

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MAY 6 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

- 13.....Rotary Club Youth Services Committee
- 20.....Resounding Joy Inc
Music Therapy for General Health and Wellness
- 27.....Cynthia Villis
Rotary Peace Scholars at USD's Kroc School of Peace Studies



DR. ALISON COBB



CLIMATE CHANGE AND ATMOSPHERIC RIVERS

Dr. Alison Cobb has been a postdoctoral scholar at the Center for Western Weather and Water Extremes (CW3E) at Scripps, University of California San Diego since July 2019. Her primary focus since joining CW3E has been analyzing observational data from dropsondes that have been deployed during atmospheric river reconnaissance programs in the northeast Pacific. Alison is also exploring ocean-atmosphere interactions in atmospheric rivers using a numerical weather prediction model. This research aligns with her PhD work, which she completed in early 2019 at Imperial College London, researching ocean-atmosphere interactions in tropical and extra-tropical cyclones. Prior to her PhD, she earned an MSc in Applied Meteorology at the University of Reading and a BSc in Oceanography and Marine Biology at the University of Southampton, and also worked as an operational meteorologist.

Dr. Cobb will present research on atmospheric rivers and talk about the observational campaigns run in the northeast Pacific as well as highlight the forecast skill and some high-impact cases with heavy precipitation and landslides.



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?

The meeting bell rang at 7:31 to call the Most Dynamic Rotarians to order.

Rotarian of the Day **Sandi Rimer** got us started with the pledge of allegiance. She then noted that she would not offer a prayer as Rotary is non-denominational but could be inspirational. She told the story of the children leaving London during WWII as refugees and noted that we are all refugees now from the pandemic. She noted the sign she was wearing was worn on a train platform by a little bear which said, "Please take care of this bear". There were similar signs on our tables with pins so we could all be taken care of! Born and schooled in suburban LA, Sandi joined Rotary but changed to this club 17 years ago. She shared a series of acronyms: **PP, TRF, PDG, GSE, MOM, CMS, LJGTRC, CCIM, SRES, RAG, PHF, LA, EYES, WPW, BB** and **KU**. Jan asked about **DOG** – Sandi noted Jan was a shill, since Sandi will be getting a new **DOG** today! Sandi asked members if they knew what they stood for, and there followed some fun with folks guessing seriously and not so seriously on the meanings!

Christy White reported that one guest **Abigail Jones** came with our speaker. Rotaractors were recognized as well.

Jacque reported that the 1st Friday and 3rd Friday would be Zoom meetings.

Rotarians at Work Day is

tomorrow 4/30 – contact Kim for anti-human trafficking project and Jacquie for the San Pasqual Academy.

The Road Rally is still on for May 21st with 7 teams so far.

The promote-demote will be 6/25 at Malahat Spirits.

Jay Hatfield announced a social opportunity for Sunday May 29, 2-5 pm. His band Bay Wolf will be performing at Ferry Landing in Coronado.

Jacque called the now bearded **Ron Kohl** to announce the membership socials on May 5th and May 19th. See the District website for details. There is a contest for which club has the most members attending and the club that has the most guests. Ron also announced that a site has been set for a big project in Ensenada in October.

Brett announced the standup paddleboard event tomorrow for the Komen Foundation.

Ron shared a bit about his recent trip from Lisbon, 126 miles into Spain. Ron acknowledged that Bonnie and Krishna recommended a great place to stay. He & Lettie ended their journey in Madrid.

Jacque invited **David Chong** to introduce our speaker. David had been invited to go on an outing with friends hosted by Cairn Leadership Strategies –

backpacking in the Sierras. After enumerating **Knight Campbell's** many successes, David introduced him as a wise and humble guy. Passionate about outdoor adventure, Knight turned his adventurous nature into helping leaders become better decision makers and more creative thinkers. He reminded all of us that spending time outside and challenging ourselves will give us actionable ideas that we might not see otherwise. Through shared outdoor adventures that he blends with executive coaching, he has inspired many leaders to be their best selves. He left us with the thought that we should spend some time outdoors every day! Walk outside – even 20 minutes makes a difference! A question about FLOW brought the answer that when you become so engaged in your passion that you lose yourself – completely focused – that's being in Flow.

Questions led to a discussion of our childhood love of recess and naptime!! and Knight and club members shared lots of trails and outdoor areas that are great for getting outside.

Jacque previewed next week's meeting with **Jay Hatfield** as ROTD and a speaker from Scripps Research about atmospheric rivers.

She closed the meeting with benefits of being outdoors to our brain, health, and happiness.

~Reporter

Nancy Gatschet



PHOTOS FROM LAST MEETING



Write it down!
What do you need more time, energy, health, clarity, and creativity for?

Health Benefits
Time outside...

- Boosts immune response
- Lowers blood pressure
- Sharpens focus
- Increases happiness
- Promotes sense of peace
- Reduces stress



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La Jolla Golden Triangle
ROTARY CLUB
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P.O. Box 13023
 La Jolla, CA 92039
 www.LaJollaGTRotary.org

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 13 - Ron Kohl

May 20 - Janine Pack

May 27 - Peter Ballantyne



ROTARIAN
 OF THE DAY

JAY HATFIELD



Jay Hatfield was born in Anaheim, California in 1961. After spending the first six years of his life in Orange County, his family moved to Sandy, Oregon, a little town located at the base of Mt. Hood. His formative years were spent living in a log house on the shores of the Sandy River.

Jay earned his Bachelor's Degree in International Business/Economics at California State University, Stanislaus. He spent a year at the University of Copenhagen in Denmark, which gave him the opportunity to travel extensively throughout Europe. He also holds a certificate in Fundraising & Development from UCSD.

Jay joined Braille Institute in Rancho Mirage in 1990 as the Assistant Regional Director. He became the Regional Director two years later and married his wife of 30 years, Sheila. They have three grown children and a 9-year-old grandson.

Jay & family moved to San Diego in 1998 as a new Braille Institute Center in UTC was being built. The center was recently sold, and they now rent a smaller facility in the Serra Mesa area. He has been a Rotarian for 28 years, joining the Rancho Mirage Rotary Club in 1994 and the La Jolla Golden Triangle Rotary Club in 1998. He is a former Board Member and Past President (2007/08) of The Most Dynamic Rotary Club in the World!