

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

NOVEMBER 20, 2020

www.lajollagtr Rotary.org



Rotary Opens Opportunities

RI President 2020-21
HOLGER KNAACK

District 5340 Governor 2020-21
STEVE WEITZEN

LJGT Rotary President 2020-21
EMIDIO DELCONTE

SPEAKERS AND EVENTS

NOVEMBER 2020- SPEAKER

27.....DARK

DECEMBER 2020- SPEAKER

04.....Museum of Contemporary Art

Kathryn Kanjo

11.....Voice of San Diego

Scott Lewis

18.....Cogs Playing

25.....DARK



THEODORA AFRICA

A unique Rotary collaboration that empowers disadvantaged women in Africa while simultaneously providing support and service to our stressed small business segment here in the USA.



Michael Podolny is the Founder and CEO of Theodora Africa. The Theodora Africa Project takes disadvantaged women who have had to resort to sex work to survive and trains them to support small U.S. companies with administrative and marketing assistance, creating meaningful work and careers for the women, as well as stimulating entrepreneurship, jobs and hard currency to directly stimulate local economies.

Podolny's career began in the world of financial transactions working first in commercial banking and later as a principal of an investment banking firm focusing on mergers and acquisitions of smaller privately-held businesses. He founded The Podolny Group in 1993. The Podolny Group developed a proprietary methodology dedicated to assisting clients to

achieve tangible results in difficult transition situations by getting owners to focus on desired outcomes. Podolny is also the author of *Make Your Business Serve You: The Business Owner's Guide to Personal Wealth, Self-Satisfaction and Peace of Mind, Shortcut To Security: Make Your Business Worth More to Others so It Becomes Worth More to You*, and publishes The Podolny Group Newsletter.

Also in 2008, Podolny formed a group committed to raising the art of professional networking, Trusted Advisor Network. He based this organization on a simple principle – GIVE TO GET – that one truly can only become a true 'trusted advisor' when one puts the needs of others first, understanding that your needs will follow. He developed a training course to promote these principles and af-

ter running the organization for five-years, he successfully spun it off as a notfor-profit membership organization. It currently thrives in two states with over 150 members.

Going into semi-retirement in 2014, he began to travel extensively. His interactions with many business owners and working people throughout the developing world convinced him of the very important need for job development in the developing world. He undertook a multi-year process of finding a project that would be best suited for his skills and connections. In 2019, he went to Ghana, West Africa and through working with Rotary International connections developed the Theodora Africa Project.





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?

HERBERT J. TAYLOR

Our flying **President Emidio** opened the meeting and called on all club members to contribute to our projects at all levels!

Ranjan Lahiri recognized the presence of **Steven Weitzen**, District Governor. **Brett** called him a “rock star” with Fary Moini and Nancy Gatchet chiming in accolades!

Alex Monroe and **Kim Schaffer** provided a succinct briefing on the many ways club members can contribute to Rotary International and local levels. The Rotary Foundation is set up as a charity and 92 percent of the funds go directly to projects. Charity Navigator gives the foundation a 4 Plus rating! It funds our international polio eradication programs, and global matching grants. Everyone should contribute at least a small amount!

Alex Monroe spoke

about the Club Foundation managed by the San Diego Foundation. It funds Avenue of Service projects or you can designate your contribution to the endowment. Give to both! Send checks to **Pam Russell** designating your money to either the endowment or Avenue of Service. Automatic contributions are best and can be done on our club site! **Cynthia Willis** has a list of all of our International programs as does **Pam**.

Lori Bende said if you contribute \$84 per month you would automatically be in the Paul Harris Society

Cynthia added our club was recognized at last Saturday’s District Seminar for its contributions to Polio Plus.

Jacquie introduced the speaker of the day, **Mary Johnson**. **Mary** is well known in San Diego’s charitable activities. She was active for many years in the Salva-

tion, started a program to feed homeless people and now is working to help released prisoners succeed in life after prison. The program, “Restoring Citizens” is run out of National City.

The key to **Mary’s** approach to making a smooth transition to normal life after prison is training and communication. While inmates are still serving time, the focus is on jobs training and relationships with the guards and other prison personnel. She does some of the work by going into the prisons herself. Two ex-prisoners whom **Mary** brought along told their stories and what a big difference it has made. Great project!!

President Emidio noted that the club is talking with Marriott to explore possible safe ways we could meet there again.



La Jolla Golden Triangle ROTARY CLUB

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LJGT ROTARY LEADERSHIP 2020 - 2021

PRESIDENT Emidio DelConte
PRESIDENT ELECT (2021-22) Jacquie Reilly
PRESIDENT ELECT ELECT (2022-23) Dennis Bucko
TREASURER Sharon Council
SECRETARY Nancy Gatschet
PAST-PRESIDENT/FOUNDATION Kimberly Schafer



NOVEMBER 2020

27 - Dark

DECEMBER 2020

04 - Rich Papike



ROTARIAN
OF THE DAY



So, if you have a master's degree in
Chemical Engineering

how did you get to be a
Ph.D. Psychologist?

is the usual question
I am asked on introduction.
Thus, it is a reasonable place to start
on my 18th or so time as ROTD.

As an undergraduate at Caltech, I needed a few units and took an extension class in Psychology 101. It was interesting but not direction changing.

From grad school at Stanford in '57 until '69, I was occasionally involved with groups of people who gathered together to "encounter" one another. The idea was to speak openly with others who would express their understanding and speak openly back.

In 1969, I read Carl Rogers book called Client Centered Therapy and learned that his facility in La Jolla offered Encounter Group classes. I enrolled in the 17-day course living on the UCSD campus and consisting entirely of such Groups. On the weekends, the Course hung signs all around La Jolla offering the experience for \$5.00 and using the trainees like me to run them. At the end of my first weekend I found myself totally relaxed in a room with a dozen people who appeared to need no psychological defenses. I wondered how I could make a living doing that? The 100-person community group responded, "A Professional Psychology School is just opening, and you could get a Ph.D." So I did.

With three years of course work, a dissertation, a year's training each at a store-front counseling center, an educational therapy school, a disturbed adolescent treatment facility, and a county mental health unit plus five years of therapy and a test, I was licensed 7/7/77 as a Psychologist.

Over the 40-years of practice, I had several areas of specialty. They included cancer treatment; death, dying, and grief; military families, sexual harassment, use of visual imagery as a treatment, use of Bioenergetics as a mind-body connection, executive counseling, assessment of peace-officer candidates, assessment of sexual offenders for parole, and treatment of individuals for a wide order of diagnosis.

Finally, people with disorders such as schizophrenia, bi-polar, and paranoia have long had limited opportunity for treatment beyond symptom relief through medication, a modality mostly limited to physicians. For 22 years of my career, I was associated with Hanblečeya, a therapeutic community dedicated to the treatment and cure of these disorders. We worked intensely with individuals who were severely disabled and often had co-occurring substance abuse problems. We cured a few and many were able to function significantly better in the world than before they entered treatment if they could not stay any longer. I chose to retire when the business was sold. It is the work I am most proud of.

Now I have more time to serve The Most Dynamic Rotary Club in the World as chair of the Pathways to Peace Committee.

