

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 1 2023



RI President 2023-24
GORDON MCINALLY

District 5340 Governor 2023-24
DON FIPPS

LJGT Rotary President 2023-24
CHRISTY WHITE BROOK

SEAN SWARNER



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)
- 3rd Friday of the Month..... Peace Committee
(follows club meeting)
- September 7 Evita - the Musical Fellowship
(see Linda Wallis to register)
- October 7..... Oktober Fest University City
(see Melanie Geschwind to volunteer)
- October 7 - 8.....Ensenada Across Border Project
(see Ron Kohl for details)
- October 14.....Chili Cookoff!
(hosted by Rich Papike, organized by Bev Laursen)



CONQUERING YOUR OWN EVEREST

Meet Sean Swarner, the first cancer survivor to stand on the top of the world!

Sean is a multiple world record holder, Emmy-nominated Amazon Film subject, and has been featured on ESPN, CBS, NBC, ABC, FOX, CNN, as well as countless other domestic and international shows. He is the only person in history to climb Mt. Everest, the highest mountain on every continent, ski to both Poles, and complete the Hawaii Ironman Triathlon – all after surviving 2 terminal cancers, a 14-day prognosis, year-long coma, and with only one lung.

Sean will take you through a dynamic, custom-tailored, immersive audiovisual presentation, where he will guide you to the top of the 29,035-foot giant that is Mount Everest. With detailed insights into surviving hurricane-force winds and crossing crevasses thousands of feet deep on rickety aluminum ladders, you will venture alongside Sean into the grueling journey of his youth and witness his fight for survival as he overcomes two bouts of terminal cancer.

You will also trek with Sean as he takes you to the highest peaks in Africa, Antarctica, Australia, Europe, North America, and South America.

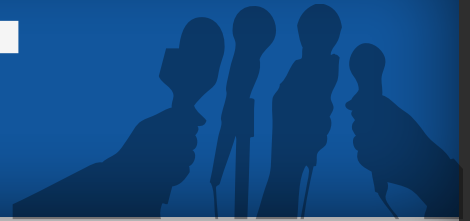
Sean takes you on a journey that is not only inspiring, but offers a message of hope and resilience that taps into that motivational adrenaline rush running through all of us. Sean reveals a life of limitless possibilities as he details the seemingly impossible boundaries he has conquered, battles he has fought, and peaks he has climbed; all motivated by an astonishing inner strength and super-human like physical endurance.

Journey into Sean's world and venture into your own life, believing not only in the durability and strength of the human condition, but the belief in yourself, your own strength and your own ability to achieve anything. You won't just be inspired, you will be empowered.



REPORT

from the last meeting



UPCOMING SPEAKERS



2023

SEPTEMBER - SPEAKER

- 8.....Hiro Iwamoto
Blind Sailer - Inspirational
- 15.....Nazneen Dewji, Ph.D.
Alzheimer's Research
- 22.....Jose Cruz
The State of Literacy in San Diego:
A Change is Happening
- 29.....Linda Kurokawa
Career Advice

OCTOBER - SPEAKER

- 6.....Jessica Censotti
Report on Sister Cities and Rotary's effect
- 13.....Christina
Cultural Preservation of Turin 1911 Exposition
- 20.....Angela Mayora
Empowerment

President Christy White Brook kicked off the meeting promptly at 7:30 am, introducing Rotarian of the Day **Erik Mjoen** who shared this reflection from Marie Curie:

You must rejoice in life every day; don't wait until the moment has passed you by before acknowledging what a good time it really was! Don't pin your hopes on the happiness of days to come. The older one gets, the more one realizes that the ability to savor the moment is a state of grace, a glorious gift.

