

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 11, 2020

www.lajollagrotary.org



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

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

01.....Solar
James Kennedy

www.fa.ml.com/hartford_group

THINKING INSIDE THE BOX

Reflections On Service

Charles Hartford is a Wealth Management Advisor in the Merrill Lynch La Jolla Office.

Charles is originally from San Diego County and grew up in Fallbrook and Bonsall. He earned his Bachelor of Science degree from the United States Military Academy at West Point in 1989. Charles subsequently earned a Masters Degree in History from the University of Kentucky and a Masters Degree in Diplomacy and International Commerce from the Patterson School, University of Kentucky before serving as an associate professor in the Department of History at West Point.

He deployed for combat multiple times and earned numerous awards and decorations in service to the nation, including the Combat Infantryman's Badge, the Valorous Unit Award, the Bronze Star, the Legion of Merit, the Ranger Tab, the Joint Chiefs of Staff Identification Badge, and the South African Parachutist Badge. Charles served as the Deputy United States National Military Representative to the Strategic NATO Headquarters in Mons, Belgium before continuing his service to others as a financial advisor.

Charles serves in a variety of leadership positions for charitable and civic organizations including the San Diego Police Foundation, Rotary International, and Volunteers of America. He is a featured speaker for financial planning and perspective, as well as for his combat experiences.



Charles W. Hartford
Senior Vice President

Wealth Management Advisor
Portfolio Manager

The Hartford Group, Merrill Lynch



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?

Our illustrious and fearless leader, President Emidio, called the meeting to order and invited Sheila Henry, the Rotarian of the Day, to the virtual stage. After the pledge, for the thought of the day, Sheila read a few lines from the book "The Biology of Belief" by Bruce Lipton Ph.D. "Just like a single cell, the character of our lives is determined not by our genes, but by our responses to the environmental signals that propel life. The belief that we are frail biochemical machines controlled by genes is giving way to an understanding that we are powerful creators of our lives in the world in which we live. Positive thoughts have a profound effect on behavior and genes. But only when they are in harmony with subconscious programming. And, negative thoughts have an equally powerful effect. When we recognize how these positive and negative beliefs control our biology, we can use this knowledge to create lives filled with health and happiness."

Sheila has been a licensed counselor for over 30 years and has helped numerous people achieve their goals. About three years ago, she made a major change in her life – became single for the first time in over 25 years and moved into a retirement village. Single life didn't turn out like what it's cracked up to be. So, at age 82, after a consultation with an expert, Lyle Brady (spelling?) walked into Sheila's life. This got her thinking about why women over 50 have a difficult time finding a mate. Eventually she started a program called **Find Love For Women Over 50**. The bottom line is that you don't have to be perfect to start looking for Mr. Right. Skip losing 10 pounds or having plastic surgery. You are perfect the way you are. Get to interviewing your potential mates.

Guests:

We were joined by the current and two future District Governors - Steve Weitzen, Dan Didn'tcatchthelastname and Chuck Pretto.

Brett Morey introduced a fellow surfer Marty Ritz, a longtime employee of Raytheon, whose wife is a member of a Delmar Rotary club. With travel plans on an indefinite hold, Marty is seriously considering becoming a member. Lyle Brady also attended and expressed an interest in joining the club.

Chris Richards was introduced as a visitor for the last time by Bev Fritschner.

Fines:

Susan Schwartz excused Rick Binder from a fine as he was beaten to within an inch of his life by "a" Jeanine. Brett Morey was fined \$2 for being suckered into another fundraiser to help end polio with the help of the Gates Foundation. A \$45 purchase of "Converse-like" shoes will be matched by a \$60 donation by the aforementioned foundation. Stay tuned for a follow-up email.

Lori Bende singled Brett Morey out again for a confusing early morning email, but waived the fee due to all the great work he does in our community.

Mike Bardin was teased for the weekly teasing of the fine master and fined \$2.

Induction:

Steve Weitzen took up the task of inducting Chris Richards. There are 35,000 clubs in the world and she picked the most dynamic, if not best, club in the world to join. There are four past district governors at our club, which is a fact worth mentioning. And, our club does more fellowship and more projects than there really any other club. But, who's checking?

Ranjan Lahiri showed off the red badge and pin and promised to deliver by the weekend.

Announcements:

Community Service would meet right after, led by Dr. Denny Jacobs.

Last Merlo Monday, the group traveled to Prague. "It was a great time and next week we go to Machu Pichu. So, bring your oxygen". Jackie Riley will be the host for that one.

Ranjan asked for volunteers on the membership committee. Steve Weitzen voluntold Ron Kohl to join the committee, being the district's membership chair.

Rick Binder is working on a mini pandemic road rally - Saturday October 24th.

Jacquie Reilly held Denny Jacobs' feet to fire, as he promised to take her and Melanie Geschwind out to dinner for over a year since he is the Service Committee Chair but they do all the work.

Speaker of the Day:

After an entertaining bout of technical difficulties by Rick Clark, Jacquie Reilly, and Kaci Madden, in a highly entertaining performance, beat boxer extraordinaire Tom Thum slung 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. Extremely entertaining and can be found on the TedX website - <https://www.ted.com/search?q=tom+thum>.

Wrap Up:

President Emidio closed with quotes from Will Rogers on growing older.

