

the CLARifier

CLAREMONT ROTARY NEWSLETTER

SERVICE ABOVE SELF

Claremont Rotary Year 92 | Week 10 | September 11, 2020

Program: Mary Segawa Craft Talk

submitted by Lark Gerry



Mary Segawa has worked in community and statewide substance abuse prevention and public policy for over 20 years. In her role as the Public Health Education Liaison

at the Washington State Liquor and Cannabis Board (WSLCB) she worked closely with other state agencies and community organizations to coordinate prevention efforts, provide training, and develop resources. Mary played a key role in promoting public health policy at the WSLCB as they implemented the two citizen initiatives that privatized liquor and legalized cannabis. Prior to her work at the WSLCB she served as Executive Director of a county-wide non-profit agency focused on prevention of youth substance use and violence. Mary is now working as an independent contractor. She recently received the *National Prevention Network's 2020 Award of Excellence*. Mary has a B. S. In psychology from Kansas State University and an M. S. In counseling from Missouri State.

Follow the Yellow
Brick Road



CRAFT TALK

Mary's story began in Kansas where she was born. Hence, the Wizard of Oz Theme! Her grandparents were Germans who went to Russia when Catherine the Great lured them there with land.

When things changed, they decided that the United States was a better place to be, so they immigrated in the early 1900s. Both sets of her grandparents settled in and

around Collyer, Kansas, population of 109 (2010 Census), located halfway between Kansas City and Denver on Interstate 70. Kansas is known as "the Heartland," "Wheat Country," "Tornado Alley", which is reflected by this photo dated May 22, 2008, which also happened to be her wedding anniversary, a stormy day!



Storm cell near Collyer,
May 22, 2008.

Mary Schwarzenberger is one of eight children. This picture was taken at her parents 70th wedding anniversary with all eight of the children. That was the last time that they were all together. They have settled widely across the United States, and one sister lives in Kaduna, Nigeria.



In Collyer, there were just four students in her seventh grade class, but by the time she got to high school, there were eighty-nine students in her graduating class, embracing students from all over the county. She attended Kansas State College at the "Little Apple" aka Manhattan, Kansas. After that she headed to Missouri State University, which was Southwest Missouri at that time.

Continued, p. 5

Watch It!

Here is the [link to the meeting recording for September 11](#) featuring Mary Segawa's Craft Talk. Password: a!j9pAK& (The program starts at 56 minutes)

Next Zoom Meeting

[Zoom link to Meeting on Friday 9/18](#), which features How can we support our most vulnerable businesses post COVID? Marc Ang, Founder of AIB2B

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Rotary, The Zoom Meeting

submitted by Harry Sparrow



We started off with the usual banter and then president Buff sent us off to our breakout rooms with a possible topic for discussion: Rotary Moments we've had or would like to have.

Break Out Talk—Rotary Moments: When we returned Together We Prepare/CPR appeared to have been the most often brought up source of a Rotary Moment. Two of the people in this writer's group, **Anna Torres** and **Steve Schenck**, brought it up. It is no wonder that this was mentioned as often as it was, because **Randy Prout** said that TWP/CPR has been credited with saving a significant number of lives. Randy also shared another moment that had to do with an event in 1986 that related to raising money for the eradication of polio. Our club teamed

Break out Talk continued p. 3

WELCOME GUEST

Buff's friend Bill Gershon attended again. He's become more faithful than CHS Principal Brett O'Connor, whom we're also happy to see again!



Pressing Topics: Fires, Schools

It's California during a pandemic, so what did we talk about before the formal meeting began? Many of us had fire, ash and smoke stories to tell. **Steve Schenck's** background was from a 2013 brush fire that had just started along the freeway. **Lee Goldstein** was state chair of the Red Cross and recounted all the fire planning he was involved in. See Pressing Topics on page 3.



The Pledge of Allegiance Tradition

There was some discussion about whether to try singing again. We're a singing Club! Since Zoom makes group singing so challenging, the consensus was not today! **Dennis Smith** suggested The Pledge of Allegiance. **President Buff** observed that Rotary is an international organization, we have members who are non-citizens and we might want consider the meaning of the Pledge in the Rotary context.

It was noted by several members that this day was 9-11; therefore we offered the pledge in honor of those who lost their lives and were first responders in New York, the Pentagon, and Pennsylvania on September 11, 2001.

