

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

AUGUST 21, 2015

www.lajollagrotary.org



AUGUST 21
MEETING LOCATION
LJGT MARRIOTT HOTEL

Be a gift
to the world



RI President 2015-16
K.R. RAVINDRAN

District 5340 Governor 2015-16
JANICE KURTH

LJGT Rotary President 2015-16
BEVERLY FRITSCHNER

DURING TODAY'S PRESENTATION YOU WILL LEARN:

How to identify the
different types of
procrastination
you deal with

Why you give in to
procrastination and how
you can conquer it

Four scientifically based
tools and techniques you
can begin using
immediately to get more
done everyday.



 ELLENGOODWIN.COM

KICK PROCRASTINATION TO THE CURB

Ellen Goodwin

was born and raised in the heart of Minnesota. She graduated from Gustavus Adolphus College, a Swedish Liberal Arts College located in the "Valley of the Jolly Green Giant" in southern part of that state, then packed her bags and moved to Washington D.C. While there she worked as a writer, an assistant at AARP and a toy store manager—but not all at the same time.

She moved to San Diego to attend advertising art school, then began working as a graphic designer at a local ad agency, working on accounts for local businesses such as Sharp Hospital, Paragon Restaurants, SDG&E and the Padres. In 1995 she left the corporate world and started her own freelance graphics firm. During the years that followed she discovered the joys of procrastination

and the overwhelming necessity of being highly productive "while no one was watching". Through in-depth education, research, interviews and just plain living life she developed strategies, systems and brain-based tools that ensure maximum daily productivity for maximum accomplishment.

Today, **Ellen** is a Productivity Expert who is endlessly fascinated by the functioning of the brain when it comes to motivation, self control and getting things done. Using empirically based systems she has developed she has helped hundreds of people overcome their frustration with procrastination; ramp up their internal motivation and learn the joy of painless productivity.



calendar
EVENTS
and speakers

AUGUST 2015 - SPEAKER

28....Director of Development, The Preuss School UCSD
• Stephanie Venti •

SEPTEMBER 2015 - SPEAKER

04.....DARK
• Labor Day •
11.....San Diego Business Journal
• Armon Mills & Nels Jensen •
18.....David Fellers Healing Art Foundation -
"Healing the world through Art"
• Sally Fellers •
25.....Beekeeping Development in Africa
• Kris Fricke •

Ellen Goodwin • Ellen@ellengoodwin.com • EllenGoodwin.com • 619-299-0737



Linda J. Stouffer
Reporter

REPORT

from last meeting



Susan Schwarz
Coordinator

UPCOMING REPORTER

AUGUST 2015

21.....Dr. Dennis Bucko
28.....Jennifer Shaffer

SEPTEMBER 2015

04.....Club is DARK
11.....Brian Albrecht
18.....Rick Binder
25.....Andrea Brannan

THE FOUR-WAY TEST

OF THE THINGS WE
THINK, SAY OR DO

1 | Is it the
TRUTH?

2 | Is it FAIR
to all
Concerned?

3 | Will it build
GOODWILL
and BETTER
FRIENDSHIPS?

4 | Will it be
BENEFICIAL
to all
concerned?

~Herbert J. Taylor

We were all gathered at the International House at UCSD for our meeting. We were warmly greeted by **Henri Migala**, the Director for the i-House. **President Bev** announced that this was a "virtual meeting" since we had no flags to salute, no speaker gift and no badges (somehow they got stuck in Lakeside, but that is another story). We all used our imaginations just fine.

Fary was the ROTD and spoke of her young years in Iran with her family of four sisters and two brothers. She attributed her family's education to her Mother, who learned to read by studying the Koran, but was otherwise uneducated. Her emphasis on school led **Fary** to becoming a nurse with a specialization in heart surgery. She thanks her association with Rotary for the multiple opportunities to experience things that not many of us have been able to, such as riding in a Humvee and on board a military helicopter, wearing full military war gear, being a representative to UNESCO, riding in the Rose Parade and finally....THE BEST...being able to make a difference in Afghanistan. We are all proud of **Fary** and humbled by her selfless contributions to the world. She embodies what Rotary is all about.

