

THE GOLDEN rotarian

www.lajollagrotary.org



LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JULY 10 2026



**CREATE
LASTING
IMPACT**



RI President 2026-27
OLAYINKA HAKEEM **BABALOLA**

District 5340 Governor 2026-27
JEB **BAKKE**

LJGT Rotary President 2026-27
TIMOTHY **FRONCZEK**

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)



ROBERT R. ROHRBACH, J.D. RETIRED NAVY SEAL CAPTAIN

MEMBER, RESCUE TEAM FOR APOLLO 11 IN 1969 AND APOLLO 14 IN 1971
FOUNDING MEMBER, LA JOLLA GOLDEN TRIANGLE ROTARY

A FIRSTHAND ACCOUNT OF APOLLO 11 AND 14 SPLASHDOWN RECOVERY

Robert "Bob" Rohrbach is a lifelong servant leader whose career spans military service, law, finance, and public outreach. Originally from New Jersey, he has been a California resident since 1980. He earned his B.A. in English Literature from Iona University after beginning his studies at Maryknoll Seminary.

Bob entered the U.S. Navy through Officer Candidate School and completed Basic UDT/SEAL training better known as BUD/S Class 49 in 1969. Assigned to UDT 11, he served in Vietnam and took part in the Apollo 11 and Apollo 14 astronaut recovery missions, serving as Officer in Charge for the latter. After active duty, he continued his service in the Navy Reserves as a SEAL and Navy Salvage Diver, retiring in 1998 after holding multiple command positions. A defining point of Bob's military journey was commissioning his two eldest sons into the Navy; both of whom became SEALs and later commanded SEAL Teams on opposite coasts. Together, the Rohrbachs represent the first family in SEAL Team history to have three members reach the rank of SEAL Captain.

Bob earned a J.D. from Villanova University School of Law and a master's degree in taxation from the University of Hartford. He held legal positions at Provident National Bank, CIGNA, and New England Financial before founding and leading a successful financial planning and investment advisory firm in San Diego. After selling the firm in 2003, he moved into real estate development and business consulting.

From 2009 to 2018, Bob served as Director of the Navy SEAL & SWCC Scout Team at the Naval Special Warfare Training Center, where he developed outreach programs for aspiring candidates nationwide. Bob is married to Ruth Lim and is the father of five children and grandfather of seven.



Today's speaker and club founder, Bob Rohrbach, with sons Chris and Eddie. Together, they represent the first family in SEAL Team history to have three members reach the rank of SEAL Captain.



REPORT

from the last meeting



UPCOMING SPEAKERS



2026

JULY - SPEAKER

17.....Professor Emily Aiken
Data Science for
Targeting Humanitarian Aid

AUGUST - SPEAKER

7.....Welcome District Governor
Jeb Bakke

Welcome, last meeting of the year! **David's** transition from President, his last meeting

14 number of presidents in attendance

- ROD Ranjan

Ralph waldo Emerson
Quote

"For comfort on difficult days, sadness, rainbows, laughter, sunsets, hugs, beauty, friendships, faith, confidence, courage, patience, and love"

Importance in being a Rotarian - how do you react. Be honorable, stick by your values, tell your truth

Tenants of rotary...list them
- Welcome Guests - 6 guests!!

- Eric Free... - Dear friend **Cynthia** into hospice. Text and PRAY!!!! 5 yr treatment cancer, retired, metastasized and needs prayers

- David - 4 way test- truth, fair, goodwill, better friendships - reflection - passionate and diverse. Have goodwill and grace towards each other. WE UNITE ON BACON!!
End of year - Jamal
- wait staff at UCSD acknowledgement - \$500 gift card for staff
- Thank you for club service!!

- Rotarian of the year award
- recipient off in Iceland - **Carolyn Fritz**

- Board up to front - service above self pens
- Officers up front for pens
- Luke - official stepping out - pass the gavel - dedication, wisdom, sacrifice. Gavel from decades of presidents (14)!! Leadership of legacy. Oldest Steve Brown. Tim - "Creating a lasting impact"!
Sammy - new hardware
- Pres elect 26 - 27. Presentation of president pins. Hawaiian shirts. Engraved gavel for David.

- High 5s. \$50 - new team for AV. High \$20 - SDSU finished classes, mama from turkey coming. \$5 Brett for new role. \$5 U of Oklahoma world series. \$5 good to see all from Jackie

- Speaker - Cameron. Flying to Seattle for the Egypt Iran game tonight. Joked about Insta pics from Middle East. Travel caused him to free his mind! Life with OCD....cycles of intrusive thoughts and anxiety. Fear of germs, mental paralysis
"MORE PEOPLE HAVE BEEN TO SPACE THAN HAVE VISITED EVERY COUNTRY IN THE WORLD". Facebook quote. This was his inspiration.

He wanted to visit every country in the world and do it before the world record

for the youngest person in the world to do it. He smeared the dung on his face in South Sudan!!! Think of your fears - they control your life only if you let them. Based on the mind's scenarios. They are not catastrophic. "Humanity Effect" - from the go fund me for Nigeria. Then the kids lost everything due to an urban redevelopment. "Gratitude doesn't erase hardship, it transforms the way we hold it." Done running after the 10k in North Korea. Open your notes and write the answer to the question: what part of your story are you running from and what actions can you take to finally stop?
Friends, safety, financial stability PEOPLE ALL WANT THESE***
Middle Eastern and African countries are the most hospitable. West Africa the women are revered. Wakanda is REAL!!!

!! < \$200k for the entire trip !!

~Reporter

Tracy Henry



PHOTOS FROM LAST MEETING



Promote/Demote party

Jan Bernardy



La Jolla Golden Triangle ROTARY CLUB

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P.O. Box 13023
La Jolla, CA 92039
www.LaJollaGTRotary.org

LJGT ROTARY LEADERSHIP 2026 - 2027

PRESIDENT Timothy Fronczek
VICE PRESIDENT Christy White Brook
PRESIDENT ELECT (2027-28) Samson Tse
TREASURER Sharon Council
SECRETARY Lisa Galstian
PAST-PRESIDENT David Chong

ROTARIAN OF THE DAY



STEVE BALCH



JULY 2026

July 17 - Wayne Davis

AUGUST 2026

August 7 - Sandi Rimer

August 21 - Johnathan Chittuluru

SEPTEMBER 2026

September 4 - Sarah Saluta

September 18 - Jan Percival



BARCELONA, SPAIN | 26-30 JUNE 2027

