

# THE GOLDEN rotarian

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LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 22 2023

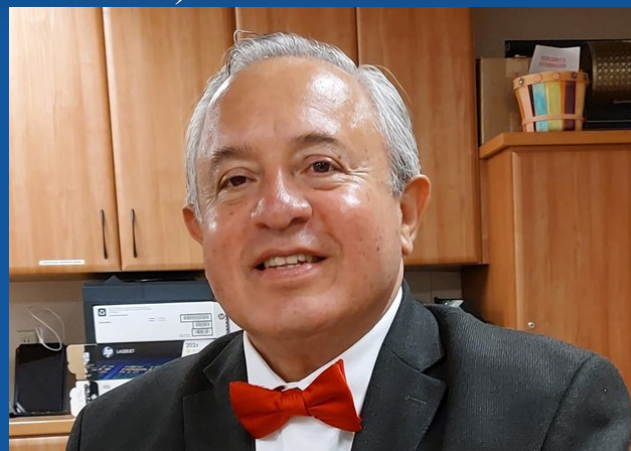


RI President 2023-24  
**GORDON MCINALLY**

District 5340 Governor 2023-24  
**DON FIPPS**

LJGT Rotary President 2023-24  
**CHRISTY WHITE BROOK**

## JOSE L. CRUZ



## 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)



## THE STATE OF LITERACY IN SAN DIEGO: A CHANGE IS HAPPENING

Jose Cruz is the chief executive officer for the San Diego Council on Literacy, a model urban literacy coalition. He has 38 years of experience in the literacy field and is known for his accomplishments in supporting collaborative literacy efforts on national, statewide, regional, and local levels. He was the recipient of the 2003 San Diego Union-Tribune, "Educator of the Year" award. In 2014, he was recognized by The Union-Tribune as the Civic Leader of the Year through the Latino Champions Awards. In the following year, he was named to the San Diego High School, "Hall of Honor." Cruz is a past-president of the San Diego Lions Club and is the co-host of The Gap Minders, a podcast that focuses on resource issues that affect quality of life in the San Diego region. He is a native San Diegan, a graduate of the University of Southern California, and a proud product of the San Diego Community College District.



# REPORT

from the last meeting



## UPCOMING SPEAKERS



2023

### SEPTEMBER - SPEAKER

29.....Chris Ing  
The Future of Workforce Development

### OCTOBER - SPEAKER

6.....Jessica Censotti & Mike McQuary  
Report on Sister Cities and Rotary's effect

13.....Dean Cristina Della Coletta  
Cultural Preservation of Turin 1911 Exposition

20.....Angela Mayora  
Empowerment

27.....Ron Kohl  
Three Community Service Projects to present on their successes

One of our newest, youngest, and most dynamic members kicked us off as **Jonathan Harris** was introduced as Rotarian of the Day. After an inspirational quote from Mohammed Ali stating **"impossible is nothing"** he led us with the Pledge of Allegiance.

Southern California native, Jonathan spent most his time right here in San Diego County. A Cathedral Catholic graduate, he made his way to Texas Christian University (go Horned Frogs!) for a couple years before realizing that his calling was service (like a true Rotarian) and joined the Navy SEALS. Jonathan used the word "fun" more than I would imagine when discussing Hell Week, explosions, deployments, etc. That positive attitude and love for adventure took him many exciting places and afforded him many interesting experiences. For the next two years Jonathan is serving as an instructor before retiring from the Navy. In the meantime, he is starting a private security business. I might suggest that the Club consider hiring him for the president's security detail going forward to protect Christy (and me next year) from paparazzi. Just a thought. Outside of work, starting a new business, and Rotary, he enjoys golf running, boxing, and running.

I had the pleasure of introducing our guests for the day. **Lori Bende** introduced her friend **Michelle** who is organizing Mt Carmel's 46th annual 'Tournament of the Bands'. 26 bands from all around Southern California will be participating – they are expecting 3,000 kids and 6,000 spectators and are looking for volunteers to help with parking, corralling people on the field, and helping cook. Please see Lori if you are interested. The other guest was Pam Russell's nephew **Brian Kirk**, who is potentially interested in membership...we would be lucky to have him! While I had the podium, I mentioned that we are looking for anyone that may be interested in serving on the Club

Board of Directors starting next Rotary year. There are 3 open seats, so PLEASE let me know if you are interested or would like to learn more.

**Ron Spillsbury** led us in High Fives and **Krishna** started things off with a bang with a High Fifty-One in celebration of he and Bonnie's 51st anniversary. **Mike McQuary** gave a High Five for he and **Stephen Tako's** successful trip to Ireland. **Brett Morey** added to the fun by showing gratitude for those who have been supportive for the 100 Wave Challenge.

**President Christy** shared this week's announcements by first announcing our Club's flags have arrived, so if anyone has travel coming up where you will be attending other Clubs, be sure to bring one with you. Next year's district cruise has opened for registration – details can be found on the 5340 website. ON October 22nd there will be a Walk for Polio the District is putting on in Balboa Park.

