

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

OCTOBER 01, 2021

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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

OCTOBER 2021 - SPEAKER

8..... Barbara Bry
The Marvelous World of
Unintended Consequences

15..... Kim Schafer and Alex Monroe
with special guest appearance by Steve Brown
Education and Dialogue on TRF
and our Club Foundation



Helen Peacock



WORLD PEACE - PIPE DREAM OR POSSIBILITY CAN ROTARIANS BE THE TIPPING POINT?

This presentation looks at the inspiring possibility that Rotary could not only be a force for building Positive Peace, it could also be a force for Ending War. In the last few months this presentation has been offered to Rotarians all over the world - India, Sri Lanka, Australia, Russia, Canada, United States,.... It includes a call to action that Rotarians at the grassroots, in now over 45 Districts, are embracing.

Helen Peacock is speaking with us today to share an inspiring idea - that Rotarians could not only be leaders in building Positive Peace around the world, they could also be leaders in ending the use of War as a way to resolve conflict. In her presentations Helen directly addresses the old argument that Rotary "can't be political" and encourages us, instead, to recognize our potential to even more impactfully shift our planet to Peace. In just the last few months, Clubs in over 45 Districts have responded to her call to action.

Helen has been passionate about peace – both inner peace and world peace - since her early twenties. She is the founder of Pivot2Peace, a local peace group in Collingwood Ontario which is part of the newly-formed Canada-wide Peace and Justice network. She is a Chapter Coordinator for World Beyond War – a global movement to end all wars which has members in 190 countries around the world. And she is a Rotarian who briefly served as District Peace Chair and is currently the Peace Chair for the Rotary Club of Collingwood, South Georgian Bay.

Prior to full-time peace activism, Helen was a Computer Executive (she holds a BSc in Math and Physics and an MSc in Computer Science) and a Management Consultant specializing in Leadership and Teambuilding for corporate groups.

Her mission today is to engage as many people as possible, Rotarians and non-Rotarians alike, in the movement to shift our planet toward what she calls Peace Consciousness. She has travelled to 114 countries and has a personal connection to each. For her there is truly no "other" – we are all citizens of the world we share.



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

Jacquie welcomed all Rotarians and guests to **"The Most Dynamic Rotary Club in the World."**

Our Rotarian of the Day was **Jim Frost** who read All I Really Need to Know I Learned in Kindergarten by Robert Fulghum. He then led us in the Pledge.

Jim continued by sharing how his great uncle and great grandfather watched their father and three older siblings drown in a boating accident. Their mother then gave up her two sons to neighbors. Jim's great uncle was adopted by the **Moody family** and his great grandfather was adopted by the **Norris family**. His great uncle founded **Ames & Frost Bicycle Manufacturing Company**. Jim's great uncle moved his family to San Diego when his great grandfather was dying in 1895. He built a house on Broadway in San Diego which Jim is currently in the process of restoring. He also purchased approximately 200 acres in Miramar at \$4 per acre. In the 1970s the city brought utilities, water, and sewer into the Miramar area. They built a mill and dry kiln facility on some of the property. Most of the property was sold or condemned by the military. A fun fact... Jim's great aunt was the only woman at the time who could start a **Model T4** with a crank. She also marched for women suffrage over 100 years ago.

Chris Muhart introduced our in-person guests which included **Teresa Smart, Elisabeth Gaetano, Denis Malyshev, Chris Bodo, and Andrea Uribe**. Jacquie introduced our guest on Zoom, Carl.

Andrea, the Peace Director from the PB Rotaract Club, invited us to the PB Rotaract Pub Crawl for Polio on October 9 at 1 pm. Jacquie shared that at this time

there is no service scheduled for **Bruce Geier**. Donations can be made to the Make-A-Wish Foundation or the Huntsman Medical Center in Salt Lake City.

Jacquie announced that last week she collected \$225 from 32 people for the servers. They were very appreciative. **Ron Kohl** announced that District 5340 has a **Europe River Cruise** to raise money for the Rotary Foundation. It will take place April 2 through 9, 2023.

Steve Brown gave us an update on Afghanistan. Communications remain good, Steve and Fary are in daily contact by e-mail and WhatsApp. There have been three attacks in Jalalabad where ISIS-K is going after the Taliban and civilians have been killed in the process. The boys' high school is open but public universities and girls' schools are not. Government workers are being told to return to work without pay. Steve has been able to send money to Afghanistan using MoneyGram. Steve reminded us that Raya donates her profits from **Monday's** sales at **Mom's Pizza** to an NGO related to Afghanistan. Steve was able to include the \$400+ Raya raised as well. Steve is trying to keep his team of about 25 in tact so they have money for food. Three of these individuals are security guards that are protecting all of their facilities. There are about 1,050 Afghans scheduled to come here.

