



# ROTARY CLUB of La Jolla

## *News Bulletin*

5/03/2024

### Coming Next Tuesday: Dr. Ben Maxwell, Chief of Psychiatry, Rady Children's Hospital: An Update on Healing Hearts and Minds



**Dr. Ben Maxwell** first spoke to our membership, October 5<sup>th</sup> 2023<sup>1</sup>, and told us of the alarming rise in adolescent depression over the last 10 years caused by loneliness and social isolation.

“Ten years ago, in a single year, 67 adolescents were admitted to Rady's Emergency Room for self-harming or suicidal ideation. Last year, 4,700 were admitted”

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<sup>1</sup> You can find the newsletter on our club website under [Past Rotary Newsletters](#), date: October 12<sup>th</sup>, 2023

He attributed this rise squarely on the use and excessive use of the “Smart Phone” by teens. Since that time, legislation has been passed throughout the US limiting the usage of phones by teens in schools. Additionally new strategies in dealing with teen depression have been introduced at Rady for early intervention and treatment of our troubled teens.

At our meeting next Tuesday, we will receive an update from Dr. Maxwell on caring for our troubled teens in the wake of these important changes.

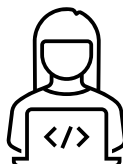
Dr. Maxwell is the **Division Chief of Child & Adolescent Psychiatry** and The **Una Davis Family Chair in Behavioral Health at Rady Children's Hospital-San Diego**. He is also an assistant professor at UC San Diego School of Medicine in the Department of Psychiatry.

Dr. Maxwell received his medical degree from the **University of Texas in 2007**, completed a general psychiatry residency at **University of California - Irvine in 2010**, and completed a child and adolescent psychiatry fellowship at **UC San Diego in 2012**.

His interests are in general clinical care, education, mental health integration into primary care settings, and global mental health.

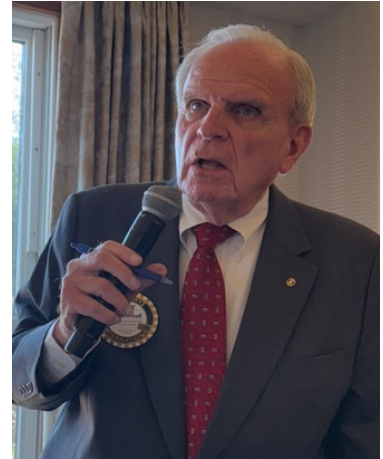
**Please RSVP for our next meeting on May 6<sup>th</sup> at:**  
**[https://docs.google.com/spreadsheets/d/1dkpZkZU2pOoCmuvRlvFxpTUOM\\_uAxNbgu\\_ahbKY\\_Irs/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1dkpZkZU2pOoCmuvRlvFxpTUOM_uAxNbgu_ahbKY_Irs/edit?usp=sharing)**

**If you have any problems with registering, please  
contact Natascha Vossen at  
[natascha@bestmatchcollegeconsulting.com](mailto:natascha@bestmatchcollegeconsulting.com)**



## Highlights from Last Week's Meeting

**President Robert Teaff opened the meeting promptly at 12:30 PM.**



**Charles Hartford led us in the pledge of Allegiance and gave the following inspirations**



"As many of you know, I'm an unapologetic "invocation a list" in the traditional and somewhat stodgy sense.

But that said, today is a special day. It has been my experience that leaders come in all shapes and sizes: that, in some way, everyone in this room is a leader; that we should work to "lead our leaders;" and that leadership is a lifetime endeavor of service. For our distinguished guests and for our

consideration":

### **On leader development:**

**Adam Grant:** "Good leaders build products. Great leaders build cultures. Good leaders deliver results. Great leaders develop people. Good leaders have vision. Great leaders have values. Good leaders are role models at work. Great leaders are role models in life."

**George S. Patton, Jr:** "Don't tell people how to do things; tell them what to do and let them surprise you with their results."

**Theodore Roosevelt:** "The best executive is the one who has sense enough to pick good men [and women] to do what he wants done, and self-restraint to keep from meddling with them while they do it."

**Muriel Strode:** "Do not follow where the path may lead. Go instead where there is no path and leave a trail."

## Guests

We were pleased to welcome several parents of students from the **RYLA (Rotary Youth Leadership Awards)** group as our guests this week. Parents in attendance included: Greg Butler (daughter Zoe), Jason (daughter Meredith), Jamie, Sara (Luke), Dominique (Stella), Renee (Sofie), David (Adrian), Jude (Julia), and Raven (Cashton).

