

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

FEBRUARY 17, 2017

[www.lajollagtr Rotary.org](http://www.lajollagtr Rotary.org)



ROTARY  
SERVING  
HUMANITY

RI President 2016-17  
**JOHN F. GERM**

District 5340 Governor 2016-17  
**MARILYN SANDERSON**

LJGT Rotary President 2016-17  
**ANTONIO GRILLO-LÓPEZ**



**SPEAKERS**  
AND EVENTS

**FEBRUARY 2017 - SPEAKER**

24.....Maria Lopez-Bonilla  
Melanoma

**MARCH 2017 - SPEAKER**

03.....CLUB

10.....Priscilla Lister  
Take a Hike: San Diego County

17.....Peter Chodzko  
Gompers Preparatory Academy



## VETERAN•OUTREACH



IN SAN DIEGO COUNTY

{ So many ways,  
So many needs. }



ELLEN OLSON

**Ellen Olson Citrano** was born in a small town in Northern Wisconsin in the early 1950s. She received her education at the University of Wisconsin in Oshkosh, Wisconsin, in 1976 with a Bachelors' Degree in Nursing and received a Masters' in Arts in Human Resources at National University, San Diego, California, 1998.

### WORK EXPERIENCE

Ellen Citrano has just over 40 years as a registered nurse with hospital and clinic management experience. She is retired from the United States Navy with the rank of Commander having served 22 years as an active duty and reserve duty officer. She was employed by Sharp Health-Care until 2005 when she formally retired. But never does a Navy Nurse stop "working"!

The last 20 years have been spent in management of all encompassing recruitment areas for

large health care organizations involving all areas of staff, management and executive recruitment. She is experienced with employee and labor relations issues, immigration matters, training and staff workforce development as well as affirmative action programs.

### AFFILIATIONS

Currently, she is Vice-President of the local Navy Nurse Corps Association of Southern California, the largest chapter of Navy Nurses in the country. With this group, she does Veteran Outreach to assist active and retired military members and their families within San Diego County. Citrano also remains involved with and supportive of the Vietnam Veterans of San Diego in their efforts to eliminate homelessness and provide training and medical care.

She has been involved in local and national chapters of the Society for

Human Resources Management, National Association for Health Care Recruiters, serves, as the immediate past president of the San Diego Chapter, was a member of the Association of California Nurse Leaders and the San Diego Organization of Health Care Leaders. She was affiliated with many workforce groups in San Diego, promoting the health care industry. She has spoken nationally on the San Diego community successes in career tracking for high school students and second career adults as well as having been an active member of the Workforce Advancement Committee for the Workforce Investment Board of San Diego County. At that time, she was instrumental in obtaining over three million dollars in grants for San Diego County to support the health care career track efforts.



FEBRUARY 2017

17.....Reporter  
24.....Reporter

# REPORT

from 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

## FEBRUARY BIRTHDAYS

JAY HATFIELD ..... 01

WILL MOORE ..... 02

BONNIE ARORA ..... 10

CARLSON KEVIN ..... 12

ELLEN BRYSON ..... 14

SANDI RIMER ..... 14

ERIC FULLER ..... 18

LINDA ANDREWS ..... 19

SARA HOGUE ..... 23

JAN PERCIVAL-LIPSCOMB ..... 25

Past President Cynthia Villis pinch hit for absent President Doctor Antonio Grillo-Lopez. We celebrated with Cynthia her success in her battle with cancer and her subsequent trips to Lithuania, Paris, and Montana (not same trip). We also celebrated and appreciated each other with conversation hearts to give each other. And we had some stunning high school students with us so in the immortal words of pink "Let's get this party started!"

ROTD Jan Percival Lipscomb launched into her PR career with Scribe Communications 31 years ago, with also coincided with her joining the Most Dynamic Rotary Club in the World. The eternally correct answer to Who You Know Game is always going to be Steve Brown. An example of which was Jan meeting a group from Africa in Turkey and having Steve in common. Jan recommended the Rotary connections to be made through international travel. Our club was founded on "NO BS" and has always been about the work, not the social climbing.

Charlie McKay introduced guests. With a fair and balanced opportunity for all, Rotaractors were equally represented with 3 from UCSD and 3 from SDSU. Student of the Month Jalisa Mendoza brought her contingent. Steve Brown's wife Susan and their daughter Abby Brown attended with her speaker/students/sisters/guests Priyanka and Gitanjali Multani from Torrey Pines High School.

Steve "Who You Know" Brown shed light on the 100th anniversary of the Rotary Foundation and our club's projects connected with the foundation. It is one of the outstanding foundations in the world with a goal of raising \$300M this year. Members with highlighted projects included: Fary Moini, Bonnie & Krishna Arora, Sandy Rimer, Pam Russell, Cynthia Villis, Ana Sambold, Pete Griffith & Dory Beatrice, and Antonio & Maria Grillo-Lopez. Our finger counting informed us that these projects must

be worth several hundred thousand dollars, but Mr. Who You Know's math skills couldn't give us an immediate total. After being prompted by Pinch Hitter President Cynthia with a candy Heart of Gold, Steve's math stepped it up a notch to sum our LJGTRC-involved projects at a whopping \$1,129,646 in this Rotary year.

