

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

JULY 21 2017

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



ROTARY:  
MAKING A  
DIFFERENCE

RI President 2017-18  
**IAN H.S. RISELEY**

District 5340 Governor 2017-18  
**SCOTT C. CARR**

LJGT Rotary President 2017-18  
**ALEXANDER S. MONROE**

**SPEAKERS**  
AND EVENTS



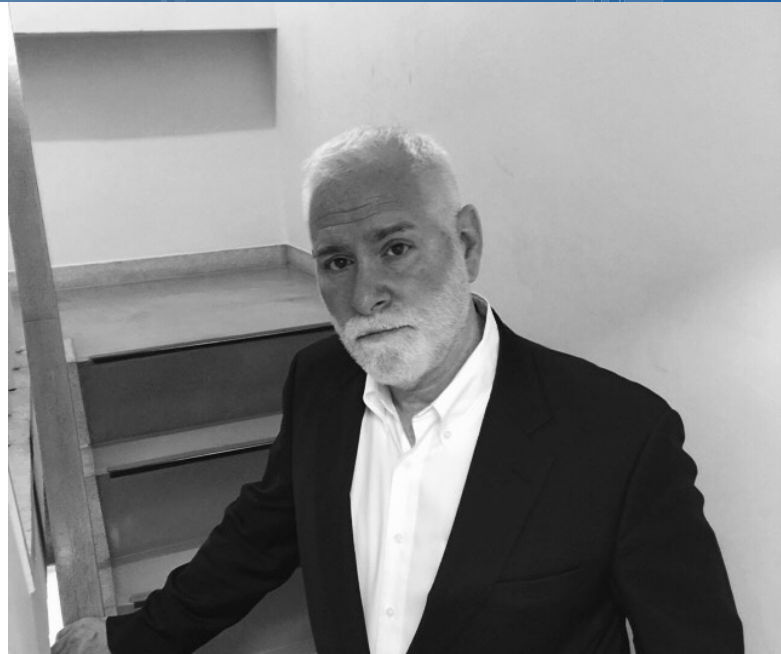
## JULY 2017 - SPEAKER

28..... Scott Carr  
District Governor visit

## AUGUST 2017 - SPEAKER

04..... Sandee Rugg  
Human resources

11..... Richard Schulman  
Robots and AI ... "The Future is Now"



## Write What You Know: Former NCIS Special Agent Turned International Thriller Writer

### Jeffrey E. Seay

Jeffrey Seay is a retired NCIS Special Agent. He spent more than half his career in the Far East in counterintelligence, counter-terrorism and force protection operations. Seay has the distinction of being the first Personal Security Adviser to the Commander of the Seventh Fleet. He also completed a decorated tour in Iraq, running counterintelligence collection operations in support of the Coalition Provisional Authority from fall of 2003 to spring of 2004. Currently, Seay bounces back and forth between San Diego and Tokyo, having gone back to Japan after his retirement in 2007 to build the security and fraud investigations departments for three multinational firms.

He's a graduate of the University of Southern California in Business Administration and holds a law degree from Whittier Law School. Seay has four novels in his **NCIS Special Agent Ruben Carver Series** with a fifth in the works.

For further information visit, [www.jeffreyseay.com](http://www.jeffreyseay.com)

[www.facebook.com/RubenCarver1](https://www.facebook.com/RubenCarver1)

<https://twitter.com/JeffreySeay1>



JULY 2017

21.....Gloria Harris  
28.....Jennifer Schaffer

# 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

## JULY BIRTHDAYS

EMIDIO DEL CONTE..... 05

BEV FRITSCHNER ..... 09

JO JO ITO-CADWELL ..... 12

RICHARD TILLES..... 16

SHARON COUNCIL ..... 21

DAVID CHONG ..... 22

MARIN GRILLO ..... 26

SHEILA HENRY ..... 28

CYNTHIA VILLIS ..... 30

"Oh Happy Day" a little Aretha in the morning, does a Rotarian gooooooood! We also wove in "Lean On Me" by Mr. Bill Withers, Earth, Wind & Fire, "Let's Groove!" and last but not least, Bruno Mars, "Uptown Funk!" For some reason, Alex, Denny, and Kourtney were all in some shade of Apricot... was there an email and the rest of us just missed it? And isn't Dianne Day looking smashing? We have some serious morning people in this club!! (Not that I just noticed after 16 years!) Jan says that being at the front desk is like, "...being back in school - testing my memory and taking down names!"

