

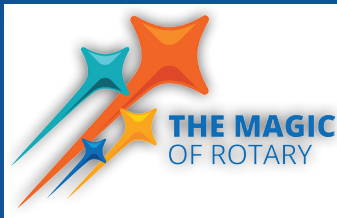
# THE GOLDEN rotarian

www.lajollagrotary.org



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JANUARY 17 2025



RI President 2024-25  
**STEPHANIE URCHICK**

District 5340 Governor 2024-25  
**DIANNE CRAWFORD**

LJGT Rotary President 2024-25  
**LUKE ERVIN**

**DR. GINA SIMMONS SCHNEIDER**  
LICENSED PSYCHOTHERAPIST, EXECUTIVE COACH,  
CORPORATE TRAINER, AND AUTHOR



## AOS MEETINGS AND SOCIAL EVENTS

1st Friday of the Month.....Community Services Committee  
(follows club meeting)

2nd Friday of the Month..... International Services Committee  
(follows club meeting)

3rd Friday of the Month..... Youth Services Committee  
(follows club meeting)

4th Friday of the Month.....Peace Committee  
(follows club meeting)



## LIBERALISM AND CONSERVATISM: HISTORICAL ROOTS AND CONTEMPORARY ISSUES

The deep political polarization we see today is not new. They evolved from old philosophies that shaped society. Liberals and Conservatives hold divergent views of the world that stem from neurological, biological, and sociological differences. Compassion for those with opposing views grows when we strive for deeper understanding.

Dr. Gina Simmons Schneider is a licensed psychotherapist, executive coach, corporate trainer, and author of *Frazzlebrain: Break Free from Anxiety, Anger, and Stress Using Advanced Discoveries in Neuropsychology* (Central Recovery Press, April 2022). She is a coping skills expert with over 25 years of experience helping people manage big, bad, scary emotions and conflicts.

Dr. Schneider blogs for *Psychology Today* and writes the award-winning Manage Anger Daily blog. She has blogged for Forbes and Women in Crime Ink which the *Wall Street Journal* named a "blog worth reading." Her pieces have appeared in several periodicals including *Woman's World*, *Psychology Today*, *Marie Claire*, *Cosmopolitan*, *Mind Body Green*, and *Stylist Magazine*.

# MARK YOUR CALENDAR FOR MAY 16

## THE WINE SOIRÉE IS COMING!

### UPCOMING SPEAKERS



2025

#### JANUARY - SPEAKER

24.....Azim Khamisa  
Tariq Khamisa Foundation  
Championing Peace

31.....Dr Darren KewTariq  
USD Kroc School of Peace Studies

#### FEBRUARY - SPEAKER

14.....Valentine's Day Special:  
Grandma Sparky

21.....Dr. Danielle Haulsee & Don Kent  
Hubbs-SeaWorld  
Protecting ocean health in Southern  
California - issues and solutions

28.....Beth Accomando  
KPBS Arts & Entertainment Reporter  
The Oscars are Monday night!  
Preview & predictions

### THE WINE SOIREE IS COMING!

And please help us find auction items!

Last year, **Garry** and his committee crushed it - the event was super fun and we raised enough money to balance the club budget!

Thanks to everyone who supported the event by buying tickets, donating auction items and paying Big Bucks for those auction items! Please help us by asking colleagues and friends to donate to our big event on **May 16**.

**Here are some of last year's sponsors ....**  
Please thank them and patronize them! And tell that that Rotary sent you!

**Victor Aguilar** (Ensenada contact) - wine donor

**Jan Bernardy and Dianne Day** - Jack & Julio restaurant gift cert; friend contributed Ceramic Pottery & Plant, Bonsai Tree

**Ellen Bryson** - Rotary logo swag, such as t-shirt, earrings, bracelet

**Rick Clark** - two original paintings

**Wayne Davis** - wine donor

**Dianne Day** - wine donor

**Fernando Favela** - Wine from Chateau Camou

**Eric Freeberg** - wine donations

**Jim Frost** - Parade of Lights boat parade

**Antonio Grillo-Lopez** - abstract painting

**George Haligowski** - 2 nights stay at the Palazzo Del Valle in the Guadalupe Valley

**Captain Mike Holden** Northeastern Police Division - Ride along and watch patrol line-up

**Garry Kachkovsky** - Sunset Sail with world champion Willem Van Waay

**Bev Laursen** - Escondido Police & Fire department Guns and Hoses (firearms instruction and fire department training)

**Peggy Martin** - week in Whistler

**Rich Papike** - Dinner for 6 at his home - and a wine donor

**Jacque Reilly and/or Christy White\*** (1) Cygnet Theater Tickets and Brigantine gift card, and (2) North County Reparatory Theater Tickets and Pizza Nova gift cert [\* Apologies if we didn't quite get this right!]

