

# THE GOLDEN rotarian

www.lajollagrotary.org



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

OCTOBER 27 2023



RI President 2023-24  
**GORDON MCINALLY**

District 5340 Governor 2023-24  
**DON FIPPS**

LJGT Rotary President 2023-24  
**CHRISTY WHITE BROOK**

## JOHN WOOD



SDFD Assistant Chief John Wood led a search and rescue team at the Twin Towers.

## 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)



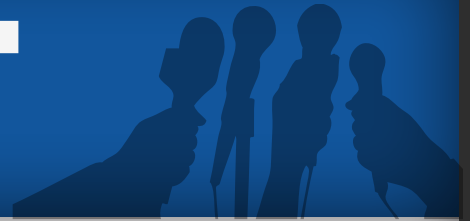
## CITY OF SAN DIEGO FIRE & RESCUE 2023 UPDATES

Assistant Fire Chief John Wood started his career with SDFD in 1996 as a fire-fighter and progressed through the ranks. He currently oversees all aspects of SDFD business operations including the Emergency Command and Data Center, Employee Services, Logistics, and Community Risk Reduction. Chief Wood was an FBI certified bomb technician on the SDFD Bomb Squad for 17 years. He has been a member of the Federal Emergency Management Agency's (FEMA) Urban Search & Rescue (US&R) program for 24 years; a member of the SDFD HAZMAT team for six years and a member of several incident management teams (IMT). As a member of the FEMA US&R Task Force and Incident Support Team (IST), Chief Wood responded to many nationwide disasters including New York City following 9/11, Hurricanes Katrina and Sandy, the Colorado floods, and the Oso, Washington landslide. Additionally, Chief Wood responded to many wildland fires around the nation as a member of an IMT. Chief Wood has an Associate of Arts degree in Fire Technology, a Bachelor of Arts degree in Business Administration and has completed the Mission Critical Team Development program in Executive Leadership at the Wharton School, University of Pennsylvania. Currently Chief Wood is pursuing a Master of Arts in Organizational Leadership. He specializes in labor-management coordination and was a board member for the International Association of Fire Fighters Local 145 for 10 years. Chief Wood's wife Shelbey has been an educator for 30 years. They are the proud parents of two sons who are currently attending college. In his time off, Chief Wood enjoys golf, physical fitness, and snow skiing.



# REPORT

from the last meeting



## UPCOMING SPEAKERS



2023

### 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

### DECEMBER - SPEAKER

- 1.....Dan McAllister  
San Diego County Treasurer-Tax Collector
- 8.....Mike Schaefer  
What is the Board of Equalization all about?
- 15.....Shaun Tomson  
The Code for the Next Wave
- 22.....Dark
- 29.....Dark

**President Christy** called the meeting to order, right on time. And the first person up was **Lori Bende** with her prized family member, **Beardy** the Bearded Lizard. Lori's inspirational thought was happiness comes from your own actions. Something to remember. Lori told us she is an upstanding member of B.O.O.B.S and proud of it and when the members get together it's called a BOOB Fest. She is a 25-year member of Rotary and a good one. I for one am delighted she's in our club.

**President-elect Luke** recognized our guest, three of which were UCSD Rotaractors. The young man sitting at my table said all he had to do was roll out of bed and join us after a few minutes walk. Which made me think that there are probably a lot of professors, scientists, department heads that would enjoy getting to know us. We're mostly an intelligent bunch. Now that's something to ponder. Why can't be all remember to "**register**" to attend our Friday meetings. It's simple. An invitation comes to us via email and from **Linda Wallis**. You need to click a couple of buttons and you're done. Then our meeting organizers know how many will be attending and the Faculty Club people know how many tables/chairs to set up and how much breakfast to cook. **Eezy Peezy**.

New member **Ron** (haven't learned his last name yet--somebody help me

here) took a few minutes to reach some thought about Peace in the World—which comes from respect and acceptance. **Christy** mugged him.

**Garry K** was mugged but I'm not certain why. Cuz he's an all-around good guy?

There were lots of High Fives, a high \$40 and a High \$50.

PP **Alex Monroe** has been traveling with his boys and Dad. Notre Dame and football were mentioned. Alex reminded us that our club has its own foundation—that's in addition to the Foundation of Rotary International. If you want more information, check out the website at [www.LJGTRotaryClubFoundation.org](http://www.LJGTRotaryClubFoundation.org). You can get an overview of the good we've done throughout the world. Your financial assistance is welcomed and appreciate. Go to the DONATE tab at the top and your contribution will be handled via Paypal. Questions?? Call **Alex Monroe** or **Steve Brown**. They know stuff.

Don't forget our holiday party is December 9 and Zlac Rowing Club overlooking Mission Bay. It will be chilly, tasty, and beautiful. Put it on your calendar. Time to be announced.

Our speaker was **Angela Mayora** and she investigated the concept of Awaken Your Resilience. She warned us her talk would be dark at the

beginning (and it was) but there was light ahead (as she promised). Angela is an extremely strong young woman who has had 17 deaths in her family all by the same pandemic-like cause: **Death by Booze**.