Rotary Club of New York Meeting Sep 24th at 9 am PT [on Zoom](#)

Going Viral on Purpose

Speaker will be Pete Winters, President and Founder of Viral Media Fundraising, who has worked on over a dozen campaigns that have gone viral.

INSPIRATION FOR THE DAY

John Howland said he had planned to offer some thoughts from FDR but decided to talk about the subject of success instead.



- * Success comes before work only in the dictionary.
- * The closest we ever come to perfection is when we write our resumé.
- * Behind every successful man stands a proud wife and a surprised mother-in-law.

ANNOUNCEMENTS

There's still time! Hope Partners is sponsoring its "Virtual" 47th Annual Walk for the Hungry and Homeless from **September 12-20**. Sam Mowbray was our champion for the real event in the past. For more information, visit www.InlandValleyHopePartners.org.

The **Peace Conference** is scheduled for October 24, 2020. It is titled *Peace Out Of Chaos – A Pandemic* and will be free via Zoom.

Eva Paniagua, daughter of club members **Ned and Chrissie**, is helping to start an **Interact Club at Webb School**. They have found a faculty advisor and the Club needs to provide a Club advisor. Volunteers?

Mark Carson spoke about our **Out On The Town** (OOTT) event. He stressed that like the Taste of Claremont, this is an all member event. We all will be expected to reach out to family and friends to sell \$10 Passports that will come in a clear plastic bag containing a wine glass (a \$20 value), excelsior and the brochure. He suggested we pitch it as "Date Night," "Zoom with Friends night" and the like. The idea is to help our Taste vendors where help is defined as eat, drink and be merry whether at the venue or as take-out. Please contact **Mark Carson** (chair) to find out how you can assist with our primary 2020 fundraiser. 909-821-5396 or rotarymarkie@gmail.com

More Announcements on p. 4

Breakout Talk, from p.2

with six other organizations for a huge fundraiser event—a fashion show—at Montclair Plaza; there were hundreds and hundreds of people, limos and good times, along with significant fundraising. **Ron Coleman** talked about his first time with Bikes for Kids. Ron said the kids were all appropriately appreciative of receiving the bikes, but his moment came when he observed the looks of joy he saw on the kids' faces in their first moments with bikes when they thought no one was looking. **Dennis Smith** told a wonderful story about how a young girl had been positively affected by her Teen Leadership Camp (TLC). He said that it was how other kids had treated this girl that led to the change over the three days. Dennis got to sit next to her on the bus ride home as she chatted happily about her experience.

Pressing Topics Discussion, from p. 2

Claremont High School (CHS) Principal **Brett O'Connor** provided an update on the fall start. Brett said that there had been a few technical glitches, but things generally went well. The main observation that he wanted to share was this. The kids and the teachers were excited to be back in session. While there is no substitute for the in-person classes and the associated social interaction, everyone was anxious to be back to at least this level of "normalcy". *How can we help? If you can tutor math at any level, let Brett know.*



CUSD Superintendant Jim Elsasser said that there are 3 key words for this school year: patience, flexibility, and grace. The good news is that things got off to a good start. Enrollment was within 14 of their estimate about 6800 students. Of those, about 10 percent will distance learn for the entire year (parents' option), but the rest will start with distance only and then evolve through a hybrid of both and, hopefully, exclusively in person by the end of the year.

Lyn Childress asked if the students have everything they need. **Jim** said the answer is generally "yes." There was a day where school supplies could be picked up. Everyone who needs an iPad has one. For those who are wifi-challenged they have set up 70 hot spots. **Bridget Healy** asked if the faculty and staff have what they need and also, since many of them didn't get a summer vacation how are they holding up. **Jim** is very sensitive to the need for supporting the staff and there is nothing specific that is needed. **Jim** offered public kudos to **Brett**. He said, "as goes CHS, so goes the district" and Brett had done such a great job that he, Jim, for the next year will pay any fines the Sergeants levy on Brett. Speaking of fines, he was happy to pay one for making a personal announcement. His daughter has been hired as a kindergarten teacher in Fountain Valley. He was rightfully proud.

