

# THE GOLDEN rotarian

LA JOLLA GOLDEN TRIANGLE ROTARY CLUB'S NEWSLETTER

OCTOBER 13, 2017

[www.lajollagrotary.org](http://www.lajollagrotary.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



## OCTOBER 2017 - SPEAKER

20.....Clinton Mains  
8,000 Days: Navigating the Complexity of Longevity

27.....Joey Landwehr  
Artistic Director, JCompany Youth Theatre

## NOVEMBER 2017 - SPEAKER

03.....Heath Fox  
Memories of the Future (Ex Dir, LJ Historical Society)

**GARNER**  
\* PALENSKE \*



**G**arner A. Palenske and his family live in San Diego, California. A native Californian, he grew up exploring the mining camps of the Mojave Desert. Mr. Palenske earned bachelor degrees in both engineering and business from California State University, Fullerton. He works as a vice president of a consulting engineering firm and has worked on many historical building restorations. An accomplished researcher, Mr. Palenske has published several engineering research projects.

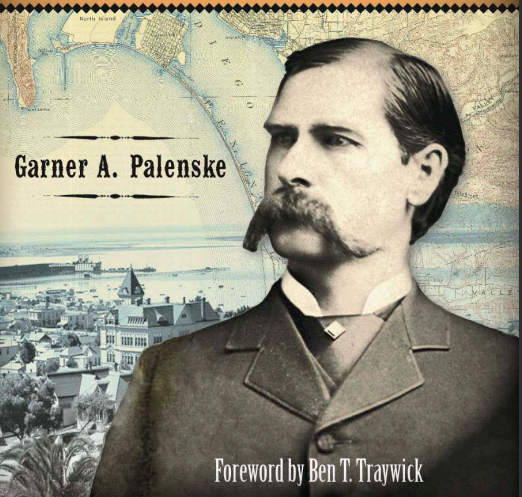
Mr. Palenske's first history book "Wyatt Earp in San Diego, Life After Tombstone" was published in 2012. This critically acclaimed work was the first academic treatment of this exciting period in Earp's life. Since then he has been published in True West Magazine and presented papers at the Arizona History Convention (2015, 2016 and 2017), and the Tombstone Territorial Rendezvous (many times).

Palenske is a member of the Wild West History Association and the San Diego History Center. He is also serves as the historian for the First San Diego Court House Museum in Old Town San Diego.

# WYATT EARP

## IN SAN DIEGO

### Life After Tombstone



Garner A. Palenske

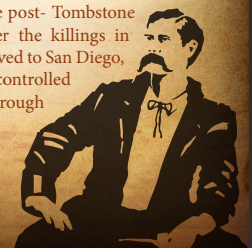
Foreword by Ben T. Traywick

**Wyatt Earp In San Diego**  
*Life After Tombstone*

Author: Garner A. Palenske

WYATT EARP IS FAMOUS FOR HIS YEARS AS A FEARLESS LAWMAN who, during his stint in Tombstone, AZ from 1879-1882, faced down desperate outlaws at the O.K. Corral. Here the adventures of Wyatt Earp's life post- Tombstone are explored. Four years after the killings in Arizona, Earp and his wife moved to San Diego, CA where Earp and his allies controlled the gambling operations through alliances with city officials.

[goo.gl/XtJR6G](http://goo.gl/XtJR6G)





OCTOBER 2017

13.....Lori Bende  
20.....Bev Fritschner



ROTARY  
MEMBERS  
PLEASE

La Jolla Golden Triangle Rotary Club  
GOLDEN  
DIRECTORY



"The Most Dynamic Rotary Club in The World"  
2017-2018

PICK  
UP  
YOUR  
DIRECTORY

ON  
FRIDAY THE  
13<sup>TH</sup>

# REPORT

from the last meeting



To start the day, we had a wonderful Skype exchange meeting with the Rotary Club in Pakistan (unsure of which city) where **Krishna** and **Bonnie Aurora** and our lovely **Fari Moini** were being hosted as part of some of the International Programs our club helps to sponsor. There were many of the fellow Rotarians there being introduced, so many and with such unusual names, this reporter was unable to capture. We were assured that several of those introduced will be making there way here to our Club sometime next year.

Our club meeting was started promptly at 7:30 AM with our ever youthful President **Alex Monroe**, who just happened to be doing DAD duty with his three charming "chips-off-the-old-block" (ooooops - make that the "chips-off-the young-block").

Our Rotarian of the Day, **Bret Morey** after leading us in a very soulful invocation and the pledge to the flag, brought us up to date on his activities in Rotary (how many of us would it take to accomplish as much in Rotary as he does alone?), his business Total Power, where he and his son, **Brendon** (who is in is 4th. year at Cal Poly San Luis Obispo) majoring in Mechanical Engineering) designed a system and retrofitted an old (1953) army military vehicle to become, I think, a "remote mobile tank trailer" project for Total Power. Not to be outdone by her brother, **Bret's** daughter **Kylie** is in her 3rd. year at Chapman University in Orange, CA.

