



Dr. Michelle Paul

Suicide



Dr. Michelle Paul is a Psychologist and Associate Director of Clinical Training in the UNLV Psychology Doctoral training program. She also directs UNLV's interdisciplinary community mental health training clinic: The Partnership for Research, Assessment, Counseling, Therapy and Innovative Clinical Education, also known as The PRACTICE. At The PRACTICE, psychology and counseling graduate students provide affordable and evidence-based psychotherapy

and psychological assessment under expert faculty supervision. Dr. Paul earned her Ph.D. in clinical psychology from the University of Vermont in 1997 after completing her residency at the University of San Diego/VA Hospital Consortium. She has strong generalist clinical training with particular interests in children, families, and psychological assessment. She is also devoted to professional service at the local, state and national levels. For example, she was elected President of the Nevada Psychological Association and appointed by Governor Sandoval to the Nevada Board of Psychology, serving 3 years as its President. She was honored by UNLV and the Board of Regents with the 2018 Graduate Academic Advisor Award and by the Nevada Psychological Association with the 2019 "Outstanding Advocate for Psychology" Award. A fellow Nevadan since 1999, Dr. Paul is committed to applying her clinical and professional expertise to improving the mental health of our community.

The Las Vegas Rotary Club's Mission:

*Teaching Youth to Succeed
through Literacy, Education & Life Skills Development*

Las Vegas
Rotary
Club



OCTOBER 24, 2019

TODAY'S PROGRAM

DR. MICHELLE PAUL

CALENDAR

SCRIBE

MESSAGE FROM THE PRESIDENT

MEMBER HIGHLIGHTS



WHAT IS ROTARY?

Rotary is a global network of 1.2 million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves.



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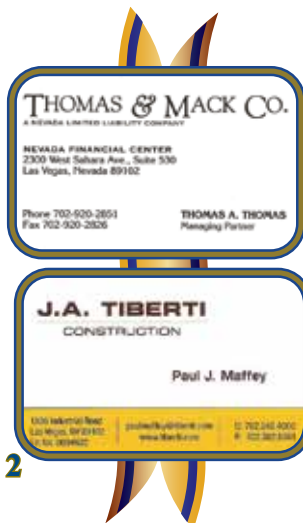
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Randy Campanale



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MESSAGE FROM THE PRESIDENT

Today we are so fortunate to hear from Dr. Michelle Paul from the UNLV Psychology Doctoral Training program. I am especially interested to hear about mental health concerns with our veterans and active duty military. My Father suffered with PTSD from his time serving during World War II. It was suppressed for decades until he went on a trans-pacific cruise stopping at many of the WWII sites his Navy ship battled during the war. It plagued him until the end of his life. I have also known a POW from the Vietnam war and I always wondered how he managed from day to day.

As General William Tecumseh Sherman famously noted during the Civil War, "War is hell."

How Common Is PTSD Among Veterans?

The U.S. Department of Veterans Affairs reports that incidence of post-traumatic stress disorder among veterans varies depending on which conflict a service member was involved with. About 11 to 20 out of every 100 veterans (or between 11 and 20%) who served in operations Iraqi Freedom and Enduring Freedom have PTSD in a given year. About 12 out of every 100 Gulf War Veterans (or 12%) have PTSD in a given year. About 15 out of every 100 Vietnam veterans (15%) were currently diagnosed with PTSD when the most recent study of them (the National Vietnam Veteran Readjustment Study) was conducted in the late 1980s. It's believed that 30% of Vietnam veterans have had PTSD in their lifetime.

Wow, these stats are very concerning. While the Veterans Administration has recognized the disorder and offers treatment, the recent headlines about vets waiting weeks or months for an appointment has Americans appalled. Thankfully, now vets and active duty military can turn to private medical and mental healthcare.

What About the Kids?

Our club's mission statement spells out what our focus is. "Teaching youth to succeed through literacy, education and life skills development." So naturally we are concerned with mental health issues in kids. How pervasive is it? Are the kids getting the help they need? Are the parents in some cases refusing to acknowledge that there is a problem? When the parents do acknowledge that a problem exists, do they know where to go for help?

