

## Child Psychology



Patti Roscoe  
Editor

Thanks to all the Club 33 smiling greeters at the door on Thursday and to **Larry Showley** for his piano prowess. It's always nice to be recognized by a friendly face and hear a sweet tune. I had the good fortune to sit at the past presidents' table with **Debbie Day**, **Bonnie Schwartz**, and

**Ben Clay**. **President Suzy** brought us to attention right on time. **Jose Cruz** of the Barrio Logan College Institute reminded us that everyone has a purpose. He inspired us with a story of a young baseball player with brain damage and a physical disability. The young man's positive attitude and resiliency rallied his teammates around him. When it was his turn at bat, they all gathered at home plate, helped him hit a long ball, and then helped him around the bases for a score. His purpose in life that day was to bring his teammates together in a selfless act of love. What a wonderful lesson it was.

Our Pledge and *God Bless America* was led by Debbie Day. The *News*, sponsored by **Tracy Sundlun**, was presented by **Mike Conner**. **Dr. Divya Kakaiya**, our resident clinical psychologist, brought us today's Art Moment. She showed us several art pieces painted by patients. Some by children. They reflected anguish, pain, and fear. This art therapy helps patients release their inner demons and move forward into a more positive and fulfilling life. Divya was recently featured in a SD Union Tribune article - <https://www.sandiegouniontribune.com/lifestyle/people/sd-utbg-someone-san-diego-know-kakaiya-20190304-story.html>. For that, she received a healthy fine.

Is your photo in the Directory from your high school yearbook – or at least looks like it is? If so, get a new one taken at our next meeting. **Greg Zinser** is looking for four Rotarian families to host some very talented global students July 13 to August 3. They will be attending the 15<sup>th</sup> Annual Rotary Youth Exchange Summer Music Camp.

Please contact Greg at 619-985-8555 or [gregzins@comcast.net](mailto:gregzins@comcast.net) if you can help. In late July, Club 33 will be treated to an amazing classical performance by these students ranging in age from 16 to 24.

On April 25, Club 33 will once again be hosting this year's District Finals of the Four-Way Test Speech Contest. Two of the students we sponsor have made it to the Regionals. If you'd like to cheer them on, attend the Chula Vista Club's meeting on April 5 at 12 noon at the CV Golf Course, or the April 10 at 7:00 am meeting of the Downtown Breakfast Club at the University Club. Another fun Club 33 program is Rotarians at Work Day, this year on Saturday, April 27. Co-Chair, **Emily Rex**, asked us to sign up for one of nine hands-on service projects. <https://www.sandiegorotary.club/event/rotarians-at-work-day-2019/>. Friends and family are welcome.

Chair of the Day, **Dr. George Kaplan**, retired pediatric urologist, proved that urologists have a sense of humor, too. Our visiting Rotarian from the Escondido's Boys and Girls Club was presented with several gifts including Sesame Street's book *P Is for Potty*; a bed-wetting doll; and a bottle of wine. Two gifts will be donated to his Boys and Girls Club. The wine, however, might find its way to his home.

Our speaker, **Dr. Ben Maxwell**, a child and adolescent psychiatrist and Director of Inpatient Psychiatry at Rady's Children's Hospital, presented a riveting program. When we hear or read about young people taking their own lives, we wonder why this happens. Dr. Maxwell related that it is a topic tough to get right. There is no global approach. Each case must be diagnosed and treated in its own way. Suicide is the second leading cause of death in teens, exacerbated by a state of depression. In San Diego, the suicide rate in teens 12-17 years is double the national average. In 2012, 40 teens were admitted to the ER for attempted suicide. Last year, it increased to 300.

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## Next Meeting

**Next Meeting:  
April 4**

**Robert Gleason  
Federal Reserve Bank**

Robert Gleason is the Chair of the Los Angeles Branch of the Federal Reserve Bank of San Francisco.

Mr. Gleason will talk about the structure of the Federal Reserve System, the different roles it plays in our financial system and national economy, and how it collects grass roots information from its Boards of Directors and Advisory Council members to help formulate economic and monetary policy.



Robert Horsman  
Chair of the Day



**This Thursday,  
April 4, will be  
PICTURE DAY  
for the 2019-20  
Member Directory.**

This will be your one and only opportunity to have a new professional photo taken for the roster if you need one. Our photographer will be available before and after our meeting in Room 205B.

## QUICK BITS



### **RESCHEDULED!** **CLUB 33 GOLF—** **FINAL ROUND**

Our final round has been rescheduled to **MAY 3** at the San Diego Country Club. [Click here](#) for more details and how to register.

### **CLUB 33 SOCIAL HOUR**

We look forward to seeing you at our **April Club 33 Social Hour at Waypoint Public on Wednesday, 04/17 at 5:30 PM.** Waypoint is located in Northpark, and offers an impressive selection of craft beers, wine and cocktails, in addition to a delicious food menu. Enjoy some appetizers or perhaps stay for dinner!

