

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MARCH 29 2024



RI President 2023-24
GORDON MCINALLY

District 5340 Governor 2023-24
DON FIPPS

LJGT Rotary President 2023-24
CHRISTY WHITE BROOK

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)



SUSAN FRANCIA



FROM THE BENCH TO THE OLYMPIC PODIUM

Susan Francia learned the definition of perseverance and teamwork in her quest to become an Olympian. She first picked up an oar at the University of Pennsylvania during her sophomore year. Rowing in fast boats on the Schuylkill River under the majestic Philadelphia skyline, she was instantly hooked. After graduating from Penn with a BA in sociology and an MS in criminology, she decided to put her law career on hold as she pursued her dream to row for the US team. As part of the USA Women's Eight person boat, she successfully fought for an Olympic Gold Medal in both the 2008 Beijing and 2012 London Olympics.

Susan also won 5 World Championship titles before retiring in 2014 to pursue her MBA degree from UCLA. She currently uses her degree and sports experience to work in business development at a biotech in San Diego. Susan also enjoys motivational speaking and loves to inspire people with her Olympic stories of success and failure.



REPORT

from the last meeting



UPCOMING SPEAKERS



2024

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 Antbullying Program
- 26.....Steve and Lisa
The Waves Project

MAY - SPEAKER

- 3.....Matthew Bainbridge, PhD
Bridging the gap: bringing the genomic
revolution to the underserved
- 10.....Fary Moini & Steve Brown
Fary's Story
- 17.....Toastmasters
The Power of Public Speaking

As ROTD, **Krishna Arora**, recited past quotes from club presidents **Linda Stouffer-Wallis** and **Jacque Reilly**, *“What you get out of Rotary is related to what you put in to Rotary”* and *“ROTD speakers should have fun”*. As hearsay from many years ago, we do not claim these are verbatim.

The Aroras have taken a lead role in successfully completing 24 projects and have raised \$50,000 for the club. Their projects have been in countries of India, Peru, Spain, France, Pakistan, South Africa, and even San Diego.

He concluded with strikingly juxtaposed comments about every child being born with a gift of God, a gift of community support to help and nurture. And also, about not giving any crap to women.

Luke Ervin introduced our multitude of guests, with many students from Preuss School UCSD, Mission Bay High School, and SDSU.

President Christy mugged returning honorary member **Bradley Day**. Sadly, He is in San Diego for a celebration of life for a fellow Rotaractor, and expressed gratitude to the Rotary community for supporting Rotaract.

Eric Freeberg put us on notice (even “rag” on us)

that the wine soiree on 4/26 is not a party: it is a fundraiser. Feel closer to God by purchasing some of his swill. Please, get involved.

Rick Clark let us know that fellow member **Mike Schwarz** is back in the hospital, with a necessary procedure delayed due to pneumonia. “High 5” was coined under Mike’s presidency.

Erik Mjoen introduced us to five model UN students from Preuss and Mission Bay high school, who each gave a trial run of their Model UN presentation, representing countries of Argentina, India and Ghana on issues of indigenous rights and global terrorism. That final student presenter Linnea was an especially impressive orator, no doubt taking after her mother.

Fary Moini provided some larger context of peace, related to the pillars of peace. Different ideas have emerged from across the planet on how to obtain peace. Join Rotary efforts locally and worldwide to make it happen.

Stephen Tako gave a thank you shout out to **Eric Freeberg** for Eric’s thank you’s at last week’s ROTD, when he identified so many LGTRC members who have filled so many critical roles. Thank you, Stephen, for

thanking Eric for thanking us—really well done all around.

Sophie Williams was our primary presenter, founder of performing arts nonprofit Pointeworks. She and colleague Valentin Batista danced an excerpt from their upcoming June 24 inaugural performance. Bravo! Beautiful and stunningly unique for our Friday morning gathering!

Pointeworks was founded in March 2023 and has been ramping up since then. Its vision is to bring cutting-edge ballet to San Diego, highlighting female artists. Performances will include existing pieces as well as the original works Off Beat and Familiar Reflections. Rehearsals are beginning next month for the June launch. Costume designing is also underway. Learn more at Pointeworks.org, and get your tickets for their June 24 inaugural performance at the Conrad Theater in La Jolla.

For our meeting close, **Christy** reminded us that great dancers are not great because of their technique. They are great because of their passion.

~Reporter

David Chong



PHOTOS FROM LAST MEETING



Cardiff State Beach Habitat Restoration



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

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?

HERBERT J. TAYLOR

La Jolla Golden Triangle
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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



APRIL 2024

- April 5 - Rich Papike
- April 12 - Jim Davies
- April 19 - Allan Galgut
- April 26 - Irwin Rubenstein



ROTARIAN
 OF THE DAY

ELLEN BRYSON

Ellen Bryson is a native Californian, born in Hollywood, grew up in the San Fernando Valley “Valley Girl” and now has lived in San Diego for 50 years. She is a graduate of the University of San Diego School of Nursing. Her first career was as a registered nurse working in the emergency room and recovery room. She then created a healthcare public relations / marketing firm with clients in both San Diego and Orange County. A few years back, wishing she had something stylish to wear with a Rotary logo she became a Rotary International licensee creating a sportswear line for men and woman. Her company grew to be one of the top U.S. licensees. She then sold it to All American in Chicago – the birthplace of Rotary! This journey led to the perfect career for her – Real Estate. Her marketing, public relations and sales experience, have helped her continue to be in the top 12% Coldwell Banker Realty Internationally.

Her daughter Wendy, a realtor joined her 10 years ago. This mother & daughter team enjoy making their client’s dreams come true! Community Service is a very important part of Ellen’s life. She was the 3rd woman to join the LJGTRC where she then co-chaired the 3rd Cheers for Charity with Stu Brown, Chaired Community Service multiple times and has served on the LJGTRC Board. In 2003, the Salvation Army hon-



ored her as a “Woman of Dedication” for the volunteer time she has given to San Diego charities over the past 40 years. She is past president and currently serves on the boards of The Salvation Army and Patrons of the Prado, raising funds for 9 museums in Balboa Parks. Ellen and her husband T.K have been married 33 years and live in Del Mar. TK is a retired Cardiac Anesthesiologist. They have three children and two grandchildren.