

THE GOLDEN rotarian

www.lajollagrotary.org



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MAY 20 2022



SERVE TO CHANGE LIVES

RI President 2021-22
SHEKHAR MEHTA

District 5340 Governor 2021-22
DANIEL GENSLER

LJGT Rotary President 2021-22
JACQUIE REILLY

SPEAKERS AND EVENTS

MAY 2022 - SPEAKER

27.....Chris Richards
Community Service Committee

JUNE 2022 - SPEAKER

3.....Eric Lovett
Urban Street Angels Presentation

10.....The Police Captain
SD Police Station Updates



ANNELA FLORES MUSICWORX



MUSIC THERAPY IN HEALTHCARE AND COMMUNITY DURING COVID-19

Annela will share about how MusicWorx's team of board-certified music therapists have adapted and innovated to meet the needs of our communities during COVID-19. She will discuss the use and benefits of music therapy, and describe how music therapy has become a source of hope and joy for those who were the most impacted by the pandemic.

Annela Flores is a Board Certified Music Therapist with MusicWorx. Currently, Annela serves as internship co-director and staff music therapist. She specializes in adult populations, including inpatient medical settings, hospice/palliative care, Parkinson's Disease, mental health, and older adult care. Annela helps oversee the clinical internship program and has supervised over 25 interns in her three years at MusicWorx. She is passionate about equipping future music therapy leaders and supporting individuals through aging, trauma, and disease with a holistic, mind-body approach.



REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO

01

IS IT THE TRUTH?

The meeting started with **Ron Kohl** being the Rotarian of Day. Ron led us in the Pledge of Allegiance and then had a moment of silence for the country passing the 1,000,000 Covid deaths milestone.

He then talked about the trek that he and Letty took on the Camino Portuguese trail. Ron and Letty walked from Libson to Santiago Cathedral. They stopped at several bars along the trail and saw many amazing sights. His favorite day was when it rained and they travelled through a medieval rainforest. They walked a Roman trail that has been used for centuries. They traveled 126 miles in 10 days. The pictures were fantastic. Bonnie and Krishna were also walking the trail at this time but had to leave early and could not finish the trail this year. They had made such an impact on the other pilgrims walking the trail that many of them gave their Camino Pilgrim Certificate to Ron and Letty so that they could give their certificates to Bonnie and Krishna. It was a very sweet moment.

Garry then announced the guests for the day. Eric Mjoen and his daughters, Ron brought his wife Letty and Steve Balch was rejoining the club

Announcements:

• Jacquie talked about the membership event at Laguna Hacienda. The next one is on May 19th in UTC, more details coming soon.

• Road Rally - Kaci has Covid but will be out of quarantine by Tuesday. Kaci will be sending details later. It will start in Chula Vista and end in Carlsbad.

• May 29th Jay Hatfield's band playing Coronado

• Special thanks to Bradly and Melanie for running the Zoom meeting!

• Be sure to RSVP to help get us a better room each week.

The guest speaker was the small but mighty **Youth Services Committee!**

Chairs: **Dianne Day & Erik Mjoen**

Youth Service Committee Projects:

• Model UN - Erik Mjoen, Chris Muhart

• Sister Schools Skype Calls - Fary Moini

• Hands of Peace - Fary Moini. We are still allowed to run our programs in Afghanistan even though the schools aren't open

• Salk Mobile Science Unit - Dianne Day. Very cool program that brings advanced science programs to schools that don't have a lot of funding

• LEAD - Dianne Day Leadership Ethics, Aspirations and Determination for 8th grade students

• RYLA - Dianne Day. Rotary

Youth Leadership Awards - Camp in Idyllwild for Juniors in High School

• Press SAS Monthly Recognition - Marty Rosenstein

• Press Service Above Self Scholarship - Marty Rosenstein, Dianne Day, Erik Mjoen. They carefully put the money where it makes the most impact

• Press Interact - Marty Rosenstein

• UCSD Rotaract - Marty Rosenstein. Variety of projects: Tech programs to help senior citizens, laying wreaths on Military graves make clean water meters for underdeveloped countries.

• UCHS- Interact - Chris Muhart / Brett Morey

• Career Day - Nancy Gatschet. Big success held virtually which added to the success

• USD Upward Bound - Cynthia Villis. Senior Recognition Night - Gift Certificates to Seniors.

• Youth Leadership Summit - Kathleen Roche-Tansey

• Rotary Youth Exchange - Bonnie & Krishna Arora

An amazing array of impactful projects by this incredible group!

~Reporter

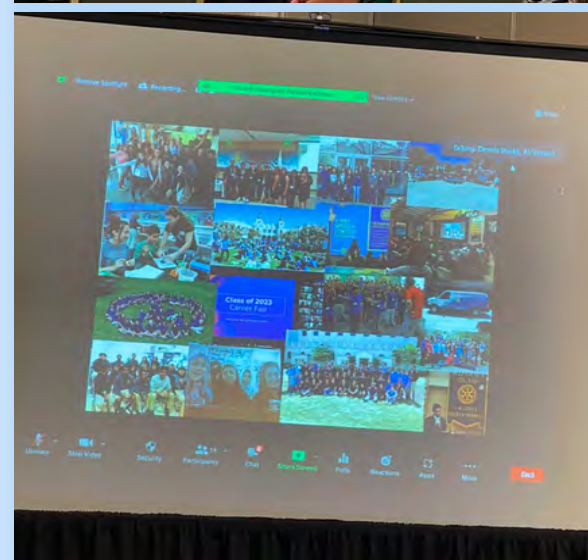
Michael Slentz

04

WILL IT BE BENEFICIAL TO ALL CONCERNED?



PHOTOS FROM 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?

La Jolla Golden Triangle
ROTARY CLUB
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LJGT ROTARY LEADERSHIP 2021 - 2022

PRESIDENT	Jacquie Reilly
PRESIDENT ELECT (2022-23)	Nancy Gatschet
PRESIDENT ELECT ELECT (2023-24)	Dennis Bucko
TREASURER	Sharon Council
SECRETARY	Nancy Gatschet
PAST-PRESIDENT/FOUNDATION	Emidio DelConte



MAY 2022

May 27 - Peter Ballantyne

JUNE 2022

June 03 - Fary Moini

June 10 - Jan Bernardy



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.



IN MAY 2021

WE BOUGHT A CONDO IN KIHEI, MAUI. IT'S BEEN A JOYFUL, PEACEFUL PLACE OF OCEAN VIEWS AND OCEAN SOUNDS. WE LOVE SITTING ON OUR LANAI AND WATCHING THE PEOPLE WALK BY AND WE ENJOY SEEING THE EARLY MORNING PADDLERS.

