for helping a friend in Surfers Unite; from Denny Sanford to the Club for the smile on his face at each meeting; from Jacquie Reilly to Sara Katz who she is happy to see again; and from Sara Katz for the podcast she participated in to honor George Mitrovich.

Emidio led us in singing Happy Birthday to Alex Monroe. And he announced we are still accepting applications for director positions.

Brett shared that members of the University City High Interact have contacted Gravity Water and adopted a school in VietNam, and

are going to raise \$2500 to provide clean drinking water to the community. Brett would like to work with others in the club, to see how we might be able to help the project. UCHS has set up a website and a donation page and has already funded \$112. Mike McQuary said he would like to connect with Brett to discuss other sister schools/cities in Vietnam. Sara Katz said there's an organization called Water for People that provides 3rd World Country investments and engagements that might have the ability to make a small contribution - Brett will send Sara a link to the UCHS Gravity Water project website.

Fary Moini then introduced Alexis Dixon, a corporate and family mediator, trained in humanistic, person-centered psychology. He worked with the Carl Rogers Institute in LaJolla for 14 years, studied psychology at San Diego State and served on the Board of the National Conflict Resolution Center.

Alexis says that people do not feel heard. My boss/wife/husband/mother/father/friend - doesn't listen. Black Lives Matter, the people who stormed the Capitol - don't feel they are





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HERBERT J. TAYLOR

being heard.

There are two kinds of listening:

One is Conditional Listening or Listening to Defend. That's the one we do most of the time. We listen for the other person to agree with our world view. Weaponized listening. The point at which we disagree, we come to the point of no longer listening - building a defense. And now we're in psychological war.

3 requirements of weaponized listening are: I will listen to you:

When you agree with me
If you agree with me and
Because you agree with me

At the point at which we disagree, you are the "other." Listening to defend is also an addiction to being right. I won't listen to anything unless it confirms my world view. The weaponized form of conditional listening is anger and the desire to win my side versus your side. At the worst end of the spectrum, it's genocide. When I don't feel agreed with, and I listen to defend, my language becomes weaponized, or when language is not enough I use my body, my gun, my gang, my tanks, my bombs....

Children say my parents don't listen to me. I love you, if, because, when.... We also do this with ourselves. Conditional love.

The second kind of listening is Listening to Understand or Unconditional Listening or Empathic Listening.

Listening to Defend is rooted in ego - an egoic intellectual construct that does not see the humanity. Listening to Understand is heavy lifting.

Conditional Listening: I am fearful and go into relationship

Unconditional Listening: I see your humanity and go into a relationship.

A local man's son was murdered by a 14 year old boy a few years ago, and his father forgave the boy who murdered him. He said if I had been raised like the boy, I may also have murdered. I miss my son, so I weep for my son, but I also weep for the boy. I don't agree that he should have murdered my son, but I love him, I see the humanity within him. That is listening to understand. It requires a different kind of engagement.

Carl Rogers said:
Love and do as you will
When I'm sad, I love myself

and then I go into my sadness

When I'm terrified by the world, I love the world and go into my terrifying feeling of the world

So,
Love and go into fear
Love and go into sadness
Love and go into meeting the world
Love and go into your self

This moment is calling us for a different kind of listening in order for us to save our common humanity. It's a listening that the virus has invited us to do. In spite of the difference, can you still see the humanity in the other person. Love, witness the bad things, and do something about it. That's the invitation.

Emidio thanked Alexis and told him that his visit will be honored by a contribution to Angel Flight West. Emidio also had these parting words of wisdom:

Eleanor Roosevelt: With a new day comes new strength and new thoughts
Nelson Mandella: It always seems impossible until it's actually done.



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

29..... Sara Michelin

FEBRUARY 2021

05.....Rick Binder

12..... Open

19..... Lyle Brady



ROTARIAN
OF THE DAY



David Chong

I'll confess I don't read these ROTD updates with a frequency that enables me to speak with confidence about the overlap between the written material and the verbal presentation. For this week on Friday morning, I'm going to share a story about a December trip to Hawaii. With questionable storytelling skills, I don't want to spoil any of it here...

So, by way of other 2020 updates, watching Sarah create & pitch versions of reopening plans for San Diego Co-operative Charter School has been dizzying. In her short time as Executive Director she has moved from one crisis to another, and I believe is now qualified to serve as Governor.

Our youngest **Clara** turned 16 last week. She cranks out art in between her synchronous classes at High Tech High Mesa.

At the pandemic outset **Danny** moved from Grossmont High to an online

charter. Every once and awhile his online gaming is (starkly) interrupted with a few minutes' of coursework.

Kira will be returning to St. Mary's College in South Bend in a couple weeks to resume her nursing studies. If the market for nurses does not change too dramatically then upon graduation she will earn more than anyone in the family.

Our oldest **Alyssa** graduated from St. Mary's College in December with a degree in Physics & Applied Math. Earlier in the year she and a partner won a pitch competition at Notre Dame, leading her to change plans to graduate early & launch a medical device company.

For me, we kept Coast Care Partners afloat and found ways to make progress on some fronts. We've served Covid-19 positive clients in their homes and have supported assisted living facilities during their outbreaks.

Parking our RV in the desert served as an alternative remote office more than once, and I'm planning to work from Hawaii for a couple weeks in March. **Kim, Melanie, Erik** & I have stuck our toes in the water with a Friday morning Rotary meeting pod, and hope to jump in more with that experiment.

Coast Care
partners



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