

Let's Stop the Stigma



Ginny Ollis
Editor

Warmly welcoming a full house, **President Suzy** thanked the club for being partners in making the world a better place. In her Inspirational Moment, **Katie Sawyer**, proudly claiming to be a Buckeye who loves reading, informed us that today is the last day of National Human Trafficking Awareness Month. The good news is that from the survivors, a great deal has been learned and each has learned that he/she is more than their story. **Larry Hoeksema**, accompanied by **Katie Fulhorst**, then led us in the Pledge of Allegiance and *America Beautiful*. We went right to the News of the Day with **Deirdre Maloney**, sponsored by **Toni Giffin** of Goodwill Industries. Having acknowledged California aid to asylum seekers and a coming San Diego Museum Day, clever Deirdre capped her report with the news that there will be 53 millionaires watching the Super Bowl on TV this coming Sunday – yes, those would be the Los Angeles Chargers!

President Suzy's Art Moment was a reprise of the life and work of Vincent Van Gogh, fitting ideally with our program on mental illness today. The renowned artist struggled with this throughout his 37 years, and yet, look what he produced! Pres Suzy did a shout-out to **Kathleen Kerrigan** who was serving her last day in the U.S. Navy, and to **Laura Ochoa** and to **Lauren Lek** for putting together a successful Grotarian Fireside Chat. **Daniel Amaro** reminded us all how easy it will be to meet our goal of 555 members in the club if we each bring just one guest to a meeting this year. SDSU Rotaracts **Cat Kricorian** and **Kaila Cooper** threw the energy, enthusiasm and commitment of gorgeous young people to us in an invitation to attend or donate to their Feb. 8 "More Than Music" Benefit for those affected by California fires. (*Find event details on page 3.*) **Shaina Gross**, President and CEO of Susan G. Komen San Diego, was introduced and welcomed as our newest member. (*Read more about Shaina on page 3.*)

Dr. Divya Kakaiya, Chair of the Day, is an integrative psychologist, using neurofeedback as physical therapy for the brain. She identified the brain as the CEO of our body. Committed to serving under-

served, she is on many boards and especially focuses on human and sex trafficking. From Kenya, her involvement is worldwide, and she reminded us all that Girl Scout Cookie season is here! Divya welcomed our Rotarian guest from the farthest distance, Larry Bowen, from Freemont, CA with savvy psychology books. She then turned to introduce our speaker of the day, **Cathryn Nacario**, RN, MHA, and CEO of NAMI, National Alliance on Mental Health.

Focusing on mental health in the workplace, Cathryn reported that 1 of every 5 persons in our country suffers from a minor to major degree of mental illness, half of the time symptoms are evident by age 14. Mental illness is biologic, sometimes genetically linked, to a chemical imbalance. Life may trigger it, but not create it. Mental illness does not discriminate, and *is* treatable. Having support, having a plan, having stability and getting adequate sleep are big helps. Mental illness is a big expense to our economy, in both workplace expenses and productivity loss.

In the workplace, some indicators are: a drop in production, missed deadlines, uncertainty, and absenteeism. Businesses can minimize problems and assist needy employees by: 1) awareness training, 2) reducing the stigma, 3) increasing recognition and responsibility, 4) increasing commitment to help, 5) having a plan to help, 6) building skills, 7) training staff and managers, 8) monitoring employee workloads, 9) fostering a zero tolerance for inappropriate response, and 10) clarity. Words. But simply put, developing a safe environment for employees to ask for help, fostering good relationships, promoting healthy lifestyles, supporting work-life balance, coping with matters with care and understanding.

A visit to the NAMI website will yield dozens of websites, resources and helpful information on classes and support groups. NAMI now has "Friends in the Lobby" support in 9 San Diego hospitals, and RADY's will be the first child psychiatry emergency service in the U.S.! If you suspect someone needs help, make the call. ASK for help. Call NAMI for any resource.

Continued on page 2

Next Meeting

**Next Meeting:
February 7**

**Joseph Panetta,
President & CEO
Biocom**

San Diego Biotech-Advancing Health, Wellness and the Economy

Joseph Panetta is president and CEO and a member of the board of directors of Biocom, California's largest and most-experienced leader and advocate for the life science industry. Biocom works on behalf of over 1,100 members to drive public policy, build a network of industry leaders, create access to capital and introduce STEM education programs.

Biocom has a staff of 50. It is based in San Diego and has offices in Los Angeles, the San Francisco Bay Area, Tokyo, and Washington, D.C. The life science industry in San Diego County is among the strongest in the nation. The industry generates \$34 billion in annual economic activity.

