

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JANUARY 15, 2016

[www.lajollagoldentrianglerotary.org](http://www.lajollagoldentrianglerotary.org)



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**

San Diego  
**Humane**  
SOCIETY  
INSPIRE COMPASSION



**GARY WEITZMAN**  
DVM, MPH, CAWA

ADOPT

DONATE

VOLUNTEER

**SAN DIEGO HUMANE SOCIETY**

INSPIRING COMPASSION  
TO END ANIMAL HOMELESSNESS



calendar  
**EVENTS**  
and speakers

## JANUARY 2016 - SPEAKER

22.....Incoming RI Pres; joint LJ meeting  
• Ian Risely •

29.....BioMed Realty & the Iconic 13 Life Science Campus at UTC  
• Tracy Murphy •

## FEBRUARY 2016 - SPEAKER

06.....Headmaster, LJ Country Day  
• Gary Krahn •

12.....Fascinating Facts about Our Presidents  
• Richard Lederer •

Gary Weitzman joined the San Diego Humane Society as their President and CEO in 2012. He's a licensed veterinarian with more than 25 years of animal welfare experience. He is committed to collaboration to find solutions to do more for animals and their people. A significant focus for the San Diego Humane Society is a movement called "Getting to Zero" which involves a comprehensive plan to save the life of every healthy and treatable animal in San Diego Animal Welfare Coalition shelters.

Prior to his current role, Gary was the President of the Washington Animal Rescue League, where he led a large, urban, shelter through a period of

unprecedented growth. During his tenure there, he guided the organization to become a national resource for disaster and puppy mill rescues and a resource for other animal shelters nationwide.

Gary served in the U.S. Air Force and owned an animal hospital in Burlingame, CA. He earned a double BA in Biology and English from Colby, a Masters in Public Health from Boston University and got his DVM from Tufts.

He is a Certified Animal Welfare Administrator (CAWA), and presently serves on the board of the Society of Animal Welfare Administrators (SAWA) and the Hill's Shelter

Advisory Board. He has three books published by National Geographic, the first called "Everything Dogs," and two books on animal behavior called "How to Speak Dog" and "How to Speak Cat." He's working on fourth book on animal medicine and husbandry to be released in 2017. He was also co-host of The Animal House, a nationally distributed weekly program on public radio that explores the latest in animal science, pet health and behavior, and wildlife conservation.

For more information about Dr. Weitzman and the San Diego Humane Society, please visit [sdhumane.org](http://sdhumane.org)





**Emidio DelConte**  
Reporter

# REPORT

from last meeting



**Susan Schwarz**  
Coordinator

## UPCOMING REPORTER

### JANUARY 2016

15.....Tony Grillo  
22.....Rick Clark  
29.....Pam Russell

## 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



## The Spirits OF BOURBON AND RYE

2016 Raffle

Our **Pres Bev** opened the first meeting of 2016 in a timely fashion and extended greetings to some members that were absent at the end of last year.

She introduced our ROD **Tony Grillo** who started off by speaking to the great projects that have been adopted by the club and the importance of fund raising to the viability of continuing projects like these. Then he got into the really interesting stuff about Malahat Spirits releasing the first batches of Bourbon and Rye around the third quarter 2016. He mentioned that we might have a raffle for one of the first 10 bottles released. The only problem I see is that this then becomes a collector's item instead of something to enjoy. Anyway, we look forward to this – maybe we can talk to him about having a coming out party!

Although **Tony** does not look old enough – his daughter **Alex** is now a college freshman in North Carolina! Daughter **Marin** will not be able to make many of our meetings this semester since she now has a Friday morning high school class – bummer for us!

**Rick Binder** introduced guests invited by **Brett – David, Ellen – Husband TK, Kevin – Daughter Kylie**. We also saw **LeAnn & Wayne Cusick** from Blythe and another visiting Rotarian from the la Mesa club – **James Thompson**. Also present were the President and 2 other members of the Rotaract club from UCSD.

Announcements followed including a Feeding the Homeless in Mission Bay with Community Service on January 29<sup>th</sup> at 10:45 AM. There will be a White

Elephant exchange next week. Please keep in your thoughts and prayers **Debbie Galgut, Alan Russell and Sharon Rosenstein** who are presently having health challenges.

The next Fireside chat is set for January 27 and there was also mention of a letter regarding some more PC type crap – oops, meant stuff!

Speaker chair **Bill Keane** asked for assistance in finding speakers. Trying to get away from non-profits asking for money! **Linda Stouffer** reminded us about the Road Rally scheduled for Feb 6 and the need to make room reservations ASAP. She also mentioned something about our chick magnet **Denny** organizing some sort of female support team – stay tuned! **Rick Clark** skyped with **Fary Moini** in Iran and relayed her best wishes for the New Year to us.

