

Chat Messages During the April 29, 2021 Meeting

- 00:31:17 Gilda Moshir: Please sign in here
<https://docs.google.com/forms/d/e/1FAIpQLSc7Y1gMKkikZDIYzTsI1klWRmjsL6nUNi74HEYQJq0mY-35A/viewform?gxids=7628>
- 00:34:38 Gilda Moshir: Congratulations Lois !!!!
- 00:37:00 Jesse Hong: Congratulations Chole!
- 00:37:26 Gilda Moshir: Welcome Annie - good to see you!
- 00:41:34 Isaac Hung: Great job done by Bryan & Ginny - Rotary Four Way Test speech contest 🙌🙌
- 00:41:45 Gilda Moshir: I wanted to attend - Thank you Bryan for spearheading this with Ginny Hsiao
- 00:42:09 Shawn Chou: Great job!
- 00:42:10 Denise Wadsworth: District Four Way Speech Contest: Sat. May 22 10AM via Zoom
- 00:42:12 Gilda Moshir: Members and guests - please sign in
<https://docs.google.com/forms/d/e/1FAIpQLSc7Y1gMKkikZDIYzTsI1klWRmjsL6nUNi74HEYQJq0mY-35A/viewform?gxids=7628>
- 00:44:12 Gilda Moshir: Our only fundraiser - SAN MARINO MOTOR CLASSIC - THE BEST CAR SHOW IN TOWN
- 00:45:23 Fang Ho: Do not miss, SM Motor Classic is our event of the year!!!!!!
- 00:49:15 Gilda Moshir:
https://docs.google.com/forms/d/e/1FAIpQLSffWa1GCbU1e9j_WjpNd1GonuBFm6szbZgUhMjVeJ3dO5bMWw/viewform?vc=0&c=0&w=1&flr=0&gxids=7628
- 00:49:42 Gilda Moshir: the survey above is 5 questions - please click on the link for our speakers now - so they can share some stats with us
- 00:54:27 Fang Ho: Thank you Gilda
- 00:58:59 Gilda Moshir: Please complete the survey for our speakers:
https://docs.google.com/forms/d/e/1FAIpQLSffWa1GCbU1e9j_WjpNd1GonuBFm6szbZgUhMjVeJ3dO5bMWw/viewform?vc=0&c=0&w=1&flr=0&gxids=7628
- 00:59:29 Gilda Moshir: The survey is anonymous - so if you completed it let me know to get a book to you
- 01:05:42 Denise Wadsworth: sadness + sadness + sadness= depression
- 01:05:52 Denise Wadsworth: worry+worry+worry=anxiety
- 01:06:06 Denise Wadsworth: This is the simple way I start with my tweens.

01:07:32 Annie Brassard: Can u share the website again?

01:07:48 Gilda Moshir: Teens4TeensHelp.org

01:07:56 Denise Wadsworth: I also use TONS of the work from SocialThinking.com to support people with mental health challenges.

01:09:03 Denise Wadsworth: So often we fail to recognize that our students with ADHD symptoms, identified or unidentified, are commonly struggling with self-image. These are wonderful kids whose brains are wired in a beautifully different way.

01:21:05 Jeff Long: jeffdirect1@gmail.com

01:24:17 Jeff Long: Thank you all

01:24:48 Fang Ho: Thank you!!! Great topic!!

01:24:56 Jean-Pierre Mainguy: JP took the survey too

01:25:08 Aaron Gil: East Meets West Community Town Hall on 5/2. Registration link: <https://us02web.zoom.us/meeting/register/tZAsf-2orzgqHtPKhhUjbHk-OdVBPezEkgXU>

01:25:14 Shody Chow: SC did the survey

01:25:22 Fang Ho: Thank you Jeff and Kathy!!

01:25:31 Devon Corlew (She/Her): Also the wine tasting begins at 6:30pm next week!

01:25:33 Denise Wadsworth: That was a GREAT WAY to kick off Mental Health Awareness Month!

01:25:36 Beverly Ohigashi: Survey completed, Beverly Ohigashi

01:25:45 Beverly Ohigashi: Thank you!

01:25:53 Michelle Garrett: Thank you so much!

01:25:55 Carina: thank you ❤️

01:26:05 Fang Ho: Thank you everyone!

01:26:39 Annie Brassard: Thank you Aaron and everyone