

THE GOLDEN rotarian

www.lajollagrotary.org



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

OCTOBER 20 2023



RI President 2023-24
GORDON MCINALLY

District 5340 Governor 2023-24
DON FIPPS

LJGT Rotary President 2023-24
CHRISTY WHITE BROOK

AOS MEETINGS AND SOCIAL EVENTS

1st Friday of the Month.....Community Services Committee
(follows club meeting)

2nd Friday of the Month..... Youth Services Committee
(follows club meeting)

4th Friday of the Month.....Peace Committee
(follows club meeting)

December 9.....Holiday Party at ZLAC
(see Bev Laursen for details)



ANGELA MAYORA



AWAKEN YOUR RESILIENCE

Angela Mayora's life journey began with a tumultuous childhood in which her mother tortured her. Her experiences resulted in Angela being placed in 16 foster homes and 6 high schools in San Diego between the ages of 14-18 years old. Angela found the strength to persevere, drawing from a well of resilience that has since become a cornerstone of her life and work.

Angela's professional journey has been as diverse and remarkable as her personal one. Armed with a master's degree in Public Administration and her ongoing pursuit of a PhD in Performance Psychology, she has cultivated a wealth of knowledge and expertise. She proudly served her country as a member of the United States Air Force and later transitioned into a career as a dedicated law enforcement officer. She has also excelled in real estate, human resources, and respiratory care.

Today, Angela Mayora has found her true calling as a Motivational Speaker and Peak Performance Mindset Coach. She draws upon her life experiences, both the triumphs and the trials, to inspire and empower others to unlock their full potential.

Through it all, her remarkable journey is a testament to the boundless power of resilience, proving that no challenge is insurmountable when met with unwavering determination and an unbreakable spirit.



REPORT

from the last meeting



UPCOMING SPEAKERS



2023

OCTOBER - SPEAKER

27.....John Wood
City of San Diego - Fire & Rescue

NOVEMBER - SPEAKER

3.....Jo Dee Jacob
Entrepreneurial class at UCSD

10.....Jonathan Harris
Navy SEAL - Veteran's Day theme

Deacon Jim Vargas

17...President & CEO of Father Joe's Villages
Updates on Homelessness in San Diego

24.....Dark

"The Most Dynamic Rotary Club in the World" commenced its October 13th, 2023 meeting with **President Christy** sounding the gavel. She introduced **Ron Kohl** who led us in a moment of silence for Israel and the tragedy in Gaza. Ron summarized the 7th Ensenada project. Early Saturday morning, we brought 52 San Diego Rotarians, Rotaractors and guests in a chartered coach to Ensenada. Many children from the school, parents, teachers, Ensenada and Tijuana Rotarians showed up to help paint and give a facelift to the primary school. Our group brought over 100 donated stuffed toys that the children loved. The project went so smoothly, few of us knew that the Rotary Club which was to assist us pulled out the weekend before - which caused Ron a few sleepless nights! However, Ron pulled it off with the help of the Ensenada Todos Santos Rotary Club. The teachers, parents and the children at the school were thankful for all we did and grateful for our generosity. To celebrate the completion of the project, we went to Chateau Camou Winery and had an incredible paella dinner, provided by Ensenada Todos Santos Rotary Club.

Ron praised the other leaders of this project who included: **Tony Grillo, Ranjan Lahiri, Garry Kachkovsky, Brett and Karla Morey, and Jim Frost** who "chaperoned" the bus riders and got us through the border to Mexico. Also thanks to **Maria** for the professional photos. The budget was on target but **Tony Grillo** had to buy an extra bucket of paint (\$150) and Ron requested we donate to make up for the extra cost.

Guests were introduced by **Luke Ervin**. UCSD Rotaractors were introduced by **Eric DeHaas** who thought the Ensenada trip was a life changing experience. He introduced **Dylan Schmidt, Emily Chen, Kurt Mayer and Suhani Sharma**. SDSU Rotaractors were introduced by **Evelyn Areddondo: Alexis Rosales, Autumn Rhoads, Elijah, Jackie Margolis, Eleanor Chen, Carla Monge-Solis, and Ryan Schoen**. Evelyn commented that this trip showed the difference in resources between the countries and how blessed we are to help others.

Luke Ervin was given an official president-elect pin. **Ranjan** was given a secretary pin and **Sharon** was given a treasurer pin. **Jacquie Reilly** gave **Garry Kachkovsky** a Paul Harris pin with four sapphires and thanked him for all he does.

Christy welcomed **Mike McQuary, Irwin Rubenstein, David Wiegman and Jay Hatfield** who were on Zoom. **Christy** thanked the Octoberfest

volunteers: **Jay Hatfield, Stephen Tako, Rick Clark, Ellen Bryson, Jan Percival and Louise Andres**. Our LJGT Rotary presence at this local community event helped our connection to the community. We even have an interested potential member!

Christy gave a Rotary mug to **Bonnie Arora**, honoring her for manning the front desk every Friday and **Krishna** was also given an official mug, thanking him for all the work he does.

Birthdays this month are **Tim F, Brett M, Ranjan, Luke and Jacquie**. Club Anniversaries were announced for **Carolyn Fritz, Jacquie, Garry and Steve**.

