



The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Children's Mental Health Panel Discussion

 IMAGINE ROTARY	<div style="display: flex; justify-content: space-between;"> <div> Date: Volume: Scribe: Photog: Editors: J. Blasco, D. Rasmus, D. Still, J. Dunlap, P. Dirden, HH, T. Boag President 2022-2023: </div> <div style="text-align: right;"> October 21, 2022 2022/23 — Issue E21-16 David Still Jack Blasco Hal Kwalwasser </div> </div>	
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"All the News that Fits We Print"

BEFORE THE BELL



The crowd of Rotarians gathered for the Friday meeting and saw a well turned out **David Schreibman**, coat and tie and all, hovering near the lectern. Hmmm. Substitute President?

AT THE BELL



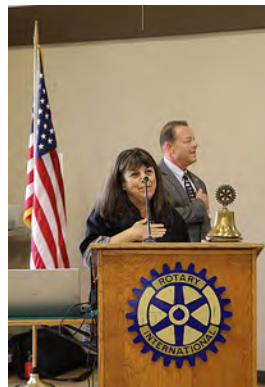
As suspected, fill-in President **David Schreibman** rang the Rotary bell to kick off the October 21 meeting of the Rotary Club of Sebastopol. Past President and now Acting **President Schreibman** was very comfortable calling on **Dana Moises** to lead the Pledge of Allegiance.

Aleia Coate gave us two thoughts for the day from Audrey Hepburn.

"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."

"People, even more than things, have to be restored, renewed, revived, reclaimed, and redeemed; never throw out anyone."

With the knowledge that our singing has, in the past, driven our program presenters screaming from the room, Sub Pres **Schreibman** decided to forgo the song.



🍎 Future Programs 🍎

October 28, 2022

Kajira Mugambi

Founder, Village HopeCore

November 4, 2022

Connie Ragen Green

**Rotary opens Doors,
Windows, and Ceilings.**

🍎 Coming Events 🍎

**Crab Feed – February 11,
2023**

🍎 Miscellany 🍎

MAKEUP NOTIFICATIONS:
scottbriggs50@yahoo.com

On-line Make-Ups:
www.RotaryEClubOne.org

Domestic Violence Hotline:
707-546-1234

sebastopolrotary.com

🍎 GUESTS 🍎



Kathy Schwartz introduced Terrie Wallin – soon to be Rotarian.

Aleia Coate introduced her coworker Natasha Coester



She also introduced **Bristol Hassler** who needs no introduction being a Friend of Rotary, and former member Kelly Back.



Harry Polley introduced Luis Ojeda

Mia Del Prete introduced our current School Superintendent Chris Meredith. How about thinking about joining the club – Chris?



Ellen Harrington introduced Don Canardo who is presently a member of the Sebastopol Lions Club. Welcome Don.

Myriah Volk introduced Natalie MacNamara.



NEW MEMBER INDUCTION



Past President and Today's President **David Schreibman** quickly switched hats and became -Voila- Chair of the Membership Committee. Why the presto chango you ask? **David** is inducting a new member.

Terrie Wallin came forward to be introduced as the newest member of the Rotary Club of Sebastopol. She is no stranger.



She has helped out with recent projects and used to help at the Crab Feed when her sister Neysa Hinton was a member.

Terrie has also helped us out with Overcoming Obstacles. We are excited to have her join our group and we look forward to working with her and learning more about her in the coming days.

Her Sponsor is **Greg Jacobs** and she will be mentored by **Kathy Schwartz**.



ANNOUNCEMENTS



No time for microphone announcements today but Rotarians were reminded to mark their calendars for the *Adopt a Road* Cleanup on October 22. Also the Redwood Empire Food Bank work day on October 26 and the Ceres Garden work day on November 4.

And get out your 2023 calendar and circle February 11 for our Crab Feed. There is none better.

