

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 10, 2021



SERVE TO CHANGE LIVES

RI President 2021-22
SHEKHAR MEHTA

District 5340 Governor 2021-22
DANIEL GENSLER

LJGT Rotary President 2021-22
JACQUIE REILLY



CARLA FOX, R.N

WHAT TO DO WHEN A LOVED ONE DIES

Carla Fox has been a psychiatric nurse clinician for over 40 years. She was previously a Psychiatric Emergency Response (PERT) Team clinician, and along with her officer partner, responded to emergency psychiatric events in the field to evaluate and manage affected citizens.

She currently volunteers and is a trainer for the San Diego Police Dept. Crisis Intervention Team that assists the police in the field by responding to scenes where a critical incident such as an unexpected death has occurred, and provides intensive emotional and logistical support, referrals, and resources.

What to Do When a Loved One Dies:

- Immediate actions
- Next Few Days and Weeks
- Pro-actively preparing

AFTERDEATH CHECKLIST

- Immediate actions that must be taken
- Tasks that need to be undertaken in next days and weeks

DEATH CERTIFICATE CHECKLIST

- How to obtain it, and what entities may require it





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?

Report from meeting dated 8/27/21

Rotarian of the Day

Our Rotarian of the day was Deborah Kelly who opened the meeting from an inspirational quote from Vivian Green who said, "Life isn't about waiting for the storm to pass, it's about learning how to dance in the rain". Deborah then added "Faced with a pandemic and countless tragedies surrounding us on a daily basis, this group of dynamic Rotarians is nothing short of inspiring. Thank you for dancing through the storm, as we aim to make the world a better place." She then shared some details about her current job working with the health department in their Tobacco Control Resource Program specifically speaking about their current battle with youth vaping. Deborah also has a passion for swing dancing along and she played a video of two top professional dancers. The sound on the video may have failed but I think everyone was able to fill in the music in their imaginations. Another quote closed out Deborah's presentation, this one from Mark Twain "Sing like no one's listening love like you've never been hurt. Dance like nobody's watching and live like it's heaven on earth."

*Reporters note: Fun Fact - the last time I was Club Reporter our ROTD was non other than our current President Ms. Jacquie Reilly ☺

Guests

Our new member Chris introduced a guest in the room who came with Louise Andres. Unfortunately, this Zoom Reporter couldn't hear the introduction. Brett Morey brought his grandson Tyler in as a zoom guest.

Announcements

Eric Freeburg held a quick vote for the Club Foundation to elect Erik Mjeon to replace Linda Stouffer Wallis as a Director. The motion passed. Then a vote was called to

extend the terms of the newly Erik Mjeon, along with Alex Monroe and Luke Irwin through to 6/30/22 and that motion also passed.

President Jacquie then invited Fine Master Denny to the podium for high fives and as usual, much hilarity ensued (along with some \$ raised). Jacquie then reminded us that club will be dark on September 3rd and that we will be having a social event on Sunday September 5th to walk the Seven Bridges. Details are in an e-vite form Charlie so check your emails and come on out for a walk and a picnic.

A Memorial Service for Past President Emidio Del Conte is set for Sunday, October 9th. Details to follow.

The floor was then turned over to Steve Brown for another update from his contacts in Afghanistan. The news wasn't great, of course. Optimism such as it was, is waning and we know there will be a fair number of refugees coming into San Diego. Programs that have been sponsored by Rotary and established there have a very slim chance of operating fully again though nothing is certain at this point.

Ranjan announced the first official meeting of the Environmental committee would be held Wednesday September 1st at 6pm on zoom.

Presentation of the Day

Our speaker was David Ellenstein who is the Artistic Director of the North Coast Repertory Theatre. The theatre is heading into it's 40th season next month and David has been with them since 2003. He grew up immersed in the entertainment world with a father who did 300 television programs and lots and lots of movies so transitioning into acting himself and eventually into artistic direction came rather naturally.

It was impressive hearing David describe what the theatre did during COVID. While many other places went dark for all of 2020, his team decided they would really break the mold and keep people employed so at first, they did a zoom production with the actors all in their homes, but unlike

some other similar productions they added backgrounds and costumes and special effects and editing which up levelled the production of the program - viewers felt like they were in the same room. So, then the team decided to build on that success, and they ended up creating 8 filmed productions which gained the attention of the national press and even attracted a 4 time Tony nominee to participate.

David also shared with us his excitement about the upcoming program for their 40th season opening with Dancing Lessons, a show that he described as celebrating resiliency and then closing with a production he is very excited about which is a blending of two sure fire stage hits: a musical and Sherlock Holmes. Perhaps an unlikely pairing, but David himself is a co-author and it certainly does sound very intriguing and entertaining!

In the Q&A with the audience that followed David described how the theatre attracts and hires actors locally and nationally (seems as if America's Finest City is well known amongst the theatre community to be a rather nice place work on a production!)

I was very intrigued listening to David speak and am committed to going to see some shows this season at the theatre almost literally in our back yard in Solana Beach. Jacquie mentioned we could easily have a nice Rotary event at there and I whole heartedly agree - let's do it!

President Jacquie closed the meeting with some interesting theatre trivia including sharing with us that the term Off Broadway is not about *where* a theatre is but is determined by how many seats it has - Broadway theaters have at least 500 seats - anything less is, therefore, Off Broadway.

~Reporter

Christina
Nowacki



PHOTOS FROM LAST MEETING



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HERBERT J. TAYLOR

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LJGT ROTARY LEADERSHIP 2021 - 2022

PRESIDENT Jacquie Reilly
PRESIDENT ELECT (2022-23) Nancy Gatschet
PRESIDENT ELECT ELECT (2023-24) Dennis Bucko
TREASURER Sharon Council
SECRETARY Nancy Gatschet
PAST-PRESIDENT/FOUNDATION Emidio DelConte



SEPTEMBER 2021

September 17 - Mike Schwarz

September 24 - James Frost

OCTOBER 2021

October 1 - Irwin Rubenstein

October 8 - Michael Bardin

October 15 - Alex Monroe



ROTARIAN
OF THE DAY

ALLAN • GALGUT

I N S U R A N C E



Life, Disability and Long Term Care Insurance

Enjoy The Present. Let me take care of your future!

Allan Galgut is a respected insurance professional with nearly 30 years of experience in both the US and South Africa. He came to the insurance business after a rewarding career as a pharmacist and former Chairman of the Pharmaceutical Society of Free State in South Africa.



Allan's experience as a pharmacist, working closely with physicians and patients, gives him valuable insight when it comes to meeting your insurance needs. As both pharmacist and trusted friend, he understands that the "cost" of an illness is so much more than the price you pay for drugs and doctors visits - it includes the cost to one's family relationships and way of life.

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