SERGEANT Harry Sparrow

Harry Sparrow was the Sergeant for the day. Harry said he wanted to test **Jim Elsasser's** resolve and so he fined Brett for doing a great job. Jim was then directed to pay that fine plus one for the announcement about his daughter. Need to pay a fine? Easy Peasy! Find the link at the bottom of [our web page](#)



Harry next called on **Chris Hayes**. Harry asked why, since according to our recently distributed Club Roster she isn't a member, why had she Zoomed in? Chris blamed it on Buff for leaving her out of the booklet. Buff noted that this seems to be a weekly fine. Will it last a year?



Harry called on some of our Red Badge members, thinking that a fine would make them feel more like part of the club. He called on **Dr. Blanca Aguiar** to name one of the professions in the Rotary Welcome song; she did (doctor) and so her fine was only \$1. Next was **Francis Limbe** who was asked to name the song our club normally sings to start the meeting; Buff mugged a smile, and then Francis said "Smile." Fine. **Barbara Troxell** was then asked to name one of the professions in the Rotary Welcome song and she did (dentist). Finally, Harry called on **Bill Burrows** and asked him to reprise his imitation of Wolfman Jack. It took a moment for Bill to get into character and then he nailed it.



Rich Loughton was next to be called out for a fine. Harry asked if it was true that he was taking credit for work someone else was doing and if so, who was that. Rick laughed and said that it was true relative to his support to OOTT; **Tom Shelly** was really doing all the work, but Rich was taking credit. This all was of course tongue in cheek fun -- both Rich and Tom were fined.



Last, Harry said that while 9-11 is a very somber day, he asked **Ron Coleman** why, when our national emergency number was first put in place, it was advertised as nine eleven rather than nine-one-one; "Why?" Ron didn't know. Harry said the answer was "there were too many people who couldn't find the eleven on their phones." Ron was irate at being usurped, and called Harry out for a major fine.



ON THE DISTRICT CALENDAR (from Highlighter)

Thursday, September 17 @ 1:00 p.m. -- Rotary International Webinar - Design an Inclusive Plan. This is the first of Rotary International's Diversity Equity and Inclusion (DEI) webinar series. See the article in the September District 5300 newsletter (in your email [or at this link](#)) for more information. To register (free) click here: [Design an Inclusive Plan for your Organization Webinar](#) :

Monday, September 28 @ 6:00 p.m. -- Make Membership Memorable - Jason Browne is an engaging speaker who will give you pointers for making your club membership experience memorable. A multi-district webinar for everyone.

Saturday, October 3 @ 9:00 a.m. -- Zone 26/27 Conference for Club and District Youth Leadership. For Club Interact Liaisons, and District RYLA/TLC Committee members and those interested in Youth Exchange. See the DACdb calendar for more information.

Links to the meetings will be provided on DACdb and the District 5300 Calendar online before the events..

Need to get out of the house?

Is there a Club you'd like to visit, at least virtually? Maybe the Club from your home town?

(and no, there is no Club in Collyer, Kansas, but Hays isn't far away.) You can start by downloading the "Rotary Club Locator" app on your smart phone or search on Rotary Club Locator on your computer's browser.

Findinv a virtual meeting might require another step, but the contact information will be in the Locator. If you find an interesting zoom meeting, let the Clarifier staff know! Buff attended the Wednesday morning meeting of Claremont Sunrise on 9/16. A great speaker on wildfires!



Rotary

FIND A CLUB

KEYWORD **NEAR ME**

Keyword: collyer

Country/Region: Select Country Here >

State/Province: kansas

District: Enter District ID Here

Meeting Day: Meeting Day >

SEARCH **CLEAR**

Rotary **Business Directory**

Back **Rotary** **Map it**

Hays

Club ID 1555 **District ID** 5680

Hadley Center
230 E 8th St
Heritage Room
Hays, KS 67601

<http://www.haysrotary.org>

Meets Mondays 12:00 PM

President Michael Morley
+1-785 625 1463
mmorley@mwenergy.com **Sync To Calendar**

Secretary Hillary Randa
+1-785-577-4184
hillary.randa@astra.bank

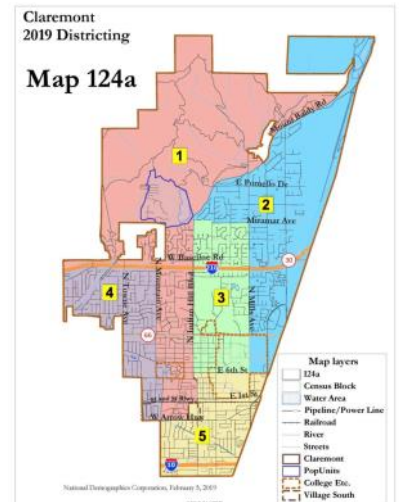
VOTE in Local Elections!

