

# THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MARCH 31 2023



## IMAGINE ROTARY

RI President 2022-23  
**JENNIFER JONES**

District 5340 Governor 2022-23  
**CHARLES PRETTO**

LJGT Rotary President 2022-23  
**NANCY GATSCHET**

## SPEAKERS AND EVENTS

**APRIL 2023 - SPEAKER**

7..... David Danks  
Stopping the AI Apocalypse?

14..... Dr. Jack Fischer  
Preparing the Soil for UC San Diego

21..... Jeremy Manning  
Physical Fitness



## ANDY BLUE



### PROJECT WILDLIFE RAMONA

I worked for the San Diego Zoo for over 30 years and was based at the Safari Park. I have been an animal keeper, animal care manager, and retired an Associate Curator of Mammals. I was mainly responsible for animal shipments, exhibit design, and animal welfare.

My work took me all over the world including Africa, the Middle East, Southeast Asia, India, and South America. I was also a member of the opening team at Disney's Animal Kingdom in Florida I have always been interested in improving animal welfare and wildlife trafficking and am currently working on projects in Ukraine, Somalia, Iraq, and Cuba.

I have been with the San Diego Humane Society for four years and am currently the Campus Director of Project Wildlife Ramona where we care for 1500 injured or orphaned animals a year including Mountain Lions, Bears, Coyotes, and Raptors.



# REPORT

from the last meeting



## THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO

01

IS IT THE TRUTH?

**President Nancy Gatschet** opened the meeting with the traditional greeting of the La Jolla Golden Triangle Rotary ... "The most Dynamic Rotary Club in the World!"

She then introduced the Rotarian of the Day, **Alan Galgut**. Alan led the club in the pledge of allegiance and then shared a little about his background. He was born in South Africa and he left South Africa to study pharmacy but then returned to practice pharmacy. After his pharmacy group was acquired, he worked in financial planning, first in South Africa for 26 years and then in the US.

Alan said he became active in Rotary while in South Africa and Rotary has been an important part of his life. He met Nelson Mandela when his Rotary Club raised funds for very poor children. He then shared a picture of his four grandchildren, who are the love of his life.

Alan talked about the excessive cost of long-term care which can cost \$12,000/month. He believes all of us should understand what long term care is and what a policy would cost. He offered to speak with anyone interested in learning more about long term care insurance or life insurance.

**Nancy** then asked how many members plan to attend the District Training Assembly on Saturday. She said we need to have at least seven people attend the meeting.

Next, **Bonnie** introduced the guests. The first was **Ron Spilsbury**, who has his paperwork. The second was an honorary club member, **Bill Busch**, who was back visiting. Bill was a founding member of the club. He funded a program in Afghanistan years ago to provide sewing machines to young women and provide them with business training. Bill now teaches five days a week at LJ Highschool and coaches the girls' varsity basketball team.

**Jacquie** then awarded two Paul Harris pins. The first was to **Jim Frost** who got his third sapphire and **Carol Tohsaku**, a new member, who received her first pin.

**Linda Stouffer Wallis** reminded everyone of the going away party for **Rick** and **Janine Binder** at Bev's house on April 28 at 5:30. Bring whatever you want to drink, an appetizer and a story to share.

**Linda Andrews** said that she, **Chris** and **Jacquie** are planning a Road Rally scavenger hunt on the UCSD campus on the first Saturday in May/ Sign-up sheets will be available soon.

**Linda** also spoke about the UCSD OSHER program which is a lifelong learning program.

**Ellen Bryson** reminded everyone that we will assemble Easter baskets next Saturday at 9:30 am at the Salvation Army Door of Hope. She expects we will assemble about 150 – 180 baskets.

**Nancy** is doing the San Diego Walk for Animals on May 6th walk as an individual but has registered under a team named for our club.

**Ron Kohl** gave an update on the Padres game on June 24 at 5:40pm. He said forty people have signed up. We are in section 109 at first base, right above the Padres dugout. Group pricing is \$86.00 per ticket. After the sign up today, they will close registration. If you have not paid, mail a check to Ron's address listed in Club Runner or bring a check in four weeks when he is back.

**Luke Erwin** announced that we got our third grant for \$15,000 which is for the police project, human trafficking home beautification program, and the raptor enclosure project.

**Gary Kachkovsky** announced we will be planting a variety of native southern CA plants on Sunday, April 23 around an enclosure at Project Wildlife.

**Stephen Tako** announced an upcoming event for anti-bullying on April 26. He said the program focuses on K – 3 grade. Stephen gave a special thanks to **Diane Day** and **Eric** who have been supporting the project. Stephen presented two copies of his new book to the club and noted the book has our club logo. He also noted there is a volunteer opportunity tomorrow at Oasis from 9 - 12 where they will be giving away books to 150 kids from low-income families.

