



Rotary Opens Opportunities

HOLGER KNAACK

District 5340 Governor 2020-21 STEVE **WEITZEN**

LJGT Rotary President 2020-2*
EMIDIO **DELCONTE**

NOVEMBER 2020- SPEAKER

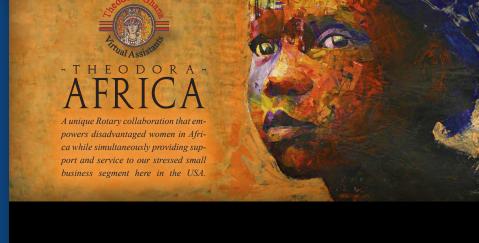
DECEMBER 2020- SPEAKER

04......Museum of Contemporary Art Kathryn Kanjo

......Voice of San Diego

Scott Lewis

18......Cogs Playing



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 after 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





IS IT
THE TRUTH?

01

02

03

04

IS IT FAIR TO ALL CONCERNED?

WILL IT
BUILD GOODWILL
AND BETTER
FRIENDSHIPS?

WILL IT BE
BENEFICIAL
TO ALL
CONCERNED?

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 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 exprisoners 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.



ROTARY CLUB

Chartered - June, 1986 • La Jolla, Calitorni

P.O. Box 13023 La Jolla, CA 92039 www.LaJollaGTRotary.org

LJGT ROTARY LEADERSHIP 2020 - 2021





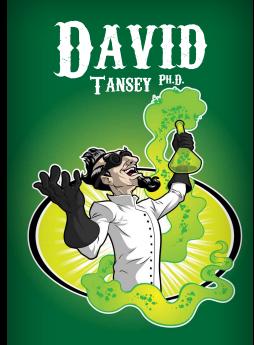
NOVEMBER 2020

27 - Dark

DECEMBER 2020

04 - Rich Papike





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.

