

THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 18, 2020



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

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

OCTOBER 2020- SPEAKER

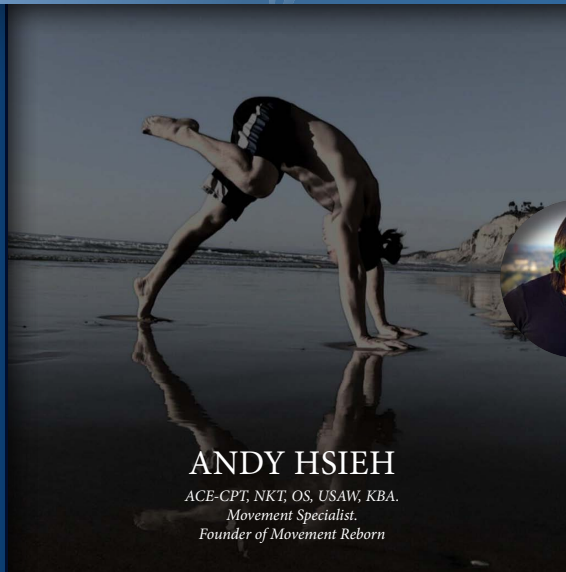
02..... International committee

09..... Tandem Diabetes
Lisa Larkin

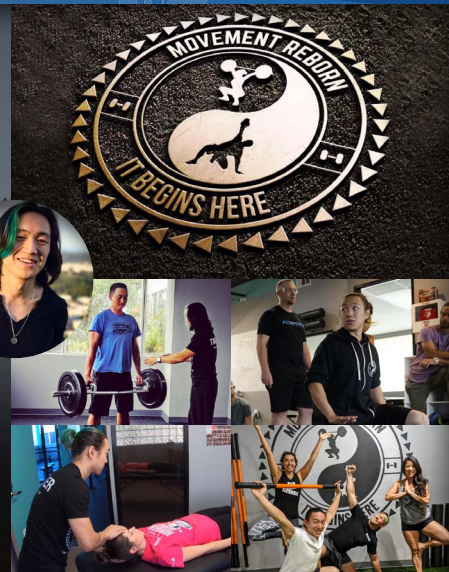
16..... Chairman America's Research | Sr Economics Advisor
Spencer Levy

23..... Solar
James Kennedy

30..... Mark Sauer/KPBS



ANDY HSIEH
ACE-CPT, NKT, OS, USAW, KBA.
Movement Specialist,
Founder of Movement Reborn



FITNESS FOR PAIN MANAGEMENT AND LONGEVITY

Lifelong goal to live past 125 years old, pain free, continue teaching, motivating, and finding a way to bring down the worldwide obesity crisis by 20% in his lifetime. Helping people move better is the start.

Andy, a curious person that has been through a lot of pain. "bad knees", "lower back L5-S1 disk degeneration from age 13, consistent neck pain, dislocated both shoulders and overall "bad joints". Didn't stop him from consistently finding out ways to get out of pain but still be able to perform athletically in everything he wants to do.

He has spent the past 9 years networking with over 30* of the top trainers, physical therapists, doctors, healers, body workers and chiropractors in the industry, attending countless workshops, certifications, and seminars. Pulling in all their best practices into his own style of training and figuring out why people are in pain and how to get rid of it.

Weight loss, getting stronger, building muscle, toning up, rehab. No matter what one's goals are. It all begins with one thing, Movement. The trick is to know what type and how to

do it right. Yet everyone is built differently, and the little details matter.

So he got good at doing the right assessments to see how everything is linked. Then he figures out with each client what works best for them and goes from there.

*Namely: Dean Somerset, Dr. Perry Nickelston, David Weinstein, Dan John, Joe Arco, Dr. Emelie Splecial, Michol Delcourt, Tim Andersen, Coach Stevo, Brian Grasso to name a few.



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 **President Emidio Del Conte** led off the meeting by introducing our Rotarian of the Day, **Dianne Day** led us in the Pledge of Allegiance.

