

# Rotary



## Club of Gaithersburg

July 26th, 2025

### Club Meeting

Meets on First and third Tuesdays in La Villa Restaurant and on Zoom, Fourth Tuesday - zoom only, Second Tuesday - no meeting.

La Villa: [18701 North Frederick Avenue Gaithersburg, MD 20879](#)  
Time: 12:15 PM sharp

### Club Leaders

**Priscilla S. Kinnear**

President  
Immediate Past President

**Jacqueline Grenning-Mulcahy**

President-Elect  
Community Projects Chair

**Denise Macfoy** Vice President

**Esi Sonia Sotoglo**

Secretary

**Maria R. Garcia**

Treasurer

**Frederick W. Cooksey**

Sergeant-at-Arms

**Janet Greiner**

Rotary Foundation Chair

**Kenneth Weiss** Bulletin Editor

### Events

July 29th

**Happy hour - new location:**  
**The Doubletree Hotel at 620 Perry Parkway**

Join club members for appetizers (courtesy of the club) and drinks (you pay!) and get to know your fellow Rotarians.

July 21st, on Zoom

**Zone meeting** on "Unite for Good, Building Together."

See info. at [Rotary7620.org](#), in the Calendar.

August 5th, at La Villa

**Classification Talk**

**Speaker:** Franklina Buck (Frankie)

August 7th

Food distribution for

### Are Your Kids OK? Maybe Not.



Are your kids OK? Maybe not, said Emma Young, to the Rotary Club of Gaithersburg. One in six people in the U.S., between the ages six and seventeen, often suffers from mental or emotional illness. Emma is a licensed clinical social worker who provides care through both a group practice and her own private practice. She works mainly with young people whose conditions are quite serious.

She identified some of the difficulties young people face as social isolation, decreased activity, worries about climate change, and political conditions, all of which have become more pronounced in recent years. One result is that, between 2013 and 2023, the percentage of young people who have persistent feelings of sadness or hopelessness increased from 30% to 40%.

The problems can lead to behavior that is dangerous to oneself and to others. A child might have panic attacks, misuse

substances, or even abuse his or her body. In extreme cases, the child might consider or even attempt suicide.

To help young people, Emma follows a procedure known as *Dialectical Behavioral Therapy*, or DBT. This consists of: (1) individual therapy, (2) family skills training, (3) coaching by phone, and (4) a team of therapists, and she explained each technique. When the results are measured, they are highly impressive.

As always, Gaithersburg Rotarians asked excellent questions of the speaker. The first was about how the changing environment in our world, such as the LGBTQ movement, affects children. Emma's reply was that kids adapt; however, sometimes the challenges are simply overwhelming. Another was whether young people can obtain counseling by posing questions to an AI system, and the response was that personal interaction was vital.

A Rotarian asked whether there were exercises that could help a troubled child, and Emma responded that there were several, most notably, keeping a daily "diary card" to record skills used, emotions, and behavior. Another question was about the role of families in resolving their children's problems, and the response was that family involvement is key but that many lack the time, resources or skills to provide it. Finally, the club president asked Emma how she kept from becoming emotionally involved with her clients. It comes with time, she said, and by practicing the same techniques that one is teaches.

Emma Young can be contacted by email to [hello@emmayoungtherapy.com](mailto:hello@emmayoungtherapy.com).

### We Were Super on Zoom

We were 20 for the July 22nd meeting on Zoom, including a **guest** named Eva O'Reilly. Jacque said that Susy was about to have a birthday, and Margaret invited members who had not helped with food distribution to join in our event on August 7th.

President Priscilla briefed us on upcoming club events. Good times await us. Also, she encouraged members to participate in the District Conference from October 3rd to 5th. (At the last one, Ken flatly failed a test administered by an acrobatic comedian). **See the photo at right.**

### Gaithersburg Help

???????See Margaret to participate..

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August 13th, on Zoom  
Board of Directors Meeting.

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August 19th. at La Villa

### Let's Read Update

**Speaker:** Norman Gordon  
Learn more about this activity  
in which we participate.

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### The Rotary 4-way Test

Of all that we think, say, and do:

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

**UNITE  
FOR  
GOOD**



Then, Past President Margaret introduced our speaker, Emma Young, as her daughter and a professional counselor for troubled kids.

When Ms. Young's talk was finished, a member asked whether her suggestions for young adults would apply to older people, i.e. our members. "Definitely yes," she said.

Then, we went to happy dollars, which were mostly for the speaker and her presentation. \$5 from Stu included a fine for being late but with a good excuse. He had been on the phone with a former member, Rick Carder. Sara "kicked in" \$5 for the guest speaker and added: *Young people today are going through changes we never had to deal with. It is wonderful to have help available.* Then, T.O., back from a long absence, contributed \$10.

There was discussion of having a "secret greeter" in each meeting, to whom each member should say hello. On July 22nd, it was Adelaide. Your editor thinks the only way to pass that test is for everyone to greet everyone. Then, we recited the Rotary Four-way Test and found unison to be quite elusive in a virtual meeting.



## Unite for Good, by our new president



At the international convention in Calgary, President Francesco Arezzo described his commitment to the 2025-26 presidential message, "Unite for Good."

"[It] means involving all members, but not only members, in our service. It means involving [partner] organizations ... local administrations, other voluntary associations. In short, it means 'expand our reach,'" said Arezzo. "Let us create one great shared dream that unites us, that excites us, that changes the world and changes our lives, too."

Arezzo said in the past he did not want to accept roles as club president and district governor because he had a stutter, but overwhelming support from Rotary members persuaded him, and he went on to serve as an RI director and now president-elect. "I am confident that you will give me all the support and affection I have always found in Rotary," he said.

"Let us create one great shared dream that unites us, that excites us, that changes the world and changes our lives, too," he added.