

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MARCH 26, 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

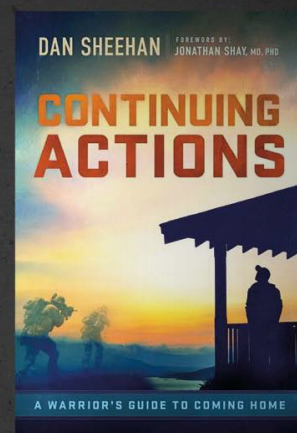
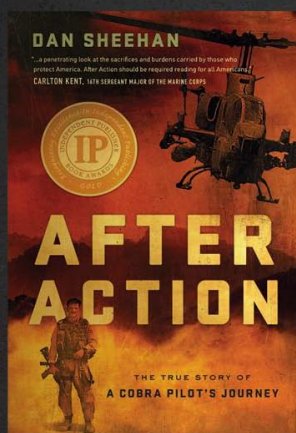
SPEAKERS AND EVENTS

APRIL 2021- SPEAKER

02..... Dr. Christopher Rogers
Orthopedic Stem Cell research



REDEFINING THE WARRIOR'S JOURNEY



Dan Sheehan flew AH-1W helicopter gunships for twelve years in the Marines. He flew his gunship during the 2003 invasion of Iraq and returned for a ground combat tour a year later as a Forward Air Controller with Marine Corps Special Operations Command, Detachment One, the precursor to today's MARSOC. He was awarded several Individual Action Air Medals and the Bronze Star for his actions in combat. After leaving the service, Dan turned to writing to process his combat experiences and ultimately published two award-winning books that address the human costs of war on those who fight.



His memoir of Iraq, *After Action: The True Story of a Cobra Pilot's Journey*, won multiple awards and became recommended reading for all Marines when General Berger added it to the Marine Corps Commandant's Professional Reading Program list in 2020.

Dan's second book, *Continuing Actions: A Warrior's Guide to*

Coming Home, (Foreword by bestselling author and PTSD expert Dr. Jonathan Shay) draws on Dan's experiences and the works of mental health professionals, scholars, and other veterans to expose a critical gap in the modern warrior's preparation for the challenges of service and provides pragmatic solutions for how to fix it.

Pulitzer prize-winning journalist

and bestselling author, Tom Ricks, called *Continuing Actions* "One of the best things I've read about coming home from war."

Dan's books are available on [amazon.com](https://www.amazon.com) in paperback, ebook, and audible formats. For more information, please visit www.dansheehanauthor.com or the Dan Sheehan, Author page on Facebook.



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?

Emidio called the most Dynamic Rotary Club meeting to order and introduced the Rotarian of the Day, **Pete Griffith**, one of our Charter Members who lead us in the pledge and prayer. **Pete** zoomed in from his and **Dory's** new digs at Silvergate in Rancho Bernardo sporting his "recurring" mustache. He proudly reminded us that they were the first and the only club presidents who were also husband and wife. **Pete**, who has retired from owning an Insurance Agency had two daughters with his late wife **Connie**, who many of us knew. They have given him five "covid modified" grand daughters. **Dory** and **Pete** make frequent trips to the Bay area to visit their family which gives them great joy. Since moving to Silvergate, **Pete** has discovered a new talent and

proudly shared with us his first painting - who knew?? We are hopeful that some of his new creations will come on our auction block in the near future.

District Governor, **Steve Weitzen** praised the Most Dynamic Rotary Club in the World and gave kudos to **President Emidio** for living up to our high standards and for his shirt and tie combos. **Steve** inducted new members, **Dr. Brian Eichenberg** and Niki Brown into the Club which brings Rotary world's membership up to 1,200,202 members.

Emidio introduced guests that included the assistant district governor, **Sarena** and **Natalie**, two rotaractors from SDSU and the returning **Omolara**

McCloud. **Susan Schwarz** continued with high fives and happy dollars. She fined **Pete** for not standing for the pledge but he had a good reason...he was still in his p.j's. A photo of **Denny Jacobs** in his Saint Patrick's costume brought in another \$2 and **Jackie** stepped up with yet another \$2 for putting **Denny's** costume together. **Papike** ponied up \$5 in honor of **Pete's** new mustache and **Krishna** gave dual \$5's for the 9 month old budding Rotarian and for his upcoming trip to the barber. **David Tansey** was back on the softball field that yielded \$5 and **Louise** gave a high \$20 for her adorable grand daughter who she was proudly holding.