We were then planning to have **Rick Clark** show us a video, which we were unable to see for technical zoom-based reasons. And we were all sad because we always like **Rick's** videos.

We had a moment of silence for our friend **Tom Elliot**. **Tom** was a good friend and was a bedrock member of our club and our community and we will all miss him a great deal.

Our Rotarian of the Day was **Diane Day**. **Diane** reported on work of the Youth Services Committee, and told us a bit about her career. For many years, **Diane** worked at the Salk institute, retiring in 2008. She had

run the tax seminar for private foundations at Salk. After she retired, she began holding that program independently, and they are now in their 11th year advising private foundations and nonprofits on tax issues. Which, as your faithful reporter can attest after many years of having to ask for help from accountants on those questions, is much harder than it sounds.

It's tough trying to stay in shape during COVID. But the rotary Sisters are here for each other. With **Linda Andrews** pacing the group walking 40 miles a week, pacing the Rotary Sistars. Cheaper than Peloton!

Brett introduced guest **Toby Johnson** a realtor who works in La Jolla who was at his second meeting.

Nancy Gatchet presented

the 21 Day Racial Equity Habit Building Challenge which now has 15 participants from other clubs and three from our club. America's enemies have figured out that racism is our most exploitable weakness. Be a patriot! Do the challenge to save America!

Kaci Madden introduced our speaker **Charles Hartford**, immediate past president of the La Jolla Rotary Club. **Charles** discussed his post 9/11 experiences in military service.

Emidio ended the meeting by noting that *"Nobody can go back and make a new beginning but anyone can start today and make a new ending."*



La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

P.O. Box 13023
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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
25..... Chris Richards

OCTOBER 2020
02..... Brett Morey
09..... Bonnie Arora



ROTARIAN
OF THE DAY



I was born and raised on the Oslo Fjord in Asker, Norway where I spent the first 20 years of my life. Despite the lutefisk and cod liver oil forced upon me as a child, Norway was a wonderful place to grow up and I still have a lot of friends and family there whom we visit regularly. With a Norwegian father and American mother I have always had strong cultural and family ties to both countries and I have also enjoyed the benefits of having dual citizenship and being bilingual.

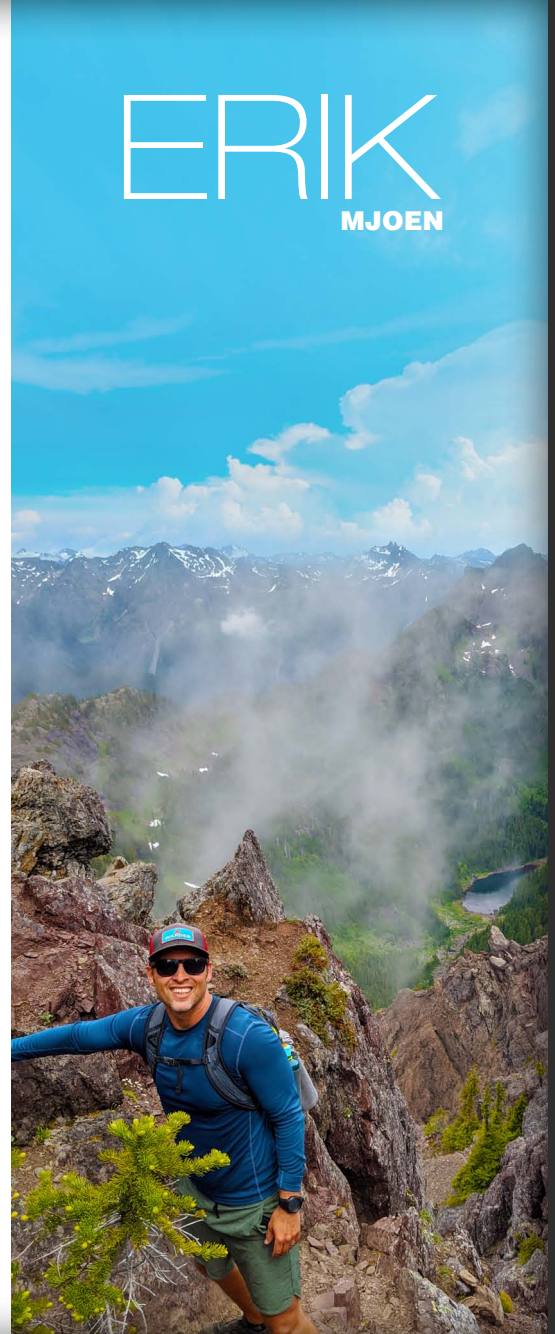
In 1996 I made my way to the Pacific Northwest to get the American college experience. I attended Western Washington University in Bellingham, WA just south of the Canadian border where I got my Bachelors Degree in International Business. This is also where I met my Swedish wife Anne. It was the ultimate collision of culture and religion. Norwegian Skier meets Swedish Snowboarder! Fortunately, following substantial diplomatic efforts our relationship was recognized by all countries involved. Upon graduation I followed Anne to San Diego where she was attending graduate school and it has been our home for the past two decades.

