

http://www.coastalview.com/news/rotary-club-morning-hosts-firefighters-explores-psychotherapy/article_26ea917c-2c0b-11e9-9b45-4f7cac1eecba.html

Rotary Club Morning hosts firefighters, explores psychotherapy

Feb 8, 2019



From left, are firefighter Todd Jenkins with Rotarians Kimberly Fly and Rena VanKirk, and firefighters Mike LoMonaco and Michael Gallagher.

At a recent meeting, Battalion Chief Michael Gallagher thanked the Rotary Club Morning and the community members who supported the Casino Night fundraiser. With the proceeds from that event, Rotary was able to donate a pair of tall debris flow wader boots for each firefighter in the Carpinteria-Summerland Fire Protection District. The disaster of Jan. 9 exposed a need in the district for more specialized equipment. Last year, first responders had thermal heat protection which is not designed for water and debris emergencies. In addition to the boots, Rotary donated six specialized swift-flow rescue vests.

At a later date, Merle Yost, a clinical psychotherapist, spoke to Morning Rotarians on the topic of “energy hygiene,” or saving energy for the needs of a productive life in a busy and demanding world. Yost advocated for protecting personal space, employing the familiar model of personal bubble boundaries. According to Yost, empathy acknowledges the conditions and issues of others, but does not require “merging” with those conditions. Being aware of this helps a person to understand personal boundaries in relationships with others and preserves personal energy while not absorbing pain.