

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

AUGUST 28, 2015

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Be a gift
to the world

Rotary

RI President 2015-16
K.R. RAVINDRAN

District 5340 Governor 2015-16
JANICE KURTH

LJGT Rotary President 2015-16
BEVERLY FRITSCHNER



calendar
EVENTS
and speakers

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 •

OCTOBER 2015 - *SPEAKER*

- 02.....Public Utilities Customer Advocate Presentation
• David Akin •

Impacting Lives Through Mentoring at The Preuss School UCSD

Scott Barton

Principal/Director
The Preuss School UCSD



Scott Barton is a founding member of The Preuss School UCSD staff, and has worked as the Dean of Students since the school's opening in 1999. He became principal of The Preuss School in 2007. Under Mr. Barton's leadership, Preuss has become a National Blue Ribbon School in 2010, a NASSP Breakthrough School in 2012, ranked in the top 25 among America's top high schools for eight consecutive years and named the number one transformative school in the nation by Newsweek for three consecutive years. In 2015, U.S. News & World Report named Preuss the best high school in San Diego County, #5 in California and #39 overall in the nation.

Mr. Barton received his administrative credential and holds a Master's in Education. His teaching credential is in the area of social studies, with a supplementary authorization to teach mathematics. His credentials and undergraduate work were completed at San Diego State University.

Mr. Barton's first teaching job was at Hale Junior High in 1982. He also taught math and computer literacy at Wangenheim Junior High. He was a resource teacher and the advisor to ASB and Yearbook at Hoover High School.

Mr. Barton's personal mission is to help low-income urban youngsters be the first in their family to attend a four-year college or university of their choice.



Dr. Dennis Bucko
Reporter

REPORT

from last meeting



Susan Schwarz
Coordinator

UPCOMING REPORTER

AUGUST 2015
28.....Jennifer Shaffer

SEPTEMBER 2015
04.....Club is DARK
11.....Ryan Albrecht
18.....Rick Binder
25.....Andrea Brannan

OCTOBER 2015

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 heard a lot about procrastination today.

Jim Frost, ROD, gave a brief citation of philosophical quotes and confessed that he was a procrastinator himself. **Jim** is also an expert in hardwood (Frost Hardwood) and talked about his hardwood this morning and explained that hardwood is not always hard and he give us a graphic demonstration of his "turgid" (his word) balsa wood that was not that hard. **Jim** also shared a story of avoiding procrastination. He explained that he and his family got together to collect his father's memoirs in a book while his Dad's memory was still intact so he was able to recollect important events of his life before his dementia dulled his memory.

In preparation for voting on preferences for our future meetings we were presented with a sales pitch from **Heather**, the director of marketing at Marriott. She outlined the benefits of us staying at the Marriott. We immediately (without Procrastination) took a "straw vote". The results will be presented at some vague time in the future when the officers stop procrastinating.

Bev reminded us that there was no meeting on September 4 and also of the tall ships parade that date. **George** is planning to take his boat out and welcomed any passengers who wished to accompany him. Don't procrastinate if you want a seat.

Rick Binder gave a whale-watch report. No sharks

Marty Rosenstein, our president-elect, reported on 2 District-wide events coming up:

On September 10 there will be a networking meeting at UTC. from 5:30 to 7:30 and on September 26 there'll be a Peace Leadership conference at the Ronald McDonald House from 9:00- 12:30. The Procrastination meeting has been postponed to a later date that will be announced at some time in the future if possible.

Pam Russell announced that we have been enrolled in the Amazon Smile project and have made over made over \$6 for the club foundation thus far. We expect to be in double digits very soon if we all sign up without procrastinating.

Finemaster Brett Morey excepted a "high 5" from **George** who indicated that he is healing well from the surgery and feels good and the doctors gave him a clean bill of health. **Jan Percival** noted that her daughter was admitted to University Hawaii to play volleyball and **Rich Papike** noted that his granddaughter **Zoe** was accepted to play soccer for St. Mary's.

Our speaker today was **Ellen Goodwin** speaking about Procrastination as the number one productivity buster. She described four types of Procrastination and presented tips for dealing with them to be more productive. These were labeled 1) Low Priority/Low Value", 2)"Fear based", 3) Shiny SquIrrel" and 4) "Long Term Goal" type. She described the "S.T.I.N.G" approach for the Low Priority Procrastination. That is, SELECT one task, Give yourself a defined time TIME to spend on the task (a half an hour or so), IGNORE all other distractions, take NO BREAKS and then GIVE yourself a reward when completed. For the Fear Based procrastination she recommended being an "Action Hero", that is to take effective action and do it in small steps. She had a unique approach to Distraction type of procrastination and recommended that we be accountable by making a bet against ourselves to be able to complete the task at hand .Failure would require a cash donation to some organization we don't believe in, such as the Republican Party. Finally,for the "Long-term Goal" type of procrastination she recommended keeping the goal up front and in our consciousness by maybe making a daily chart so that we visualize the final goal in mind on a regular basis.

President Bev completed the meeting with a series of quotes regarding procrastination.

I will try really hard to complete this report before our next meeting by using some of **Ms. Goodwin's** recommendations to avoiding procrastinating.

Dennis Bucko

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

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
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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

SEPTEMBER 2015
04.....DARK
11.....Will Moore
18.....Joel Candib
25.....Kim Schafer



Alex Monroe

Family. Work. Rotary. That about sums up my life at the moment.

As you all know, I am the proud father of three great boys. Jack is 7 and starting in second grade, Emerson is 5 and starting in Kindergarten and Willem is 16 months and heading to college next week...feels like that sometimes. Each of my boys have different personalities, which makes parenting really fun and sometimes challenging, but I figure with any challenges come great rewards, and raising my boys is the most rewarding experience of my life. For fun, we spend a lot of time at the beach, play sports, which I end of coaching, and generally stay very active outdoors. My wife, Samantha and I celebrated 7 years of marriage in July. She definitely has the tougher job of the two of us, running the Monroe Family Household. Needless to say, she has a lot of testosterone in her life, but someday she will be well taken care of by her boys. Rumor is... she is being considered for sainthood.

The biggest change in my life recently has come in my professional career. My partners and I decided to part ways with Morgan Stanley and join a smaller, more nimble, and more client focused firm, in Stifel Nicolaus. We've spent nearly six months researching companies and decided that they were the best fit for our clients and us. Not only that, it was the culture and philosophy they preach that assisted greatly in our decision making process. The best way for me to sum up why we chose to leave our previous company and join Stifel: We feel that Stifel is much more aligned with the Four-Way test. There is no better way for me to put it. I am part of a five person team with three Advisors and two incredible administrative/support staff. We take a financial planning approach to investments and a holistic view towards wealth management. I very much appreciate the responsibility bestowed on me and enjoy the relationships I've developed with my clients!

Rotary keeps me sane. I find myself driving to work after Rotary meetings on Fridays, often thinking about how blessed I am to be living the life that I have and what I can do to improve things for others. In college, I had a poster of Mahatma Gandhi in my room with the quote, "Be the change you want to see in the world." Rotary helps me keep that philosophy in focus. I feel very fortunate to be surrounded by so many like-minded individuals every Friday. Thank you for being a truly important part of my life.

I very much enjoy making a positive impact in people's lives and the world around me. I do my best to accomplish that every day in my family, work, and Rotary.

ROTARIAN
OF THE DAY