



ROTARY CLUB of La Jolla

## ***BITS of News***

*10-26-23*

**Coming October 31, from 6 to 8:30 PM. A  
Halloween Social at the Cracrofts' home,  
1360 Roda.**

**In Costume or not, Rotarians + and of  
course their dogs, are all welcome!**



**IMPORTANT: Please RSVP to Natasha Vossen's email  
re: The Cracrofts' Social on October 31, ASAP  
[nataschavossen@san.rr.com](mailto:nataschavossen@san.rr.com)**

## October 24th Meeting Highlights:

### Inspiration and Pledge of Allegiance



**Kevin Gott** led us in the pledge of allegiance and quoted these words from a drafter of our Declaration of Independence:

*"I always consider the settlement of America with Reverence and Wonder—as the Opening of a grand scene and Design in Providence, for the Illumination of the Ignorant and the Emancipation of the slavish Part of Mankind all over the Earth."*

John Adams (1735- 1826), signer of the Declaration of Independence

### Members and their Guests:

**Vince Gloriso** and **David Lang**, Development Director of the YMCA, **David** thanked us for the Riford Grant Award, that now enables the YMCA to stay open to the public on special holidays.





**Natascha Vossen** and **Craig Lee**. Natascha and Craig met years ago while serving on the La Jolla High School Foundation and have become good friends. Natascha is hoping Craig will join us as a Rotary member. (*Editor's note*) He did look like he was having a good time!

## Happy Bucks \$\$\$

**Past President David Shaw** just back from an Autumnal trip on the East Coast and a visit to his two grandkids at Brown offered **\$25.00**.



**Vince Gloriso** also back from a trip to Egypt, offered **\$20.00** for his daughter **Kikki's** two soccer goals at Whitman College, in Washington State.

## Who AM I?

**Past President, Cindy Goodman**, having recently done a “**Who Am I?**” on her Career, decided to look at the question through a different Lens, and shared: **Who she is:** (her Personal Values and Characteristics) **Why:** (Her Upbringing and Experiences) and **how it all plays out.**



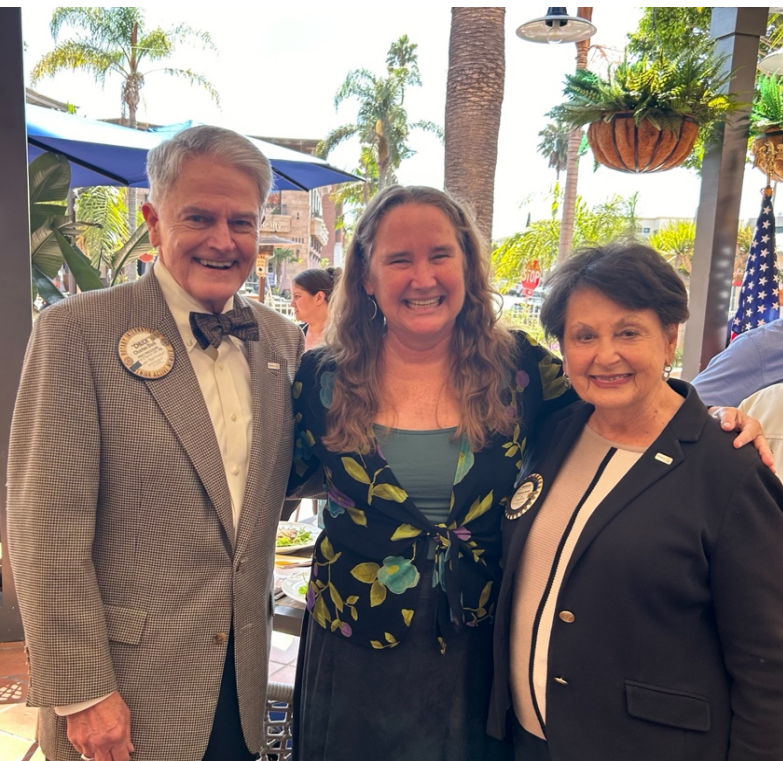
**People in Need** are a high priority for Cindy, she also values our **Military** and the daily sacrifices they make to keep us all safe. She cares about **Animals**, loves learning about the **World**, being **Outdoors**, all things to do with **Water**, as well as **Sports**, especially Football games. She attributes much of her core values to her **Family** and **Faith**.

She describes herself, as does her daughter, as Positive, Caring, Curious, as well as a People Connector. She is someone with wide ranging interests, a sense of humor, and a survivor, who has lived through difficult times. In all, she is grateful for her life and her many experiences.

Undoubtedly, **Cindy's** Profile, passions, and Interests, make her an Ideal Rotarian.



## Last Week's Guest Speaker: Scripps Oceanography Scientist, Deborah Kilb



Dr. Kilb gave us a broad range view of the study of earthquakes, as well as the recent Earthquakes in California and the massive earthquakes in Chile and Alaska which reached the highest ranges of 9.5 and 9.2. She stated it highly unlikely Southern California earthquakes will ever reach that level of destruction, instead any major earthquake in our vicinity would likely be in the 6.3 to 6.7 range.

Importantly, Scientists have come up with "The Earthquake Early Warning system" which uses science, and state-of-the-art ground motion monitoring to predict significant earthquakes within seconds,

as well as new and existing alerting methods to deliver warnings to people via cell phones.

One such warning system, available to cell phone users in California comes from “**Shake Alert**” which has developed the App, “**My shake**.” It will alert on earthquakes 4.5 and higher. On Apple iPhones, go to Apps, find “My shake”, pay \$1.00 and download. On Android phones, the app is available on “Google Play.”

**To protect yourself** during an earthquake: If you are **Indoors – Stay there**. Get under a desk or table and hang on to it (**Drop, Cover, and Hold on!**) or move into a hallway or against an inside wall. Stay clear of windows, fireplaces, and heavy furniture or appliances. Get out of the kitchen, which is a dangerous place (things can fall on you). **If you are Outside, Stay Outside**. The greatest danger from falling debris is just outside doorways and close to outer walls of buildings. Go to an **open area** away from trees, telephone poles, and buildings. Once in the open, get down low and stay there until the shaking stops.

## Our Upcoming Speaker for November 7



**Past District Governor**

**Steve Weitzen on Human Trafficking**