Marty Rosenstein introduced our Preuss Student of the Month, Jalisa Mendoza who turned her 2.5 GPA into 4.0. She brought a fantastic story of how one conversation can be an inspiration to change her life's direction. Half Man Half Amazing Fine Master Rich Papike, was called back from retirement. Steve may not have checked math on this but our Fine Master apparently is also Half Bull, Half Beast, and Half Biscuit. Our Half Biscuit volunteered that the single trait he had in common with Jalisa was the 2.5 GPA. Kim Schafer was fined in absentia for her general sweetness and deference to Half Biscuit's bad humor on LinkedIn. The club resoundingly affirmed that in the Pete versus Fary sweetness comparison, Pete earned himself a fine. Rick Binder is picking up wardrobe lessons from his new jefe. Mike Bardin was fined for not recognizing the Russian hack that put Stanford atop Cal in school rankings.

The individuals acknowledged by Frank McGrath and Brett Morey for recent contributions were overshadowed by Brett's designation of the lovely Dianne Day as our club's "Double D".

Renatta from SDSU Rotaract announced their fundraiser for Rady Children's Hospital, soliciting any help and donations from the club. Linda Andrews is beginning the annual book drive for the San Diego Literacy Foundation and read a letter of gratitude from CEO Jose Cruz. Vivian from UCSD Rotaract announced their 3rd annual WAPI project, to build 1,000 in one day.

Linda Stouffer announced quickly because

Cynthia was breathing down her neck (Did I miss seeing that?). Various physical ailments will need to be overcome for this year's Camino pilgrimage. Sign up to sponsor. Four years ago Cynthia's cancer was a focus of prayer on the walk.

Rick Clark is seeking handymen/women/Halves to help build rails at Camp Pendleton on March 18. April 1 is the club workday with signups on the Charger powder blue papers.

Widely acclaimed Torrey Pines High School teacher Abbey Brown introduced her students Priyanka and Gitanjali Multani who presented their research and solution for early detection of ovarian cancer, the fifth leading cause of death among women. Treatment tends to be reactive rather than preventative, with a mere 45.6% survival rate five years from diagnosis. Chemotherapy is effective in only 37% of patients. Although biomarker Antigen-125 had been previously identified, B7-H4 is a better biomarker. Multani Sisters' work can identify B7-H4 in the bloodstream through colorimetric detection where light waves reflect off gold nanoparticles (crazy, right?). These lateral flow assays/tests use color strips to detect B7-H4, associated with ovarian cancer risk. Future research seeks to use this method to diagnose the cancer's stage. The students/researchers/scientists/geniuses were motivated to commence this research when one of them was diagnosed with ovarian cancer herself. In addition to research, they seek to raise awareness. Their presentation concluded with a rare and well-deserved standing ovation. Reacting to the dearth of domestic media coverage of our President Trump, Fine Master Half Biscuit took it upon himself to improve our citizenship with news from the Netherlands associated with our president. We are all now in favor of the Netherlands Second movement.





# PHOTOS

from the last meeting



## ROAD RALLY PHOTO GALLERY

BRETT MOREY  
Photographer



"THAT'S ALL FOLKS"  
MEL BLANC  
MAN OF 1000 VOICES  
BELOVED HUSBAND AND FATHER  
1908 — 1989





# 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 2016 - 2017

PRESIDENT ..... Antonio J. Grillo-López, MD  
PRESIDENT ELECT (2017-18) ..... Alex Monroe  
PRESIDENT ELECT ELECT (2018-19) .....  
TREASURER ..... Sharon Council  
SECRETARY ..... Rick Binder  
PAST-PRESIDENT/FOUNDATION ..... Beverly Fritschner



### UPCOMING ROTD

#### FEBRUARY 2017

24.....Ellen Bryson

#### MARCH 2017

03.....CLUB

10.....David Tansey,

17.....Susan Schwarz,

24.....Ina,

31.....Bill Bush

# ROTARIAN OF THE DAY

## SHEILA HENRY



### SHEILA HENRY San Diego, CA Therapist

5004 Maynard St.  
San Diego, CA 92122  
858 - 450 - 1965

sheila@sheilahenry.com

### Healing Stress, Anxiety Trauma & PTSD with Sheila Henry, Counselor in San Diego

Although I was born in Pittsburgh, Pennsylvania, I consider myself a Californian. I came to San Francisco with a friend at the end of my junior year in college. We traveled by Greyhound bus across the country and then got waitress jobs first in San Francisco and then Los Angeles. (These were the only jobs that I was fired from.) I asked myself, "If California exists, how can I stay in Pittsburgh?" Since I found no answer for that question, I moved out to San Francisco after graduating from the University of Pittsburgh with a degree in Political Science.

I got a teaching credential from the University of California, Berkeley and taught many subjects but mostly English at Galileo High School in San Francisco. I got married to Bill Henry,

had a son, Greg, and then got divorced. I had been in marriage counseling with Bill and became fascinated by psychology. I decided that I wanted to get a Master's Degree in clinical psychology and switch fields. While a single mother without child support I took courses in night school to prepare myself. I got my Master's Degree from Lone Mountain College—part of the University of San Francisco.

I did several internships before and after my Master's Degree and then got the license that people with Master's degrees can get—Marriage and Family Counselor. My actual training and interest is working with individuals and groups—as a psychotherapist. In my work I mainly utilize "Tapping" or EFT (Emotional

Freedom Techniques).

In 1980 I moved to San Diego. My son, Greg, later went on to get a Ph. D. in mathematics from Cornell and now works for Intel in Portland, Oregon. He has blessed me with 3 grandchildren. For the last 25 years I have been living with my significant other, Robert Cook. We have two Belgian shepherd Malinois dogs to round out our family—or pack as King and Zoey would deem it. Zoey is a failed police dog -- failed because she was too sweet and affectionate.

Besides my continual excitement about psychology, my hobbies and interests are walking, reading mystery novels, politics, dogs, conversing & partying with friends and of course, Rotary.

www.SheilaHenry.com