**Linda Andrews** is collecting children's books for 4th graders for the rest of the month...bring them to the meeting this week or next! **Ron Kohl** discussed the Ensenada trip where the Club will be sprucing up the Benito Juarez Primary School – see Ron if you would like to participate. Ron is also collecting children's books and stuffed animals for the children. **Linda Stouffer-Wallis** reminded us of the chili cook-off at Rich Papike's house on October 14th – bring your favorite chili recipe, fixings, appetizer, dessert, or bottle of wine!

**David Tansey** offered a free ticket to the Padres game on Monday and **Mike McQuary** accepted... go Pads! **Diane Day** shared the Dance Marathon for Motivated to Act will also be on October 14th (chili and dancing...should be fun!) – reach out to **Stephen Tako** if you are interested. **Bonnie** is leading a group to create an herb garden at Oasis on September

26th for those who are able to help.

**Christy** passed out some mugs to music director **Jay Hatfield**, **Karla Prieto-Morey**, **Ajay Asher** for this wonderful bulletin he graciously creates each week, and **Dennis Bucko**.

**Christy** introduced our speaker with a personal story about her mother's struggle with Alzheimer's. It is a devastating disease that impacts many of our families. Our speaker this week was **Nanzeen Dewji**. She is a scientist at UCSD who was born in Tanzania and raised in London and has dedicated her career to researching Alzheimer's and creating therapeutics around it as Founder and CEO of Cenna Biosciences.

Nanzeen shared with us that one of the challenges with longer life expectancy is that Alzheimer's is more prevalent. The disease impacts 10% of people at age 65, but that increases significantly to 50% at age 90. Besides the obvious problems the disease creates, there is also a financial strain it puts on families, as it can cost \$85,000 per year to treat and folks can leave with the disease for many years. There are currently 6 million diagnosed with Alzheimer's and that is expected to grow to 13.8 million by 2050 unless a cure is developed. While many are feverishly working on a cure, there are a few things one can do to reduce their chances of getting Alzheimer's. Exercise, healthy diet (Mediterranean Diet), mental stimulation, 8 hours of sleep each night, stress management (meditation), and an active social life (dancing) can all help your chance.

~Reporter  
*Luke Ervin*





# 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?



### 6 Pillars of a Brain-Healthy Lifestyle

1. Regular Exercise
2. Healthy Diet
3. Mental Stimulation
4. Quality Sleep
5. Stress Management
6. An Active Social Life

Cenna



La Jolla Golden Triangle  
**ROTARY CLUB**  
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**LJGT ROTARY LEADERSHIP 2023 - 2024**

- PRESIDENT .....Christy 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 29 - Sandi Rimer

**OCTOBER 2023**

October 6 - Janine Pack

October 13 - Ron Kohl



**ROTARIAN**  
 OF THE DAY

**MICHAEL BARDIN**

**Personal**

Californians for six generations. Our family has lived in California since the mid-1850s when my great, great grandfather traveled by wagon train across the Oregon and California Emigrant Trails eventually settling in Salinas. (There are streets, a school, and the first hospital all named “Bardin”.) My mother was also part of a family that dates back to the 1880s in the San Francisco area. I grew up in Berkeley, but I went across the Bay for college at Stanford. My Canadian wife Arlene (retired registered nurse) and I met in San Francisco in 1965 and we will celebrate our 57th anniversary in October. We moved to San Diego in 1969 and raised our family here. Today, each of our two daughters and their husbands (one pair - Stanford graduates, the other pair - UCLA graduates) live in the Silicon Valley (Los Altos and San Carlos). Two granddaughters (University of Colorado grads) are in Denver and Charleston, SC. One grandson is a U. of Colorado senior; another is a UC Davis soph; and a third is a high school senior.

**Professional & Rotary**

My career in public relations, public affairs and government relations began with my time in the Navy as Public Affairs Officer, continued as VP Public Relations for Phillips-Ramsey, then San Diego’s largest advertising and public relations agency, and then 30+ years at Scripps Health as Director Public Relations/Marketing and then Chief Public Policy Officer. Basically, I became Scripps Health’s lobbyist. Now retired for five years, I’m focusing on Rotary (LJGTRC, District 5340, RI) particularly on peace building programs. Currently I’m on the San Diego OASIS Board, the Vista Hill Council on Mental Health, and I just stepped down from the Community Health Improvement Partners Board. I am working with Mediators Beyond Borders International (MBBI), Braver Angels San Diego Alliance, and the Institute for Economics and Peace.

One interesting early year Rotary encounter is my memory of attending “father-son” events with Rotary Club #2 (San Francisco) back in the ‘40s & early ‘50s. My grandfather was president of that club and since my mother was his only child, I became his substitute. This was the first Rotary Club formed after the founding club in Chicago.

**Rotary Highlights**

- LJGT Rotary Charter Member
- President 1996-97
- Many Club & District & event roles
- District 5340 Rotarian of Year 2014
- Chair/Co-creator of District 5340 Pathways to Peace
- District Foundation Committee/Major Gifts Co-Chair
- Arch Klumpf Society member