Dory shared information about Shelterbox whose motto is: "A world where no family is without shelter after disaster". This is an international disaster relief project started by the UK Rotary Club in 2005 as a centennial project. While in England she visited the Cornwall international headquarters and was given a tour. She noted it has changed dramatically since the early days when she was involved. It is more diversified with offices and distribution centers around the world and there is more networking with more equipment and supplies. There is also a global alert system which notifies of disaster. Twenty to 25% of the funds still come from Rotary and the Rotary logo is on boxes.

Fine Master Tim was the consummate "emcee" as usual. His brother in law, Mac is doing well and Tim gave high 50. Samson gave high 10 for Ensenada success, as did Jacquie. Christy gave high 10 to Samson and Carolyn for organizing the night out at the speakeasy.

Announcements: **Stephen Tako** danced the disco like John Travolta to encourage us to attend the Motivated to Act Danceathon on Saturday, October 14. He still needs 8 volunteers. (Side note - I have happily volunteered at two Motivated to Act dance events. Stephen has created an entertaining, FUN and meaningful venue to spread the message of anti-bullying. The performances of dancers from different cultural backgrounds are not to be missed!)

Dennis Bucko asked for volunteers to welcome Rotarians, teachers and elementary schoolchildren from Rosarito, Mexico for a tour of the San Diego zoo next Friday. This is sponsored by the International group.

Linda Wallis mentioned the collection of Christmas baskets for 11 families for CCSA.

A list is on the table for the foods needed. You can bring in the items or give \$30. Wreaths across America will occur December 16th. Please consider buying some wreaths before the end of November.

Stephen Tako introduced our speakers, who were **Cristina Della Coletta**, the Dean of the Division of Arts and Humanities and Chancellor's Associates Chair in Italian Studies at UC San Diego **Alessandra Spreafico**. Alessandra Spreafico is a research assistant at the Polytechnic University of Turin with a Ph.D. in Geomatics. They presented Turin 1911: We have created Italy. Now we must create the Italians.

Turin 1911: "The World's Fair in Italy is the first digital project devoted to the only universal exposition ever held in Italy. Though World's fairs were among the West's largest mass-attended events, they were also occurrences designed to exhibit, rather than preserve, the changing world of modernity. Turin 1911 was no exception. Once the Fair was dismantled, its artifacts were scattered among institutional archives and private collectors, thus failing to be studied in a systemic way."

The history of the World Fairs to market their respective countries was discussed. Although Italy is considered an old country, Italy as a unified country was born as a nation in 1860. The Turin World's Fair was to celebrate the unification of the country. One the first films was produced as a marketing vehicle for this Fair. The speakers presented the history of the Fair with drawings and photos. The presentation was an informative and historical discussion regarding Italy, the push for unification and Rome, Florence and Turin's recognition as equal forces at that time.

They announced we are invited to attend the celebration of their new website which will launch October 27th.

Christy presented both speakers with our famous mug and thanked them for their informative presentation. She invited them to attend our meetings since they are at UCSD and also invited them to become members of our club.

The meeting was then adjourned.

~Reporter

Janine Pack



PHOTOS FROM LAST MEETING



Oktober Fest University City

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB



Motivated To Act Dance-a-thon sponsored by LJGTRC



Membership Tips:

IT SOUNDS SIMPLE, BUT THE MOST EFFECTIVE WAY TO GROW MEMBERS IS "ASK SOMEONE"

REPEATEDLY INVITE PROSPECTIVE MEMBERS UNLESS YOU GET A DEFINITIVE "NO" FROM THEM.

ENSURE THAT PROSPECTIVE MEMBERS FEEL IMPORTANT. INTRODUCE THEM TO OTHER MEMBERS AND SIT WITH THEM.

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

La Jolla Golden Triangle
ROTARY CLUB
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LJGT ROTARY LEADERSHIP 2023 - 2024

PRESIDENTChristy White Brook
 VICE PRESIDENT Linda Stouffer Wallis
 PRESIDENT ELECT (2024-25) Luke Ervin
 PRESIDENT ELECT ELECT (2025-26)David Chong
 TREASURER Sharon Council
 SECRETARY Ranjan Lahiri



OCTOBER 2023

October 27 - Garry Kachkovsky

NOVEMBER 2023

November 3 - Ajay Asher

November 10 - Linda Andrews



ROTARIAN
 OF THE DAY

LORI BENDE

Lori will discuss the 3 main things that bring her happiness at the upcoming meeting.

Lori has been a member of the La Jolla Golden Triangle Rotary Club since 1999. She is a recipient of the Rotarian of the Year award by LJGT, a multiple Paul Harris Fellow, past board member, past Fine Master, past Family of Rotary Chair, past treasurer and charter member of the International Eyecare Fellowship of Rotarians, past LJGT Road Rally Winner, and past Road Rally Dipstick “Winner”.

Lori is a past president of the San Diego County Optometric Society and was awarded the “Young Optometrist of the Year” (a few years ago, ahem) by the California Optometric Association.

After 20 years in private practice optometry in University City, she sold her practice and is working part time close to her home in Rancho Penasquitos at Carmel Mountain Vision Care.

Lori’s twins are sophomores in high school. Lori and her husband Joost are very involved with Scouts BSA (Boy Scouts), Girl Scouts, Marching Band volunteering. They love to travel, including to the Netherlands to visit the Dutch side of the family.

Lori continues to value the friendships she has made, and continues to make, in the La Jolla Golden Triangle Rotary Club; truly the Most Dynamic Rotary Club in the World!

