

Kids enjoy fun in the sun while helping others

While many children attend summer camp, not many have a chance to have fun while helping others. For the fifth year in a row, Kids Korps will offer children and teens an opportunity to volunteer

through week-long summer camps in collaboration with the Rancho Santa Fe Community Center and

the La Colonia Community Center in Solana Beach. More than 100 children and 50 teen counselors will have the chance to participate in four separate week-long camps. Campers will be volunteering at the San Dieguito River Valley Conservancy removing invasive plants, reading to Head Start pre-schoolers, assembling food packages at the San Diego Food Bank, making blankets with seniors for foster children, painting posters for the upcoming breast cancer walk, writing letters to the troops in Iraq and training service dogs through Paws'itive Teams.

Kids Korps USA engages young people, ages 5 through 18, in community-based service. Its mission is to instill the spirit of giving in America's youth while providing valuable education in leadership and responsibility. Children have an innate need to give to others and this program gives them a chance to do so. It also teaches them about community needs and how citizens of all ages can help meet these needs.

Thanks to the City of Solana Beach and Macy's for helping to fund the camp at La Colonia Center for underserved children.

Pacific Rim Chapter Severs the Homeless at Bread of Life

By Brook Gray, Pacific Rim chapter parent

On a recent May evening, 6 adults and 11 kids from the Pacific Rim Kids Korps chapter served dinner out at Bread of Life shelter in Oceanside. Before hand, we coordinated who was to bring what and we wound up with lots of pizza, salad, milk, waters, and cookies. Every parent was extremely cooperative and enthusiastic which made the organizational piece, not too difficult at all.

Prior to the event, I had a



Kids Korps members help keep the environment clean



Pacific Rim Kids Korps members

number of occasions to meet and visit with Linda Kemp who represents Vista North Coast Church every, and I mean every Wednesday, at the Bread of Life. Our group worked in conjunction with Linda and her husband Terry and they could not have been more helpful and supportive. We essentially followed their lead in terms of serving, cleaning up, etc.

Before the kids began serving their clients, we wanted to remind them to be polite, engaging, and to make eye contact if possible. My boys were a little apprehensive at first as some of the patrons have been down on their luck, which in most cases, was reflected in their appearance. However, we reminded our kids that most of them had fallen on hard times and needed a hand to get back on their feet. Once they got a better sense of our purpose, they could not have been more enthusiastic.

We fed about 50 people that evening and to our knowledge, no one left hungry. All received bright smiles, super manners, and wonderful attentiveness from each and

every one of our kids. Patti and I, and the other parents were super proud of our kids and found the evening completely fulfilling. In fact, we have already signed up for Sept. 30, and hope to represent the Pacific Rim chapter on a quarterly basis. We'd be hard pressed to come up with a more effective and rewarding way of teaching our boys to care!

UPCOMING EVENTS:

WHAT: Fresh Start Surgery
WHEN: Sat., June 13 (8 a.m. – 12 p.m.)

WHERE: Encinitas

WHAT: San Dieguito River Park

WHEN: Sun., June 14, 8 a.m. – 11 a.m.

WHERE: Escondido

WHAT: Surfrider Foundation

WHEN: Sat., June 20 (9 a.m. – 11 a.m.)

WHERE: Encinitas

San Diego Self Storage executives provide hands-on support to International Relief Teams

San Diego Self Storage takes their community involvement commitment to the highest possible level; corporate managers have been rolling up their sleeves to tackle international disaster relief projects since 1990 by participating in efforts spearheaded by the nonprofit International Relief Teams organization. In addition to corporate financial support of many charitable events and worthy causes throughout the San Diego region, San Diego Self Storage management made the decision early on to engage in first response rebuilding efforts for communities stricken by natural disasters.

According to International Relief Teams Executive Director Barry LaForgia, "San Diego Self Storage Managing Partner Bob Halliday has participated on 52 construction teams, an unprecedented number of hours donated for any volunteer, let alone a busy corporate executive — not only does he serve as an example to other executives, but he demonstrates compassionate leadership in recruiting other senior managers to participate. Bob began his disaster relief volunteer involvement with Hurricane Hugo in 1990, then Hurricane Floyd and most recently, Hurricane Katrina. He also built sheds for victims of the San Diego wildfires and was instrumental in the construction of a daycare center for disabled children in Tijuana — this is corporate giving with an unusual 'hands-on' approach. It's not about philanthropy as a means of advertising, it's identifying with a need."

