

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 24, 2021

www.lajollagtr Rotary.org



SERVE TO CHANGE LIVES

RI President 2021-22
SHEKHAR MEHTA

District 5340 Governor 2021-22
DANIEL GENSLE

LJGT Rotary President 2021-22
JACQUIE REILLY

SPEAKERS AND EVENTS

OCTOBER 2021 - SPEAKER

1.....Helen Peacock
World Peace - PipeDream or Possibility
Can Rotarians be the Tipping Point?

8.....Barbara Bry
The Marvelous World of
Unintended Consequences

15.....Kim Schafer and Alex Monroe
with special guest appearance by Steve Brown
Education and Dialogue on TRF
and our Club Foundation



Elisabeth Caetano, MFT Author and Licensed Psychotherapist, Director



TRAUMA: THE IMPACT OF CHILDHOOD DOMESTIC VIOLENCE AND OUR HOMELESS CRISIS

There is acknowledgment that a child who is exposed to domestic abuse, both physical and verbal, during their upbringing will suffer developmental and psychological damage. Verbal abuse can be even more damaging than physical abuse. Children are especially sensitive to verbal abuse. Typically, the more verbal abuse a child suffers, the more problems the child is likely to develop as a result. It does not matter how old the child is when the abuse occurs for it to have a damaging and lasting effect, nor does the economic status of the family or the gender of the child matter. Exposure to violence in the home negatively wires and encodes the child's developing brain (negative neural pathways are formed— forming a “thumbprint”). This “thumbprint” shapes a child's behaviors, sense of self, and how they view others. These negative behaviors will be assimilated into their lives and it will perpetuate.

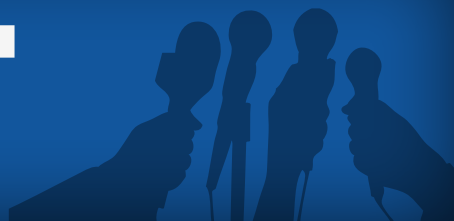
The new emerging profile in our society is women with children who flee, rendering themselves homeless. Sometimes they are forced to flee in the middle of the night. These women leave with nothing in their hands except the small hands of their children, protecting them at all cost, hoping to give them a better life. These same children are at risk of repeating homelessness as an adult, repeating the domestic violence behavior, at risk for substance/drug abuse, and at high risk for becoming a victim of human trafficking.

Elisabeth is a licensed Psychotherapist with the state of California and have over 20 years of experience helping people make changes in their lives using a goal oriented approach. She owns her own business - Navigating Changes located in San Diego, CA. Together, her clients work on concrete solutions- learning positive coping skills and stress management. Her areas of specialty include Empowering Women, Goal Setting/Achievement, Making Life Changes, Self-Esteem Issues, Authenticity, Personal Growth and Mindfulness. She has spent her career working with women of domestic violence, addiction, mental health and empowering women to live vibrant and fulfilled lives. She is passionate about helping others in her community. She is the author of “Down The Rabbit Hole and Back” that is available on FabEverAfter.com. and she is the recipient of the 2020 Author of Influence Award. Elisabeth is a impactful life coach and an authentic mother who lives with her family in San Diego, CA.



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?

HERBERT J. TAYLOR

President Jacquie called the meeting to order at 7:30am. Rotarian of the Day was **Mike Schwarz** who shared an inspirational Irish reading. He led the Pledge acknowledging that the group recited at a different pace. Mike said he has been a member of The Most Dynamic Rotary Club for 23 years and has no plans on leaving. He was prompted from today's Reporter that his granddaughter is 10 years old, not 11.

Michael Slentz introduced the guests, **Eric Ramirez**, SDSU Roteractor, who was in attendance. And **Nancy Gatschet** introduced **Melanea**, who attended via zoom.

Announcements:

President Jacquie announced that she arrived at 6:00am on Fridays and the two Marriott staff are already there and completing the set up. To thank them for their support she was passing around "the hat" for contributions to honor them. She announced the death of **Bruce Geier**, who was a charter member of the Club. She will send information on his memorial when she receives the information.

Bobby Forsay passed away in early February. He was the 7th president of our Club. Youth Service Committee will meet in this room following today's meeting. Goods donations for the Afghan refugees can be made through the African Alliance. To contribute funds through the Club contact **Steve Brown or Eric Freeberg**.

Finemaster Denny Jacobs was

called to podium with his bat: He said the Club has a tradition to fine the youngest person \$2 and called **Will Moore** up to repeat his announcement from last week. "I am having a baby." Congratulations!!

He called on **Richard Norman Papike** to verify his middle name. Name verified. **Denny** said the SD Business Journal stated that there are 4 executives plus Rich in the Tri Star that has been in business for 50 years. Denny calculated that the per capita fine was \$47,300. He graciously reduced it to \$2. Ron Kohl and Ronjan were fined \$2 each for having similar sounding first names but a difference people.

