



The Voice of the Vineyards

The Weekly Electronic Bulletin of the Rotary Club of Healdsburg

“The mission of a bulletin is inform the membership,
comfort the afflicted and afflict the comfortable”

Author: **Devin Drew**

Photographer: **Rick Tang**

Editor/Publisher: **George Heath**

February 27, 2023

WELCOME: Doug Garrett

PLEDGE OF ALLEGIANCE: Jim Manly

VISITING ROTARIANS: None

GUESTS of ROTARIANS:

✓ LeAnda Merrihew



✓ Rhonda Smith



✓ Cindy Brenton

THOUGHT FOR THE DAY: “At the root of this dilemma is the way we treat mental illness in this country. Whether an illness affects your heart, your leg or your brain, it’s still an illness and there should be no distinction.” Michelle Obama

TRIVIA: Who was responsible for the introduction of “Leap Year”? Bonus: How do you know when a year is a Leap Year?

⇒ Correct answer from **Graham Beal**, first up: Julius Caesar!
It’s the Julian calendar after all!

⇒ The peanut gallery wins the bonus question with “divisible by 366”! <https://www.mathsisfun.com/leap-years.html>



TV RECOMMENDATION: “The Reluctant Traveler with Eugene Levy.” Apple TV+ (**Jim Manly**) “There is a world outside the resort!”

ANNOUNCEMENTS



🚩 Announcement from **Andy Elkind** on the SRJC Foundation **Kevin Burke** Scholarship:

It is appropriate that our speaker today is Mary-Frances Walsh, from the National Alliance for Mental Illness in Sonoma County. Almost a year has passed since the loss of Chief **Kevin Burke**. Sadly, he took his own life last April. **Kevin** was a club member and a supporter of all that we do. In the intervening time, concerned members of the community have been getting together to figure out how best to honor his life and legacy. These community members include our former mayor Ozzy Jimenez, current Council Member Evelyn Mitchell, City Manager Jeff Kay and Police Chief Matt Jenkins among others. The group has determined the best way to honor **Kevin** is with a scholarship fund to support people looking toward careers in law enforcement specifically through SRJC programs. Formal announcements will come.

🚩 Our Rotary club’s support has been formalized beginning with today’s club board meeting where the board authorized a donation of \$5,000. Additionally, an anonymous club member has agreed to match up to \$4,000 of all checks collected today. Donors make checks payable to the SRJC Foundation and include “**Kevin Burke** Scholarship” in the memo.

- ✚ Memorial Bench update thanks to **Graham Freeman, Jerry Ogden** and others' efforts across 6 years we now have an area designated near the rose garden. The club board today approved bench construction funding up to \$5,000. Bricks similar to museum's will memorialize members of our club. Approved up to \$5k to install. Looking like six months yet until install. Dennis O'Neal. We have about 90 spaces. Must be dead to be eligible.



- Announcement from The Peanut Gallery: "can we reserve a space?!"

- ✚ The Board today decided to give \$1,000 to Food for Thought toward appliances benefitting their clients in the Healdsburg Geyserville area.
- ✚ The Board today decided to donate \$1,000 as part of Earth Day Healdsburg Climate Action Fair on the Healdsburg Plaza. Our club is donating \$1000 toward being a sponsor, where we will display our new banner. And introduce ourselves to folks as adoption of protecting environment as a Rotary plan.



- ✚ **Norm Fujita** on Trex and Interact club plastic recycling. 6-month contest to collect film plastic. Shared photo of Interact members with US Representative Jared Huffman.

- ✚ Russian River cleanup with Healdsburg Interact Club, Sunrise Club and Russian Riverkeeper on Saturday, March 4 8:30am to Noon. Contact **Norm Fujita** or **Don Mitchell** for details.
- ✚ Ukraine Winter Effort / 5130 Power for the People: Thank you to all who have donated - expect a further update in the weeks ahead. Any further checks or PayPal donations can be given and will be received. However: stay tuned for a Summer 2023 Healdsburg Rotary support campaign iteration!

- ✚ Announcement from **Jerry Ogden** on Green Hair Day fundraising

- Letter that **Norm** has composed is very donor friendly. Works well to include a self-addressed envelope. Email it out! You'll be pleasantly surprised about the responses you'll get.