Fine Master **Denny Jacobs**, with his red hat askew, went very light on us this morning – thanks **Denny** – and just hit up **Joan Davies, Linda Stouffer** (who was given time to plug her bank affiliation) and **Ellen Bryson**.

UCSD Rotaract President Sam mentioned an upcoming water purification event for February 13 with area Rotaract clubs. More details to come with a request for bodies to assist.

**Dianne Day** presented the Student of the Month award to a very deserving and remarkable **Ernesto** from the Preuss school. He spoke about his background, support received and his future college plans. Think he mentioned he has a 4.25 GPA and his education path points to the

Psychology field. Final announcement was from **Alex Monroe** regarding the current fund raising project. He encouraged us to look for corporate type sponsorships.

**Ellen Bryson** introduced our speakers **Drew St. Aubin** and **Tim Shelton** from San Diego State. **Drew** spoke first and told us that the mission of the Aztec Club was to “graduate athletes and to win championships”. Also, with over 100,000 SDSU alumni in the county, fund raising was important to support athletic scholarships and facility improvements. He mentioned the “Rise to 25” initiative which is to get SDSU in the top 25 rankings in the country. He discussed the importance of full scholarships for athletes. In response to a question from the club, he said that no cars would be provided to athletes (or did he say no more cars?). Another goal is to increase football ticket sales and attendance to at least 40,000.

**Tim Shelton** took over the mike and mentioned how he considers himself a SDSU Aztec product and is fully immersed in the **Steve Fisher** philosophy. He expects great things from the team this year and mentioned how the team has evolved from a “coach driven team” to a “player driven team” already this season. He mentioned how this is a great mentality shift for the team and bodes well for another very successful season!

**President Bev** closed the meeting with a comment about New Year's resolutions and the effect they have on January gym attendance.

See you next week!



## JANUARY BIRTHDAYS

Louis Scotti.....01

Bill Busch.....14

Alex Monroe .....15

Joan Davies .....26

Eric Mjoen .....28





Bill Keane  
Photographer

# PHOTOS

from last meeting



## The President's MESSAGE



Bev Fritschner  
President

### GREETING DGEs

Sunday | January 17

You may sign-up for any one of three shifts.

If you'd like to request a second shift, please go ahead and register again for that second shift.

Choose either the San Diego Airport or the Grand Hyatt Hotel's Lobby without indicating your preference.

### NEW MEMBER ORIENTATION FIRESIDE CHAT

Monday | January 27

All red badgers are required to attend a new member orientation before you can get your blue badge—this is a great way to learn more about your club and Rotary International—a fun and educational evening is being planned by Membership Chair, **Jacquie Reilly** and Club Service Chair, **Rick Binder**

Apollonia Greek Bistro!  
8650 Genesee Avenue | Costa Verde Center

### DISTRICT GOVERNOR ELECT DINNER

Wednesday | January 20

I will be hosting the annual dinner, on Wednesday, January 20, where the DGE's representing many of our international projects will be in attendance. Please contact **Dory Beatrice** if you are interested in attending.

### PEACE FORUM

Saturday | February 27  
8:30 AM – 12:00 PM

USD - Kroc Institute for  
Peace and Justice

### DISTRICT DINNER

Tuesday | February 09  
6:00 PM – 9:00 PM

Stone Brewing World  
Bistro and Gardens,  
Liberty Station

# La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

P.O. Box 13023  
La Jolla, CA 92039  
[www.LaJollaGTRotary.org](http://www.LaJollaGTRotary.org)

## LJGT ROTARY LEADERSHIP 2015 - 2016

PRESIDENT .....Bev Fritschner  
PRESIDENT ELECT (2016-17) ..... Marty Rosenstein  
VICE PRESIDENT ELECT (2016-17) .....Alex Monroe  
TREASURER ..... Sharon Council  
SECRETARY .....Rick Binder  
PAST-PRESIDENT/FOUNDATION .....Ron Kohl



**Dave Wiegman**  
Coordinator

### UPCOMING ROTD

#### JANUARY 2016

22..... Dianne Day  
29..... Lori Bende

#### FEBRUARY 2016

05..... Jay Hatfield,

## SHATTERING THE INVISIBLE WALL!

[www.sheilahenry.com](http://www.sheilahenry.com)



## SHEILA HENRY

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 concentrate on using EFT (Emotional Freedom Techniques—or "The Tapping Solution")

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 Zoe would deem it.

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

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ROTARIAN  
OF THE DAY