Bob Rogers took the microphone for a quick reminder that it is World Polio Day this weekend. The Polio Plus Society has now been a designated and approved program by Rotary International. Join the Society and pledge \$100 a year until Polio is gone from this earth. We can do this.

THE PROGRAM

Diana Rich took the microphone to introduce today's speakers. The topic - *Our Children's Mental Health*. **Diana** introduced each speaker and noted their deep understanding of the issue.

Elizabeth Smith is a well-known member of the Sebastopol community. She serves on the Peacetown Board, the Soroptimists and the School Board.

Erica Vogel is a board member of Community Matters.

Jenni Silverstein is a Licensed Clinical Social Worker with many years of experience working with traumatized youth.

LeeAnn Lichnovsky is also on the Board of Community Matters.



Sub President **Schreibman** began the program by asking a question: What are the three major problems among youth in West County?

Ms. Lichnovsky first noted the deep divisions among students. Unity and community have been deeply affected by the Covid restrictions as well as local problems like fire.

There is a deep sense of isolation among them. **Jenni Silverstein** noted the general and deep disruption of "routine". Everyone is improvising without instructions. Adults have difficulty with lack of routine. It can cause a deep feeling of lack of safety among youth.



Ms. Smith noted a lack of parental engagement which can result in a dearth of positive childhood experiences. She also urged that we recognize that not all families are the same. The prevalence of social media as primary communication device is also taking a toll on community connections.



In keeping with the format, Acting President **Schreibman** followed up with question 2. He also noted that these are not surprise questions for the panel but were distributed prior. If you broke down the problem 1 question- would the answer be different between elementary and high school?

The general answer seemed to be no. It was noted that high school students can articulate what they feel to a much greater extent. The younger students may be having issues that they are unable to relate. The consequences of the displacement on mental health are often more obvious in older students. More

attention is likely paid to them, noted **Ms. Silverstein**. **Ms. Vogel** noted that it is often not easy for them to verbalize their issues. **Ms. Lichnovsky** noted that they need the connections most of all.



Question 3 asked the question – can the problems be fixed? The answer seemed to be yes. Each panelist spoke of the need to reestablish community connections. **Ms. Silverstein** noted that there are many ways to connect with children. She pointed out the successes of *Forget Me Not Farm* which brings traumatized youth to a natural setting. It was also pointed out that there are opportunities for adults to study trauma responsiveness training. **Ms. Smith** pointed out that all cultures in all times have had trauma to deal with and it was usually dealt with by the "clan", in other words the community.



She also discussed positive childhood experiences as an antidote to trauma. These give youth and children a sense of belonging and support. It has been suggested that each child should have at least two non-parental adults interested in their well-being. Most important are access to “stress busters” – which include physical activity, access to nature, good nutrition, mental health care and others.

Bringing it down to cases – Past President **David Schreibman** asked each panelist what they would do with \$50,000 to be invested in a project that would have genuine impact.



Elizabeth Smith opined that the model being used in Peacetown could be expanded to bring in more community interactions. She said that the music brings the people but a project could be designed to bring more types of community development.

Erica Vogel described a program presently being done in Arizona called *Stand Speak Save*. This involves a large scale “day” program for large numbers of youth and community members. After the “day” program – the participants carry on with the program in small group quasi-club settings. Ms. Lichnovsky was in agreement with this idea.

Jenni Silverstien described the *Forget Me Not Farm* program which is a natural farm like setting on Highway 12 behind the Humane Society. (It is noted that this club built a gazebo on the property a

few years back.) Ms. Silverstein provides therapy to many of the young participants. There is an old roadside stand building that is in need of rehabilitation which could serve as a private spot to work with the youth, many of whom are fresh from a traumatic situation.

The final question asked if minorities are suffering more than others. There was general agreement among the panelists that anyone who is “different”, be it minority or just in general, is in more danger and are often singled out for bullying, etc.