- ✚ Also, happy dollars from **Ogden**: Esteemed President on Occasion of Birthday a \$70 to

Polio Plus. All are encouraged to follow suite - get checks to **Dick Cochran**

- ✚ **Emily Martin** organized a wine-between donations before and after with Emily's \$350 collectively \$1400 toward PolioPlus in advancement toward
- ✚ Announcement from **Doug Lyle**: Press Democrat, Sunday featured Sonoma County Winegrowers. **Doug** sends a shout out to **Andy Elkind** on programming that brought Karissa Kruse to speak at our club last year!
- ✚ District 5130 Meetings:
 - District Training Assembly 3/31-4/1
 - District Conference 5/4-5/7
Konocti Resort, Clearlake

MEMBER BIRTHDAYS or ANNIVERSARIES

Birthdays

None for February

Anniversaries

❖ **Fred Roberts** February 28

HAPPY DOLLARS RECOGNITION



- **President Doug** \$50 to the club and another \$50 to Polio Plus

- **Ric Helthall** \$25 to the club; brought a find: 50-year-member commemorative from 1917 to 1967; Elizabeth New Jersey. Given to **President Doug** and to be repurposed.





- **Pat Williams** to be a grandmother! \$100 to Polio Plus. Also on return from South Africa trip brings spices for **President Doug** (notably, decided against bringing back the available elephant dung infused gin).



- **Graham Beal**: 5th grandchild in Pittsburgh PA bringing \$80 to club.



- **Nita Parker**: Florida, amazing place Corkscrew Swamp and Audubon Center in Florida. (donation amount missed it.) Picture of Boardwalk given to **President Doug**.



- **Dick Bertapelle**: Happy-sad Dollars in the amount of \$70 Happy Doug Birthday to Polio Plus. More Happy: Travel to Portland! Basketball. Followed by quarantine in preparation for hip surgery so won't see the club for a bit.

TODAY'S PROGRAM: Mary-Frances Walsh, National Alliance on Mental Illness

Mary-Frances Walsh confirmed (at presentation end) that her slides can be distributed to club members.

NAMI has 600+ US Affiliates; Mary-Frances leads the Santa Rosa office. Includes a mental health library on site and promotes Education, Awareness, Support, and a Warmline.



- The Warmline receives about 65 calls per month.
- Who does NAMI serve? Someone who supports someone.
- What is QPR? Question, Persuade, Refer

The City of Santa Rosa exclusively has a Mobile Support Team (Office of Public Conservator). NAMI and allies encourage Sonoma County Supervisors to amplify/extend the Healdsburg and SR City Mobile Support Team model and get licensed mental health professional presence at the first response.

****Suicide Risk Factors****

- Mental health condition
- Access to lethal means
- Prolonged stress
- Experiencing harassment or bullying
- Life events: rejection, divorce, financial crisis, loss
- Sensational accounts of suicide

****Suicide Protective Factors****

- Access to mental health care
- Being proactive about mental health
- Feeling connected
- Limited access to lethal means
- Beliefs that encourage help-seeking, sense of purpose, self-esteem, religion

In a crisis, or if you are worried about someone use the new 3 digit phone number, 988 or visit [988lifeline.org](https://www.988lifeline.org). Created this past July, it's a mental health crisis, substance crisis nationwide hotline to a crisis counselor.

What can communities do?

- Identify and support people at risk
- Learn and teach coping and problem solving skills
- Promote safe storage for firearms and medications
- Offer activities that promote feeling connected and not alone
- Connect people at risk to effective coordinated care
- Support survivors

What can you do when someone is in crisis?

- Call 988
- Ask them directly

- Listen without judging
- Stay with the person
- Remove any objects that could be used in a suicide attempt
- Stay connected

Club members thanked Mary-Frances Walsh, asked and received an overview of NAMI funding sources, commented on an Australian app promoting awareness and prevention, commented on the timely contributions by **Kevin Burke** to Healdsburg police's effectiveness. And the sentiment that remembering these are the ways to help to move forward.

Mary-Frances in closing "The value of lived experience is tremendous."

RAFFLE WINNER

- Bob Pedroncelli



CLOSING

President Doug thanked members and guests before ringing the meeting closed.

UPCOMING PROGRAMS

- ✓ Patrick Fuss-- Mar 06, 2023
Building a Drought Resilient Water Supply for Healdsburg