Joel took the podium as Rotarian of the Day. "Good Morning, Everybody!" He led a moment of silence for our firefighters and led us in a patriotic Pledge of Allegiance. Joel is very proud of his son (heading to SDSU in the fall) and his daughter (attending Scripps Ranch High School in the fall), who are talented musicians (we can't wait to hear them play - PERFORMANCE REQUEST!!!!) and his lovely wife who has been teaching for 17 years (Yay Teachers!!!!). He is also very happy that his last hip surgery (3rd one!) stopped the incessant "squeaking." (Did you know that the sound of squeaking from hip replacements, is metal on metal grinding together, which can release poison into your bloodstream...?! Wow! Who knew?!) Joel left us with a profound thought, "It's getting really hard to die! You have to really plan for hanging around longer... because the doctors aren't going to let you go...just keep giving you spare parts!" No plans of planning next year's Road Rally!!!! You heard it here first, folks!!!

Kourtney introduced our two UCSD Rotaractors - great to see you ladies! Kim introduced her father and Rotarian, Walt! Rich Papike introduced Virginia. Welcome!!!

### Announcements

Alex - Everyone bring in a Birthday card over the next two weeks!!! We want to send out 60!!!

Rick- District Membership Rally July 22nd - sign up!! Joan Kroc Institute for Peace & Justice University of San Diego 8:30am - 11:30am \$25pp - This Membership Workshop is the PERFECT way for Clubs to kick-off the new Rotary year! For Club Presidents, Membership Chairs, committee members & All Rotarians who want to see their clubs grow

& thrive. This workshop will present fresh ideas, best practices, tools and resources. Don't miss out on this great opportunity to learn how to grow & maintain members!

Brett- Remember we have a lot of fun in this club! We were #4 in the County for raising 1% of all funds for Red Shoe Day supporting the Ronald McDonald House - Also, tomorrow is the Surfers Unite Fellowship event - come join us - <https://www.facebook.com/SURFSurfersUnite/2fref=mentions> - Fastest Growing and Newest Fellowship - Charlie and Michael Slentz are Board members - there will be UCSD, SDSU, and USD Rotaractors - some other Rotary Clubs will be joining us this weekend

Kourtney- SAVE THE DATE! August 26th Sailing Day for LJGT - Come down to San Diego Bay from 12pm to 3pm - Flyers will be on your tables in the upcoming weeks. Sail or drink - first come first served - We want early signups to know how many sail boats we need for our 3 Hour Tour of the San Diego Bay

We seem to have some time on our hands...the meeting was running efficiently and there was a buzz in the air!! (Alex is learning the art of the "Presidential Stretch"!!!) Alex was going to dance around but he asked Rich Papike to come to the podium as our very own Fine Master or "Dr. Dirt" as he would like to be called now - "we might want to change the bylaws" I don't know what is happening this morning but quips like "it's getting hard to die...and don't win..." We got to pull this together!!! I fined Ellen last week - I'm not going to fine you again - but did you see your picture in the paper? Ellen looked so elegant! Happy 5 though? Virginia, my banker, is going to collect the money - policeman Matt Coyle - purchased all of his books - he is really good!! "Yesterday's Echo." Yishak - our Rotarian scholar - had a baby last night - maybe going back to Afghanistan. Brett - Happy 10! Jay did my last minute printing - Jacquie put my son to work on her car - pitched his Surfing Day tomorrow - come on down!! Sandi - Happy 5 for my son - lives a gifted life but got in a car accident - he ran into a tree and then he went to lunch with Lionel Ritchie at the Beverly Hills Hotel!! Kim - High 5 and thanks to my father, Walt! My dad came down to take care of me!! Denny - Rich is going to be paying Denny's fine today - Denny gave me free dental care at one point - I SAID (emphasis of said), "Alex's dad had the hair I

always wanted to have but never did!!!!"

Alex - we are running early!!! Email from Dory - she seems to be doing well - she went home on Tuesday and Pete and Dory went out to dinner last night... he may not cook too well. We need to help make meals - Allan? Sandi? Kourtney? Let's get some food to Pete and Dory!!!

Bonnie - gave an update on David Chong - he has been home for two weeks - but he is healing well! Keep sending your well wishes!!

As you can hear, we are a "Very close" Rotary Club...

