

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MARCH 22 2024



RI President 2023-24
GORDON MCINALLY

District 5340 Governor 2023-24
DON FIPPS

LJGT Rotary President 2023-24
CHRISTY WHITE BROOK

POINTEWORKS DANCE FOR PEACE



AOS MEETINGS AND SOCIAL EVENTS

April 26th LJGTRC Fundraiser

1st Friday of the Month Community Services Committee
(follows club meeting)

3rd Friday of the Month Youth Services Committee
(follows club meeting)

4th Friday of the Month Peace Committee
(follows club meeting)



SOPHIE WILLIAMS

Dance is a universal language, it fosters collaboration, trust, and an understanding across all borders through our shared human emotions and experiences. Regardless of the language we speak, or where we come from, dance connects us, and unites us through movement and music. Pointeworks strives to embody the international unity that dance can create. For our inaugural season, we have brought together a cast of 20 artists; 10 dancers, 5 choreographers, 2 composers, 1 pianist, and 2 visual designers. These artists come from Japan, Argentina, New Zealand, Ukraine, Hungary, Germany, Brazil, Guam, and all parts of the USA, and in June 2024 we will embark on our inaugural season of Pointeworks where we can share this international beauty and international collaboration with La Jolla and our San Diego communities.

We will present an excerpt of our work Meraki. This creation by choreographer Heather Nichols, is derived from the Greek root of the word Meraki (μεράκι), meaning the "essence of yourself". Its translation transcends many languages and cultures and represents a universal concept of putting one's love, and a piece of oneself into their work. This work was made in musical collaboration with Ólafur Arnalds and Alice Sara Ott's The Chopin Project. The connection between the artists, the connection with the music, and the connection with the audience, touches on all facets of the universality of dance and the peace that it can harmonize across our borders.

Passion, creativity, and dedication to the art of dance are the driving forces of Pointeworks. Founded in 2023 by Artistic Director Sophie Williams, a California native with an international dance career, Pointeworks was born as a nonprofit performing arts company with a vision to elevate the voices of female artists and to bring cutting-edge ballet to her hometown of San Diego. Based in Southern California, Pointeworks is committed to inspiring our community by celebrating the voices of dance, as it strives to nurture and connect artists of all backgrounds, and bring a balance to the kinds of voices that are represented on stage through classical and contemporary works.



REPORT

from the last meeting



UPCOMING SPEAKERS



2024

MARCH - SPEAKER

29.....Susan Francia
2 x Olympic Medalist shares her
inspirational story

APRIL - SPEAKER

5.....Divya Kakaiya
Healthy Within

12.....George Haligowski
The Valle de Guadalupe:
the new darling of the wine world

19.....Stephen Tako,
Mike McQuary, Sarah Saluta
The Confident Life Antibullying Program

26.....Steve and Lisa
The Waves Project

President Christy White Brook opened the meeting exactly at 7:30 and introduced our Rotarian of the Day, **Eric Freeberg**. Eric's invocation focused on gratitude for those who have been with us on our Rotary journey. There were a few very emotional moments as he mentioned the names of several past members, including, **George Mannschreck, Frank McGrath, Wayne Cusick**, who he remembered with much gratitude.

In his Rotarian of the Day presentation, Eric decided to focus on being grateful for Rotary and to share his thoughts of gratitude for each our club members. Eric's photo in this week's bulletin was taken in 1987...his 1st official Rotary photo, I think. Back in 1986, he and **Steve Brown** were law partners. That same year Steve told him that he was starting a Rotary Club. Eric was familiar with Rotary thru his dad, who was a club president several times, and thru his experience as an exchange student in Japan, so he was eager to join. He expressed his gratitude for Steve and for Steve's foresight to create the Club Foundation. He expressed thanks to the current Board and those who make this meeting happen on Friday mornings. Then he went on to name and thank so many individually, citing the roles they have played in this Rotary journey, covering just about everyone in the Club, though he did apologize up front for anyone he may not have mentioned. He ended with a thank you to our new members, as our new members are the key to our future. Being part of this Club gives us so much to be thankful for. Thank you Eric, for this reminder.

President Elect Luke Ervin introduced the guests, **President Christy's** daughter, **Jessica; Eric Freeberg's** son, **Jon; Alex Monroe's** son, **Emerson; Jacquie Reilly's** guest, **Rosemary; Luis Carranza**, District Governor nominee; and 2 UCSD Rotaracts, **Sam and Rishi**.