CUSD Candidate FORUM: Our program on October 9 is a forum for the three Claremont School Board candidates for two open positions. Since ballots will be mailed out by October 5, you may want to wait until after the 9th to deliver your completed ballot (or attend another forum) Candidates include: Kathy Archer, Bob Fass and Chris Naticchia. Bring questions! This [August 20 Courier](#) article described the candidates briefly.

Voting in this year's City Council election involves an education! Locally, we have new district elections for City Council in Claremont. There are vacant seats in districts 1 (pink) and 5 (yellow) on the map at right. Information about candidate forums is accessible on the [Courier website](#).

(See their statements)

Claremont City Council Candidates include:



District 1 Candidates	District 5 Candidates
Christine Margiotta	Silviano "Sal" Medina
Corey Calaycay	Michael Ceraso
Zach Courser	Donell Clark
Ethan M. Reznik	Bennett Rea

If you live outside Claremont, please consult your local election information sources.

Garbis Peace Institute

31st Annual Peace Conference

PEACE out of CHAOS – a Pandemic

Saturday, October 24, 2020 / 9:00 am—1:00 pm

VIRTUAL — Free via Zoom

Segawa, continued from page 1

From there, her first professional position was in student services at Ball State University in Muncie, Indiana. Her focus . There, she was a hall director. And after that, she moved back to Missouri to University of Central Missouri.

I Have a Heart. On the Fourth of July after just starting her new job, she met a colleague. One of the things she said when he started showing interest in her, was, "Sorry, I don't date people I work with." So, the moral of the story is she doesn't date them, she marries them, because ten months later, they were married. Because her husband, Mike, was from San Diego and she was from Kansas, people would scratch their heads and say, "How how does somebody from Kansas meet somebody from San Diego? And she would say...why you go to Missouri, of course!

The Emerald City. After another year in Missouri, they headed for The Emerald City, aka, Seattle. Her husband took a job there in the Department of Housing at the University of Washington, and Mary was employed on campus with Student Activities and Union Facilities. They loved Seattle, a beautiful place to live.

Munchkins. At some point as their "Munchkins" came along, they looked for a better place to raise their children, Chris and Kelsey. The picture above is Chris with his partner and her son, and daughter, Kelsey, a multi-sport athlete who was the only girl on the wrestling team and joined the United States Air Force. Here Kelsey is giving a commemorative coin to her grandfather, who was also in the Air Force. Both Kelsey and her boyfriend are stationed in Virginia. Mary doesn't like heights, so she cannot figure out how she has a son, Chris, who spends his time in trees and mountain tops. He loves climbing and plays in a band, among other interesting things. Chris and his family reside in Seattle.

Mary and Mike decided that the time had come to leave a big university and the big city of Seattle and move to a smaller community, Olympia, Washington. It definitely did not look like Kansas. They are sports fans, so, no Lions, Tigers, or Bears, nor Dodgers nor Angels. Rather, their teams are the Mariners, Seahawks, Storm, Sounders, Reign and now the new Kraken NHL

team. They enjoy visiting Orcas Island in the San Juan Islands, one of their favorite places to be. And Mike being from Southern California, they can't make a trip to California without trips to Disneyland.



Career transition. When they moved to Olympia, at the recommendation of a neighbor who was on the board, she worked for a nonprofit that focused on children and families. She worked with a wonderful executive director and after 8 years, she was promoted to executive director when the director retired. One of the benefits was working with other people across the state who were doing similar work and it exposed her to what was then the Washington State Liquor Board. She accepted a position there as their Alcohol Awareness Program Manager, looking forward to the focus on alcohol work and focus on kids. Within three years there were two major citizen initiatives past. The first one privatized alcohol sales in Washington state (prior to that the state either owned or contracted all of the liquor stores in the state). This initiative changed all that and sales moved into grocery stores and other areas. A year later, Washington became one of the first two states, with Colorado, to legalize cannabis for non medical use.