Panetta will provide an update on the growth of the biotech industry in our region and provide insight into some of the most promising developments in drug development, research and the growing field of genetics.



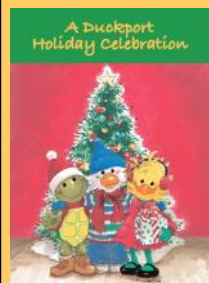
**Tom Gable
Chair of the Day**

QUICK BITS



Our next **GOLF** event will be on **Friday, February 22 at 9am**. We will tee off at the beautiful San Diego Country Club.

For more details or if you are interested in playing, please contact golf chair Richard Donnelly at rdonnelly@epwealth.com



If you missed it—here is the link to video of our **Duckport Holiday Program**.

ROTARY BOOK SHARE CLUB

If you like to read, and would enjoy sharing your favorites with friends and fellow Rotarians, we envision a monthly Wednesday 5:30 p.m. 1 HOUR book share meeting. Location to be determined when we know how many people to accommodate, but you can bet it will have sips and nibbles! Just let us know and we will try to get organized between the pages! Contact [Ray Higgins](#), [Kimberly Higgins](#), or [Ginny Ollis](#).

BIRTHDAYS

February

Jenni Prisk	4
Eric Schweinfurter	4
Ron Oliver	5
Jack Anthony	6
Russ Kirbey	6
Michael Maggiora	6
Wendy McKinney	9
Phet Pease	10

Let's Stop the Stigma

continued from page 1

Questions from the audience elicited information on vast outreach services to the homeless, including teams that actually go look for homeless that need help, job training, disability assistance, SSI and more. Another member asked about the effect of social media, and Cathryn answered that social media actually can connect young people who need it, and that NAMI clubs in schools are building, as well as working with coaches to help the hugely affected student athlete world be better served. The first rule: Let them know they are not being judged.

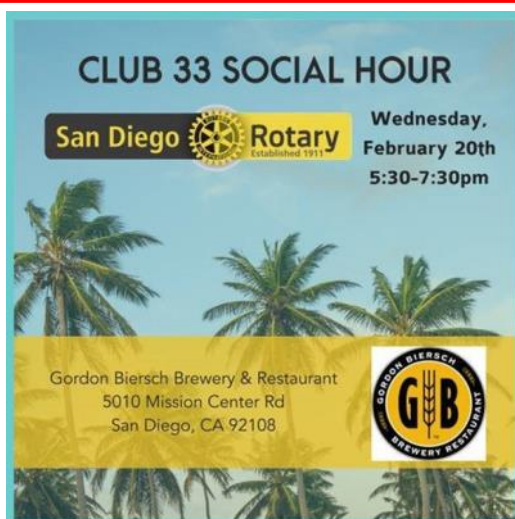


February 14—it's a special musical Valentine's Day program! Bring along your Sweetheart!

This year's program will feature solo guitarist, Todd Pyke. Todd has appeared on MTV and was the winner of Washburn's Hottest Guitarist contest in Hollywood, California.

It will also feature Eve Selis and Marc Intravaia. Marc has played lead guitar for Kenny Loggins, America, Juice Newton, and Billy Ray Cyrus. Eve, seven time winner of the San Diego Music Awards, has shared this stage with Frankie Valli and the Four Seasons, Heart, Crosby Stills and Nash, Doobie Brothers, and many others. They will play a blend of old favorites and originals.

Club 33 Member and Chair of the Day Ray McKewon may join Eve and Marc for a few songs. Ray has played Gimme Gimme Some Lovin' with Spencer Davis and Danke Schoen with Wayne Newton and has performed at the Cleveland Rock and Roll Hall of Fame.



CALENDAR

ALL MEETINGS ARE HELD AT LIBERTY STATION CONFERENCE CENTER UNLESS OTHERWISE NOTED

February

7 Joseph Panetta, President & CEO, Biocom

14 Special Musical Valentine's Day Program

21 Rodney Scott, Chief Patrol Agent, San Diego Sector Border Patrol

28 Chuck Samuelson-Founder & President, Kitchens For Good

GROTARIAN EVENTS

Little Italy Walking Tour

Tuesday, February 12th 5:30-7:15pm Guided Tour

7:30pm—Dinner-private space at Nonna back patio (1735 India St.) Non alcoholic beverages (iced teas, sodas, coffee or tea) and a variety of gourmet pizzas are served family style.

Cost is \$25 per person, all inclusive (tour, pizza, non alcoholic beverages). Alcoholic beverages are available on a no host basis.

This tour will not only inform you of Little Italy's history, but update you on what is new!

You must sign up by February 5!