Bill Keane - introduced our speaker, Melodie - what we need to do on our social media sites!!! Father Wayne is in the know! He is so Hip!! Knew who Kim Kardashian was just by glancing at her photo. Allan's password is... Denny's password is... both failed Melodie's test!!! Don't use your birthdate or dog's name as your password - Andrea's is "8675309!!!" Sing with her!! Just kidding...

Melodie - has a different password for every single site she uses - look at the site name - Rotary.org as an example - you are going to come up with your own algorithm - first letter R and then second to last letter R and then a sequence of numbers for that site - be careful of the photos you post - where you live - where your valuables are - there are stalkers out there!!! Go to facebook.com/MarketingMelodie - give her a like! Every Wednesday at 11am she does a Facebook podcast about a variety of different topics. Come join her online!!!

Is that beer in your hand, Jim Davies? LOL!! Be careful who you friend on Facebook. Beer guy question - Uber!! Erik reminded us to be careful!!!! Your accounts can be hacked anywhere - even in St. Petersburg! Be careful about apps that use your location/credit card. Monitor them closely.

Speaker gift is in the mail - Just In Time - supporting Foster Youth

Alex left off the meeting with this tidbit of trivia...his two favorite movies... "Forest Gump" can you just see the feather floating during that soundtrack? - Bill Keane got it! - no one got "The Last of The Mohicans." ... there is always next week!







# PHOTOS

from the last meeting





# 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 2017 - 2018

PRESIDENT ..... Alex Monroe  
PRESIDENT ELECT (2018-19) ..... Rick Binder  
PRESIDENT ELECT ELECT (2019-20) .....  
TREASURER ..... Sharon Council  
SECRETARY ..... Beverly Fritschner  
PAST-PRESIDENT/FOUNDATION ..... Antonio J. Grillo-López, MD



UPCOMING  
**ROTD**

**JULY** 2017

28.....Janine Pack



**PAMRUSSELL**



**P**am Russell grew up in the land of Oz, Kansas City and left as soon as she could! She attended college in Tacoma, Washington at Pacific Lutheran University. IBM hired her shortly after graduation to fix typewriters. She stayed there 30 years and had a wide variety of jobs including administrative manager, systems engineer, healthcare consultant and business development executive. She retired in 2002 and have love retirement every day.

She met her husband Alan on a BART shuttle in Walnut Creek where they both lived in the same apartment complex. They were married in 1988 and moved to Irvine in 1990 and then San Diego in 1998.

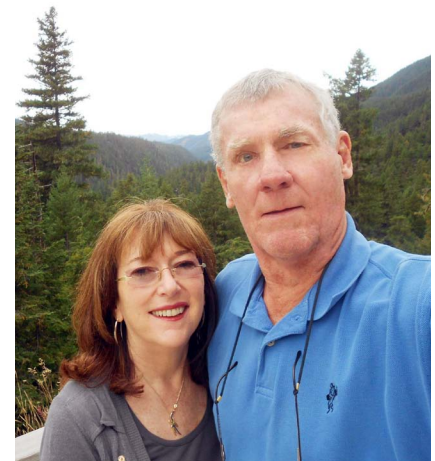
She joined the La Jolla Golden Triangle Rotary Club within six months of her arrival in San Diego. In the club, she has served in many capacities including Club President in 2003-2004. Today she continues as the club's Foundation Treasurer. She was District 5340 Governor in 2008-2009 and was District Rotary Foundation Chair under the Future Vision Pilot Program (2010-13).

Pam has served as a trainer for presidents-elect, district foundation chairs, governors-nominee and governors-elect in zones across the United States. The Rotary Foundation asked her to serve as a Future Vision Trainer for International Assembly (2012, 2013) and for Zones 21B/27 and 25/26 Institutes (2012-13). She was the Regional Rotary Foundation Coordinator (2013-16) and is the Endowment/Major Gifts Adviser in Zone 26 (2017-2020).

Pam is a member of the TRF Programs Committee (2015-2018) and the Water & Sanitation Major Gifts Initiative Committee (2016-2019).

Besides training and Rotary Foundation activities, Pam has been deeply involved in multiple Zone and International Institutes and has represented the Rotary International President at multiple District Conferences. Recently she completed two Vocational Training Team Global Grants (Uganda and Central Asia) and served as the team leader. She received The Rotary Foundation Citation for Meritorious Service.

Outside of Rotary, Pam was a University Regent and member of the Alumni Board of Pacific Lutheran University.



*Pam and her husband Alan are Major Donors and members of the Bequest Society. They became charter members of the Paul Harris Society in 1999 and have retained their membership continuously ever since.*

