

THE GOLDEN rotarian

www.lajollagrotary.org



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JULY 28 2023



RI President 2023-24
GORDON MCINALLY

District 5340 Governor 2023-24
DON FIPPS

LJGT Rotary President 2023-24
CHRISTY WHITE BROOK

SOPHIA PRIETO GUZMAN NYLA VIVAS



AOS MEETINGS AND SOCIAL EVENTS

July 28, 8:30 AM.....Peace Committee
(follows club meeting)

August 4, 8:30 AM.....Community Service
(follows club meeting)

September 7.....Evita - the Musical Fellowship
(see Linda Wallis to register)

October 7 - 8.....Ensenada Across Border Project
(see Ron Kohl for details)

October 14.....Chili Cookoff!
(hosted by Rich Papike, organized by Bev Laursen)



JUST IN TIME FOR FOSTER YOUTH

In 2010, Sophia volunteered as a mock interviewer for San Diego Second Chance Program, an agency that serves youth and adults who were involved in the justice system. After that experience, Sophia realized she wanted to continue working with people who sought to move on from their past and better their lives. So, she joined the organization and worked as a Job Developer and Business Services Coordinator. Sophia continued her career with other workforce development organizations. These positions allowed her to create a bridge to connect at-risk youth, veterans, and justice involved persons with meaningful relationships and job opportunities.

In 2018, Sophia connected with Just in Time at the annual Pathways to Financial Power conference, where she participated in the career fair speaking to youth about work-readiness and mentorship opportunities. She was impressed by her experience and is now happy to be serving as JIT's Volunteer Services Lead Outreach Coordinator.

One of Sophia's goals is to continue to build strong, meaningful, and long-lasting relationships within the JIT community. She hopes to be able to introduce JIT's services to youth in the foster care system prior to them aging out at age 18 so that they understand there is an established community and support system to help them transition. In her free time, Sophia enjoys hiking and salsa dancing. Her favorite place is Zion National Park, which she calls "breathtaking."

Nyla was placed in the foster system with her younger sisters at 13 years old due to their unsafe environment. Although it was difficult for Nyla to be separated from her sisters after being placed into the foster system, she continued to persevere in ending familial toxic intergenerational cycles.

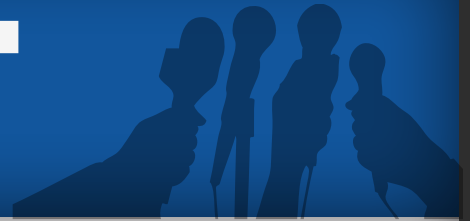
Nyla has received her B.A. in Psychology at University of San Diego and is currently attending San Diego State University to obtain her M. Ed with a focus in Trauma Informed Counseling. After receiving the communal support, she always longed for, through Just in Time for Foster Youth, Nyla is empowered to provide the same support to underserved students who wish to make changes in their lives by pursuing higher education. After 10 years, Nyla has been reunited with her sisters and currently is a legal guardian of one. She devotes time to visit and create memories with all of her sisters to help repair the time they lost.

In her free time, Nyla enjoys meditating, journaling and reading books. When she can, she's also learning how to surf and will give any excuse to go to the beach. She enjoys cuddling with her two cats, hanging out with friends and exploring new coffee shops!



REPORT

from the last meeting



UPCOMING SPEAKERS



2023

AUGUST - SPEAKER

- 4.....Luke Jacob
Media Literacy
- 11.....Barb Chodod
San Diego Business Journal
- 18.....District Governor Don Fipps
Meet the New District Governor
- 25.....Greg Angela
Interfaith Community Service

SEPTEMBER - SPEAKER

- 1.....Sean Warner
Potential
- 8.....Hiro Iwamoto
Blind Sailer - Inspirational
- 15.....Nazneen Dewji, Ph.D.
Alzheimer's Research
- 22.....
- 29.....Linda Kurokawa
Career Advice

With the stroke of the gavel, our **President Christy White** called the meeting to order promptly at 7:32, welcoming members, guests, and those on Zoom by name.

Christy invited **Sara Miceli** to the podium as Rotarian of the Day. She shared a quote from Jim Abbott, the renowned baseball player with only one usable arm: *'Never allow the circumstances of your life to be an excuse. . .'*

After the pledge, led by a team of 7-year-old ball players, Sara regaled us with stories of her son **Tucker**, well known to us as the youngest member regularly attending, and an aspiring baseball player, with catcher being the favored position. Sara is a full-fledged baseball mom, and despite her efforts to make him a Dodgers fan, Tucker is a die-hard Padres fan! He's a switch-hitter; last year he was on the all-star team.

Guests were introduced by **Luke Ervin**, who assisted **Bonnie** at the front desk: **Alex Gatschet**, Nancy's grandson visiting from the other coast, **Sean & Bill** from Cygnet, **Yolanda, Connie, and Marinda** (friends of Christie).

Announcements included EVITA, playing at Cygnet Theatre – **Christy** shared the meaning of that play to her from her dad's theater lighting career starting with Evita!

There will be a club social event to see Evita with dinner first for the club on September 7th.

Reminder to get ROTD bio info and club meeting report to

Ajay by Sunday evening prior to the next week's meeting.

Linda Wallis announced a benefit scavenger hunt for Oasis – flyers were available on the table to sign up. Linda also noted that there is a Board vacancy due to the resignation of Board member **Chris Muhart**. Please see Linda if interested (*2-year minimum membership required*).

Jacque announced the sale of the polo shirts that brought \$186 to the club (Jacque got the shirts wholesale!).

Christy spoke of LEAD and **Marty** shared that we support LEAD through Preuss and have for many years.