Rotary! Mary was recruited by a board member of the Lacey Rotary Club, a town near Olympia. Club projects included a fund raiser that raced 10,000 rubber ducks dumped into the Deschutes River, the first 25 to cross the finish line receive prizes. (Our members in the Chat were reminiscing about the Running of the Balls.) It was a big, fun and festive day with a kids play zone and food. The club also worked on local trailheads for hiking. The money raised goes to a number of different projects. One of the projects done while Mary was club president,



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Segawa, continued from page 5

was working on renovating rest stops and working on the many local hiking trails in the Lacey area. They built an overlook at a lake and created a trail from the main trail down to the lake.

In August 2018, Mike took a position at Pitzer College and she ended her position at the Liquor and Cannabis Board in April 2019 and came to Claremont. One of the things that her position had afforded her was the opportunity to do speaking engagements about the major changes in Washington's regulatory system, but also talking with prevention groups about the changes in regulations and how they could work to protect kids. She also spoke in other states at National Prevention conferences and at one point went to Canada to meet with Canada's public health officials and talk about legalization there. Coming to Claremont meant a bit of career change, but as she was getting ready to leave Washington, a few a few project opportunities dropped in her lap and she has been working on them during the past year.



The Wizard. (Craft Talk Plus) Mary has been creating a guidance document that looks at the laws and regulations for cannabis and breaking it down by the regulations states have put into place. It also identifies the considerations states need to be thinking about as they anticipate legalization. And then there are federal laws, and possible changes in federal regulations. At what point may they change the regulations. Mary has also been working on toolkits for prevention professionals, that review regulations and ways that they can advocate for public health, and informed policies related to alcohol, tobacco, cannabis, and vapor products. So this is what has been keeping Mary busy.

As she continued the next session, she noted that she is not a neo prohibitionist, as she likes an occasional glass of wine or whiskey sour. Her focus has been on the balance against potential harms from using and abusing these products.

We know that alcohol is not in a harmless drug. It is a drug, and while we enjoy a glass of wine, it is important to recognize that alcohol is the third leading cause of preventable death in the United States and there has been an increase in consumption over the past couple of decades (not to mention since March) Think about the alcohol that was available when you were in your 20's and about what's available now. (move to wine coolers and flavored vodkas that go down quickly. and even craft beer.) Consumption has steadily increased, and 80% of the alcohol that is sold is consumed by 20% of the people. That means some people are abusing

and using excess levels of alcohol. This has become an even greater concern in the public health arena during COVID. A story came out on NPR Sept. 11th about concern that people use alcohol to combat stress or relieve boredom. It was interesting that this came out on 9/11, because after Hurricane Katrina and after the Twin Towers collapsed on 9-11-01, alcohol problems increased and more people needed to get into recovery programs.

Research shows that a lot of different places in the body are affected by alcohol. You hear of liver cirrhosis, and alcohol has toxic aspects too, resulting in headaches and such. And one of the things that the research is showing is that similar to high fructose corn syrup, sugars in alcohol create an increase in acetate in your bloodstream, which can feed cancer. Multiple drinks can cause blood acetate levels to rise 20 times higher than normal. And when you combine alcohol and sugar, like a Rum & Coke, it's even moreso. It's not necessarily that alcohol causes cancer, but it feeds the cancer cells. Something to think about.

Alcohol and Youth. Much of Mary's focus over time has been primarily on underage drinking and its impact on youth. One of the things to consider is that people who start drinking before the age of 15 are four times more likely to meet the criteria for alcohol dependence at some point in their lives. That is because the brain is still developing, affecting the connections in the pathways in the brain. The frontal lobe, which covers reasoning and judgment, is the last to develop. So think about kids who have trouble with reasoning and judgment, add alcohol to it and you're asking for more trouble. Plus, alcohol can also change the neural pathways because they're still developing.

Cannabis. Moving on to non-medical cannabis, there is the issue of potency. This isn't your 1970s and 80s weed. Then it contained about 3% THC, the average now is around 18% in smokeables, to as much as 40 to 80% THC in concentrates used for vaping. So that's



one of the real important reasons for looking carefully at regulations and restrictions. There isn't a lot of research on these kinds of products and that is because it is a schedule one drug. She was not talking about once in awhile use, but regular use or excess use.

