

THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

NOVEMBER 18, 2016

www.lajollagtr Rotary.org



RI President 2016-17
JOHN F. GERM

District 5340 Governor 2016-17
MARILYN SANDERSON

LJGT Rotary President 2016-17
ANTONIO GRILLO-LÓPEZ



SPEAKERS AND EVENTS

NOVEMBER 2016 - SPEAKER
25.....DARK

DECEMBER 2016 - SPEAKER
02.....Jesse Papike
Pathfinders Recovery

09.....Mark Hanten
Holiday Safety tips

16.....Priscilla Lister
Take a Hike: San Diego County



DEBRA ROSEN



**NORTH SAN DIEGO
BUSINESS CHAMBER**
CONNECTIONS START HERE.

SD NORTH CHAMBER OF COMMERCE

Debra Rosen is President and Chief Executive Officer of the North San Diego Business Chamber. Since assuming her position in 2009, Rosen has built the Chamber into a respected regional business organization, diversifying its programs, membership and Board of Directors.

Lobbying for business and communities in the San Diego region has been a focus of the chamber with an emphasis on job growth, vibrant communities, business retention and expansion.

Rosen has aggressively advanced a competitive agenda that includes building strong chamber membership and advocacy for business, strengthening political relationships, de-

veloping a sustainable military program, and protecting business interests on a local state and federal level.

Credited with the turnaround of two underperforming nonprofit organizations, Rosen has developed and implemented strategic plans, restored profitability for member programs and won market share in competitive regions while delivering growth for the chamber, its members and the business community.

She took the chamber out of debt and into being recognized as one of the few US accredited chambers in California. She has led her management team and board in identifying critical issues, reduced and streamlined overhead expenses

and paid off enormous debt that carried liens against the organization.

Before joining the chamber, Rosen spent four years at the Downtown Business Association of Escondido and 15 years at the San Diego Union-Tribune. She is a Paul Harris Fellow in Rotary, a member of the San Diego Chairman's Roundtable and a member of the Advisory Board at National University's School of Business and Management. She holds a B.A. in public administration from San Diego State University.

When not working she enjoys spending time with her children, husband of 34 years, boating and a great bottle of Champagne.



NOVEMBER 2016

18..... Louise Andres

25..... Dark

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

NOVEMBER BIRTHDAYS

Michael Bardin 03

Dory Griffith..... 03

Pam Russell 06

Tom Elliott..... 15

Antonio Grillo-Lopez 20

Susan Schwarz..... 20

Joel Candib 21

Ajay Asher..... 24

Tony Grillo 07

Bruce Geier 16

Dennis Bucko 19

Allan Galgut 22

Jennifer Schaffer . 24

Rick Clark..... 31

President Antonio called the meeting to order, military time, 0730 hours, with the assistance of a resplendent Marine Corp Color Guard! On this Veterans Day, there was a lot for which to be thankful and grateful.

This reporter was honored to be called to the front alongside my fellow vets, where **Tom** gave us heartfelt prayer, and **Rick Clark** magically made the great **Jennifer Hudson** appear for a moving version the Anthem, and we recited the Pledge. What an emotional and comforting ceremony, thanks to all!

ROD Alex Monroe spoke to us about the rewards and challenges of his career, that the rules of the economy and the world are changing, and left us copies of an enlightening article he wrote. But the best thing he brought us was his beautiful, young family whom he introduced with love! What a fantastic person and Rotarian is **Alex**!

Tall Charley rose to the occasion and introduced **Buddy Thomas** and Mary, visiting Rotarians from planet Earth; **Rick Larson, D.M. Hernandez; Cynthia** brought us **Derek Adden**, nominated for Vet of the Year; **Pam Russell** introduced her brother and nephew;

Buddy brought pal **Clyde**; and **Bob** introduce spouse as "The Wild Woman of Borneo" (we need more on this, **Bob**!) **Bob** and son **Ben**, honored speakers were recognized; **Vivian** and **Aaron**, UCSD; and **Rick** introduced the lovely **Nilsa**: some kid named **Conrad** apparently did not realize the elections are OVER, for he waved wildly at his introduction; **Frank** introduced **Jeanne**; **Dave** introduced his friend and **Rich Papike's** teammate, **Tom**, with whom this reporter has had some beers...

An emotional **Paul Harris** presentation was next. El Presidente **Antonio** honored friend **Dionisio Flores**, USMC, retired. **Steve** and **Pam** participated in honoring **Dionisio**, whose acceptance speech was exceptionally moving.

Will Moore lightened our load with his tale of receiving a ticket for staying too long; have we all been there?

High 5's included a unique "High 9" from **Jan**, honoring Title IX, and the young ladies who have earned volleyball scholarships, including her star daughter!; this reporter honored **Alan** for showing up at the Marriott, which is usually my gaffe; **Ron** honoring the Hornblower district celebration; **Eric**,

for whatever he was whispering about; **Dave**, for gratitude in honor of his Dad; **Dory** loves our Club!, and **Antonio** loves Puerto Rico!