**Bret** continues his amazing volunteer efforts in so many programs, too many to incorporate here. Keep it up -Bret!

**Michael Slenz** introduced guests and visiting Rotarians, including **Julio** and **Blanco**, guests of **Antonio**, other guests, **Trevor**,

**Sarah Craft** (sp.), **Tom Fitch**, Rotaractors included **Diana**, **Susan**, **Benjamin** and **Bradley**.

**Marty Rosentsein** introduced our Preuss School's Student of the Month, **Jennifer Vadevinos**. **Jennifer**, a senior, has always enjoyed working with young children, volunteered several years with elementary children helping them learn to read. She is planning to go into nursing with focus on assisting special needs people dealing with such things as Autism, Dyslexia and ADP. Upon graduation from Preuss, she plans to attend Northridge College or San Marcos College.

Announcements: **Linda Andrews** is collecting children's books for the San Diego Literacy Foundation, **Rick Clark** reminded us of the committee **Antonio** has established for volunteers to join in helping efforts to assist efforts for Puerto Rico. **Ron Kohl**, reminded us of the upcoming (Oct. 14th.) Ensenada orphanage work efforts and to "BRING YOUR PASSPORTS" or you risk being dropped off at San Ysidro border and be on your own to get back.

**Alex** led the auctioning of another artistic masterpiece created by our own **Antonio Grillo Lopez**, with all proceeds going to the Puerto Rico efforts. This one, entitled "Scallop", ended up a brief \$200+ bidding war between **Alex** and **Bret**, with **Bret** needing to call home for permission to up the \$225 bid to \$226 whereby **Alex** closed the bidding rounding up **Bret's** bid to \$230. (**Alex** offered to pay the \$4 difference).

**Dennis Jacobs**, our "fine master" of the day, brought to our attention the wonderful wedding reception held at **Linda Stouffer's** (now **Linda Stouffer-Wallis**). Apparently, "Denny", thought there might have been

a food shortage and then found that **Jim Davies**, was the closest to the where the catered food was being brought out, but not necessarily making it to **Denny's** location - was **Jim** pounding down the food --- no, no, no! **Jim** did try to reroute the food to **Denny** as it turned out --- but why **Denny** did you not get your share?

In introducing today's speaker, **Alex** also introduced his uncle **Rob Monroe**, who is the Public Affairs Officer at Scripps Institution of Oceanography, who helped **Alex** line up our speaker for today's meeting - **Phil Bresnahan**. **Phil** is a Research & Development Engineers at Scripps Institution of Oceanography and has been the leading engineer for developing and exciting new way to monitor the "ocean's health". They have developed a very small sensor that can be embedded in the fin that is used on surfboards and paddle-boards. The data collected measures salinity, pH, temperature. GPS location, oxygen and even wave characteristics. This data will be shared with the worldwide scientific community in efforts to better manage the health of the oceans. The "Smartfin" meets all the same design characteristics of any surfboard or paddle-board fin - just with the added embedded sensor. The Smartfin Project works along side the Surfrider Foundation and encourages more surfers and paddle-boarders to join in and equip their boards with the Smartfin.

**Alex** closed out the meeting with more of his "TRIVIA" music questions - which several new the answer too before he even played the music - now how trivial is that?

Some of ur "Most Dynamic Members" must either have inside info - or - are they clairvoyant?







# PHOTOS

from the last meeting



OCTOBER  
13

value  
**\$95**

*Pumpkin  
Succulent*

## AUCTION

STARTING BID

**\$50**

*donated by  
Bev Fritschner*

This is the 3rd year our own Bev Fritschner has designed and made these amazing pumpkin succulents.

*They make a beautiful center-piece or hostess gift.*



# La Jolla Golden Triangle ROTARY CLUB

Chartered - June, 1986 • La Jolla, California

P.O. Box 13023  
La Jolla, CA 92039  
[www.LaJollaGTRotary.org](http://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**

### OCTOBER 2017

20..... Ron Kohl  
27..... David Chong

### NOVEMBER 2017

03..... Linda Stouffer Wallis  
10..... Jacquie Reiley

ROTARIAN  
OF THE DAY

SHEILA HENRY



**SHEILA HENRY**  
*San Diego, CA Therapist*

5004 Maynard St.  
San Diego, CA 92122  
858 - 450 - 1965

[sheila@sheilahenry.com](mailto:sheila@sheilahenry.com)

### Healing Stress, Anxiety Trauma & PTSD with Sheila Henry, Counselor in San Diego

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 mainly utilize "Tapping" or EFT (Emotional

Freedom Techniques).

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 Zoey would deem it. Zoey is a failed police dog -- failed because she was too sweet and affectionate.

Besides my continual excitement about psychology, my hobbies and interests are walking, reading mystery novels, politics, dogs, conversing & partying with friends and of course, Rotary.

[www.SheilaHenry.com](http://www.SheilaHenry.com)