High 5's:

Rich Papike said he was thinking of Bruce Geier, Emidio Del Conte, Tom Elliott and Wayne Cusick and remembered their beautiful smiles. He suggested that we all take a minute to remember them and their beautiful smiles. He gave a High 5.

Nancy Gatschet gave a High 5 to thank the Club members who helped at the Festival of Arts. Krishna Arora gave a High 49 in celebration of his and his wonderful wife Bonnie's 49th anniversary.

Peter Ballentyne gave a High 20 in appreciation for those who helped at Festival of Arts. Christine reported on the District Conference where all in attendance had a good time. President Jacquie noted Christine was stealing her thunder. No fine per fine master. President Jacquie announced that Pam Russell, former Club president and District Governor

received the Distinguished Service Award.

Brett Morey gave a High 5 towards the 100 Wave Challenge and also thanked Sara Katz. Steve Tako gave a High 5 for his September 25th book signing and reading from 2-4pm at Barnes & Noble on Genesee. Jim Frost gave a High \$20 in honor of his daughter receiving her PhD in physical therapy. Dave Tansey gave a High 5 in honor of his 87th birthday and being the oldest player in his softball league

Steve Tako introduced the Speaker of the Day, **Bob Lehman**, Executive Director of the Museums of San Diego County. The Council started in the 1920's to provide a structure for museums to meet together and help solve problems. There are many museums in San Diego, with 17 located in Balboa Park. Kids are free in October and February is Museum Month and you can go in for ½ price. Hilton Hotels and Macys are their partners and give out passes in October. Go to SD Museum Council.org for a list of all of the museums and dates of programs. Many questions were asked and information shared on both public, private, large and small museums.

President Jacquie announced next week **Jim Frost** is the ROTD and **Elisabeth Caetano**, MFT. She will be speaking on "Trauma: The impact of Childhood Domestic Violence and our Homeless Crisis."

I apologize for any errors, omissions or misspellings.

~Reporter

Susan Schwarz

PHOTOS FROM 7 BRIDGES WALK AND DISTRICT CONFERENCE



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HERBERT J. TAYLOR

La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

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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



OCTOBER 2021

October 1 - Irwin Rubenstein

October 8 - Michael Bardin

October 15 - Alex Monroe



ROTARIAN
OF THE DAY

JIM FROST



I was born in San Diego, the youngest of five kids, whose roots arrived in San Diego in the late 1800's. Growing up in the Point Loma area and whose family were active members of the San Diego Yacht Club, I was introduced to sailing and tennis. I had a brief stint on the Point Loma tennis team but one of my fondest memories was trailing my boat across country and winning the 110 Nationals sailing regatta in Ocean City New Jersey in 1974. My love of scuba diving has taken our family to many exotic waters, such as Grand Caymans, Fiji, Cook Islands, Great Barrier Reef and annually on the family boat "Yacht Helen" to Catalina Island.

I graduated in 1978 from University of Oregon (GO DUCKS!!!) with a BS in business management and was active in the SAE (Sigma Alpha Epsilon) fraternity from 1975-78. I married my college sweetheart, Kim Kellum, in 1979 and we moved to Utah to start our careers. I spent two years working at Weyerhaeuser in the wood products business and Kim with US Forest Service in recreation. During the winter months, Kim worked at Snowbird Ski Resort, which allowed me to get a \$5.00 season pass.

With a job offer from my father at the family lumber yard, we moved to Memphis TN to attend Lumber grading school before we moved to San Diego. We returned to San Diego in 1981 and have lived in Encinitas for the last 35 years. We have three children: Nick, 34 (graduated from the University of Washington), Ryan, 35, (graduated from Northern Arizona University) and Kayla, 29, graduating recently from University of St Augustine with a doctorate in physical therapy. We have 4 grandchildren (Alistair, Cleo, Addie, and Jaxon) ages 3, 5 and 7.

Currently, I am President/General Manager of the family lumber business, a 110 year old establishment. A few years ago we received the Centurion Award and honored as one of the top 20 oldest businesses in San Diego. My cousin Gordon (GT - a Rotary Club 33 member) and Byram my nephew (BBB Board member), are also involved in the family business. I am past president of the San Diego Lumberman's Club, Pacific Coast Wholesale Hardwood Distributors Association and served on the board of San Diego Tennis Club.

I joined Rotary in 2004 and it has been a good 17 year run. I really enjoy giving back to the community and have been a team captain in many of the local military projects as well as our Mexico projects. I really have great respect for this group of individuals for all the good you have done at home and abroad and look forward to continuing to serve and support the club in the future.