

ROTARY CLUB of La Jolla

BITS of News

10-12-23



Rotary
District 5340



LEAD

At our upcoming meeting **October 17th** **Craig Schniepp, Chair of our Youth Service** will present our **6 LEAD sponsored 8th grade students and their parents**. The students will have just completed their **LEAD weekend at Camp Cuyamaca**. They will tell us **about that weekend and their LEAD experiences**.

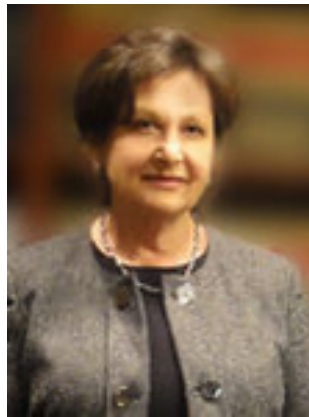
The LEAD (Leadership, Ethics, Aspirations & Determination) **Conference** is a leadership and personal development program for 8th grade students that has been held annually since 2009.

Talented young people attend a two-day (Saturday and Sunday) camp developed, presented, and hosted by the Rotarians of Rotary International District 5340. LEAD is held at Cuyamaca Outdoor School. The program encourages young people to discuss issues of ethical responsibility, improve leadership and communication skills, become self-motivated to reach goals and develop a positive outlook on life... all while having fun and making friends.

**IMPORTANT: Please RSVP to Natasha Vossen's email
re: our next luncheon on October 17th:
nataschavossen@san.rr.com**

October 10th Meeting Highlights:

Inspiration and Pledge of Allegiance



President Barbara Brown

“The best way to find yourself is to lose yourself in the Service of Others.”



Guests:

Amy Weeks, Assistant Vice President, Philanthropy, Rady Children's Hospital Foundation.



Anne Dick, Long Time LJ Rotarian Chuck Dick's, Better Half.



Peter Shaw, Visiting Rotarian from the Rotary Club of Maui. Every year, Peter spends 6 months in La Jolla and 6 months in Maui.

Announcements:

Housekeeping



Bill Burch discussed the importance of signing our check-in sheet at the beginning of every meeting, as that allows the club to learn who may not be attending recent meetings, so we may contact them to be sure they are ok.

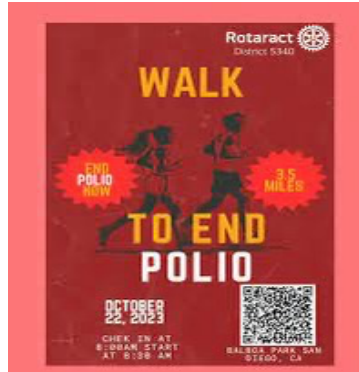


If you know of any Rotarian club member who has been unable to attend our weekly meetings for specific reasons such as personal, family, or medical issues, please notify Sunshine Person, **Penny Shurtleff**. at plssunrise@sbcglobal.net or by phone at: 858-483-4990



Leanne MacDougall has formed a **Senior Singles Group** with members of St. James by the Sea Episcopal Church and La Jolla Presbyterian Church; however, she *emphasized* all comers are welcome. The Group meets regularly and attends a wide variety of socially oriented activities. If you want to learn more, call Leanne at (619-889-8317).

Balboa Park Walk to END POLIO



Our District Governor, **Don Fipps**, alerts us that our district 5340 is sponsoring a Fundraiser and Walk in Balboa Park on October 22nd. **to END POLIO**. It is only 3.5 miles and will starting at 8 AM. Registration must be done before October 18th, and the fee is \$40.00. We need to represent our Club! All our members have received registration materials by email on September 29th at 1:16 PM from **Denise McGuire**. Time to sign up!

Halloween Social

Mark your calendars! **Davis Cracroft** and his wife have generously offered to host “**The Halloween Social**”, at their home. Costumes are up you, and yes, you can bring your dog. Details to follow in a later edition of the **BITS**



Who Am I? Kevin Gott



Rotary Director **Kevin Gott** 's childhood was filled with a number of moves, before finally settling in La Jolla. To begin, he was born in Ft. Knox, Kentucky in 1966. His Dad an army Dentist, eventually was called up to serve in Viet Nam. During his dad's time of service his mom decided it would be a great idea for her to move the family to Hawaii. And so, she did.

Once the war ended, the family again moved, this time to Boston, where Kevin's dad would take Advanced Course Work at BU. For Kevin it would mean seeing snow for the first time and learning the importance of American history to those who lived on the East Coast. After his dad completed his studies, the family again moved this time to Northern New Mexico where his dad started his practice. Eventually at his mom's request, the family moved for the last time, and to La Jolla where they have lived for 29 years.

Kevin met his wife, Heidi after college, and today there are 4 more Gotts. To support this sizeable crew, Kevin went into the Tool and Dye business, even teaching for a couple years at UCSD. Currently he makes precision parts for the Military. As for hobbies, Kevin is an avid Beekeeper and the proud owner of a near perfect Fishing Boat.



Postscript: Kevin didn't tell us what his 4 kids have been up to. The **BITS** Co-Editor however believes this too speaks to who Kevin is.

His daughter, **Olivia** 26, has served in the US Air Force and is now a senior at University of Missouri. Son, **Gunnar** 25, is a junior at the Air Force

Academy. Son, **Simon** 25, is a junior at The Naval Academy, Annapolis, and daughter, **Charlotte** 21, is a junior at CA Maritime Academy.

Last Week's Speaker:

Dr. Ben Maxwell, Director of Psychiatry at Rady Children's Hospital.



Dr. Maxwell told us a compelling and troubling story of the recent epidemic of serious adolescent psychiatric problems caused by loneliness and social isolation. He attributes this to social media and the “Smart Phone”, stating teen depression and anxiety has gone thru the roof in the last 10 years. The same 10 years when teen constant smart phone usage has become a norm, taking the place of social and in person connections that were happening before. Instead, smart phones now expose them to the unregulated and often negative world of social media 24/7.

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. To combat this with the funding of Price Philanthropies, Rady started a program that aims to catch issues early in children and adolescents by embedding master's level psychiatric therapists with every treating pediatrician, allowing rapid referrals for troubled kids. With this structure, 97% now get the help they need and in 3 or 4 sessions are bumped back onto a trajectory of psychological wellness and health.

Realistically, however Dr. Maxwell stated this epidemic is not a problem medicine alone can stop. “The idea that we just keep growing more and more mental health programs in the health care space isn't sustainable, and it's not really the thing that's going to lead to kids realizing their full potential.” What is needed is a partnership with the social fabric that exists. It's schools, its sports, its parenting classes, it's several things that we can do, to start kids on the path where they experience more joy in life, and then have these healthcare systems in place if they fall off the trajectory.” In the end, we need

social structures that will improve the developing mind of the kids that are growing up today.

Our Speaker in two weeks, October 24th

Scripps Oceanography Scientist Deborah Kilb An expert on Earthquake Preparedness



Dr. Kilb has been at the center of efforts to develop Earthquake Early Warning systems, which initially were adopted cautiously. She will talk about the evolution of thinking about the value of early warning technology and the role the social sciences have played in developing the warning systems currently deployed across the three western states of Washington, Oregon, and California. Dr. Kilb can help us all be better prepared for an earthquake.