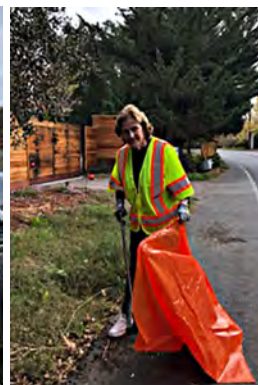


🍎 THE FINAL BELL 🍎

Although today’s president noted that the 1:30 traditional closing had passed, he thanked our esteemed panel for their attendance.

🍎 AFTER THE BELL 🍎

Several intrepid Rotarians cleaned our adopted road – Mill Station Road on Saturday morning. Drive down it some time. It is Clean.





Rotarians also participated in a city-sponsored cleanup of a property on Neve Street in Sebastopol.

FUTURE PROGRAMS

October 28, 2022 - Kajira Mugambi, Founder, Village HopeCore



Kajira "K.K." Mugambi, Esq., HopeCore's Founder, was born in a small village near Chogoria. He personally experienced hardships and the effects of poverty and disease as he saw children in his community, including his own family, die of clearly preventable diseases, such as malaria, diarrhea, and typhoid. KK almost did not survive birth as his mother's labor stalled and she had to be carried on a wooden stretcher to a nearby hospital.

When he was a child, KK dropped out of elementary school because he could not afford the \$8.00 annual school fee. He overcame these challenges and was able to travel to the United States for high school. In the United States, he worked as a flower gardener, grass mower, janitor, and nursing assistant in California. He overcame financial challenges and earned a Doctorate in law from the University of California, Los Angeles. He was privileged to become a member of the California State Bar Association and an

Assistant Dean at the University of Los Angeles California.

By founding HopeCore, KK realized his dream of making a difference in the community of his birth. Eventually, he transitioned from practicing law in California to full-time management of HopeCore and moved back to Chogoria in 2005. He moved with a firm determination to successfully eradicate poverty and improve health in Kenya's rural communities.

November 4, 2022 - Connie Ragen Green - Rotary opens Doors, Windows, and Ceilings.



I'm an online marketing strategist, bestselling USA Today and Wall Street Journal author, speaker, and marketing mentor living in southern California. For twenty years previous to my coming online I worked as a classroom teacher, teaching grades Kindergarten through high school, as well as working in real estate as a broker and residential appraiser at the same time. After surviving cancer multiple times, as well as a serious work injury, I decided to leave that life behind in 2006 and come online to build a business I could do from home or from wherever I had an Internet connection.

I've now written more than three thousand articles, hundreds of short reports, dozens of books on Kindle, and numerous eBooks, as well as over twenty best-selling books, including Huge Profits With a Tiny List, Huge Profits With Affiliate Marketing, The Inner Game of Internet Marketing, Living The Internet Lifestyle, The Weekend Marketer™, Living the Internet Lifestyle, Book.Blog.Broadcast: The Trifecta of Entrepreneurial Success, Doing What It Takes: The Online Entrepreneur's Playbook Rethinking the Work

Ethic: Embrace the Struggle and Exceed Your Own Potential, Living the Mentored Life and, most recently Road Trip: An Entrepreneur's Journey of Self-Discovery. I have also published books on a variety of topics away from marketing and entrepreneurship, including coloring books, a book about teaching financial responsibility and values to children, and a baseball short story anthology. See all of my books here.

Public speaking has become a joy for me, and I have now spoken or been a panelist at some of the top events in Internet marketing. During 2012 I went international with my speaking, presenting at live events in Canada, the United Kingdom,

China, and Thailand. In the years ahead I'll be headed to even more exotic locations to connect with even more new online entrepreneurs.

I am also an active member of the Rotary Club, an international service organization, and proudly participate in many worthwhile activities. Rotary was where I overcame my fear of public speaking and gained the confidence to share my information with people in person. Since 2013 I have been actively involved in the Interact Club (Rotary's high school service group) at Santa Barbara High School and this has brought a new dimension to my life as I see the world through the eyes of our youth. I apply the Rotary Club's 4-Way Test to my business, as well as to my personal life.