

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

OCTOBER 28 2022



**IMAGINE
ROTARY**

RI President 2022-23
JENNIFER JONES

District 5340 Governor 2022-23
CHARLES PRETTO

LJGT Rotary President 2022-23
NANCY GATSCHET

SPEAKERS
AND EVENTS

OCTOBER 2022 - *SPEAKER*



FINANCIAL UPDATES FOR TURBULENT TIMES

"Markets are up! No, they are falling! Wait – interest rates hiked AGAIN! Inflation is soaring – or is it? So much uncertainty in the markets. What do we do?"

We harness the knowledge and wisdom of our own members who navigate this world daily for a presentation of thoughts on the markets and the economy. On Friday, bring your thoughts and questions to a panel discussion with Alex Monroe of Stifel, Luke Ervin of UBS and Matt Clarke of GROWFunds.

You likely know Alex Monroe and Luke Ervin. You may not know newer member Matt Clarke, Director of Sales and Clients Service at GROW Funds LLC. He earned both a Bachelor of Business Administration degree and a Master of Science in Finance degree from the University of San Diego. Matt focuses his research on healthcare, materials, and consumer discretionary industries."



REPORT

from the last meeting



THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO

01

IS IT THE TRUTH?

As you read this, see how many references to smiles you can find:

The meeting was well attended by people present in body and mind, with smiling faces, and a good crop of Zoomers, present in mind if not in body, also with smiling faces.

Unfortunately the anticipated Rotarian of the Day was NOT present in body or in mind, and no smiling face. So **Christian**, the President of UCSD Rotaract, WAS there, and bravely agreed to fill in as ROTD. He is majoring in cognitive science, which he finds to be a fascinating subject. He says their Rotaract Club is small, and they are recruiting for new members. Thank you, Christian.

We then moved on to meet our guests. Guest **Carolyn Frisk** has applied for membership—Welcome, Carolyn. **Jacquie** brought her friend **Steve**, who is also checking us out. We had a guest named **Taras** from the Ukraine, who now lives in San Diego. You will soon see that our speaker of the day was from Afghanistan. Leave it to La Jolla Golden Triangle Rotary Club to have 2 guests from two of the world's hotspots at one meeting. Yeah, Rotary!

We played a few fun rounds of guessing who wrote the day's "something you don't know about me." It brought smiles to our faces.

Then moving on to announcements.

Prez Nancy reminded us of World Polio Day on Oct. 24th. Unfortunately that horrid disease has begun spreading again, and a case was even found in New York City.

Linda is collecting food items for Christmas baskets for large families. She has a list she puts on the tables.

Dory announced that the City Heights canyon cleaning date has been set for December 10th, from 9 to 11 am, plus optional lunch outing.

More Rotarians are urged to attend District Conference on 10/29. Please see the District Website for more info.

Jacquie reminded us of National Wreaths Across America Day on 12/17. You can sponsor a wreath to be placed on a veterans' grave.

Rick as Membership Chair announced that he has 4 prospective members.

Socially we have our chili cook-off coming up on 11/5, as well as our holiday party on 12/10. That party is the same day as the canyon cleaning event, so it will be a full Rotary day like **Ron Kohl's** earlier Mexico trips where we labored in the morning (in fact, we labored all day, and weren't always smiling) and partied at night!

We then moved onto our speaker: **Masooma Esmaelzada** from

Afghanistan. She has a B.A. in Business, and has worked with many non-profits plus she taught English in Afghanistan for many years. She loves to read and learn.

Her 5 sisters also received various advanced degrees, and all were encouraged by their father to pursue their dreams. Masooma and her sisters were working with USAID when the U.S. pulled out of Afghanistan.

Their father died of COVID, which was a tremendous loss for them. They knew they were at risk, so decided to leave. They made 2 attempts, finally leaving everything behind except for some documents tied around their waist and one small backpack. When they boarded the plane, they were not even told where they were going. They landed first in Qatar, staying in a giant tent with hundreds of people, then onto Germany, then to New Jersey and then to San Diego, where they now live.

Her sisters are not yet employed, but Masooma is working at La Maestra Community Health Centers. She said: "IF there is stress, stay thankful. If there is homesickness, stay hopeful."

Thank you, Masooma, for sharing so much of your journey with us.

~Reporter

Dory Beatrice



PHOTOS FROM 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?

La Jolla Golden Triangle
ROTARY CLUB

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LJGT ROTARY LEADERSHIP 2022 - 2023

- PRESIDENT Nancy Gatschet
- PRESIDENT ELECT (2023-24) Christy White Brook
- PRESIDENT ELECT ELECT (2024-25)
- TREASURER Sharon Council
- SECRETARY Christy White Brook
- PAST-PRESIDENT/FOUNDATION Jacquie Reilly



OCTOBER 2022



ROTARIAN
 OF THE DAY

STEVEN BALCH

I am a third-generation Californian, growing up in Los Angeles, attending Loyola High School (with 4 years of Latin and two of Greek!), and surfing on weekends. I graduated from Pomona College (in Claremont), where I dated Marcia, the woman I married—46 years later!

I got my medical degree from Baylor College of Medicine (in hot and humid Houston) and became a general medical officer in the Navy, where I served two deployments in Vietnam and trained as a pediatrician.

In 1973, I bailed out of the Navy (which wanted to send this California boy to Philadelphia and, with another ex-Navy doctor, founded a pediatric practice in Solana Beach. At the time, we were the only pediatricians between La Jolla and Oceanside, and we grew so quickly that we used only half of our BofA start-up loan. In 1981, I took a magical sabbatical year and moved to Mammoth Lakes, where I and my family eagerly pursued my second sport—skiing.

In 1990, our practice merged with several other pediatric groups, ultimately forming the largest independent pediatric group in the U.S. When I retired, in 2015, our immediate practice had never been sued, which is pretty impressive.

Marcia and I have 7 children and 8 grandchildren between us. We love spending our retirement together—traveling, attending frequent plays and concerts, and volunteering for our HOA. I like to do the gardening, but spend most of my time on my collection of stamps—from France and its dozens of colonies across the world, going back 150 years.

Jacquie Reilly recruited me to Rotary, and I regret not discovering LGTRC years earlier!