According to the CDC:

ADHD, behavior problems, anxiety, and depression are the most commonly diagnosed mental disorders in children
Depression and anxiety have increased over time
Treatment rates vary among different mental disorders; Good news, on the average, 50% or better are getting help.
Mental, behavioral, and developmental disorders begin in early childhood
Rates of mental disorders change with age, generally increasing
Many family, community, and healthcare factors are related to children's mental health such as socioeconomic factors

Early diagnosis and appropriate services for children and their families can make a difference in the lives of these children. Access to providers who can offer services, including screening, referrals, and treatment, varies by location.

Our vets, active duty military and kids deserve the resources and services needed to help them live active and happy lives.

Jacqueline Thornhill

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CALENDAR

ROTARY EVENTS ARE LISTED IN RED / GUEST SPEAKERS & PROGRAMS IN BLACK

- 10/25 Cigar Social**
- 10/31 Sheriff Joseph Lombardo - LVMPD Updated Role**
- 11/7 Glenn Meier - Harnessing the Collective Wisdom of Your Team**
- 11/12 Breakfast with Books**
- 11/14 Veteran's Day Celebration**
- 11/14 Wine to Water**
- 11/21 Donna Foley Mabry - Being an Author**
- 11/27 Mark Hall-Patton with Kiwanis Club**
- 12/5 Santa Clothes & Holiday Party**
- 12/10 Breakfast with Books**
- 12/12 Gregory Gudenkauf & Adam Joseph - Opportunity Village / Magical Forest**
- 12/19 Club Assembly**
- 12/26 DARK**
- 1/2 DARK**
- 1/9 Judith Pinkerton - Vegas Transformation: My Journey from Strip Work to Music Therapy**
- 1/16 Jeff Civillico - Connecting Great Entertainment with Great Causes**
- 1/30 Kat Miller - Nevada Department of Veteran Services**
- 2/6 Theresa Bower - 2020 Census Recruiting**



Cigar Fellowship #20

Date: Friday, October 25th 2019
Time: 6:00 p.m.

Where: Randy and Sally Donald's
Cost: \$10.00 per person donation to the Las Vegas Rotary Foundation

It's a potluck so bring a side dish, appetizer, salad or main dish.

Bring Your Own Drinks.
Cigar Smokers, bring at least three cigars, one to smoke, one for the troops and one to trade.
Open to all friends and family so feel free to bring a guest.
Yes, cigar smokers will be outside.

Sign up at Rotary or RSVP to Jim Hunt at LHUNT@aol.com

PAST PRESIDENTS

Les Saunders*	1923-24	Dr. Harold Boyer*	1971-72
Bill Ferron*	1924-25	Angelo J. Manzi*	1972-73
A.A. Hinman*	1925-26	Keith Ashworth*	1973-74
Frosty Mildren*	1926-27	Robert E. O'Connell*	1974-75
Fred Hesse*	1927-28	Don Ashworth*	1975-76
Dr. E.M. Ferguson*	1928-29	David F. Welles*	1976-77
Dr. William S. Park*	1929-30	James J. Corey*	1977-78
Charlie Dimock*	1930-31	Darrell Luce*	1978-79
Leo McNamee*	1931-32	Albert H. Purdue*	1979-80
A.E. Cahlan*	1932-33	Michael Hoover	1980-81
Douglas Dasheil*	1933-34	Donald L. Aikin*	1981-82
Marion Earl*	1934-35	Joseph J. Buckley*	1982-83
Dr. Roy Martin*	1935-36	Irwin Kishner*	1983-84
K.O. Knudson*	1936-37	James Cashman III*	1984-85
Frank Gusewelle*	1937-38	Mike Meyer	1985-86
Tom Connolly*	1938-39	Doug L. Peterson	1986-87
Archie Grant*	1939-40	M.J. Wiens, Jr.	1987-88
Otto Underhill*	1940-41	Keith W. Bassett*	1988-89
Bryan Bunker*	1941-42	Kenneth E. Miller*	1989-90
Cyril Wengert*	1942-43	James M. Gamett	1990-91
Fred O'Donnell*	1943-44	Robert L. Moore	1991-92
Frank Case*	1944-45	Robert L. Forbuss*	1992-93
Victor Shurtiff*	1945-46	Gary A. Martin	1993-94
Max Kelch*	1946-47	John A. Smith	1994-95
Ed Ciliax*	1947-48	Caty Crockett	1995-96
Lorin Ronnow*	1948-49	Clifford R. Beadle	1996-97
Leonard Fayle*	1949-50	Ralph J. Rohay	1997-98
Allye Lawson*	1950-51	Dr. James M. Jones*	1998-99
Harry Allen*	1951-52	Tom A. Thomas	1999-00
Les Edwards*	1952-53	Tom J. Krob	2000-01
Wayne Kirch*	1953-54	James E. Hunt	2001-02
George Boman*	1954-55	James R. Tucker	2002-03
Spence Butterfield*	1955-56	Kathy Dalvey	2003-04
Walt Hunsaker*	1956-57	Steve Casey	2004-05
Ted Brandt*	1957-58	Ned Phillips	2005-06
Julian Moore*	1958-59	Brock Fraser	2006-07
Ray F. Culley*	1959-60	Randy Campanale	2007-08
C.T. Harris*	1960-61	Russ Swain	2008-09
Ollie Gardner*	1961-62	Karen Whisenhunt	2009-10
Tom Underhill*	1962-63	Tom Axtell	2010-11
Vern Willis*	1963-64	Sharon McNair	2011-12
Ward Wengert*	1964-65	Randy Donald	2012-13
Bill Southard*	1965-66	Ginger Anderson	2013-14
Dr. Vince Sanner*	1966-67	Steve Linder	2014-15
Walter Wehner*	1967-68	Mary Ann Avnet	2015-16
Dr. Robert Robinson*	1968-69	David Thorson	2016-17
Harold Wandesforde*	1969-70	Michael Gordon	2017-18
Mark C. Mielke*	1970-71	James Kohl	2018-19

