



"What's Up?"

Your Napa Sunrise Rotary Bulletin

<http://www.rotary5130.org>

Birthdays

Atsushi Akahane

February 12

Joseph G. Peatman

February 16

George Nielson

February 19

Frank Thomas Feutz

February 20

Kathy Zeckman

February 21

Brad D. Wagenknecht

February 24

Craig Struble

February 26

District Calendar Events

Welcome: Fromer President Mark at Silverado Resort.

Pledge & Thought: Keep your face always toward the sunshine - and shadows will fall behind you." -Walt Whitman

Song: Choir leader Ron, "Home Range"

Guests of Rotarians: Emily Evans Guest of Paul Oseso

Student of the Month: Lewis Valsequese from Napa High Sponsored by Steve.P and Brad W

Announcements:

Christ Craker: Next Tuesday is the Table.

Joe F. Friday dictionary at 10am at American Canyion.

Happy Dollars:

Scott Huen: \$50

Leona \$100 Hawaii Vaccation

Paul O.\$50 won a huge award. \$50 Sad dollars his father is in the hospital and had to fly back to Kenya.

Gary L daughter moving to Napa \$100

Rotary Joker: No one won

Speaker Program: Dr. Bruce Killen

<https://www.brucekillenwellness.com/>

Acceptance & Commitment Therapy (ACT)

Developed within a coherent [theoretical](#) and [philosophical](#) framework, Acceptance and Commitment Therapy (ACT) is a unique [empirically based](#) psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility. Psychological flexibility means contacting the present moment fully as a conscious human being, and based on what the situation affords, changing or persisting in behavior in the service of chosen values.

Based on [Relational Frame Theory](#), ACT illuminates the ways that language entangles clients into futile attempts to wage war against their own inner lives. Through [metaphor](#), paradox, and experiential exercises clients learn how to make healthy contact with thoughts, feelings, memories, and physical sensations that have been feared and avoided. Clients gain the skills to recontextualize and accept these private events, develop greater clarity about personal values, and commit to needed behavior change.

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Disclosure as to accuracy: No responsibility is taken for the accuracy of the

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