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 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



ROTARIAN
OF THE DAY

Many of you “long-timers” know that I joined the Most Dynamic Rotary Club of the World in 1988 when I was among a handful of “dynamic” women who have helped shape the Club to what it is today! Over the years I’ve served on the board several times, have been secretary of the board and have chaired several fundraisers and currently co-chair the Youth Services Committee with **Erik Mjoen**. Our Youth Services Committee typically supports fifteen to eighteen projects annually involving UCSD, USD, Salk, the Preuss School, and University High School. I applaud the members of our committee for their time, talent and dedication to these programs and for supporting and mentoring the students who are striving to succeed in their academic endeavors.

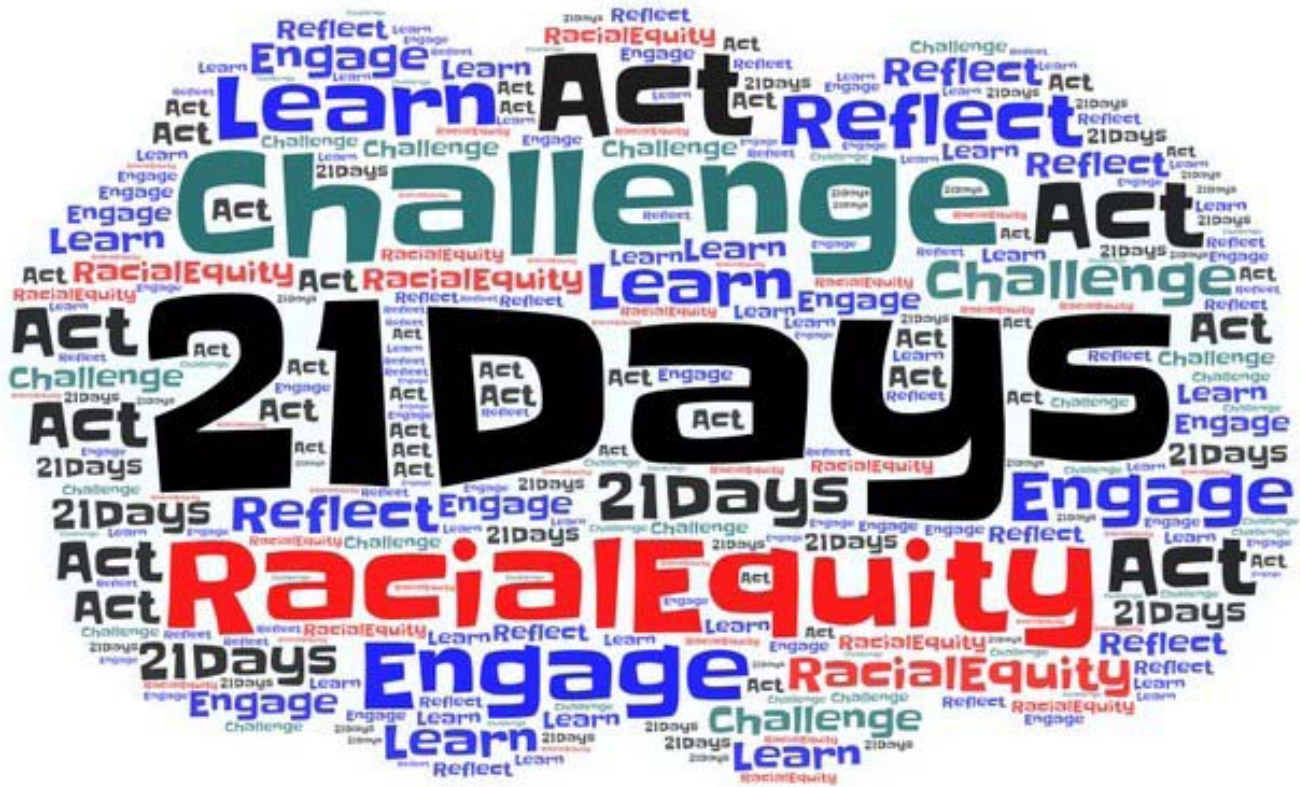
Before retiring in 2008, I served as Vice President of Development of the Salk Institute, a most rewarding and gratifying career. Working with brilliant scientists, some of whom were Nobel Laureates was a privilege and being able to build a board and volunteer base to support them was great fun.

After retiring I consulted for Salk until their new development team was in place and I continue to consult for some non-profits, one of which is a large California Foundation that supports research programs at Salk and UCSD.

As a member of San Diego Country Club I have served on the board, chaired the Women’s Golf Association and am Captain of the Winter Cup League and serve on the San Diego County Winter Cup League board.

Last year **Brad** and I were fortunate to travel to Australia, New Zealand, the Baltics, Canada and we are hoping we will be able to take in Wimbledon and St. Andrews in 2021, a trip that had to be cancelled this year. Meantime, we are enjoying good food, wine, golf, social distancing with friends and appreciating how fortunate we are during these unusual times.





Learn more about
Diversity • Equity • Inclusion

Join the 21-Day Racial Equity Habit-Building Challenge

If you're seeking a rational, constructive, non-divisive approach to exploring social justice here at home and across the country, the **Peace Committee of the La Jolla Golden Triangle Rotary Club** is about to launch such an exploration.

Fully Voluntary. Spend a few minutes each day on a self-directed journey to advance a deeper understanding of the intersections of race, power, privilege, supremacy and oppression. All wrapped around the search to improve our role in advancing diversity, equity, inclusion, and social justice. **Details and Registration on LJGTRotary.org website.**

Register by September 19, 2020. Click on "Register" which will connect with the Rotary District registration. For questions contact Nancy Gatschet at: Nancy.gatschet75@gmail.com or 215-868-2993. She is maintaining the roster of participants and will notify all of the logistic details.

Join us for a lively, informative, enlightening three weeks.