Tom Stocking introduced our guests. **Will Moore** brought **Gil Cabrera** who has announced his candidacy for City Attorney. **Alex** brought his mother-in-law. **Kathleen Roche-Tansey** introduced her friend **Pat Fehlman**. **Sara Chong** was introduced by her husband, **David**, and was visiting while she still had some time to herself before the start of school and the beginning of her new responsibilities there.

Our host, **Henri Migala**, then took the stage to tell us about the UCSD i-House and its relationship with Rotary. With **Henri** being a former Rotarian himself, he drew many parallels between Rotary and the UCSD i-House including common

<https://house.ucsd.edu/>



i House (not i Phone)

missions of international awareness, global citizenship, and intercultural understanding. He explained that the 350 students from 41 different countries all help to run the "Best Venue in San Diego" and gave specific thanks to **Dante**, **Freddy** and **Aubrey**. We all agreed that we need to bring him back to be a full program so that we can learn more about the i-House.

Bev then gave a real (not virtual) very heavy President Elect pin to **Marty**; thanked everyone who attended the burning of the twelve pallets of wood at the beach bonfire; announced that we will be dark on September 4 in honor of Labor Day; and thanked **George** for offering to take out six more Rotarians in addition to **Bev** for a Tall Ship expedition on September 4. High Fives ensued as follows: **Allan** celebrating **Debbie's** birthday; **Rick Clark** celebrating 44 years of marriage (most of which were happy) to **Nilsa**; **Sandi** for offering to provide prepackaged Smores to **Linda Andrews**; returning member **LeeAnn Cusick** for

making it through another birthday on August 13; **Pete** for being able to take all the grandkids to Disneyland for its 60th anniversary; **Marty** thanking **Henri** for all his help with Interact and Rotaract; **Jacquie** for being able to celebrate **Rick Binder's** birthday with him snorkeling in La Jolla; **Emidio** for not crashing or getting lost on the International Fellowship of Flying Rotarians recent trip to Oshkosh which included 84 Rotarians and 17 planes. Also, **Will Moore** still needs help..... take that anyway you wish. Finally, **Rick Binder** told everyone that there are still three seats available for the whale watching trip on Sunday, August 16.

Our speaker, **David Marshall** of Heritage Architecture, was introduced by another architect, our own **Rick Clark**. **David** gave a very personal history of the Balboa Park buildings that we all have come to know and love throughout the years. His company has been involved in the intricate and careful restoration of many of those buildings and he showed some postcards from the era that was the time of both the San Francisco and the San Diego Expositions both honoring the opening of the Panama Canal. Poor Los Angeles, felt that they were the "meat" in the middle.... Which subsequently proved to be a high point for them. **David** showed photographic proof that Highway 163 through Balboa Park was once a lake. So much history and detail were revealed to us and we now all have a better appreciation for the gem that is our park.

Bev closed the meeting reminding us that next week we are at the Marriott again and that a straw vote will be taken with regard to the venue selection for our club going forward. In celebration of a one year Polio-free Africa, **Bev** paraphrased Walt Disney in stating that "Dreams Can Come True". And the virtual meeting was concluded accordingly.

AUGUST 2015

MEMBERS BIRTHDAYS

1.....Linda Stouffer	14.....Dave Davis
4.....Rich Papike	22.....Dave Wiegman
8.....Dianne Day	26.....Louise Andres
13.....Rick Binder	28.....Ivan Mwanja

CLUB ANNIVERSARIES

Kim Schafer.....2013	Antonio Grillo-Lopez.....1999
David Chong.....2012	Sharon Council.....1999
Linda Andrews.....2011	Pam Russell.....1998
Alex Monroe.....2011	Jay Hatfield.....1998



Bill Keane
Photographer

PHOTOS

from last meeting



Bev Fritschner
President

The President's Message

AUGUST 21

Meeting Location
LJGT Marriott Hotel

DISTRICT NEWS

MILLIONS FOR HOPE FOUNDATION GALA

Del Mar Fairgrounds - Mission Tower
2260 Jimmy Durante Boulevard
Del Mar, CA 92014

Saturday, October 17, 2015

6:00pm-7:00pm
No host reception

7:00pm

Dinner with wine included
Choice of short ribs, salmon, or vegetarian
Special Guest Rotary International
President K.R. "Ravi" Ravindran

This black tie optional event will take place at the, and feature an evening of inspiration, entertainment, and dancing. Admission to the gala of the year is only \$85, thanks to the generosity of sponsors including Citizens Business Bank. Register through the Rotary 5340 website.

