

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

AUGUST 25, 2017

www.lajollagtr Rotary.org



**ROTARY:
MAKING A
DIFFERENCE**

RI President 2017-18
IAN H.S. RISELEY

District 5340 Governor 2017-18
SCOTT C. CARR

LJGT Rotary President 2017-18
ALEXANDER S. MONROE

**SPEAKERS
AND EVENTS**



SEPTEMBER 2017 - SPEAKER

- 01..... Dark - Labor Day
- 08..... Moises Baron
Responding to Mental and Behavioral Health Challenges
- 15..... Karin Davies
Saving babies in Ethiopia
- 22..... Corey Polant
Zahn Innovation Platform Launchpad

APOLLO

**TO
THE
MOON
AND
BACK**

**ROTARY CLUB
SPECIAL EDITION**



DONALD WILLIS

Don is a farm boy from rural Ohio. His early inspiration was to fly, which he began at age 16, and he is still an active private pilot.

Don was a career Air Force Officer, and is a Viet Nam veteran. He has 30 years of technical and management experience in the aerospace and communications industries. He was one of the co-founders and the initial corporate strategist for Alliant Techsystems Inc. (NYSE:ATK), and he was Corporate VP strategy and planning for Motorola Networks in US and Asia. Today Don is semi-retired as an independent

business consultant, and devotes his free time to charities. His hobbies and interests include flying, fishing, travel, music, history and philosophy.

Don's topic today is the Apollo program. In 1968 and 1969 he was a NASA flight controller in Mission Control in Houston, on the control team for Apollo Missions 6 through 12, which included the first two lunar landings. Don will tell us about the Apollo missions, and some of the behind the scenes details of the people and the activities that made up this exciting time in our history.



AUGUST 2017

25.....Ana Sambold

SEPTEMBER 2017

01.....DARK - Labor Day

08.....Charlie MacKay

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

AUGUST BIRTHDAYS

LINDA STOUFFER 01

RICH PAPIKE 04

DIANNE DAY 08

RICK BINDER 13

LEE ANN CUSICK 13

DAVE DAVIS 14

DAVE WIEGMAN 22

LOUISE ANDRES 26

President Alex called the meeting to order at 7:29am with a very youthful ring of the bell! We were delighted to have him back after his well-deserved family vacation in the beautiful Bahamas.

Bev Fritschner was Rotarian of the Day. She led us in a moment of thanks and gratitude. Bev talked about her life, previously as a teacher, then as a substitute teacher. She discussed a substitute teaching assignment at the School of Performing Arts, which turned out to be a very moving assignment. Her students included some who were homeless and every much in need of the breakfast provided at school. She adores these kids and it's incredibly meaningful work. What lucky students to have Bev as their teacher and role model!

Bev also announced that thanks to Ajay, we have an updated Club Directory! This reporter suspects that others, including Bev, were part of the team in making the updated directory possible. Thanks to Ajay and everyone involved!!

Past President Antonio Grillo Lopez presented Bev with her third Paul Harris fellowship. Bev is an incredibly giving and devoted member of the club.

Kourtney Kennedy introduced our visitors. First up was Bill Gore, SD Sherrieff, Speaker of the Day! Can't wait to hear his presentation. From UCSD Rotaract, Susan, Eden and Josh were in attendance, looking refreshed from their summer break. Terry Miller from Rotary on the Bridge came to visit. And, there was the Alba family visiting who has travelled all over the world! They were very enthusiastic and we were happy to have them join us.

On August 26, there will be a day of sailing on the bay on Kourtney's boat. It's not too late to sign up and join in the fun! You can sail, or just come to the bonfire. If you've not signed up, email Kourtney. Come sail away!!

Jim Frost encouraged all to sign up for the Ensenada orphanage work weekend, Oct 14-15. Spend the day doing good deeds! Meet at Frost Hardware at 7am on the 14th, go down to Ensenada and work until about 4pm, and then head to the local winery for important hydration.

