



Socrates & Post Traumatic Stress Disorder



Randy Smith introduced Dr. Chester “Chet” Sunde as today’s speaker. Dr. Sunde is a clinical psychologist in Redding with focus on Post Traumatic Stress Disorder. Dr. Sunde shared his views on Socrates and the brain during his presentation, specifically the four sections of the brain and how they pertain to dealing with Post Traumatic Stress.

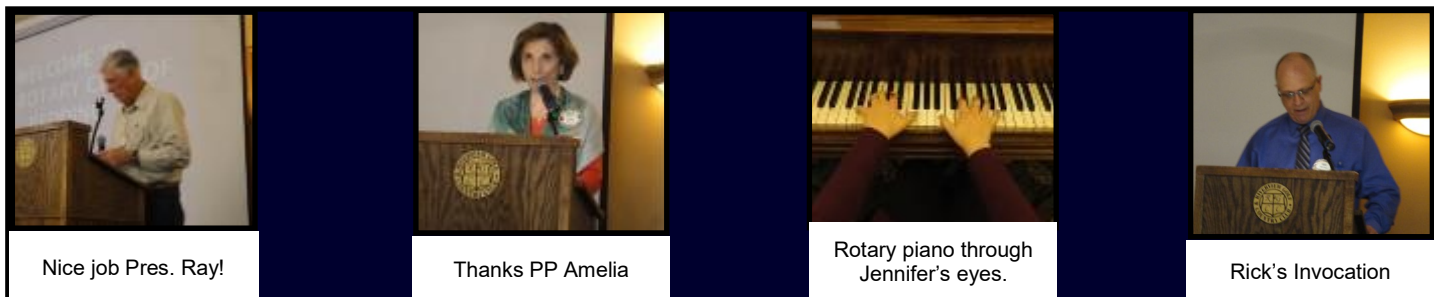
The first part of the brain discussed was the Cerebellum or brain stem. Dr. Sunde described this section of the brain as the “reptilian brain” that regulates basic survival. In PTSD victims, this part of the brain makes the person acutely aware of potential dangers. For this reason they don’t like to be in crowds as it triggers a sense of constant danger. They tend to isolate themselves as a result.

The second part of the brain discussed was the Limbic System, which is the emotional part of the mind. The four basic elements of emotion Dr. Sunde explained as (1) happiness, (2) sadness, (3) anger, and (4) guilt.

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Thanks Team One

Team captain Amelia Ward presented this week’s meeting. Greeters were Ed Tam, Robin Dummer, and Vickie Marler; Keyway greeters were Kathy Malain and Gurpreet Sandhoo. The pledge was led by Randy Smith. Sergeant at Arms were Jason Salter & Dar Barzin with an invocation by Rick Fauss. Past President Dick Green introduced our visitors and Jennifer Finnegan played piano before the meeting. Thanks Team 1!



Combat veterans have seen and experienced terrible things that cause strong emotions which they have to suppress. When they return home from these traumatic situations, the memories and their emotional reactions to them replay in their minds and are expressed through their actions.



Cartoons such as this one were shared by Dr. Sunde to elaborate on the conditions he explained.

The third part of the brain discussed is the logical part, the cerebellum. This part of the brain manages planning and problem solving. Veterans have been trained to pay attention to external stimuli instead of what is affecting their lives at the present moment.

The fourth and final part of the brain discussed was the prefrontal cortex which manages executive function. This part of the brain focuses on oneself, one's survival. Veterans are trained beginning at basic training to ignore themselves. They ignore their own emotions and self-preservation reactions out of necessity. Military training is, in effect, self neglect or self abuse. Veterans don't take care of themselves or pay attention to themselves, and they must be taught to do so again.

After explaining the four sections of the human brain and how they can effect the minds of Veterans dealing with Post Traumatic Stress Disorder, Dr. Sunde was kind enough to open up for questions and share more of his thoughts on Socrates with the group. Thank you Dr. Sunde for sharing your ideas and experience with our Rotary Club!

Kristen Lyons Receives Blue Badge

Congratulations to Rotarian Kristen Lyons for earning her blue badge! Kristen successfully completed her blue badge requirements. She is an enthusiastic member of our club, and we are happy to have her as a new blue badger!



Lobster Feed Cancelled

Kristi Davis gave an update on the cancellation of the Lobster Feed originally scheduled for later this month. Last year's Lobster Feed had an attendance of around 120. With only weeks left to sell tickets, this year's ticket sales were only at 60. Low ticket sales would have resulted in the event having a net loss, and was thus cancelled. President Ray expressed his enthusiasm for trying to hold the event again next year as it has been well received in the past.

This Week's Recognitions

Jason Waybright gave \$100 to the club for his tour through Europe with his daughter for her senior trip. Jean King retired and celebrated by giving \$100 to the club. Richard Malotky shared his plans to go elk hunting and promised to share more upon his return. Mark Rincon attempted the FUNdraiser Card Game with a vigorous shuffling of the cards, but to no avail. Today's door prize was donated by Joe Hedayattzadeh and won by Jennifer Finnegan.

Rotary Camping Trip at Lassen

President Ray shared photos from the recent camping trip our Rotary Club spent at Lassen Volcanic National Park. Thank you Judy Price and Jennifer Finnegan for coordinating everyone, and thank you to all the Rotarians who braved the wilds and the cold to participate!



Rotary Calendar

October 20	Liz Ponce - Lassen Canyon Nursery
October 27	Logan Cunningham - Outgoing Exchange Student from last year
November 3	Veteran's Program
November 11	Steven Soloman

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2515 Park Marina Drive, Suite 200
 Redding, CA 96001

(530) 245-4600
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 FAX (530) 245-5984
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