Christy urged members to celebrate our members' birthdays for August – **Bev Fritschner, Cynthia Villis, David Chong, Sheila Henry, and Sharon Council**.

Beverly Fritschner announced the 2nd annual Chili Cookoff for October 14 at the home of **Rich Papike**.

Christy explained her involvement with Cygnet Theatre from a theater trip to Europe, leading her to join the Board. She explained Cygnet is a leading theatre company in San Diego and has a great youth program. For example, **Carlos Mendoza** will be taking students to see Evita.

Christy gave glowing introductions to **Sean Murray** (Artistic Director) & **Bill Schmidt** (Managing Director) who have grown Cygnet from its start 20 years ago to enough growth to move to a new venue in Liberty Station.

Sean shared the story of Cygnet starting in Rolando 20 years ago. They outgrew that space pretty quickly and found the theatre in Old Town, but still kept looking for a long-term solution. Sean and Bill explained that conversations with NTC Liberty Station continued throughout the pandemic. As a result, the venue will develop into the Jacobs Performing Arts Center.

Cygnet is the 3rd largest theatre company in San Diego with 50,000 audience members annually. Now Cygnet can plan long-term with a 35-year lease.

The new theatre will have 2 theatres – a flexible black box for developing plays and smaller shows and a main stage with 289 seats, 3 outdoor patios for social interaction pre- and post-shows, a large lobby with 2 bars, a great rehearsal space, and more.

Bill spoke about the construction timeline and the contractors and noted that they expect to be open in the new space during 2025.

After answering audience questions, **Christy** gave both speakers a gift of an LJGT Rotary mug as a thank you.

She closed the meeting with the quote *"Theater is life; cinema is art; TV is furniture!"*; the gavel hit the bell to adjourn!

~Reporter

Nancy Gatschet



PHOTOS FROM 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?

La Jolla Golden Triangle
ROTARY CLUB
 Chartered - June, 1986 • La Jolla, California

P.O. Box 13023
 La Jolla, CA 92039
 www.LaJollaGTRotary.org

LJGT ROTARY LEADERSHIP 2023 - 2024

PRESIDENT	Christy White Brook
VICE PRESIDENT	Linda Stouffer Wallis
PRESIDENT ELECT (2024-25)	Luke Ervin
PRESIDENT ELECT ELECT (2025-26)	David Chong
TREASURER	Sharon Council
SECRETARY	Ranjan Lahiri
PAST-PRESIDENT/FOUNDATION	Nancy Gatschet



AUGUST 2023

- August 4 - Jacquie Reilly
- August 11 - Ron Kohl
- August 18 - Jay Hatfield
- August 25 - Erik Mjoen



ROTARIAN
 OF THE DAY

LOUISE ANDRES

It's kind of symbolic for the Club to request a Past Club President/Past District Governor to be the Rotarian of the Day (ROTD) after 17 years membership in LJGTRC. What it implies is that the Golden Triangle Club has regenerated itself to the point where there are elder members who may be unfamiliar to younger members --- the sign of a vibrant thriving Rotary Club.

So, I am a Past President (2009-2010) and a Past District Governor (2014-2015) and now I am a Club Elder asked to re-introduce myself. No problem, I understand. Its important to re-link the club following the pandemic. I get it.

In my case, ROTD involves explanation of a fairly significant lifestyle change during my membership. When I joined La Jolla Golden Triangle Rotary Club, I was recently retired from IBM and also recently relocated from the Los Angeles area back to San Diego where we had lived previously. I became progressively involved a greater, and greater, number of Rotary functions at the Club and District level. Ultimately, that led me to aspire to be the District Governor (DG). I accomplished that goal (2014-2015).

And then there were post-District Governor responsibilities that ensued at the District and Zone Levels --- but, in my case, there was a glitch. Something was wrong. I was losing control of something called my Executive Functions. I had been an IBM Executive and then a Rotary Executive but, suddenly, I couldn't control the analytical and schedule functions that such high performing people do every day. I had searched for words sometimes in my DG speeches and found that I was afflicted with something called Aphasia. We sought medical assistance but unfortunately it was just before COVID and that's when our medical support system shut down. I was diagnosed with mild cognitive decline and vascular dementia by Scripps Neurology, neither of which proved to be correct. Steve and I were confused and adrift without a rudder. Where were we going? What was this disease? What should we do?

I'll spare you all the details but with no one to turn to but Rotary, I got astonishing support from my Rotary friends who steered me to the right medical assistance at UCSD Memory and Aging Clinic resulting in a robust treatment method to deal with what became diagnosed as Frontal Temporal Dementia with Primary Progressive Aphasia. That's what I have and that's why my husband, Steve, will speak for me on 28 July. What it comes down to is that our vision for our retirement years has been radically altered. We traveled extensively, often adventurously, and often with Rotary friends from around the globe doing great things for 10 years or so. We loved it. Then suddenly, I couldn't schedule travel successfully any longer. I made mistakes, we missed flights, something was seriously wrong.

Our lives were altered, radically. Our estate plan had to be modified, our division of family responsibilities shifted. I needed daily assistance. I still do.

So, that's what my message to the Club is today. With the help of dear, loving, caring Rotarian friends--- many of them---too many to name them today, Steve and I have progressed from one lifestyle to another---to a new lifestyle dealing with my dementia. We obtained the treatment I needed, got on a program to deal with this disease and established a new equilibrium. I would say that most of it was thanks to my dear fellow Rotarians, irreplaceable Rotarian friends.

Its' been said before and should be said again, "only through Rotary are such things possible and achievable".

And I'm still a member of "The... Most Dynamic Rotary Club in the World".

Thank you, La Jolla Golden Triangle Rotary Club.