She entered the foster care system at 14 years old. Her first home in that system was in Coronado where the foster parent was also an alcoholic. She learned at a very young age to advocate for herself but she also learned to numb the psychological pain through large quantities of alcohol. She was able to stay focused on her own welfare through playing basketball and attended college on a BB scholarship. Unfortunately, everywhere she went "there she was". It took her 16 years to get sober and she's functioning well now.

Angela reminded us that words have power so don't believe what you're told. Or at least believe only the good stuff. We are not defined by circumstances. We make 35,000 decisions each day and success is a function of resilience. If you are given one shot decide which action you're going to take and raise your standards through massive action and gratitude.

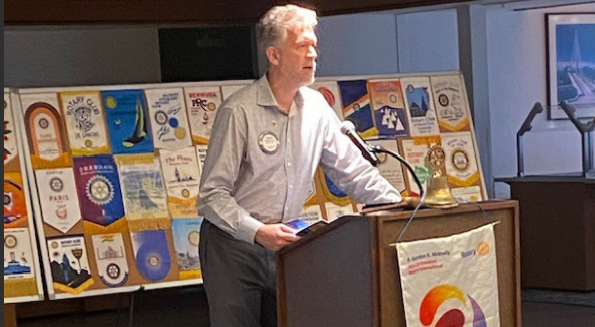
And that's a wrap. See you next week. I'll be registered to attend: **will you?**

~Reporter

*Sandi Rimer*



# PHOTOS FROM LAST MEETING



**How to Give?**

[Lgitorotaryclubfoundation.org](http://Lgitorotaryclubfoundation.org) – One-time or recurring monthly donation options

Check – Made out to the LGTRC Foundation

Use you RMDs from your IRA thru a QCD



## 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**  
 Chartered - June, 1986 • La Jolla, California

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

**LJGT ROTARY LEADERSHIP 2023 - 2024**

- PRESIDENT .....Christy 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



**NOVEMBER 2023**

- November 3 - Ajay Asher
- November 10 - Linda Andrews
- November 17 - Ranjan Lahiri
- November 24 - Dark



**ROTARIAN**  
 OF THE DAY

**GARRY KACHKOVSKY**

I was born in 1975 and spent the first ten years of my life in Moscow, of the then U.S.S.R. In the early 1970's Soviet Union was going through a pretty severe food shortage. The U.S. government essentially brokered a deal to swap 250,000 Russian Jews and their families for American wheat. We were one of those families approved to leave the country, but with Soviet invasion of Afghanistan in late 1979, the visa program came to a trickle. It wasn't until 6 years later that we were again granted permission to leave and given two weeks to tie off any loose ends. So, with \$200 and two suitcases to our name, we thrust into the unknown. As a 10-year-old boy, I really did not understand the gravity of the situation, leaving family behind whom we may never see again and going to a whole new country we knew very little about. In those days, eerily similar to now, the Communist government kept a tight lid on the realities of democratic law and the capitalist economic structure. All I knew was that I didn't have to go to school for a couple of months as we made our way through Austria and Italy while waiting for our final approval to the U.S. I would say that those 2 months were perhaps the most memorable part of my formative years – eating pizza and gelato and drinking soda for the first time, getting woken up to the sound of honking cars in Rome, discovering arcade games like Galaga and Pac-Man, being utterly amazed at the cleanliness of the streets in Vienna (as if the roads were vacuumed daily), strolling the streets of Florence, pondering the architectural wonder of the leaning tower of Pisa, and taking a gondola ride in Venice.



We immigrated to Chicago in December of 1985, and aside from the occasional borscht, kielbasa, and mayo based salad, I quickly assimilated to an American upbringing – playing basketball and dreaming of being Michael Jordan. I completed my education in IL and a week after I received my bachelor's degree from Illinois Wesleyan University in Economics and Russian (go titans), I was driving to Phoenix, AZ to get away from that Chicago misery they call weather. My career in the financial services industry began that year. I met my business partner my very first day and we've been on a quite an amazing ride the last 26+ years in the field of finance. In Phoenix, I also met my wife Emily (a SD native), convinced her that AZ summers are not that bad (it's the dry heat they say) and promised we would be back in San Diego in 5 years. Well, 5 years turned into 6, 7, 8. We started a family and now have two daughters – Ava who is eleven and Elle who is eight. My business partner, who says he now lives in god's country, moved to CO in 2015. Well, finally, 11 years after I made my promise, in April of 2017, we moved to San Diego to be closer to family and to live in arguably the best place in the world. University City is the hub for our office, kid's schools and our home.

My business partner and I created Kachkovsky & Fisher in 2001. We specialize in helping uniquely successful individuals and families by coordinating the different aspects of their financial lives and act as long-term stewards of their assets through comprehensive financial planning, sophisticated wealth management and strategic legacy planning. We have offices in Phoenix, Arizona, in Evergreen, Colorado and in San Diego, California.