

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 15 2023



RI President 2023-24
GORDON MCINALLY

District 5340 Governor 2023-24
DON FIPPS

LJGT Rotary President 2023-24
CHRISTY WHITE BROOK

NAZNEEN DEWJI PH.D.



NOVEL THERAPEUTICS FOR ALZHEIMER'S DISEASE

Alzheimer's disease (AD) represents a complex disorder for which there are few treatments. The number of people affected with AD is rapidly increasing worldwide as people live longer. Currently there are 6.2 million individuals with AD in the US and an estimated 50 million globally. These numbers are estimated to increase to 12.7 million and 150 million in the US and globally, respectively, by 2050. New medications to prevent the onset, delay progression, or improve symptoms of AD are urgently needed.

Dr. Nazneen Dewji is the Founder and CEO of Cenna Biosciences Inc. (Cenna) an emerging clinical stage biopharmaceutical company in La Jolla, CA, focused on the discovery and development of new agents for the treatment of Alzheimer's disease (AD). Nazneen was born in Tanzania and raised in England. She was educated at the University of London, where she earned her B.Sc. (Hons.) and Ph.D. degrees. In 1986 she accepted a faculty position in the department of Medicine at the University of California, San Diego (UCSD). Since then, she has worked on the molecular and cellular mechanisms in AD. The main objectives of the research over the last 30 years at UCSD and at Cenna was to better understand the molecular mechanisms responsible for AD and to develop new experimental therapies. Cenna has a novel, patented, first-in-class technology that arrests the underlying cause of the disease, the deposition of the toxic species, A β that is widely accepted to be responsible for AD.

Cenna's technology is the earliest for intervention and addresses previous failures by others. It is anticipated that Cenna's therapeutics will have a significant impact in both treatment and prevention modes and be useful throughout the course of disease. Preclinical studies are completed with IND filing for the lead asset anticipated later this year. Nazneen has received numerous grants from the NIH to fund her research and drug development and has published in prestigious journals. She has over 15 US and foreign patents.

AOS MEETINGS AND SOCIAL EVENTS

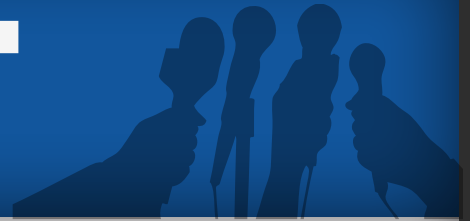
- 1st Friday of the Month..... Community Services Committee (follows club meeting)
- 2nd Friday of the Month..... Youth Services Committee (follows club meeting)
- September 22..... Peace Committee (follows club meeting)
- October 7..... Oktober Fest University City (see Melanie Geschwind to volunteer)
- October 7 - 8..... Ensenada Across Border Project (see Ron Kohl for details)
- October 14..... Chili Cookoff! (hosted by Rich Papike, organized by Bev Laursen)
- December 9..... Holiday Party at ZLAC (see Bev Laursen for details)





REPORT

from the last meeting



UPCOMING SPEAKERS



2023

SEPTEMBER - SPEAKER

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 started the meeting on September 8th and started off introducing the rotarian of the day **Wayne Sanders**. He was accompanied by his daughter Joy. He started with a nice prayer. And quoted the great Mother Theresa, " *We are all a pencil in God's hands*".

He shared his early life and how he always wanted to be a Chaplain. Later became a Navy Chaplain and had some interesting travels. He shared how he got involved with Rotary and shared his beautiful family and his values centered around faith, family, and fun.

After **Luke** presented the guests attending this week's meeting including **AJ** from India and **Edward** who joined us again from Germany. There was also a large showing from Rotaract members from SDSU and UCSD.

Rick put out a reminder to sign up for the Ensenada project as slots are filling up fast and it sounds like a great project.

The Chili cook off is also

taking place on October 14th so people can start preparing for that.

Jaquie reminded everyone of her project and is receiving donations for underwear and slightly used shoes.

Annual Oktoberfest is coming up for those who are not going on the Ensenada Trip.

Stephen Tako has an event for his organization Motivated to Act which has a fun event with multiple dance troupes and is looking for volunteers. The organization is supporting mental health awareness for kids and sounds like a very fun event with a lot of energy and dancing.