A pseudo-auction raised \$108 from **Romik**, who garnered a timely **Ernie Banks** ("Mr. Cub" and "Let's Play Two!") autographed baseball! Thanks, **Romik**!

The **Bob** and **Ed** Show ensued with our Navy Seals the topic: **Bob** gave us a very brief history of Seals, and described his fascinating adventures in the Apollo Program. **Ben** gave us some depth of the Seals' values of people, mission, and resources. **Ed** summarized a very inspiring speech he recently gave at a retirement party. The reporter was in awe of the fact that two Navy Seals, father and son, dedicated patriots, not only spoke to us, but share a love and admiration for each other! Thanks **Bob** and **Ben**!

A Salute to Veterans Video apparently followed.

What a morning! I believe it brought us together for a few moments in a week where our country faces challenges.

Thank you!
Denny
Your Reporter

PHOTOS

from the last meeting



Tickets Sales will start on Friday, Nov. 11th

ROTARY WINE

OPPORTUNITY DRAWING

NOV
18
2016



1 TICKET: \$10
3 TICKETS: \$20
9 TICKETS: \$50



Donated by: Eric and Sandy Freeberg

3 CHANCES TO WINE FABULOUS WINES FROM
THE CELLAR OF ERIC AND SANDY FREEBERG.

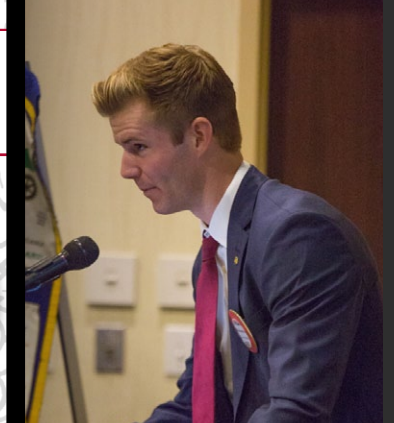
EACH PRIZES CONTAINS
6 BOTTLES OF WINE
TOTAL VALUE OF EACH
PRIZE FROM \$110-\$169

SEE INFORMATION ON YOUR
TABLE FOR MORE DETAILS.

Reporter



Lisa Galstian



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 2016 - 2017

PRESIDENTAntonio J. Grillo-López, MD
PRESIDENT ELECT (2017-18)Alex Monroe
PRESIDENT ELECT ELECT (2018-19).....
TREASURER Sharon Council
SECRETARYRick Binder
PAST-PRESIDENT/FOUNDATION Beverly Fritschner



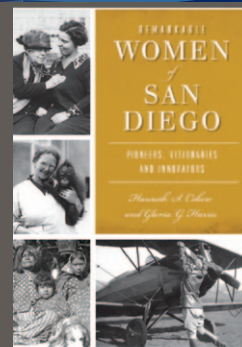
UPCOMING
ROTD

NOVEMBER 2016
25.....DARK
DECEMBER 2016
02.....Kelly Price Noble
09.....OPEN
16.....Bob Rohrbach
23.....DARK
30.....DARK

ROTARIAN
OF THE DAY



GLORIA
HARRIS



In 1971, two realtors put up a billboard reading “Will the Last Person Leaving Seattle-Turn Out the Lights” in response to a major economic downturn for the region’s largest employer, the Boeing Company. The following year the Seattle area was experiencing a 13 percent unemployment rate, and I earned my doctorate from the University of Washington. The women’s movement had just begun, and another unemployed mental health professional and I decided to write a book titled, Assertive Training for Women. Thus began my first adventure as an author.

In 1974, the book was published, my husband accepted a position at the National Science Foundation, and we moved to Washington, D.C. After President Jimmy Carter established a National Advisory Commission on Women authorized to make recommen-

dations for ending barriers to women’s equality, I was hired to teach assertive training for women in 75 federal agencies. People Magazine viewed women’s assertiveness as newsworthy, and I was featured in an article titled Psychologist Teaches Women to Speak Up. While living in D.C, I also was a faculty member at American University and expected to “publish or perish”. In 1977, I edited a textbook titled The Group Treatment of Human Problems, and a few years later both the book and its publisher perished.

In 1980, our family moved to San Diego, and I began my psychology practice. My primary form of treatment was cognitive therapy, based on the concept that our thoughts affect our feelings and behavior. Another psychotherapist and I decided to write a self-help book using cognitive therapy

for couples dealing with the aftermath of an affair. The book titled Surviving Infidelity was published in 1994. Two years later Monica Lewinsky and President Clinton’s sexual encounters came to light, and our book became a best seller.

After closing my psychology practice in 2010, I co-authored my 4th book, Women Trailblazers of California and was invited by our publisher to write another book, Remarkable Women of San Diego. It will be available on November 21. On December 10th, the Women’s Museum of California is sponsoring a book launching event, and on December 14, the San Diego History Center in Balboa Park has scheduled a lecture and book signing. I look forward to continuing my adventures as an author.