

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

MAY 22, 2015

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

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## HR MISTAKES THAT CAN COST YOU BIG

**Jennifer Jacobus** has created and conducted training in the areas of employment law, exempt and non-exempt status, leaves of absence, wage and hour, handbook dos and don'ts and harassment (AB1825) training. She has provided her expertise, via speaking engagements, to many industry, club, and membership groups. She is certified as a Professional in Human Resources (PHR) nationally as well as in the state of California, through the Human Resources Certificate Institute. She received a Human Resources certification from the College of Extended Studies through the University of California San Diego. **Jennifer** is a long-standing member of both the national and local chapters of the Society for Human Resource Management (SHRM), and a past member and Associate Board President of the Executives Association of San Diego.

Jennifer • Jacobus



**Jennifer Jacobus** has worked for SDEA since 1988 and is considered an expert in the field of Human Resources. She conducts HR audits, drafts and reviews employee handbooks, and provides advice and assistance with employer-employee/employment-related issues for the SDEA membership.

*Married for almost 20 years  
Husband is **Dan**  
one daughter, **Julia***

*Due to **Julia** getting involved with softball at a young age, I have come to love the sport and have played on a couple of co-ed teams with my husband. Love reading something other than handbooks when I get a chance. Love anything beach-related--spend many summer weekends out on the jet ski.*

# REPORT

from last meeting



**Joseph Howell**  
Reporter

Your Hero, despite surviving Biblical Ark needing like rain conditions the night before- prompted by public emergency broadcasts of; "Get to Higher Ground!" (A story he may save for another day.), reluctantly, but dutifully (though sleep deprived and partially hungover), attended the morning meeting at the buttercrack of dawn due to his obligation of being your assigned reporter. Your Hero noted your fearless **President, Ron Kohl**, invoked the name of your founder, **Paul Harris** (like your Hero- a lawyer and a bit crazy at times), with one of the beloved **Mr. Harris's** apropos quotes.

## " I Never Bid against Myself! "



The Rotarian of Day, Superhero Wireless Consultant, **Ivan Mwanja**, partially won the lottery and relocated from Uganda to good old San Diego. He and his siblings supposedly love San Diego. He also introduced everyone to the new term, "unmarried". This new term became a theme for all.

**Tom Stocking** introduced your guests which included your beloved ex-president, **Dale Barnes**, Bill Easley (Club 33), and your fellow Rotarian, David Chong's father and son!

Various announcements were made by your fellow Rotarians:

**Linda Andrews** wants all to bring children's books for donation; Alan Galgutt needs help with his amazing ongoing Veterans Administration dinners he organizes; **Roger**

**Drexler** needs to learn to use the microphone but said something about a Dinner Theater Night Out on June 20th; and, **Beverly Fritschner** (your President Elect), encouraged all to attend the June 22nd District Govenors dinner.

**Dale Barnes** introduced The Student of the Month from Pruess School- **Nicholas Andrews**, a remarkable young senior. This articulate young man talked about pulling himself out of a rut through sport. His continued desire to play sport has helped him succeed in school and move on to college.

Incoming Vice President, **Alex Monroe**, held two auctions, the first of which your Hero did not even note. The second auction item caused your Hero's ears to perk up when he got caught up with the mysticism of "Golf (Pro V1's together with doubly

illegal beryllium copper Ping Eye2 titanium shafted square grooves) in the Kingdom"(Mt. Woodson). However, your Hero took his eye off the ball when thought he "won" the auction before he was presented with an offer he couldn't refuse and instead proclaimed(Bonked!) in full lawyer mode, "I Don't Bid against Myself!" He got a Mulligan, though, since it was all for a good cause!!

**Bill Keane**, your group's photographer, introduced **Barbara Bry**- a candidate for City Council. She spoke of how your San Diego is a great place for startup companies because it has confident, eager, and talented people that give back to the community (sounds like your fellow Rotarians!).

Your President closed the meeting with a joke your shellshocked Hero could not remember!

### NOTICE OF ANNUAL MEETING OF THE MEMBERSHIP OF THE LA JOLLA GOLDEN TRIANGLE Rotary Club Foundation—May 29, 2015



**Eric O. Freeberg**  
Reporter

At the regular meeting of the La Jolla Golden Triangle Rotary Club on May 29, 2014, The La Jolla Golden Triangle Rotary Club Foundation will hold its annual meeting of the Membership of the Foundation. • *The only item of business will be the election of directors to replace the expiring terms of **Bruce Geier** and **Pete Griffith**, whose terms will expire as of June 30, 2015. **Bruce Geier** desires to continue his long tradition of service as a Director, and requests that he be reelected, but **Pete Griffith** will not be running for reelection.*



# PHOTOS

from last meeting



Bill Keane  
Photographer



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 2014 - 2015**

PRESIDENT .....	Ron Kohl
PRESIDENT ELECT (2015-16) .....	Bev Fritschner
PRESIDENT ELECT DESIGNATE (2016-17) .....	Marty Rosenstein
VICE PRESIDENT ELECT DESIGNATE (2016-17) .....	Alex Monroe
TREASURER .....	Sharon Council
SECRETARY .....	Sara Hogue
PAST-PRESIDENT/FOUNDATION .....	Brett Morey



Sheila Henry

ROTD

rotarian of the day

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.