

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

SEPTEMBER 25, 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

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

NOVEMBER 2020- SPEAKER

- 06.....Community Service
- 13.....Mary Johnson - 2 reformed felons tell their success stories
Mary Johnson
- 20.....Theodora Africa
Michael Podolny
- 27.....DARK



ROTARY
& PEACE CORPS
PARTNERING FOR
PEACE



Cal Mann is a Rotarian, a Peace Corps Volunteer Leader and, professionally, an industrial designer. Joining Rotary in 2004 in Southern California began Cal's active volunteerism that culminated in his 2017 - 2020 Peace Corps Volunteer stint in North Macedonia. Cal is originally from Washington state, has two recent college graduate sons (Go Bears! Go Bruins!) and is relatively retired from a career as a merchandising consultant to household brands like Tylenol, Pepsi, Frito-Lay, Starbucks and many others.

PartneringForPeace.org



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?

Emidio kicked off the meeting with “the most dynamic Rotary Club of in the world!

Rotarian of the Day – Erik Mjoen – Erik shared with us his six week (June 25th to August 7th) road trip in lieu of the kid’s summer camps on a 3,000 mile plus adventure up the I-5 to lower Puget Sound. 108 degrees in Fresno, then rain and snow in Crater Lake. Took the coastal route south back to San Diego through Big Sir. Nice quality time with his two young daughters, wife and bunnies!

Lori Bendy Troup 1667 – Founding Scout Master – all girls den. Lori’s husband presented her with the Cliff Doctormen award and medal, along with the community organization “knot” patch.

Merlot Monday’s Meeting this coming Monday but it will be changed to just about every other Monday.

Matt Schliningberg
October 23 Golf
Tournament benefiting
veteran’s program

**The Peace Committee
on the Registration – 21
days**

Dr. Antonio Lopez – talk dedicated to Tom Elliott. 20 to 30% mortality for over 84 year’s old age bracket, 65-74 10%, and under 50 years old is only 2%. His tolerance for idols is very low today (those under age not wearing masks). Logomachy – an argument or debate marked by reckless or incorrect use of facts. FDA holding up Astra Zeneca study – going forward in all other countries but beliefs it will be available by the end of the year. Pfizer also close to a vaccine. Moderna has a trial of 26,000 subjects. All in the hands of the FDA. Hope springs eternal.

Our Speaker is a no show today.

TED talk from Air Force Lt. pilot September 11, 2001 I was sent out on a suicide mission. Our mission was a failure. Flown an F16 for over 20 years. She nearer saw United Flight 93. When the passengers boarded Flight 93 that morning they didn’t know they were going to force the crash of that plane. Bravery, Service and Belonging – Verbs not Nouns, we can choose to do every day. Bravery

in the face of fear. Sometimes are greatest fears are internal. We must overcome our fears. Todd Bermer – let’s roll!

Lori Bende – Fine Master – Denny fined \$2 for wearing the crown – co-chair of the Community Service Committee.

High 5’s – Krishna – High \$20 to Brett Morey for helping helpers. When he engages he finishes the job. Brett - High \$10 to Krishna and those helping. High \$5 for helping after surgery. High \$12 from for the signed book The Code given to him by Brett. Jacquie high \$10 for Brett taking a picture of her paddle boarding that she used on her dating website. High \$5 from Rick Clark for greatest generation during the 75th anniversary of the end of World War II. High \$5 from Antonio for young, intelligent mask wears.

Next week’s speaker will be - Rotary in Peace Corp Partnering for Peace. Rotarian of the Day will be Chris Richards.



La Jolla Golden Triangle ROTARY CLUB

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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



OCTOBER 2020

02..... Brett Morey
09..... Bonnie Arora



ROTARIAN
OF THE DAY

CHRIS RICHARDS



In January, 2011, the Port of San Diego offered an early retirement incentive program that seemed awfully good to someone who was 62 and ready for something new. I determined that I would be OK financially, but as someone who had never married, had no children, and had spent a lot of my after-hours working, I felt particularly scared about the prospect of so much free time. So, for months, I wrote lists of things I might do. I narrowed that list down to 4 goals: (1) to get fit and begin eating right; (2) to play weekly golf with a group; (3) to volunteer in a person-to-person way (vs. being on a Board or committee); and (4) to translate the classical piano lessons I had from grades 1 - 12 into playing contemporary music with a small band.

I also knew that, as much as I would celebrate not having to be at work EVERY DAY at 8:30, I was going to need something scheduled around 9:30 (perfect time!) most mornings to give me structure. With those goals and structure, I knew I would add travel, taking classes and doing things with friends. So, I accepted the early retirement offer!

The day after I retired, I went to Rancho LaPuerta for a week (where I went to 3-4 exercise classes a day and ate mostly organic/vegetarian food). The day I got back, I had an appointment with a fitness trainer who trained in a neighbor-

hood park. I continue to work out weekly, and with her help and continuing efforts, am eating more healthily than ever before. **GOAL 1:** accomplished and in progress.

When I first retired, I was a member of the YMCA and went to (9:30!) yoga classes 3 days a week. After about 5 years, I started playing pickleball those 3 days instead, and then just as I was becoming concerned that pickleball might twist some joint I wasn't prepared for, a former colleague invited me to join a women's golf group that I now play with two days a week. Although I have played on and off for a long time, I have always played only marginally well. I'm still only marginally good, but my scores and my game are getting better at last! It's fun - and I'm meeting some very nice women. **GOAL 2:** checked off and ongoing. Activity scheduled most mornings: taken care of.

GOAL 3: In May after I retired, I took the training to become a Court Appointed Special Advocate (CASA) with Voices for Children. They assigned me a 12-year-old boy. I saw him a couple of times every month - more often as he struggled to finish high school - and he became a steady part of my life as I was a part of his. He was lucky enough to have the same foster family for about 6 years, and they are good people, but it was certainly not the same as having his own

loving parents, and I think it has been helpful that I have been a constant in his life. He turns 21 this week and is now living in Texas with a bio brother, and working as a shift manager of a hamburger chain. I think living in the country may be good for him. I expect we will keep in touch. Being a CASA was a good experience, but it is wrapping up.

GOAL 4: I bought a Costco keyboard and took a couple of piano classes at UCSD, and then decided I need to let this goal go. Practicing an instrument is a solitary effort and takes more motivation than I can muster. I've always been a pretty lineal person - good at playing the "right" notes at the "right" time. I've decided to accept that being a band piano player is not really in my skill set. No rock stardom for me.

So, when I first played golf with Bev Fritschner a month or so ago, and she suggested Rotary, the timing was right. My volunteer service as a CASA is substantially wound down, and I am starting to feel a little disconnected from the real world as it might be represented in a group of diverse people, some of them still working, meeting regularly for a common service purpose. I am grateful I've found The Most Dynamic Rotary Club in the World and look forward to getting to know you and to working together with you towards making the world a little better place.