It's been a year-and-a-half since we've had Erik at the podium and his life has been a true whirlwind:

- The data science department at UCSD where Erik has worked for four years - the Halicioğlu Data Science Institute - celebrated its fifth anniversary by moving into a new building on the UCSD campus. The HDSI now boasts 1000+ undergrad students, 300+ graduate students and 30 faculty members lured away from other prestigious institutions such as MIT, Columbia, Stanford and Cal (thanks **Rich Papike!**)
- Erik and his family are just back from Norway and Ireland, where they celebrated his father-in-law's 80th birthday
- He now has two girls at Mission Bay High – one with a driver's license! They have been involved in many Rotary projects including beach clean-ups, Model UN, etc. (FUTURE ROTARIANS!)
- The family travels regularly all over the country for the girls' sports:
 - His oldest daughter, Linnea, is hoping to go D1 for field hockey.
 - His youngest, Elise, is a competitive rock climber (she climbs 20 hours per week!)
- Erik bought the house next door to his and completely remodeled it for his mom and step-dad. Wow, that's a lot!

President-elect **Luke Ervin** introduced our one and only guest, Father Wayne Sander's daughter **Joy**. We love seeing her every week with her dad!

Tim Fronczek launched our High 5's by celebrating the recovery of his brother-in-law from a stroke. He is now walking. \$50 for Tim!

Eric Freeberg updated the club on **Cynthia Villis's** health journey and announced "she is cancer free as of

last week, thank God!"

• **Will Moore** said his goodbyes as he is resigning from the club due to so much going on in his life including **(1)** bought a house in Old Town – SHOUT OUT TO **SANDI RIMER FOR HELPING WILL FIND HIS HOUSE!** **(2)** had a baby – she's already learned to walk & talk, **(3)** Emily (who has a new job) is pregnant with a baby girl due in December, and **(4)** he quit practicing law and has a new job as policy attorney & lobbyist for Circulate San Diego.

Will: "You guys have been my family for 16 years, thank you for love and support during a very interesting era in my life. I love you very much." (We hope he will visit us now and then!)

• **Ron Kohl** announced the Larry & Jill Lundsberg, Rotary International Trustee, was on his most recent cruise and that he has secured Rotary International president Barry Rassin & wife Esther for the next cruise in Oct 2024

• **Stephen Tako** announced that the Motivated to Act multicultural pre-dance party was a success and thanked **Brett** for helping with AV ... High 10

• I apologize, I missed the final High 5!

President Christy "mugged" Linda Andrews for finding club flags for **Stephen Tako** and **Michael McQuary** who are traveling soon to Ireland, and also **Eric Freeberg** for his work on the by-laws (and the other zillion things he does for the club)

Sandi Rimer presented some interesting Rotary facts and highlighted 3 key milestones for life and/or Rotary: **(1)** pay day, **(2)** growing together and **(3)** results. Sandi also acknowledged some of the long-timers in our club, including **Marty Rosenstein**, who has been a Rotarian for 48 years! Sandi left us with the thought: *Rotary has worked on being kind to other people – let's work on that!*

Stephen Tako, who serves on Youth Services and the Peace Committee, announced that Peace Committee volunteers will take the podium once a month to provide one pillar of peace. His one pillar of peace was a well-functioning government, which many countries – including our own – are struggling with. He concluded: "thank you for what you're doing to provide peace in the world."

Ron Kohl announced hotel room pricing for the Oct. 7-8 Ensenada work project. \$220/1 person, \$280/2 people, etc.

Eric Freeberg introduced our speaker **Greg Anglea**, CEO of Interfaith Community Services and host of the Homeless in San Diego podcast. And a member of Escondido Rotary. Greg thanked the club for the PB&J sandwiches that we contributed last week (approx. 200). His goal was to talk about fear mongering around the homeless issue and arm us with information as we address the issue. He encouraged us to think about the individuals that are being helped.