President Christy recognized **Asher Bende**, who was a finalist in our District 5340 Youth Music Competition. Asher, playing the French Horn, was our Club's entry. Congratulations to proud mom, **Lori Bende**.

Congratulations also were given to **Jay Hatfield** on his retirement from Braille Institute. Many joined in his retirement celebration last week.

Today's mugging went to **Steve Balch**, who is always ready to volunteer as part of Community Service. Steve, asked **Jacquie Reilly** to stand up, as he thanked her for introducing him to Rotary and to service, something he had not done thru his many working years but wished he had started years earlier.

Announcements

Carolyn Fritz reminded us that the San Elijo Habitat Restoration Project is coming up on Mar 23. There is still room for two more persons to sign up.

Ellen Bryson brought two more items to display, which will be offered as auction items at our April Fundraiser. She also announced that the Easter Basket making event will take place after next week's meeting. Please let

her know if you can help.

Samson Tse is organizing a wine social at **Vino Carte** in Little Italy on Saturday, March 16 at 3 PM. Let him know if you can make it.

Dianne Day spoke about the upcoming Wine Soiree Fundraiser. We will be receiving multiple evites in hopes that we will add guests to attend and make it a success. There will be wine tasting and heavy hors d'oeuvres. Several great auction items have been added, including a very exciting boat ride donated by **Jim Frost**, a week at **Peggy Martin's** condo, and a case of special wines donated by **Eric Freeberg**. A form is on the tables which can be completed for auction item donations.

Fines and High 5's

President Christy introduced **Fine Master Tim Fronczek** and wished him a happy anniversary, 10 years! Congrats, **Tim** and **Leo!**

Rich Papike had an announcement, a joke and two quick high 5s. He announced that he had a great time attending RYLA last year. He can't go this year but encouraged others to go if you can, the 2nd week of April. In honor of St. Patrick's Day **Rich** told us a short joke about **Sean** and **Shamus**. And finally, **Rich's** 2 high 5s: First, something I thankfully forgot, about a dancing bird; and Second, that at a dinner recently **Rich's** grandson presented **Rich** and **Cheri** a bottle of wine with a label announcing that they would soon be great grandparents! Congrats!

Carolyn Fritz announced that **Ron Spilsbury** had ankle surgery a week ago. He had some complications but went home yesterday and is now doing well.

Alex Monroe had a high 5 for his son, **Emerson**, who slid on some sand while riding his ebike on his way to school and broke his 3 front teeth. The dentist was able to get him patched up quickly. As a dad, **Alex** is thankful that he didn't have a fracture or any broken bones.

Jay Hatfield thanked those who attended his retirement party.

Marty Rosenstein announced that **Mike Schwarz** had heart valve replacement surgery yesterday. He tolerated the surgery well and is coming home today. **Rick Clark** added that his message from **Susan Schwarz** about **Michael's** surgery was translated into something quite different by his voice mail verbal interpreter and left him quite confused!

Lori Bende thanked everyone on behalf of **Asher** for getting to attend the Music Competition. The students in the competition bonded with each other and had dinner together afterwards. As an auction item they are planning to provide entertainment for guests at a dinner at someone's home.

Eric Freeberg shared that his son, **Jon**, who became a Paul Harris fellow at age 5, played Lacrosse with **Alex Monroe** in high school.

Stephen Tako, as moderator for today's program, first talked to us about vocational

service as an opportunity to build our Club. Part of our job as Rotarians is to not shy away from sharing the work we do. He and **President Christy** met this week and talked about having monthly mixers to share ideas, how our Rotarian businesses are thriving because of Rotary and how we can share our vocations with Rotaracts and Interacts as a way to inspire them. If you have interest in this, let **Christy** or **Stephen** know so we can get the Vocational Service Committee in full force in the next Rotary year.

Stephen then introduced us to a panel of our own Club members, our superstars in the financial world, **Alex Monroe, Luke Ervin** and **Garry Kachikovsky**, who shared their wisdom with us. Each was given a few minutes to speak, followed by Q&A.

Alex Monroe spoke to us about the Rule of 72, a formula that is popularly used to estimate the number of years required to double the invested money at a given annual rate of return. In the course of our lifetime many things happen in the world, good and bad. Thru it all, if we stick to saving and invest intelligently we will double our money per the Rule of 72. So let your money work for you, plug away and be consistent.