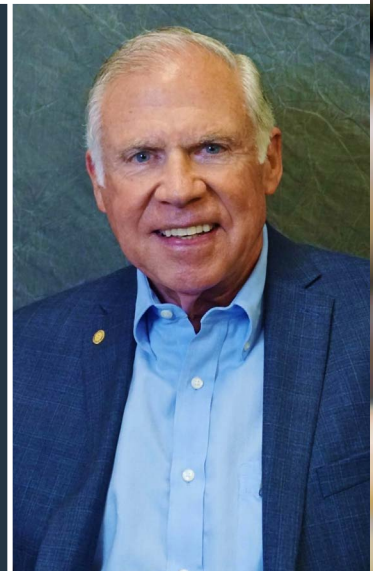
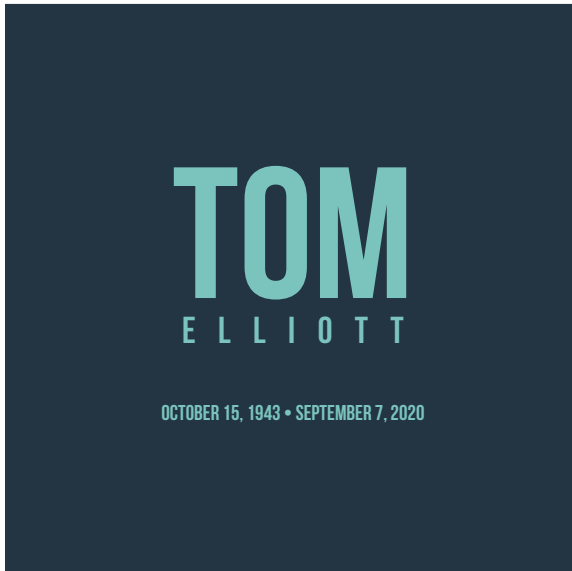
I spent the first 15+ years of my career in the recruiting business. For most of that time I ran the US subsidiary of a Swedish search firm, Cesab International, where I worked with public and private technology companies helping them recruit key technical and management talent. In 2017 decided it was time to change things up and I transitioned my career to academia and joined one of the country's leading research universities, UC San Diego. Currently I am the Industry Relations Manager with the Halicioğlu Data Science Institute (HDSI) building partnerships and facilitating collaboration between industry and HDSI around talent, research & innovation, datasets, continued learning, and leadership.

I have always had an active lifestyle and my interests include skiing (mandatory for all Norwegians), surfing, paddle boarding, golfing, hiking, camping, the outdoors, home brewing, spending time with friends, traveling, and of course Rotary. My daughters Linnea (13) and Elise (11) have grown up as part of the Rotary family. They attend Longfellow K-8 Spanish immersion school and are fluent in 4 languages now.

Even during COVID times we are staying busy with outdoor adventures whether it's on land or water, and I try my best to keep up with these high octane Viking girls.

ERIK
MJOEN





In memory of our friend TOM ELLIOTT
we will miss you forever.