Pathways to Peace will meet immediately after the meeting on Friday under the leadership of **David Tansey**.

**Alex Munroe** auctioned one ticket to Mariachi Divas, a two-time Grammy award winning Mariachi Group for \$10 to **Rick Papike**.

**Rick Clark** introduced Honor Flight Network and **Holly Shoffner**. The Honor Flight Network's mission is to honor our nations veterans. Honor Flight was founded in 2005 and takes veterans to Washington DC to visit war memorials and honor their service. The San Diego network was founded in 2010 and has two flights per year. Holly said organization is staffed exclusively with volunteers. They receive no government funding – all their funding comes from donations.

They began their program by focusing on the most senior veterans, veterans from WWI and the Korean War, but last fall, they opened their program to Vietnam Veterans. Last year, they took 265 veterans and have taken a total of 1,700 vets to DC thus far.

On the flight to DC, they hold a mail call where each veteran receives mail. The mail call includes about six thousand pieces of mail that groups write to the veterans as well as letters from their families.

While in DC, they visit: WWII Memorial, Korea War Memoria, Vietnam War Memorial, Marine Corp War Memorial, USAF Memorial, National Museum up the US Navy, Arlington National Cemetery and the Military Women's Memorial.

When they arrive back home in San Diego, they are greeted by 800 – 1000 people including, active-duty women and men who salute them.

Holly said we can support the program by: finding WWII and Korean vets in our community, sending mail call letter, volunteering and recruiting for battle buddies – go to website and complete a Guardian application.

**Sheldon Margolis** and **Tim Woodruff** then spoke about their experience. Sheldon served in Vietnam and was awarded the Purple Heart. Sheldon said when he went as a Guardian and saw the veterans see the memorials dedicated to their service and then watched them come down the escalator at the airport and see the crowd, it was overwhelming.

Tim served in Vietnam and is a triple Purple Heart recipient. Tim said he is normally reserved but for the first time in 50 years, he could share what had been plaguing him and could open up about things he hadn't talked about previously.

Holly then spoke about her background. She was in the Coast Guard for 24 for years, the first 10 as enlisted and the last 14 as an officer. During her career, she drove ships, taught law enforcement and managed a search and rescue operation. After retiring from the Coast Guard, she attended SDSU and now has her own PR firm.

Nancy then adjourned the meeting.

~Reporter

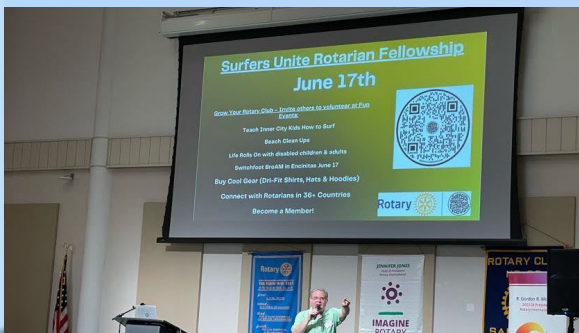
Carolyn Fritz



# PHOTOS FROM LAST MEETING



Rotary DTA 2023



## 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

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**LJGT ROTARY LEADERSHIP 2022 - 2023**

PRESIDENT ..... Nancy Gatschet  
 PRESIDENT ELECT (2023-24) ..... Christy White Brook  
 PRESIDENT ELECT ELECT (2024-25) ..... Luke Ervin  
 TREASURER ..... Sharon Council  
 SECRETARY ..... Christy White Brook  
 PAST-PRESIDENT/FOUNDATION ..... Jacquie Reilly



**APRIL 2023**

- April 7 - Janine Pack
- April 14 - Jan Percival-Lipscomb
- April 21 - Jim Davies
- April 28 - Brett & Karla Morey



**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 40 years.

She is a graduate of the UCSD 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 has contributed to her consistently being in Coldwell Banker's top 10% Internationally. Her daughter Wendy is a realtor and joined Ellen years ago. This mother and 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 honored her as a "Woman of Dedication" for the volunteer time she has given to San Diego charities. She is past president of Patrons of the Prado for Balboa Park raising funds for their 10 museum beneficiaries. Also as past president of The Salvation Army Auxiliary, raising funds for the homeless, those with addictions and women who have experienced domestic abuse. She currently serves on both boards of directors.

Ellen and her husband T.K have been married almost 33 years and live in Del Mar.

TK is a retired Cardiac Anesthesiologist. Together they have three children and two grandchildren.