Our three dynamic UCSD Rotaract members presented Fary Moini with a \$1,000 check for the school in Jalalabad. Amazing!!

Pam Russell was temporarily excused from the room. Sandi Rimer led us in a discussion that led to a motion to nominate Pam Russell to serve as Director on the Board of RI. The Yes vote was unanimous! Pam will be one of an unknown number of nominees. She has the full support of our dynamic Club!

We were without our Fine Finemaster today. President Alex called for any High Fives. There was lots to celebrate! Tom Elliott took his 2 grandsons out for their first fishing trip. His youngest grandson caught 4 yellowtails! That's a

productive fishing expedition.

Lori Bende was one of the first recipients of Sheila Henry's new book, which is about mothers keeping sanity in the midst of their busy lives. Lori is very much looking forward to reading it!

Ina von Ber gave a High Five in honor of Sandy Rimer. Richard Tilles used his High Five to make a wonderful announcement he is getting married!!!! Congratulations!!

Emidio del Conte gave a High Five - his wife is receiving treatment and getting better. We are so happy to hear this news!

Denny Jacobs gave thanks to Susan Schwartz for arranging the recent viewing of Al Gore's new film. Susan's daughter organized the viewing. The event received great reviews from attendees.

David Chong gave a High Five of thanks! Prior to his accident, he had started a marine fish tank. During his stay in the ICU and the early days of his recovery, President Alex and the Club helped to maintain the fish tank. This was very helpful to Sarah during David's hospitalization. David gave thanks to President Alex and the Club for keeping these wee members of his family alive and swimming. We are all so happy to have David back at the meetings, smiling and healthy.

We had a very distinguished and interesting Speaker. Mike Bardin introduced Sheriff Bill Gore. Sheriff Gore leads one of the largest Sheriff's departments in the country, partly due to the size of SD County, and partly because of the work involved. Bill Gore is a San Diego native, a graduate of USD, and a member of Club 33. We were delighted to have him with us.

Sheriff Gore told us that he is not related to Al Gore, but when Al Gore was Vice President, their shared last name did help him get good dinner reservations in Washington DC.

He discussed the difference between the Sheriff and Chief of Police: the Sheriff's Department is an organization of 4300 employees. This means there are many moving parts. When you call 911, the Sheriff's staff police unincorporated parts of SD County, and small cities/towns that chose to not incorporate or have their own police department. They cover about 1 million people in the county. His department staffs all jails in San Diego County, and also staff all courthouses in the County (about 165 courtrooms). The San Diego Police covers about 1.3 million people.

In terms of law enforcement, they have seen a bit of an uptake in violent crimes, but this increase is smaller than across the US overall. Some of the big issues they face involve substance abuse, mental health issues, and gangs. Many of the crimes they deal with are crimes of passion - it's difficult to come up with a program to

prevent crimes of passion. In San Diego County, in most violent crimes the subject is known by the victim, and often include people involved in risky behavior in their lives (drugs, gangs). These crimes are more difficult to combat than property theft or burglary. Sheriff Gore's department is trying to be proactive rather than reactive. Even though there is a small uptake in crime, overall crime in SD County is at a 35 year low. This was really good news to hear!!

There is very good cooperation across Federal, state, and local law enforcement. This helps avoid duplication of efforts.

He discussed his staff's efforts at the jails. His team is faced with overcrowded jails, partly due to changes in who is placed in County jail rather than state prison. There is a recidivism rate of 72% for state prisoners, which is partly due to lack of good rehabilitation. He pointed out that 95% of people in state prison/county jail are coming back to be our neighbors and it makes sense to give them skills to succeed in their lives outside of jail.

There is a new women's retention facility in Santee, which is one of the best in the world, and there are expanded men's facilities. For the women's facility, they have created novel programs, including training in substance abuse issues, job training, and cognitive behavioral training (CBT). CBT is one of the most important aspects - it helps them to change the way they think. If we can reduce recidivism down to 50%, that would be great.

