

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 04, 2020

[www.lajollagrotary.org](http://www.lajollagrotary.org)



Rotary



Rotary Opens Opportunities

RI President 2020-21  
**HOLGER KNAACK**

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

LJGT Rotary President 2020-21  
**EMIDIO DELCONTE**

## SPEAKERS AND EVENTS

### SEPTEMBER 2020- SPEAKER

11..... Thinking Inside the Box: Reflections on Service  
Charles Hartford

18..... Movement and Longevity  
Andy Hsieh

25..... Rotary & Peace Corps: Partnering for Peace  
Cal

### OCTOBER 2020- SPEAKER

02..... International committee

09..... Tandem Diabetes  
Lisa Larkin

16..... Chairman America's Research | Sr Economics Advisor  
Spencer Levy



# TOM THUM

## Beatbox Master

In a highly entertaining performance, beatboxer **Tom Thum** slings beats, comedy and a mouthful of instrumental impersonations into 11 minutes of creativity and fun that will make you smile. Armed with just a microphone, **Tom** has become known as one of Australia's greatest beat boxers proving to be a creative force to be reckoned with.



# 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?

**President Emidio** began the meeting promptly at 7:30 and introduced our Rotarian of the Day, **Christina Nowacki**, who started her presentation with her favorite quote on striving valiantly for a worthy cause, by Theodore Roosevelt.

The last time Christina was RotD she was training for a trek in the Grand Canyon. Today she shared some of that epic adventure with us. She and her group started in pitch dark with head lamps on at 2 AM. Her photos gave us a sense of the most amazing experience of witnessing the starting of dawn thru the opening of a cave and the early sun on the Canyon. Her last canyon photo showed a string of trekkers hiking along a rim. After that photo she put the camera down and thought about nothing else than putting one foot in front of the other. She had only one mission to complete at that moment. There was something magical about being "in the canyon". She and her fellow trekkers have carried that new term with them. It's so easy in this world to be distracted. When fully in the moment, you are "in the canyon". Very inspiring to hear your story, Christina.

Christina, has 2 sons, Alex, who many of us have met at our club meetings, and an older son, Nick. Together their Covid-19 project has been a backyard update, which includes a new fire pit. She shared photos of her boyfriend of many years, Markus, and her co-workers at home, 2 office cats. She is an accountant who loves to help her clients soar. She hopes to be a 100% entrepreneur, running her own business, by the next time she is RotD.

Two guests were introduced today. **Brett Morey** introduced Jack Landers, who is a commercial insurance broker and the Board Treasurer for Solutions for Change, our speaker topic today. **Bev Fritschner** introduced **Chris Richards**, soon to be a member of this club. Her application is in the pipeline, so there should be an induction coming soon.

### Announcements

The marsh clean-up, planned for Sept 12, has been cancelled, as they were unable to get the approval needed for it.

Merlot Monday will meet on Zoom again from 5 – 6 PM. Last week they enjoyed a visit to Florence. This Monday they will visit Prague.

The Pathways to Peace meeting followed immediately after today's meeting.

The Club Board met this week. Emidio was happy to report that we are still solvent. Not too much money has been spent yet this year.

**Brett, Ranjan and Jacquie** were wearing Stand up for the Cure shirts in preparation for the paddle boarding event on Saturday at 8:30 AM at DeAnza Cove. Jacquie reported that she has only paddle boarded once in her life and figures that there won't be too many out there to watch her. All will be socially distanced in the water.

**Bev Fritschner** talked about a fundraiser walk another club is hosting on October 22, to raise money to rebuild a bridge along a path that starts behind the cave in La Jolla. More info will come on this. Also this might be an idea for a similar fundraiser that we could do.

**Dr. Antonio Grillo-Lopez** gave us his presentation, The Great Pandemic, Covid-19, update #12. He felt that today's topic, vaccines, may be the single most important one, as vaccines are a key to our survival. Since the first vaccine was developed in 1796, for smallpox, we now have over 30 vaccines, effective for a variety of different diseases. The approach to developing a vaccine is similar in each case. Choose an entity from the surface of the virus and use it to create an antigen, which is injected and produces antibodies and T-cells which attach to the spike protein and prevent the virus from attaching anywhere else. Dr. Antonio showed us some of the test results with vaccines developed to date and charts with the adverse effects. Side effects were similar compared to the flu shots, which we take with no problem, but with Covid-19 we are afraid. The FDA requires 30,000 subjects be studied before approval, which would delay approval until mid 2022. The FDA needs to allow accelerated approval, because the number of deaths to Covid increase with every day, month and year of delay. There is a provision for

accelerated approval, which allows the FDA to approve a worthwhile vaccine where there is sufficient evidence that it works. There is some risk, but few products with accelerated approval have been withdrawn. Thank you, Dr. Antonio, for this information.