Denny Jacobs had a high 10 for the AV Team. **Brett** had a high 5 for the Supergirl Pro. **Luke** had a high 5 for his daughter starting kindergarten. **Stephen Tako** had a high 5 for his book signing and for being selected to host the Los Angeles Movie Awards. **Wayne Davis** had a high 5 for his daughter getting her dream job at the Huntington Museum.

Stephen Tako introduced our speaker, **Elisabeth Caetano**. Elisabeth spoke to us about trauma, the impact of childhood domestic violence and our homeless crisis.

The Thumbprint Project Foundation was founded a year and a half ago because there is a gap between domestic abuse/violence and helping women and children become secure and stable. The children are the forgotten victims. The Foundation focuses on how children are affected by domestic violence and how trauma affects the brain.

Emotional abuse is one of the biggest problems and it is estimated that **3.3 million** children are exposed to domestic abuse in the United States alone. This number is underreported and it is estimated that 10 million children are actually exposed.

Homelessness has the same effect on children as domestic abuse. Trauma causes post-traumatic stress on the brain. Elisabeth focuses on **EMDR** therapy which helps desensitize the emotional reactivity and rewires the brain so that the brain dials into adaptive functioning.

Next week **Irwin Rubenstein** will be our Rotarian of the Day, and our speaker will be **Helen Peacock** who will be speaking to us about World Peace: PipeDream or Possibility?

Jacquie ended the meeting with a beautiful story about **Delta Flight 15** which was over Frankfurt on 9/11. "We are all part of how much good there is in the world."

~Reporter

Melanie
Geschwind



PHOTOS FROM LAST MEETING



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HERBERT J. TAYLOR



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



OCTOBER 2021

October 8 - Michael Bardin

October 15 - Alex Monroe



ROTARIAN
OF THE DAY



50 happy years, now 65
Ira Ilana Lone



IRWIN RUBENSTEIN

I grew up in Dodge City, KS; my family moved to LA after WWII. I received my BS in physics from Caltech in 1953 and was then drafted for the Korean War and served in the U.S. Army at Aberdeen Proving Grounds, MD. After discharge, I married Ina Rosen of New York City in February 1956. We spent our six-month honeymoon working and traveling. I worked at the Hadassah Hospital in Jerusalem and Ina worked as a phone operator at the King David Hotel. On our way to Israel, we bought a Vespa motor scooter in Italy which we used it to tour Israel and then Europe on our trip home. We returned to California in September 1956 and we both enrolled at UCLA. I received my PhD in biophysics in 1960 and Ina her AB in education in 1958.

After a postdoctoral fellowship at The Johns Hopkins University, I was appointed an Assistant Professor at Yale. I accepted a Professorship at the University of Minnesota in 1970 and became head of the Department of Plant Biology in 1988. In 1999, I retired from the University of Minnesota, and we moved to San Diego.

My early research work at UCLA, The Johns Hopkins University and Yale University was on bacteriophage and aging. After we moved to the University of Minnesota, I became interested in plant molecular biology and studied the genes that control the synthesis of the major proteins of the corn kernel.

Ina and I have three grown children and seven grandchildren who are our gifts to the future. Our daughter, Lone Stiegler, is the owner and principal architect of IS Architecture in La Jolla and is a Fellow of the AIA. She is married to Tony who retired from Cooley LLP and is now with the Salk Institute as a Senior Director, Policy & Regulatory Affairs, for the Harnessing Plants Initiative. They have two children. Their son, Ari, is a venture capitalist. Our son, Ira, is Chief Digital and Marketing Officer for PBS and a member of the Academy of Motion Pictures Arts and Sciences. He is married and has three children. Our youngest daughter, Ilana Rosenzweig is Head of Trust & Safety, APAC for Twitter in Singapore. Her husband is the Ethics and Compliance Officer, Asia Pacific for Abbott Laboratories. They have two children.

I joined St. Paul Rotary in 1989 and the La Jolla Golden Triangle Rotary in 1999. I chaired our Vocational Services committee, was a member of our Board of Directors and am now a member of the International Services Committee.

Ina is also retired and is a weaver. She received her PhD from The Johns Hopkins University in Tests and Measurements and taught and did research for several years. She was the owner of a travel agency in St. Paul for 13 years. Her travel agency handled upscale travel for individuals and organized international conferences and meetings.

We have lived in the Vi at La Jolla Village, a continuing care retirement community, for over 11 years. I have been a member of the Citizens' Climate Lobby for over 12 years. I share their concerns about the present and even more dangerous future climate crises and the treats it posies to the lives of our children and grandchildren. When I am not enjoying being with Ina and our friends at the Vi, I spend my time enjoying our children and grandchildren, reading and attending scientific seminars. I feel I have been very lucky in life.