

THE GOLDEN rotarian

www.lajollagrotary.org



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MAY 17 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

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

2nd Friday of the Month..... International 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)



JENNY PARKER, MD

The Power of Public Speaking



100 Years of Toastmasters



Mentor Others



Present Well

THE POWER OF PUBLIC SPEAKING

Why does it appear that some people are so confident when speaking in public and others are not? How can I improve my ability to get my point across when engaging in lively conversations with friends? What can I do to feel more prepared when presenting my ideas to Rotary?

Do any of these questions ever enter your mind? Speaking in public is one of the greatest fears for many people. Learning how to be an accomplished speaker or presenter is not only beneficial for those who speak on large stages; it is also important for every person who wants to share their thoughts verbally.

Please join the La Jolla Golden Triangle Rotary Club on Friday, May 17th as we welcome members from Toastmasters of the Cove. They will share tips, strategies and secrets on how to improve our communication skills. We will have a couple of prepared speeches that will also be evaluated effectively and positively. The "Table Topics" portion will allow a few club members to display their extemporaneous speaking skills and club members will have the opportunity to provide feedback and vote for the best speaker.

Toastmasters International is a worldwide nonprofit educational organization that empowers individuals to become more effective communicators and leaders. Headquartered in Rancho Santa Margarita, Calif., the organization's membership exceeds 352,000 in more than 16,400 clubs in 141 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators and leaders.



REPORT

from the last meeting



UPCOMING SPEAKERS



2024

MAY - SPEAKER

24.....Professor Brad Voytek

31.....Community Service Committee
Updates/Successes and Overview

JUNE - SPEAKER

7.....Youth Service Committee
Updates/Successes and Overview

14.....International Service Committee
Updates/Successes and Overview

Our effervescent **president Christy** kicked off our meeting right on time, at our old Marriott haunt, which graciously hosted us. This required coordination by many members at the last minute, as the protest situation at UCSD was still not settled. Stay tuned to your email for an update as to whether we will return to the Faculty Club next Friday).

Tim Fronczek, Rotarian of the Day, provided us with his background and stated that he is now retired.

He and his audiovisual team are responsible for those essential services activities at all our meetings. Despite the challenges of setting up equipment in multiple locations—each one with different equipment—he and his team always come

through. Doesn't this really sound more like semi-retirement?

The number of outside attendees (and prospective members) at this meeting was much higher than usual, likely because of the anticipated presentation by **Steve Brown** and **Fary Moini**.

The results are in on the Wine Soiree 2024. It was a humongous financial success for us and the turnout was great—over 100 attendees. A good time was had by all, as you can tell from all the pictures and videos. Could this possibly turn into an annual event? Putting it all together required the participation of many of our Rotarians, under the guidance of **Garry Kachkovsky**.

Upcoming soon is the Operation Flags for Vets at the Miramar Cemetery, at 2:30 p.m. on Saturday, May 25. Teams of two will plant 22,000 flags to honor those veterans who served our nation during their lifetimes. **Rick Clark**, contact person for our teams, will update you with more specific details.

The presentation by **Steve Brown** and **Fary** was one we will never forget. The story of her trip to visit family in Iran led to unexpected and disturbing consequences that would supply ample material for a novel. **Fary**, you are the very definition of a survivor!

~Reporter

Steve Balch



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

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
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



MAY 2024

May 24 - Rick Clark

May 31 - Jan Percival-Lipscomb

JUNE 2024

June 7 - Jane Helmer

June 14 - Phil Morgan



ROTARIAN
 OF THE DAY

BONNIE ARORA

I grew up in Stockton, California and, later, attended San Jose State University where I got my Bachelor's Degree in Economics. My passion was intercultural study and after always being involved in every intercultural program on campus and knowing all the foreign students I was finally hired by the Foreign Student Advisor to do what I loved to do and get paid for it. There I met Krishna Arora, a grad student from India, studying Electrical Engineering. We decided to get married, had a Catholic wedding ceremony in Stockton and then flew to India for a Hindu ceremony. Then we moved to Chicago where Krishna had his first job. I completed my Master's Degree at Northeastern Illinois University and soon after that Krishna received a job offer from General Dynamics in San Diego.

After a number of years of flexible jobs so I could focus on family activities I began working at General Dynamics in Quality Assurance and then joined Qualcomm's International Marketing Department. I later transferred to Configuration Management before retiring from Qualcomm in 1999.

We have 2 sons, a daughter who passed away a couple years back, and 6 grandchildren. Our older son is an allergist and lives in Lexington, Kentucky, with his wife and 3 sons. Our younger son currently lives in London with his wife and daughter who will be 2 in July. Our daughter's 2 daughters live with their dad here in San Diego and spend lots of time with us.

When we retired, we planned to make one Hindu pilgrimage and one Catholic pilgrimage to draw us closer to our cultures. The Hindu pilgrimage took us to the 4 corners of India, including the Himalayas, the origination of India's sacred rivers. The Catholic pilgrimage has taken us on multiple treks along Spain's Camino de Santiago.

Because of these two journeys our lives have evolved in ways unexpected. We've become deeply involved with Rotary and NGO projects in India and for an isolated community in Peru, and we've been able to trace our roots leading us to unbelievable discoveries. In the process we were also introduced to the La Jolla Golden Triangle Rotary Club where we've been members for 14+ years.

We're forever grateful to be a part of the Most Dynamic Rotary Club in the World!