**Kaci Madden**, with baby, Isley, on her lap, introduced our guest speaker for today, Chris Megison, a "servant warrior" for the homeless, who founded Solutions for Change in 1999 along with his wife as a way to get vulnerable families off the streets and into homes.

The homeless have the highest rate of unemployment, under education, arrest and incarceration, addiction, health issues, child welfare cases, domestic violence and trauma. Government's top down approach meets the symptoms of homelessness, but doesn't address the root cause. The homeless get stuck in the system, which ends up costing thousands of dollars per homeless to maintain.

Solutions for Change has developed and directed housing and work programs that have helped thousands of homeless get jobs, pay rent and earn their way back into society. They have 3 social enterprises, which together work toward a solution: 1<sup>st</sup>, a program using servant leadership, which make overcomers (those who were once homeless and have overcome it) serve others like themselves. 2<sup>nd</sup>, an environmentally friendly farm where the formerly homeless work and get job training. 3<sup>rd</sup>, real-estate development of affordable housing for formerly homeless. Their motto – "get up, suit up, show up".

**President Emidio** ended the meeting with 2 inspiring quotes for us to ponder:

"What you get by achieving your goals is not as important as what you become by achieving your goals." Henry David Thoreau

"Optimism is the one quality more associated with success and happiness than any other." Brian Tracy

# La Jolla Golden Triangle ROTARY CLUB

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## LJGT ROTARY LEADERSHIP 2020 - 2021

PRESIDENT .....	Emidio DelConte
PRESIDENT ELECT (2021-22) .....	Jacquie Reilly
PRESIDENT ELECT ELECT (2022-23) .....	Dennis Bucko
TREASURER .....	Sharon Council
SECRETARY .....	Nancy Gatschet
PAST-PRESIDENT/FOUNDATION .....	Kimberly Schafer



SEPTEMBER 2020

11..... Diane Day



ROTARIAN  
OF THE DAY

SHEILA  
HENRY



Three years ago I left my partner of 25 years and moved to a retirement community, Pacific Regent, where I became quite active. I had decided that I would live the life of a single woman again. But with my passion for life, I missed that extra special enjoyment that can come with a great mate. So I got some tutoring for an expert on finding a great relationship and within six months I had met my life partner, **Lyle Brady**. (He retired from work as a senior engineer, and moved to Pacific Regent from Ontario, Ca.) It is so wonderful to have such a partner in these pandemic times.

I continue to work counseling and coaching individuals to release anxiety and to achieve their goals. I have started a new group program to help women over 50 to "Attract Love!" I am excited about this program because I help women to gain clarity on what they really want, then how to test any man quickly, how to let go of old baggage, not settle for less than they deserve,

and find an equal quality partner.

For those of you who are new and don't know me, here are a few words about my past. Although I was born in Pittsburgh, Pennsylvania, I consider myself a Californian. I got a teaching credential from the University of California, Berkeley and taught many subjects but mostly English at Galileo High School in San Francisco. I got married to **Bill Henry**, had a son, **Greg**, and then got divorced. I had been in marriage counseling with **Bill** and became fascinated by psychology. I decided that I wanted to get a Master's Degree in clinical psychology and switch fields. While a single mother without child support I took courses in night school to prepare myself. I got my Master's Degree from Lone Mountain College—part of the University of San Francisco.

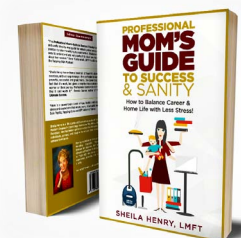
In 1980 I moved to San Diego. My son, **Greg**, later went on to get a Ph. D. in mathematics from Cornell and now works for Intel in Portland, Oregon. He

has blessed me with 3 grandchildren. One of my granddaughters has just entered medical school.

*Besides my continual excitement about psychology, my hobbies and interests are walking, reading mystery novels, a glass of wine and a fine dinner with friends, politics, and dogs. I have been a Rotarian for 18 years.*

### SHEILA HENRY

Speaker, Life Coach, & Licensed Counselor



[www.SheilaHenry.com](http://www.SheilaHenry.com)