Marty tuned in from Boston where he and **Sharon** will be

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visiting family for the next seven weeks and **Fary** tuned in from New York where she also was visiting family.

Emidio made an appeal for an IT person to help select some needed equipment for the Club. Please be in touch with **Emidio** if you can assist or recommend someone.

Our speaker, **Ali Kuraishy** was brought to us by **Bev Fritschner** who met **Ali** on the River Walk Golf Course. **Ali**, a PhD has been working in the genetics testing field for over 20 years. He described the work underway at **Invitae**, a medical genetics testing company. **Invitae** offers a variety of genetic testing which includes pre natal testing, early

pediatric testing, fertility testing and adult testing. Early detection of variations in DNA may reveal genetic disorders that can lead to a variety of diseases. He went on to describe the differences between standard biopsies and liquid biopsies as they relate to cancer monitoring and the impact of measuring DNA in the blood. If cancer can be identified in the blood early on, treatment can be much more effective. Clinical trials are underway to measure the impact of measuring DNA in the blood after cancer recurrence. The trials include monitoring of residual disease, therapy modulation to refine therapy, therapy response monitoring to measure therapy effectiveness, and therapy optimization

to determine treatment regime. They are also looking at novel surrogate clinical trial endpoints to accelerate clinical trials. Results from the clinical trials are expected in about five years. **Ali** answered questions from the attendees.

Emidio thanked **Dr. Kuraishy**, and announced that our Board meeting will take place Thursday, March 25 at 7:00 a.m., **Dan Sheehan** will be our next speaker whose topic is **Redefining the Warrior's Journey**, and he reminded us of the four way test.

Reporter,

Dianne Day



La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

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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



ROTARIAN
OF THE DAY

Janine Pack

I was born in what was described on my birth certificate as "a rural section of Los Angeles - Hollywood." Although my name was never in lights, I experienced the most culturally significant milestones of a Southern California Girl.

After a brief time in Hollywood, my family moved to Van Nuys, California and I became a "Valley Girl". My family then moved to Redondo Beach and I joyfully transitioned into a "Beach Girl". The Beach Boys and Jan and Dean were the drumbeat behind my adventures; sunbathing at 12th and Hermosa with my girlfriends - watching volleyball, the sea and of course, the surfers.

Between my visits to the beach, I studied hard and was admitted to University of California, San Diego. During orientation, I met a New England boy - Christopher Pack. Unfortunately, he was not a surfer but I overlooked that and saw a handsome, tall, blue-eyed guy. We will celebrate our 44th anniversary this year.

After graduating from UCSD, my husband and I moved back to LA. I attended Cal State LA in an MBA program and also worked in management for Pacific Telephone. Eventually, my husband's job took us to University of Vermont and then to Michigan State University, where we lived in "Main Street" rural communities. While in Michigan, I was an office manager for a company called Nalco Chemical, but then took a number of flexible jobs to focus on my family. One of these jobs was as a fire and police dispatcher in our town of Williamston, Michigan, population 3,000. Through

this experience, I learned the nuances of small town living: the good, the bad, the gossip and the scandals.

After this rural living, we moved to Grosse Pointe, Michigan, a beautiful waterfront community near Detroit but we missed California and longed to get home to family, sunshine and surf. Fortune was on our side when my husband got a job with the accreditation arm of the American Medical Association and this job allowed us to move back to San Diego in 1986.

Art and design have always been my passion and after evaluating my interests while raising our young boys, I entered a graphic design program at UCSD. After completing the UCSD program, I got a job at The Sporting Club at Aventine as the graphic designer and marketing associate. After three years, I migrated to real estate marketing and office management and worked at Century 21 and Coldwell Banker for a total of 20 years until my retirement in 2015.

We have 2 children. Our oldest son, Michael, is a chemist and lives in Japan with his wife. He works as a Senior Managing Editor at a Japanese science editing service. Our younger son, Jonathan, lives in Los Angeles and is in Business Development for a newly public tech company and is an aspiring screenwriter and comedian.

Besides Rotary, traveling with my husband, camping, oil painting, always trying to learn the French language and swimming are my other hobbies.



MY FAMILY AND FRIENDS
TRAVELED
THROUGH THE
SOUTH OF FRANCE
in late 2019 just before Co-
vid-19 limited these voyages.

Here's hoping we can get
out and explore the world
once again and very soon!