Thanks to public/private partnerships, his organization has purchased a 77-room, formerly blighted hotel in Escondido and rebuilt it as a post-hospitalization recuperative care center. He noted that when people end up homeless, they typically become very medically fragile. He said that San Diego is the only city in California that grew last year – more people are coming to San Diego which is creating a tremendous housing issue. Today's average rent is \$2500, as compared to \$1000/month average rent in 2000. Homelessness is a housing problem due to the **(1)** high cost of housing, and **(2)** low availability for rental housing. Contrary to what a lot of people believe, he said that 80% of homeless people in San Diego became homeless here – they aren't coming from outside our community. "These are our neighbors who have become homeless."

Addressing the camping ban, Greg said he doesn't support it because we're not providing safe, healing place for people to go as an alternative. He said that seniors are the fastest growing age demographic becoming homeless, while the number of homeless veterans has decreased (from 30% to 10-14% range).

President Christy closed the meeting with this quote: "There is no exercise better for the heart than reaching out and lifting people up."

~Reporter

Jan Percival Lipscomb



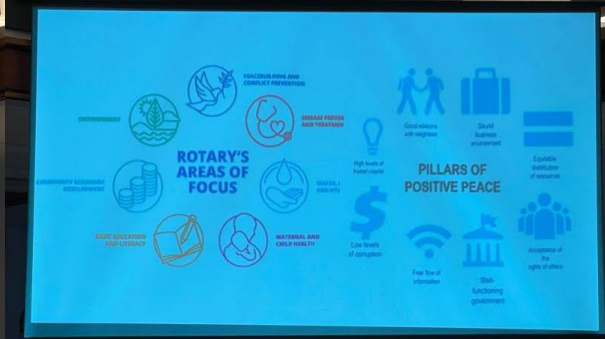
PHOTOS FROM LAST MEETING



THE FOUR WAY TEST



OF THE THINGS WE THINK, SAY OR DO



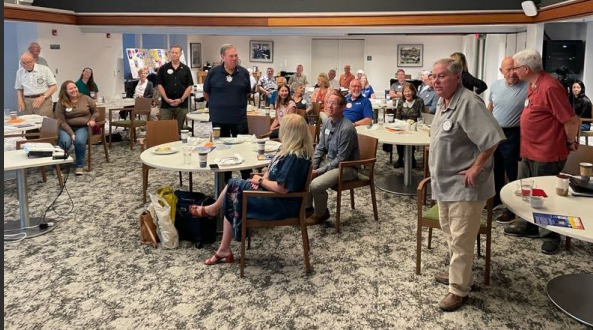
01

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

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
 PAST-PRESIDENT/FOUNDATION Nancy Gatschet



SEPTEMBER 2023

- September 8 - Father Wayne Sanders
- September 15 - Jonathan Harris
- September 22 - Garry Kachkovsky
- September 29 - Sandi Rimer



ROTARIAN
 OF THE DAY

STEPHEN TAKO

Stephen Tako is a Senior Advisor on Childhood Bullying with the Child Safety Network®. Being a member of the Society of Children’s Book Writers & Illustrators, he has authored several anti-bullying-themed books for adults and children. As a member of the Screen Actors Guild (SAG-AFTRA), he has produced, directed, cast, and performed in films and public service announcements focusing on youth issues such as bullying, discrimination, neglect and suicide.

One of Stephen’s most ambitious projects is the development of Motivated To Act, a 501(c)3 organization dedicated to providing preventative measures to combat bullying and discrimination against children. Through the Confident Life™ program, his organization provides services to schools and other youth organizations through the use of lesson plans, music, and storytelling.

Stephen created an award-winning series of multicultural books and films based on the character Junga the Dancing Yeti®. This fictional character experiences bullying and discrimination mostly because of his appearance. Children ages 4-8 learn important life-lessons so critical for their age group regarding empathy, inclusion, overcoming age-appropriate adversity and other related issues. His third book in this series also includes fair play (sportsmanship) as part of the lessons children learn and the film adaptation features five former NFL players.

He lives in San Diego with his fiancé, Marzena, and they have three adult children. He has worked with Bank of America for 12 years, mostly as a lending officer and has been a Rotarian for 2.5 years.