Waypoint Public-3794 30th St.  
SD 92104

### **Do you have a change of address? Changed jobs recently or have a new title?**

If there are any changes in your contact information that you would like to make for the 2018-19 member directory, please contact the [Rotary office](#) asap to ensure its inclusion.

## Child Psychology

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Causes range from a chemical imbalance in the brain to childhood abuse, trauma from discord in the home or a school, and cyber bullying.

Two decades ago, we saw the rise of smart phones creating social isolation and lack of personal interaction. At that same time, there was a decline of human interactions such as league bowling, attending PTA meetings or family dinners. Dr. Maxwell cited research that showed an average three-year old can name several hundred brand logos. Television advertising spending is on the increase, targeting kids who are the most vulnerable, creating the have and have-nots. Much of the foundational research in this area has been referred to as Adverse Childhood Experiences (ACEs) and linked to risk health behaviors, chronic health conditions, low life potential and early death.

The medical and education communities are learning to recognize depression and suicidal symptoms in children and are creating programs to deal with the “whole child,” including a range of mental and physical health programs. Rady’s Children’s Hospital will soon have the first emergency room in the country with a department dedicated to children.

When asked how we can help, Dr Maxwell cited volunteer opportunities, school partner programs, and support of NAMI, the National Alliance on Mental Illness. This editor’s take is to be mindful of the actions and moods of children and grandchildren. Reach out to teachers, counselors, coaches for help. Providing care and love can go a long way in helping young people work through the fears and unknowns of growing up in today’s world. Here is a link to Dr. Maxwell’s presentation... [https://www.dropbox.com/s/8wix2gl31o03jlv/RadysChildren\\_Ben.pptx?dl=0](https://www.dropbox.com/s/8wix2gl31o03jlv/RadysChildren_Ben.pptx?dl=0)

## CALENDAR

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

### *April*

**4 Robert Gleason - Federal Reserve**

**11 Dr. Thomas Buchholz-Scripps MD Anderson Cancer Center**

**18 Dr. Larry Smarr-CA Institute for Telecommunications and Information Technology**

## GROTARIAN EVENTS

### **Save the Date for our April Grotarian Event!**

Date: Monday, April 29  
Event Location: Stu Segall Military Training Compound (Strategic Operations).

MORE DETAILS COMING SOON!

[CLICK HERE TO VIEW THEIR WEBSITE](#)

## BIRTHDAYS

	April
B.J. Williams	1
Andrea da Rosa	1
Bill McColl	2
Carolyn Ross	2
Marinda Peugh	2
Joe Watkins	3
Hugo Douge	4
Gary Nelson	4
Rob Fletcher, Jr.	5

## MEMBERSHIP

The following applicants were recommended to the Board of Directors by the Membership Committee and will be approved for membership unless objections are received at the Rotary office by April 10:

- Porsha Vogt - Golden Care - "Senior Care-In-home Services"
- Jordan Abushawish - North American Spine Society - "Associations-Spine Care"

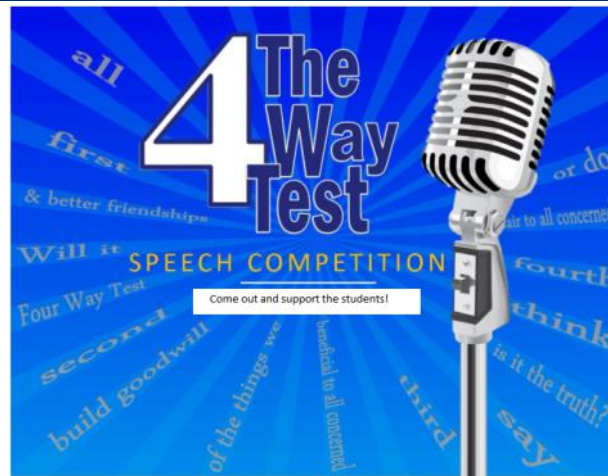
**Meetings: Every Thursday at Noon, Liberty Station Conference Center, 2600 Laning Road, San Diego, 92106**

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](mailto:paul@rotary33.org) ♦ website: <http://www.sandiegorotary.club>

# FOUR-WAY TEST SPEECH CONTEST



Thanks to all who have attended and cheered on our Club 33 contestants throughout the sub-regional contests from Coronado to Mission Valley to La Jolla. We have two students moving on to compete in the Regionals. Please consider joining us to show them support from our club. Hope to see you at the next round!!!