* Deceased



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THE LAS VEGAS ROTARY CLUB



President Jackie
is eager to start the meeting.



Brian Sorrentino
led with his invocation.



PP Michael G.
singing "God Bless America"



At **President Jackie's** head table
were Karen Whisenand and delegates
from Ukraine **Olena Balybina** and
Liudmyla Lvashchenko.



Melanie Muldowney awarded Paul Harris
Fellowships to **Marie Walsh, Janelle Lozano**,
past Secretary **Susan Ziobro** and Major
Donor Level 2 to her Father **Tom Krob**.



Rosalee and Mike
inducted our new member
Mike Muldowney



Sergeant at Arms **Rene Gamero** and
Eric Astramecki announced our next
annual fundraiser committee meeting.



President Jackie exchanges banners with
our new member **Mike Newborm** formerly
with the Rotary Club of Ranch Santa Fe.



Steve Hedrick
missed his chance to speak

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PEOPLE OF ACTION



Jordan led us in
"Bless America".



Bob Werner exchanged
banners with a guest from his
hometown in Switzerland.



President Jackie
exchanged banners with our
delegate from Ukraine.



Janet Linder
newest member
born.



PP Jim Hunt gave a
Santa Clothes presentation to
start this year's event.



PP Russ Swain
pauses for a picture with
Jimmelle and Rampur.



Dixon
nce at the Joker.



Carolyn Sparks
won the Lawry Bucks.



Our Open World Delegation
from Ukraine sang their
national anthem.



The Officers for the 25 Club

President - Jimmelle Siarot
VP - Carey Grohs • Secretary - Rene Gamero
The 25 Club meetings are held on the 1st Thursday
each month at 11:15 A.M. at Lawry's The Prime Rib

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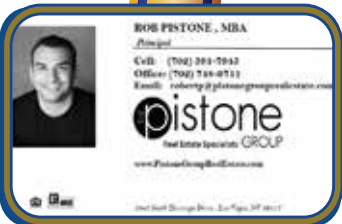
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SCRIBE