## Announcements

**Chuck Dick** shared that on **May 13th**, five officers and leaders from **our sister club in Sasebo, Japan**, will be visiting La Jolla Rotary as part of a Southern California tour. They will join us for our club meeting and Rotary Day celebrations and will also attend a special dinner that evening. We look forward to reciprocating their hospitality and making their visit memorable.

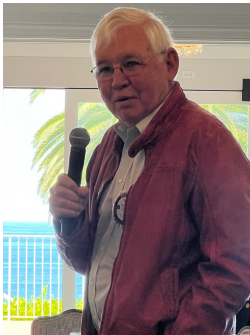




## Happy Bucks \$\$\$



**Cindy Goodman \$250.00;** Sharing she recently hosted a Friendship Exchange group from India. The visit included dancing, sharing culture and food. It was great fun. She also mentioned attending the dedication of a new playground at the Armed Services YMCA.



**Orrin Gabsch \$500.00;** Celebrating the great news from his annual physical and announcing his upcoming travel plans to Kauai and then to what he calls "**God's country**" North Idaho where he has a second home. This was one of his final meetings before his long travels.

## Last Week's Program: Craig Schniepp, the Interact students and RYLA

**Craig Schniepp**, our club's **Youth Services Director**, introduced the RYLA **students** and their families.



To begin, the program students shared moving testimonials and talked about their experiences

with Rotary's **Home Build Program** in Tijuana.



This year marked the **42<sup>nd</sup> home build for the club**, and **25th personally for Craig**. The trip, which took place due east of Otay Mesa, was a life-changing experience for both the families receiving homes and the students helping build them.

**Zoe** shared how she was so impressed by how a concrete slab turned into a full house in a single day, ending with handing the keys to a grateful family with whom she got to know and enjoy.

**Cel Perez** called the experience “life-changing” as well as surreal and reflected on the deep emotional impact of witnessing the difficult living conditions and how the kids were happy with the simple life they had and the ability to have a roof over their head by the end of the weekend.

**Sofie** remarked on the joy of transforming lives in just seven hours and seeing the family's excitement.

**Stella** described the powerful before-and-after transformation of the home she helped build.

**Meredith** was struck by the harshness of their living conditions, seeing the family in a tent and how the build changed their lives and changed her perspective at home.

**Luke** remembered the vibrant colors of the neighborhood and the realization of their impact.

**Julia** spoke about how the trip reshaped her worldview, noting the closeness of such extreme poverty to their own lives.

**Cashton**, with four home builds under his belt, shared his growing understanding of global inequality and how he finds joy in helping.

**Anya's**, first experience with the home build and described the beautiful collaboration between diverse people and backgrounds —many not even speaking the same language—as a symbol of how the world *should* operate and come together.



The students also shared heartfelt reflections on their time at **RYLA Camp**, held in cold, wet weather with temperatures dropping to the 30s in the evenings. The camp's theme, "**Be Your Own Hero**," inspired students to reflect on leadership, vulnerability, and courage.

**Stella** was inspired by a speaker who built schools in Afghanistan and learned that impacting just one life is enough and can make a big impact.

**Starfire Group** members expressed how the camp pushed them to open up and grow. They learned that positivity and expressing vulnerability are true leadership qualities.

**Luke** emphasized that leadership takes courage and shared how his group opened up emotionally. His superpower being: *courage*.

**Julia** felt more confident engaging with unfamiliar people and found that she had more in common with others than expected. Her superpower: *comfort with the unfamiliar*.

**Cashton** described the "culture walk" as a deep bonding experience and came away feeling *invincible* and empowered.

**Emery** was initially skeptical but left with strong bonds and a renewed appreciation for loyalty and personal growth.

**Adrian**, whose sister had previously attended, said the camp was life changing. He shared that "the greatest emotion a human can feel is love," which he named as his superpower.



**Craig Schniepp** noted that one particularly quiet member from the group was so inspired she plans to start an **Interact Club** at her school—proof of the ripple effects these programs can have.

### **Interact's Upcoming and Ongoing Projects**

The **Home Build Program** remains a favorite among our members. Thank you to all who support it!

**Scholarship Announcements** for the RYLA students was shared and encouraged.

Craig also marked his **48 years of Rotary involvement**, at the meeting which fittingly fell on his father's birthday. Congratulations, Craig!



## **Coming in two weeks:**

### **Second Sapiens and the Planetary Future of Humanity**



### **Our Speaker and Newest Rotarian, Said Elias Dawlabani**

Chief Reporter: Talyssa D'Avila  
Copy Editor: Denise McGuire