Luke Ervin spoke about the economy. The main problem we have is inflation, with the Fed raising rates. The economy has been extremely resilient. We have not seen any major decline. The next move in rates should be lower. Lots happen during an election year and the market usually is bullish. If there is a recession it probably won't be very severe.

Garry Kachikovsky's presentation was about the benefits of a 529 plan and a Roth IRA. Contributions to a 529 plan (college savings plan for children/grandchildren) are considered gifts, which means that current assets and future earnings are excluded from their taxable estate for federal estate tax purposes. You can contribute a gift amount of up to \$18,000 per donor per year tax free. New this year is that 529 assets (up to \$35K) can be converted into a Roth IRA if they have been held in the name of the same beneficiary for at least 15 years. The last 5 years, however, do not qualify.

Stephen Tako summarized saying that we have some amazing and incredible people in our Club and we need to tap on them for their knowledge. Since all 3 panelists have already been mugged, to thank them, **President Christy**, instead, gave each a can of Guinness to put in their mugs in honor of St. Patrick's Day.

To close the meeting, music chair, **Jay Hatfield**, led us in a sing-along of "What Shall We Do with a Drunken Sailor" in honor of St. Paddy's Day.

~Reporter

Bonnie Arora



PHOTOS FROM LAST MEETING



Membership Tips:

IT SOUNDS SIMPLE, BUT THE MOST EFFECTIVE WAY TO GROW MEMBERS IS "ASK SOMEONE"

REPEATEDLY INVITE PROSPECTIVE MEMBERS UNLESS YOU GET A DEFINITIVE "NO" FROM THEM.

ENSURE THAT PROSPECTIVE MEMBERS FEEL IMPORTANT. INTRODUCE THEM TO OTHER MEMBERS AND SIT WITH THEM.

THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO

Economic Backdrop

- +Economy has been wildly resilient
- + Next move in rates SHOULD be lower
- + Election year
- (-) Pickup in inflation?
- (-) Recession? Probably not, but if there is, it should be technical and not meaningful
- (-) Geopolitical events: Ukraine/Russia, Israel/Palestine/Iran, Suez Canal

Mission Family & Business Group | UBS

Welcome to Vocational Service

Rotary's guiding principles call on Rotarians to empower others by using their unique skills and expertise to address community needs and help others discover new professional opportunities and interests.

2024

- MONTHLY BUSINESS MIXERS
- BUSINESS WITH INTEGRITY
- ENTREPRENEUR SUPPORT
- PANEL OF EXPERTS PROGRAMS
- PEACE
- VOCATIONAL PEACEMAKER AWARD
- VOCATIONAL SERVICE AWARD
- INTERACT CLUBS
- ROTARACT CLUBS
- SCHOLARSHIPS

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?



WITHDRAWAL CHANGES STARTING IN

- Concerns about over-contributions?
- Withdrawals for non-qualified education expenses are subject to income tax and a 10% federal tax penalty on earnings.
- NOW, can roll over portion of 529 into a beneficiary-owned Roth IRA
 - IMPORTANT RULES:
 - Rollover amount subject to the Roth IRA annual contribution limits set by the IRS - \$7,000 this year w/ \$1,000 catch-up if beneficiary is age 50+
 - \$36,000 lifetime limit per beneficiary
 - Same beneficiary for 15 years
 - Cannot roll over any contributions or earnings on contributions made in the last five years

HERBERT J. TAYLOR

La Jolla Golden Triangle
ROTARY CLUB
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LJGT ROTARY LEADERSHIP 2023 - 2024

- PRESIDENTChristy 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

Krishna Arora – A Rotary Foot Soldier

Behind every service project there is a story that is as endearing, as the project itself, so is life - always full of stories. About me --- I have one wife, 6 grandchildren, 3 children in US, 52 children in India, and 1 godson in Peru. Trying to put food on the table and raise my family, I worked my "butt" off for 40 years before retiring from Qualcomm, only to get inspired to become, "Rotarian for Life!"

Every morning you have two choices: continue to sleep with your dreams OR wake up and chase them. Celebrate Life!



MARCH 2024

March 29 - Ellen Bryson

APRIL 2024

April 5 - Rich Papike

April 12 - Jim Davies

April 19 - Allan Galgut



ROTARIAN
 OF THE DAY

KRISHNA ARORA