DEVELOPMENT ACADEMY

October 3, 2015 | 8.30 – 3.30
USD Joan Kroc Peace and Justice Center
Early Registration: \$25.00 | \$30.00
Registration Fee beginning August 31

I encourage present and future leaders of our Club to attend this interactive session; this is a three-part program that you may begin at any time.

- Learn about all aspects of Rotary
- Develop leadership skills
- Connect with Rotary peers

Peace Leadership Seminar
September 26 | 9.00 – 12.30 PM
Ronald McDonald House
2929 Children's Way | 92123

Sponsored by District 5340 Pathways to Peace Committee. This Peace Seminar is for Club Peace Chairs and for those with an interest in Rotary's peace initiatives and how Rotary is working to become an ever-greater force for peace at home and throughout the world.

ROTARY

PADRES NIGHTS

Saturday, September 5th
at 5:40 pm

Padres vs. the Los Angeles Dodgers
– Rotary price is \$50.00 for Field Plaza Seats.

Part of each purchase will be donated to Rotary's "End Polio Now" campaign. To place your order for tickets, please reply to Rotarian Kevin Forrester (kforrester@psmkr.com), or (760) 944-1918 no later than 7 days before the scheduled game day.



ROTARY PROFESSIONAL NETWORKING - EVENT

September 10 | 5.30 – 7.30 | \$25.00

Hosted by Corporate Alliance QH
9171 Town Center Drive | Suite 180
| 92122 |

Learn how to build relationships and gain trust to help grow your businesses!

Relationship training will give you the tools to create trusted relationships and build advocates for your business. Connecting Activities will accelerate getting to know your key influential people from various industries. Roundtable discussions to help create a board of advisors to bounce ideas and discuss opportunities.

La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

P.O. Box 13023
La Jolla, CA 92039
www.LaJollaGTRotary.org

LJGT ROTARY LEADERSHIP 2015 - 2016

PRESIDENTBev Fritschner
PRESIDENT ELECT (2016-17) Marty Rosenstein
VICE PRESIDENT ELECT (2016-17)Alex Monroe
TREASURER Sharon Council
SECRETARYRick Binder
PAST-PRESIDENT/FOUNDATIONRon Kohl



Dave Wiegman
Coordinator

UPCOMING ROTD

AUGUST 2015
28.....Alex Monroe

SEPTEMBER 2015
04.....Rick Clark
11.....Will Moore

Jim Frost

President/General Manager
Frost Hardwood Lumber Co

6565 Miramar Road
San Diego, CA 92121

858-455-9060 x 321
fax 858-455-0455



www.frosthardwood.com

ROTARIAN OF THE DAY

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. While in Point Loma High, I played on the Point Loma High tennis team and won the 110 Nationals sailing regatta in Ocean City New Jersey 1974. I still participate in those sports, along with skiing, scuba diving, and occasional surfing. 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 tickets, 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 29 years. We have three children: **Nick**, 32 (graduated from the University of Washington), **Ryan**, 29, (graduated from Northern Arizona University) and **Kayla**, 23, (who graduate from University of Puget, and is now physical trainer at LA Fitness in Burien, WA).

Currently, I am President/General Manager of the family lumber business. We are 104 years old. We just received the Centurion Award from the San Diego

History Center honoring the makers of San Diego History. My cousin **Gordon** (GT - a Rotary Club 33 member) and **Byram** my nephew 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 Dieguito Tennis Club.

Recently, my son **Ryan** announced his engagement to his college sweetheart, and our oldest son announced his wife is pregnant with number two...and two weeks ago we lost **Kim's** mother at age 93...the circle of life continues.

I joined Rotary in 2004 and it has been a good 10 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 Mexico. I really have great respect this group of individuals for all the good you have done at home and abroad and look forward to serving the club in the future.