The speaker for the day was blind sailor **Mitsuhiro "Hiro" Iwamoto**. He shared his inspirational story of overcoming obstacles and continuing to accomplish great things.

He was born in Japan and lost his sight at the early age of 13. He naturally dealt with depression after losing his sight but made a decision that blindness would not stop

him from achieving his goals.

He continued participating in athletics, specifically Judo. He continued adjusting his life and started sailing later at age 35. He made the transit over the Pacific from Japan all the way to San Diego with one other sighted person. He detailed his adventure over the atlantic dealing with exciting stories of challenges he faced and interesting experiences including a collision with a whale. He was unable to finish his first attempt because of that collision but later completed this epic feat.

He is also an accomplished triathlete. He shared his mindset of gratitude and is truly an inspiration and showed you can do anything you put your minds to.

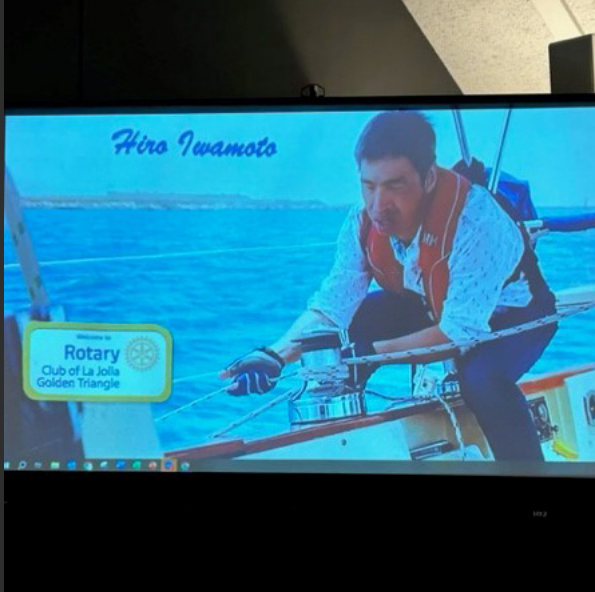
When asked about his next challenge he plans to make a solo trip over the Pacific.

~Reporter

Jonathan Harris.



PHOTOS FROM LAST MEETING



Membership Tips:

IT SOUNDS SIMPLE, BUT THE MOST EFFECTIVE WAY TO GROW MEMBERS IS "ASK SOMEONE"

REPEATEDLY INVITE PROSPECTIVE MEMBERS UNLESS YOU GET A DEFINITIVE "NO" FROM THEM.

ENSURE THAT PROSPECTIVE MEMBERS FEEL IMPORTANT. INTRODUCE THEM TO OTHER MEMBERS AND SIT WITH THEM.

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?

HERBERT J. TAYLOR

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 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



SEPTEMBER 2023

September 22 - Garry Kachkovsky

September 29 - Sandi Rimer

OCTOBER 2023

October 6 - Janine Pack



ROTARIAN
 OF THE DAY

JONATHAN HARRIS

My name is Jonathan Harris. I am 27 years old. I was born in Irvine, CA. I was raised and grew up in north county San Diego and lived in Carlsbad for most of my life. My parents still live there now and I have one older sister who lives in San Diego with her husband. I attended Catholic school my whole life at St. Patrick's Parish School in Carlsbad through Junior High and attended Cathedral Catholic High School in Del Mar and graduated in 2015. I worked as a youth baseball umpire growing up and also a lifeguard in the summer-time. I was an active kid always around the water and played a lot of sports lettering in football and basketball in high school. After graduating high school I attended Texas Christian University in Fort Worth, Texas for 2 years studying business and film.

I went home after my sophomore year and decided I wanted to become a Navy SEAL. I joined the Navy after the summer of 2017. I went to BUD/S and SQT which is the challenging training pipeline and graduated in Class 330. I then went to SEAL Team 5 for 4 years. I had 2 deployments, 1 to Southeast Asia and 1 to the Middle East. I returned home and rotated out of Team 5 and am now an SQT or SEAL Qualification Training as an Instructor to candidates coming through the pipeline. I will be transitioning out of the military in about 2 years.

I am currently starting a private security company headquartered in San Diego. This new life venture really excites me and I am looking forward to what the future holds. In my free time I enjoy running, working out, boxing, and golfing. I currently live in La Jolla with a couple of my close friends and teammates.