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Segawa, continued from page 6

Because we had reached the end of the meeting, Mary zoomed through a quick summary of additional thoughts:

Public health considerations - Cannabis

Reviews of research studies show evidence of harms associated with cannabis use and importance of regulation. For example, harms include:

- Learning, attention and memory deficits
- Depression, anxiety, psychosis
- Testicular cancer
- Stroke, atrial fibrillation, respiratory outcomes
- Fatal motor vehicle collisions

Limits to the research

- Types of products and potency variance.
- Conflicting studies
- Can be difficult to distinguish specific effects when multiple substances are used.
- Few long-term studies

These are just some of the areas that we consider in cannabis regulation to protect the public health.

The complexity of cannabis regulation

- Licensing
- Safety and security
- Tracing product to:
 - Protect public health and safety
 - Prevent diversion
 - Ensure compliance
- Prevent underage use, Limiting access, restricting advertising
- Reduce the illegal market, prevent criminal activity
- Allow local control
- Promote social justice and equity

It makes it very complicated, especially when balancing how much local control versus state control. California is an example where there's a fair amount of local control which has made it even more difficult to get through the regulatory process and then promoting social justice and equity and looking at how do we account for people who have been affected in disproportionate ways by previous cannabis illegal activity and prison time. So when we merge public health and regulatory pathway policy, we want to look at preventing youth use and encouraging moderation.

Merging Public Health and Regulatory Policy

Policies must be designed to:

Prevent youth use

Encourage moderation

- E.g., federal dietary guidelines for alcohol
- Monitor and advocate for research-based practices
- Placement and acmes (e.g., limit on licenses)
- Promotions and advertising (e.g., restrict billboards)
- Products and potency (e.g., limit THC percentage per product)
- Public safety (e.g., DUI laws, regulatory enforcement)

Mary provided several conclusions:

- Make decisions based on balanced information and trust scientific research.
- Make sure it is rigorous scientific research, not something based on five people in a study group.
- Consider public health in policy analysis, whether it's advocating for changes in-laws locally, or at the state level.
- Consider public health and policy analysis, and overall, consider how we protect our youth.

In response to a question about regulation, Mary noted that she wished that cannabis had been regulated in the 1970's before the changes in cannabis "quality" occurred. It's much stronger now and we don't have as much information as we need.

Mary could have said much more. She is really an expert in this field. Questions were asked, and a number of members stayed on, along with Mary, to talk more about the subject. There's a lot that we still don't know, and we're grateful that Mary is paying attention. People who use cannabis for medical reasons have more research to back them up than users of recreational marijuana. And then there's the black market that has impacted the tax revenues we thought we'd get. Another program!

Thank you Mary!





Buff Wright

Claremont Rotary
President
2020-2021



UPCOMING PROGRAMS & EVENTS

Sept 18	How can we support our most vulnerable businesses post COVID? Marc Ang, Founder of AIB2B
Sept 25	Changes in Non-Profit organizations, Becky Margiotta, The Billions Institute
Oct 2	Discussion of Club Fundraising and OOTT
Oct 9	School Board Candidate Forum

Photo of the Week



SmokeySkies September 2020

The world is crazy now. If I didn't know better, I'd think that a major marijuana field had gone up in smoke. That picture is amaaazing, dude!

Photo by Steve Schenck



Bacon Bits

Let's fill up the pig!

Website

Information about the club and back editions of this newsletter are always available on DACdb and www.claremontRotary.org

Join us on Facebook:

www.facebook.com/RotaryofClaremont

Club [Bylaws](#) and [Policies](#) are posted for member access on DACdb

September Birthdays

Dennis Smith 9/3
Mary Segawa 9/6
Barbara Troxell 9/10
Arman Ariane 9/14
Bobby Hyde 9/19
Bridget Healy 9/22
Steve Schenck 9/22
Gail Sparks 9/22



Program notes: Lark Gerry. Meeting notes: Harry Sparrow. Photos: Steve Schenck
The Claremont Rotary Club meets on Zoom at 12:00 on Friday until further notice

Sergeants committee
gathers before each meeting by email. Anyone is welcome to share information!!

Nona Tirre, chair

Clarifier Committee

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