

Rotary

Club of Southwest Eureka



Serving the North
Coast Since 1969

Club Meeting

Southwest Eureka
Meets at The Elks Lodge at 445
Herrick Ave Eureka CA
Members Contact Lorna Petersen
lornah101@aol.com

Time: Friday at 12:00 PM

Club Leaders



Scott Pesch
President



Elan Firpo
President-Elect



Marie Liscom
Treasurer



Cynthia Denbo
Public Relations Chair



William Gillespie
President-Nominee



Mark McGowan
Rotary Foundation
Chair



Rick Roberts
Membership Chair



Kenneth S. Singleton
Sergeant-at-Arms



Haider Ajina
Lyme Tap Chair

Mary L. Crumley
Webmaster

Rotary Club of Southwest Eureka February 24, 2023

By: Kristin Kuxhausen

Photos by: Don Chin



President-Elect, Elan Firpo called the 26th Southwest Eureka Rotary Club Meeting of the 54th year to order while Scott Pesch was at Mount Shasta with his family. Unfortunately, it snowed so much the mountain was closed so he could have been in Eureka leading our meeting after all. He remained committed to his trip though and improvised by sledding down steep streets instead ??



[Michael Davies-Hughes](#)
Community Service
Chair



[Eddie Alexander
Morgan](#)
Club Service Chair



[Wendy Starr](#)
International Service
Chair



[Melinda Ciarabellini](#)
Vocational Service
Chair



[Vinson Champ](#)
Youth Services Chair



[Elizabeth Ennis](#)
iPast President



[Carly Robbins](#)
Assistant Governor



Meghann Broadstock led us in the pledge and thought of the day, relying on Google and sharing an inspiring quote about how each of us is stronger than we think. Our only guest for the day was our speaker, Candy Stockton, who shared that she was actually born in Eureka and lived near the Elks Lodge during her early childhood. After moving away, she returned six years ago and has been working in the medical field during that time.

Events / Speakers

March 15th
[Southwest Eureka Monthly
BOD Meeting](#)
Speaker: BOD meeting

Birthdays



[Ronald J. Harris](#)
March 18th



[Matthew Nilsen](#)
March 21st



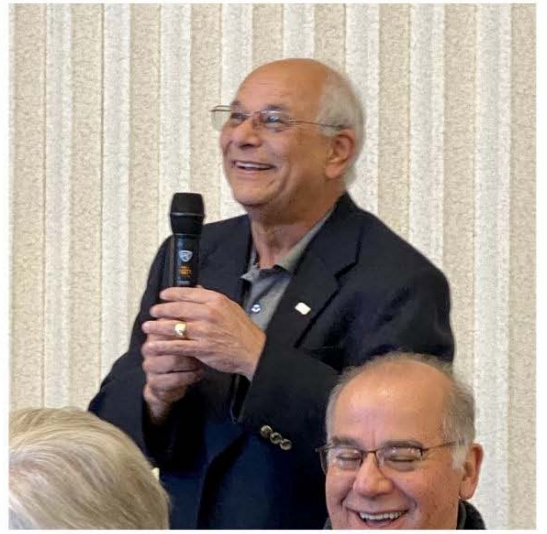
Liz Ennis shared a huge "storm cloud," informing us about Lorna Peterson's recent passing. She was on a trip with her husband and passed away while on a bus, with her head rested on his shoulder. Several brief memories were shared, and more information will be distributed to club members as it becomes available.



Elan joked that Scott “bailed” on this meeting because there were no birthdays or anniversaries to fine club members for. Elan confirmed that indeed it was a boring day in history after having done her own Google research, but a club member chimed in that was an exciting day in the legal world. Elan chuckled and said that it was, but she didn’t think the club would be amused with those kinds of facts like she is... the Supreme Court approved itself as the third branch of our government on this date in 1789.



After asking for shameless plugs and recognition, Haider Ajina coughed up \$50 to talk about his recent trip to DC to attend a Rotary Youth Exchange Conference. Representatives from Canada, the US and Mexico attended and one of the main focuses this year was the impact COVID has had on the mental health of our youth. While Haider was able to do some sightseeing at several museums and historical sites, I still think the club should have been giving money to him, not the other way around, for attending this conference on our behalf! ??



Elan tried to fine Ken Singleton for his recent trip (was already fined) one of his multiple birth dates or anniversaries (declined) but settled on his new car (which Mark Dias almost had to purchase for him while he was on his trip, even though he didn't get it from Northwood!!). For all the hassle, our very generous Ken donated another \$25 even though he is already tapped out.



Eddie Morgan also chimed in with details of his recent trip to visit his mother in Spain, through Paris, with his wife by his side. Eddie shared quite a bit of historical details from his trip and gladly tapped out (Scott – you owe Eddie a Yahtzee game!) ??



Then it was on to our program, with Elan introducing Candy Stockton, Humboldt County's Health Officer (the medical consultant for the department and Health Director). Candy is an MD, board-certified in both Family Medicine and Addiction Medicine and has been practicing in the medical field for 15+ years, with a focus on rural health and pregnant/parenting moms with addiction issues. Candy explained that while doctors provide one-on-one medical care, the Health Department focuses on the community as a whole and a centralized system. Her goal is to make public health more accessible to the community, since so much of their work is done behind the scenes. Beyond COVID, the Health Department provides services in the areas of lead poisoning, rabies, syphilis and tuberculosis to name a few. Their work involved treatment, contact tracing and identifying environmental factors. More recently, the department has also been added to emergency response efforts (MOAHC) such as redirecting patients to other local hospitals when a recent earthquake damaged equipment at Jerold Phelps, preventing staff from treating cardiovascular and neurological patients. This can also be expanded to a larger scale if patients need to be sent out of the area or resources need to be brought in. Another example is helping to provide back-up generators to smaller care homes when the power is out. An audience question about fentanyl resulted in Candy sharing some shocking facts - in 2022, there were 72 deaths in the County caused by fentanyl overdoses, with ages ranging from 22-74 and individuals ranging from an 8th grade education to Master's Degrees. Fentanyl is an extremely dangerous drug because there is a very small range between a dose the body can tolerate and a lethal dose, which will tell the body to stop breathing, resulting in the person suffocating (overdosing). Candy's mission is to change how addiction is treated and gave an example about a diabetes patient and how a doctor would never send them away to work on a healthy diet and exercise for six months before prescribing medication. Substance abuse is a coping mechanism, and the underlying reason needs to be identified and treated in order to truly recover from the addiction. Candy shared that we all have our "vices" and after counting the Rotarians in the room, shared that six are likely struggling with feelings that they drink too much alcohol and that many more would say they drink too much caffeine. These vices are much more socially acceptable than other choices though, which is part of the challenge in treating the others. Bill Gillespie won our drawing but did not win Yahtzee. Elan closed our meeting by sharing a light-hearted thought – ***Life is short; smile while you still have teeth.***