One of the most gratifying things for Sheriff Gore is that the majority of deputies feel positively about the new jail programs. They can see they are improving lives, and morale is up.

Mental health care in the jails is his biggest challenge. There are about 6000 inmates in jail per day, 2/3 of them on psychotropic drugs. Jails are one of the main providers of mental health medication and care for these people, and we need to address this on a national level. Since most inmates will be back out in the community, we need to get them stabilized and engaged in the continuum of care. This will benefit everyone.

The Sheriff ended by sharing how he is always impressed by the leadership and compassion of law enforcement in our County. He loves his work, and gets tremendous satisfaction from seeing changes in people's lives. His love for his work came right through his words, and was very inspirational. There was a question and answer session, and we wished for more time with our guest speaker.

President Alex ended the meeting by playing some music applicable to all - the theme from Police Academy and a bit of Mozart. We danced our way out the door!



PHOTOS

from the last meeting



AUCTION



Disney
**THE LITTLE
MERMAID**

\$180
VALUE

THE LITTLE MERMAID

San Diego Civic Theatre

Friday,
September 22, 2017
@ 7:30 pm
2 Orchestra Seats
Including Parking - \$180 value



Thank you to one of our new members,
Jan Bernardy for her generous donation!

If you would like to bid on this auction item and will not be at the meeting, please
contact **Lisa Galstian** at gartgal@att.net.

La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

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LJGT ROTARY LEADERSHIP 2017 - 2018

PRESIDENT Alex Monroe
PRESIDENT ELECT (2018-19) Rick Binder
PRESIDENT ELECT ELECT (2019-20)
TREASURER Sharon Council
SECRETARY Beverly Fritschner
PAST-PRESIDENT/FOUNDATION Antonio J. Grillo-López, MD



UPCOMING ROTD

SEPTEMBER 2017

01..... DARK - Labor Day
08..... Jan Bernardy
15..... Rick Clark
22..... Michael Slentz
29..... Michael Schwarz

ROTARIAN OF THE DAY

TOMELLIOTT



My wife, Nancy, and I were both born in Glendale and for a few years lived within a half mile of each other. But, we didn't meet until we were both in college at the University of Southern California. We were both Accounting majors. After graduation, we worked for CPA firms in downtown Los Angeles. She was with Price Waterhouse and my career started with the firm now known as Deloitte. I have lived in beach towns most of my life: Seal Beach, Long Beach, Dana Point and now Encinitas.

For many years I was a home builder for speculation (buying lots, getting a home designed, getting the project financed, building the homes using sub-contractors and hoping that there would be buyers when things were completed). Since 2000 my career has been in the insurance business consisting of Life Insurance, Medicare Plans and Health Insurance. Of course, the Health Insurance facet of my business has been a disaster since ObamaCare and its higher premiums, higher co-pays and co-insurance and higher deductibles, not to mention 75% lower commissions. Many of my clients are young families struggling to pay their premiums. It's not unusual for a family of 4 with parents in their early 40s to be paying monthly premiums of \$1,200 to \$1,500 per month ... this is at least twice what was being charged pre-ObamaCare.

My wife and I have 4 children, 2 boys and 2 girls ... we broke even ... three are Trojans (USC) and one is a Torero (USD). We have 4 grandchildren. We enjoy going on cruises and short trips to Cabo for our vacations.

I first joined Rotary in 1984 (the Del Mar Club). In 1995, it became easier to attend breakfast meetings so, that's when my allegiance changed to "The Most Dynamic Rotary Club In The World". Over the years my involvement in club activities has included running hands-on projects with Christmas-In-April, projects with the Police Department, projects in Mexico and I ran the BMW Raffle Fundraiser some years ago.

Note: What's new at our home? My wife went on a diet last week ... I think she thinks I am too fat. She went on a diet 15 years ago and I lost 14 pounds.

TEI

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