**Rich & Cheri Papike** enjoyed tremendous hospitality last summer at George Haligowski's Palazzo Del Valle. It's a one-of-a-kind private boutique B&B, winery and art gallery in the Valle de Guadalupe, just a couple of hours from San Diego.



GEORGE HALIGOWSKI



THE VALLE DE GUADALUPE: THE NEW DARLING OF THE WINE WORLD

A retired San Diego banker, George Haligowski has done what so many of us can only dream of: he makes wine! (And Gold Medal winning wine, at that.) Capitalizing on his business acumen and leadership skills, George envisioned his "retirement" as an opportunity to celebrate his love of wine and fine art. He moved from Rancho Santa Fe to Baja and spent years navigating the regulatory and cultural hurdles of building there before opening the Palazzo Del Valle last summer. Featuring Tuscan-style architecture, George's boutique resort has quickly become one of Valle de Guadalupe's most spectacular new, private bed and breakfast destinations.

Designed in a classic agrotourismo palazzo style, eight suites surround an open courtyard, each themed after a renowned artist; for example, Salvador for Salvador Dali, Pablo for Pablo Picasso. The Palazzo is a jaw-dropping showcase of sculpture, art and artifacts curated from George's decades of international travel. "If you travel around the world and go to Tuscany, Burgundy, Bordeaux or even Napa Valley, the very nice palazzos, villas and chateaux sites have great art. I wanted to bring this European concept to the Valle de Guadalupe," says Haligowski.

When George opened the Palazzo last summer, his foray into winemaking received immediate acclaim, capturing the Gold Medal for his 2021 Nebbiolo Cinsas at the Mexico International Wine Competition. It wasn't exactly an overnight success - Haligowski and his talented winemaker, Gustavo Muller, had been working together for nearly five years to earn their place among the fabled Valle de Guadalupe winemakers.

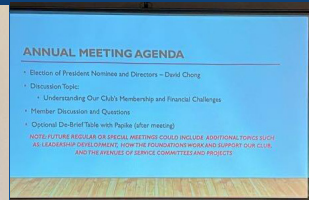
Given the strain on natural resources in Baja, George's mission at the Palazzo includes a commitment to sustainability, including deployment of greywater recirculation, rainwater catchments and solar.

Today's presentation focuses on the Valle de Guadalupe's international reputation as a premier wine region - and on George's personal journey to take his place among the legendary winemakers and hosts of the Valle. To view the Palazzo, visit palazzodelvalle.com.

~Reporter

Jani Percival  
Lipscomb

# PHOTOS FROM LAST MEETING



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PHOTOGRAPHY

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**LJGT ROTARY LEADERSHIP 2024 - 2025**

PRESIDENT ..... Luke Ervin  
 VICE PRESIDENT ..... Linda Stouffer Wallis  
 PRESIDENT ELECT (2025-26) ..... David Chong  
 PRESIDENT ELECT NOMINEE (2026-27) ..... Jan Percival  
 TREASURER ..... Sharon Council  
 SECRETARY ..... Sandi Rimer  
 PAST-PRESIDENT ..... Christy White Brook

**ROTARIAN  
 OF THE DAY**



**SHEILA HENRY**

Eight years ago I left my partner of 25 years and moved to a retirement community, Pacific Regent, where I became quite active. I had decided that I would live the life of a single woman again. But with my passion for life, I missed that extra special enjoyment that can come with a great mate. So I got some tutoring for an expert on finding a great relationship and within six months I had met my life partner, Lyle Brady. (He retired from work as a senior engineer, and moved to Pacific Regent from Ontario, CA.) It is so wonderful to have such a partner in these pandemic times. We have been together for 5 years now.

I retired from work a few weeks ago — counseling and coaching individuals to release anxiety and to achieve their goals. One of my recent specialties has been to helping women over 50 to “*Attract Love!*” I helped women to gain clarity on what they really want, then learn how to test any man quickly, how to let go of old baggage, not settle for less than they deserve, and find a quality partner.

For those of you who are new and don't know me, here are a few words about my past. Although I was born in Pittsburgh, Pennsylvania, I consider myself a Californian. 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 received a Counseling license a few years later.

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. One of my granddaughters has just graduated medical school.

Besides my continual excitement about psychology, my hobbies and interests are walking, reading mystery novels, a glass of wine and a fine dinner with friends, politics, and dogs. I have been a Rotarian for 25 years. While in Golden Triangle Rotary in the past I was Speaker Chair, and Chair Person of the Community Service Committee and the Vocational Service Committee.



**JANUARY 2025**

January 24 - Sandi Rimer

January 31 - Janine Pack

**JANUARY 2025**

February 7 - Lori Bende

February 14 - Steve Brown



*Ellen* BRYSON

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