[Click here for more event details and to register.](#)

Meetings: Every Thursday at Noon, Liberty Station Conference Center, 2600 Laning Road, San Diego, 92106

Suzy Spafford, President ♦ Paul Devermann, Executive Director

San Diego Rotary ♦ 2247 San Diego Avenue, Ste. 233, San Diego, CA 92110-2943

Phone: 619/299-3309 Fax: 619/299-3340 ♦ e-mail: paul@rotary33.org ♦ website: <http://www.sandiegorotary.club>

MEMBERSHIP

Please welcome our newest member to the club:



Shaina Gross—"Health-Women's." Shaina is the President and CEO of Susan G. Komen San Diego.

She was born and raised in New York and has been living in San Diego for the last 13 years. She has been with Susan G. Komen San Diego since September 2017. She was previously with The United Way for 11 years. She graduated from The University of North Carolina Chapel Hill with a Bachelors in Sociology and a Masters in Public Health.

Shaina's community involvement include working with the San Diego HIV/AIDS Funding Collaborative, the San Diego Workforce Partnership, San Diego Grantmakers, Ocean Beach Town Council and JUMA Ventures. She is a LEAD San Diego graduate.

Shaina and her husband have a 2 1/2 year old son and they enjoy picnics, concerts in the park and watching Tar Heel basketball.

Daniel Amaro, **Mel Katz** and **Gil Johnson** were her sponsors.

Email: shaina@sdkomen.org

Don't forget you can check out all of our new member profiles on our website!

<https://www.sandiegorotary.club/membership/new-members/>

SDSU ROTARACT

Rotaract
San Diego State University



SDSU Rotaract presents...



MORE THAN MUSIC FEST



- + Local Musicians
- + Artists
- + Dancers
- + Poets
- + Campus Orgs

All proceeds go to SDSU students and communities affected by the California Wildfires



08 February

morethanmusicdsu
morethanmusicdsu.wixsite.com/sdsu
morethanmusicdsu.eventbrite.com

SDSU Rotaract is hosting their FIRST EVER benefit concert...the **More than Music Fest!** They are bringing together local musicians, artists, dancers, and poets to raise money to help SDSU students and communities affected by the Camp and Woosley fires.

A \$10 dollar ticket will give you unlimited access to:

- Performances by 5 local musicians
- Live art and interactive pieces from locally sources galleries
- Various food vendors to cater to everyone's tastes
- Several dance performances by SDSU organizations

Friday, February 8 from 6-10pm at Montezuma Hall

Buy a ticket before they sell out! You really won't want to miss this event!

[Click here for more details and to purchase tickets](#)

Rotaract of SDSU prides itself on having members committed to academic, community, and professional growth. We participate in community service events on and off campus and even host some of our own! More than Music Fest is our first benefit concert and we are excited to use arts to promote goodwill among our peers.

Donations are also welcome through Club 33's Foundation. Please make your donation payable to the Rotary Club of San Diego Foundation and designate it to the SDSU Rotaracts.

MODEL UN CONFERENCE



Volunteers needed! Model UN Conference 2019 - if you are interested in learning more about the District's Model UN Program and how you can volunteer for the next conference in April, [click here](#). You can also contact Club 33 members [Bink Cook](#) or [Jean Young](#) for more information.

The conference trains high school students to be effective negotiators, consensus builders and peacemakers by debating current day international issues that are presently being addressed by the real United Nations. Students also learn important skills in conflict resolution, analytical thinking and public speaking.

ROTARY YOUTH LEADERSHIP AWARDS



Facilitators are needed for the 2019 RYLA (Rotary Youth Leadership Awards) conference. Join 280 enthusiastic high school juniors from throughout the district at this outstanding Rotary youth leadership program scheduled April 12-14th in Idyllwild. As a facilitator, you will have the unique opportunity of helping guide the students through a proven program promoting leadership, self-awareness and community building. Details and an application are located at ryla5340.org or contact Paul van Roon at paul-vanroon@icloud.com for more details.

FACES IN OUR CROWD

Photos courtesy of Paul Nestor



(Left) **Lisa Miller** is learning to take photos under the tutelage of **Paul Nestor**; (right) SDSU Rotaracts promoted their benefit concert.



(Left) Our wonderful Check-In Committee greeted everyone with a smile; (center) **Bink Cook** with Paul Nestor; (right) **Katie Sawyer** delivered the Inspirational Moment.



(Left) Chair of the Day **Divya Kakaiya**; (right) guest speaker **Cathryn Nacario**.



(Left) **Mike Caruso** had questions for our speaker; (center) President **Suzy** with new member **Shaina Gross** and her primary sponsor **Daniel Amaro**; (right) Editor of the Day **Ginny Ollis** hard at work.