OCTOBER 17, 2019

- **President Jackie Thornhill** called the meeting to order;
- **Brian Sorrentino** gave the invocation;
- **P.P. Michael Gordon** led the club in singing “God Bless America”, followed by the Pledge of Allegiance;
- The Sergeant at Arms was **Rene Gamero**;
- There were (2) International Rotarians, (2) visiting Rotarians and (4) Guests of Rotarians introduced;
- **President Jackie** reminded the club about the Together We Read Pilot Program. All Rotarians were encouraged to reach out to **President Jackie**, **Toni Kern** or **Kathy Mahon** to get involved. She also reminded the club of the International Convention in Hawaii. Additionally, there are no updates to 140 Project;
- **Melanie Muldowney** did a special presentation of new Paul Harris Fellows: **Janelle Lozano** and **Susan Ziobro**, **John Ingeme** presented **Marie Walsh** with her honor, and lastly, **Melanie** presented **P.P. Tom Krob** with his honor of Major Donor Level 2;
- **Rosalee Hedrick** and **Janet Linder** welcomed our newest member **Mike Mewborn** with a new member induction. **Jim Hunt** did a special presentation to kick off Santa Clothes;
- **Jimmelle Siarot** reminded the Club that the canned food drive is still going; **Toni Kern** announced the holiday party with a theme of holidays with Paul Harris at Dragon Ridge Country Club on December 5th. **Rene Gamero** reminded the Club about the Halloween Party Saturday at **Russ Swain’s** house.
- **Marie Walsh** reminded the club about the Harvest Festival at Beckley Elementary on Friday and also Breakfast with Books on November 12th. **Stuart Lipoff** announced the next wine to water event at **Dave Lester’s** house on November 14.
- **Eric Astramecki** announced the annual fundraiser committee meeting immediately after the meeting. The event will be held April 25, 2020.
- **Michael Williams** reminded the club about the Peace Conference on November 16th at Treasure Island. **P.P. Tom Krob** announced the Cigar Social on October 25th. **Bill Houghton** reminded everyone about the Teen Leadership Camp December 6-8th.
- The weekly drawing began at \$1,864.00 plus this week’s donations. The Ticket Winner who received \$10 was **Steve Dixon**; the Lawry’s Bucks went to **Carolyn Sparks**. There were two additional raffles of **Arlene Sirois’** recently published books that went to **Richard Jost** and **Bill Houghton**;
- **P.P. Karen Whisenhunt** introduced the Ukrainian delegation the Club hosted for Open World. The visitors discussed their time in Las Vegas and lessons learned while they were here;
- **President Jackie** then adjourned the meeting.



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25 CLUB HALLOWEEN PARTY



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Jacqueline Thornhill
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Steve & Janet

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The September Issue of
THE ROTARIAN**



**THE FOUR-WAY TEST
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WE THINK, SAY OR DO**



1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?

MAKE-UP DAYS AND PLACES

Monday (1st, 2nd, 4th)	Southwest	Lawry's Prime Rib	12:15 p.m.
Tuesday (1st, 3rd)	Las Vegas Summerlin	TPC Club House	7:00 a.m.
Tuesday (1st, 3rd)	Downtown	Hugo's (Four Queens Hotel)	12:00 p.m.
Tuesday	Henderson	Wells Fargo building (122 S. Water St.)	Noon
Tuesday	Mesquite	Holiday Inn Express	Noon
Tuesday (2nd, 4th)	Las Vegas West	Canyon Gate Country Club	12:00 p.m.
Tuesday (varies)	Red Rock Rotary	PKWY Tavern (9820 W Flamingo Rd)	6:30 p.m.
Tuesday	Pahrump Valley	China Wok	Noon
Wednesday	Boulder City	Milo's Cellar	6 PM
Wednesday	Moapa	UNR Cooperative Extension	7:30 a.m.
Wednesday (2nd, 4th)	LV After Hours	Art 2 Art Gallery	6:00 p.m.
Wednesday	LV Spring Mountains	The Den LV (9837 W. Tropicana Ave)	5:30p.m.
Thursday	Boulder City Sunrise	Boulder Creek Golf Course	7:00 a.m.
Thursday	Green Valley	Wildhorse Golf Club	7:00 a.m.
Thursday	Las Vegas Rotary	Lawry's Prime Rib	Noon
Thursday	Mesquite Sunrise	Oasis Golf Course (Red Room)	7:30 a.m.
Friday	North Las Vegas	Los Prados Country Club	7:15 a.m.
		Off Lone Mtn. betw. Decatur & Jones	
Friday	Las Vegas "Won"	Fogo de Chao	5:00 p.m.

Wheel Print: Bill Houghton, Horizon Print Solutions

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Pictures: Jim Tucker

The Scribe: Michelle Roy

Rotary Web Sites

Rotary.org - Rotary International

District5300.org - District 5300 Site

www.LasVegasRotary.com - Our Club Site



Rotary At A Glance

Rotarians Members - 1,207,102; Clubs - 34,823; Districts - 538; Countries - 200+;

Rotaractors Clubs - 7,868; Members - 180,964; Countries - 162

Interact Clubs - 18,005; Members - 414,115; Countries - 132