## Regionals

Friday, April 5 (**SOPIA GAXIOLA, Academy of Our Lady of Peace**)

12noon and the Rotary Club of Chula Vista

Location: Chula Vista Golf Course, 4475 Bonita Road

Lunch \$18, free parking

Wednesday, April 10 (**EMILY SABORY, Hoover Cardinals Interact**)

7:00 a.m. at the Downtown Breakfast Rotary

Location: University Club, 750 B Street, 34<sup>th</sup> Floor

Breakfast \$20, parking \$3 (Symphony Towers garage – entrance on 7<sup>th</sup> Avenue)

# ROTARY YOUTH EXCHANGE SUMMER MUSIC CAMP

## **HOST FAMILIES NEEDED!**

In late July each year, our club is treated to an amazing classical music performance by a group of very talented young musicians.

That concert is part of the Rotary Youth Exchange Summer Music Camp that brings young musicians from around the world to San Diego for 3 weeks of music and international fellowship.

This year is our 15<sup>th</sup> annual music camp and we have 24 students joining us from 10 different countries. During the past 5 months, it has been my pleasure as director of international recruiting for this program to work with prospective participants and Rotary representatives from all over the world and I can tell you first hand that this is a very talented and impressive group ranging in age from 16 to 24.



Club 33 members Greg Zinser, Mia Harenski and Christy White with the students they hosted last year.

A big part of making this program affordable for our international guests is recruiting families who agree to host one or two of the musicians for the 3 week camp starting on July 13<sup>th</sup> and ending on August 3<sup>rd</sup>.

This will be our 3<sup>rd</sup> year as a host family and it's hard to overstate how much of a pleasure it is to share your home and your life with these young musicians for a 3 week period that goes by very quickly. It is truly a mutually beneficial experience.

At this point, we need 4 more host families so if you would consider being one of them, please contact me as soon as you can and I will send additional information. Thank you.

Greg Zinser  
[gregzinser@gmail.com](mailto:gregzinser@gmail.com)



# ROTARIANS AT WORK DAY

## JOIN US FOR ROTARIANS AT WORK DAY ON SATURDAY, APRIL 27

Rotarians At Work (RAW) Day happens the last Saturday in April each year. Started in 2006 as a joint effort between two Rotary Districts (one in the United States and one in Mexico), Rotarians at Work Day continues to grow. Each year, Clubs around the world identify hands-on projects that all members can participate in to help their local community on this single day.

This is a great day to bring your kids, grandkids and prospective rotary members to see our club in action.

Our list of available projects are listed below. Remember to wear your San Diego Rotary t-shirt. If you do not have one, the RAW committee will be handing them out at our Thursday meetings.

[Click here for more detailed information on each project and to register.](#)

### **Balboa Park Nursey**

Time: 9:00 am – Noon

# of volunteers needed: 15-20

### **Cooper Canyon with Hoover Interacts**

Time: 9:00 am – Noon

# of volunteers needed: 10-15

### **San Diego Zoo**

Time: 9:00 am – Noon

# of volunteers needed: 100

### **St. Paul's Senior Center**

Time: 8:30 am – 12:30 am

# of volunteers needed: 8-12

### **San Diego Humane Society—FULL**

### **Storefront Youth Shelter**

Time: 8:00 am – Noon

# of volunteers needed: 10-12

### **Jackie Robinson YMCA**

Time:

# of volunteers needed: 10-20

### **Fort Rosecrans National Cemetery**

Time: 8:00 am – Noon

# of volunteers needed: 25

### **Boy Scouts**

Time: 12:00 pm – 3:00 pm

# of volunteers needed: 6-8

### **San Diego Canyonlands with City Heights Rotaract**

Time: 9:00 am – Noon

# of volunteers needed: 5-15



# FACES IN OUR CROWD



(Left) Guest speaker Dr. Ben Maxwell, President Suzy and Chair of the Day Dr. George Kaplan; (right) Our Rotary greeters today: **Gil Johnson**, **Ramona Walker**, Jose Cruz and **Wendy Urushima-Conn**.



(Left) **Pam Cosman** brought her mother, **Clara**, as her guest today; (center) **Solveig Deuprey** sporting our Club 33 hat and poses for a picture with **Paul Hartley**; (right) **Mike Conner** and **Trevor Blair** with guest **Steve Jennings**, SVP of Rady Children's Hospital Foundation.



(From left to right) **Jose Cruz** presented our Inspirational Moment; **Divya Kakaiya** presented the Art Moment; RAW Committee Chair **Emily Rex** successfully urged **John Hawkins** to sign up for a project; **Greg Zinser** solicited host families for this year's Rotary Youth Exchange Summer Music Camp.



(Left) Chair of the Day **George Kaplan**, a retired pediatric urologist, gifts an Elmo "P Is For Potty" book and a Drink and Wet doll for our visiting Rotarian (the crowd, especially President **Suzy**, found that hilarious); (right) **Jim Jessop** enjoyed the dessert!