International Relief Teams was founded in 1988 and provides medical and construction teams to over 50 countries worldwide in four core areas: medical training, surgical and clinical outreach, health promotion and disease prevention, and disaster relief. Year-

to-date, they have sent over 950 teams with 4,500 volunteers to national disaster relief projects and medical and construction support to international locations. Through January of 2008, they shipped \$140 million worth of medical supplies internationally and provided the equivalent of \$5.2 million in volunteer services.

Bob Halliday explains, "I engage in a team project three or four times a year and each project brings a new experience; we're fortunate in having the support of the United Methodist Church that provides food and shelter for our teams, so it makes it feasible for us to keep our overhead low. I participate on multiple board positions here in San Diego, but the International Relief Teams projects really put you at the heart of the immediate situation and provides a meaningful alternative to traditional checkbook philanthropy."

Founded in 1972, San Diego Self Storage is one of the largest self-storage providers in San Diego County with a network of 18 neighborhood self-storage facilities and additional facilities in Los Angeles and Orange County. The company is locally owned and operated and offers small personal units and multiple larger units for commercial accounts. For further information, please call (858) 909-0090 or visit www.sandiegostorage.com. International Relief Teams is hosting a fundraising Gala on Sept. 12, 2009 at the San Diego Marriott and Marina. For additional information, please call (619) 284-7979 or visit www.irteams.org.

Dr. He Said, Dr. She Said

Wife wants to have breast enhancement operation, husband objects

Dear Dr. He Said, Dr. She Said,

I am 45 years old and have two children in their teens. My relationship with my husband of 18 years has never been really great, but we have gotten into marriage counseling and it seems to be helping us get closer. My question has to do with the fact that I have worked really hard to lose weight and become more physically attractive—both for my husband and for myself. Bottom line is, I would really love to get a breast enhancement operation, but my husband is dead set against it. He says that I must not like myself very much if I want to have that kind of a procedure, but I think if it helps a woman feel better about herself, why not? Money is not the issue. He has what I think is an antiquated viewpoint about something that seems to be very commonplace these days. Am I deluding myself?



M'Lissa Trent, Ph.D. (Dr. She) and Hanalei Vierra, Ph.D. (Dr. He)

Mary

Dr. She

Dear Mary:

I am wondering if, for your husband, the idea of a breast enhancement feels like a threat to the closeness you two have been recreating in the relationship as of late. Often times, if men have insecurity in a relationship they might fear that a breast enhancement or any type of "pleasing to the eye" make-over (i.e., weight loss, wearing tighter clothing, etc.) might draw male attention to their spouses. Their fear is that their wife will enjoy that attention which may encourage her to take her attention away from the relationship.

If you want a breast enhancement to receive attention from other men then obviously that indicates you are looking for emotional strokes outside of your relationship. This speaks to the idea that the foundation of your own relationship might not be strong or to your own need to feed your sense of self via external validation. (Women who are looking for a healthy self-esteem through breast augmentation will be highly disappointed!) If, however, the augmentation is for you and how it makes you feel in your own skin then this speaks to a different intent that is only for your own appreciation without concern of what others think or feel. If the latter is the case and your husband is having difficulty appreciating that (which could be the source of his judgment) then I would encourage you to sit down and have a heart to heart regarding what this is really about for you.

It does sound like you have already gone through a big transformation through weight loss and getting into shape. Perhaps your husband is still adjusting to these changes and wondering if you will still want to be with him when you are so gorgeous! Take some time to reassure him that you want the relationship to work and that it is your priority. My hope is that he could see this all as positive change that will "enhance" the relationship.

Dr. He

Hello Mary,

It seems like the only way you could delude yourself on this issue would be to let the opinions of others—even your husband's—become more important than the truth you feel in your own heart. I wonder how your husband would feel if you tried to dictate to him how he should feel happy, or how he should make choices about the way he takes care of his own body? I believe that your husband has the right to weigh-in with his opinion about this, but—as I interpreted your letter—it seems that he also needs to get that this desire of yours has as much to do with how you want to feel about yourself as it does with how you want to look out in the world. My hope is that he can somehow get the difference between these two points.

Men are all over the board on this one, Mary. Some love it when their wives "augment" their attributes. Some guys freak out. Looks like you're married to one of the latter. But rather than your husband attempting to convince you how you should or should not feel about getting this kind of surgery, I wonder if he could be more specific in articulating to you how it would make him feel to be married to a woman who enhanced herself? He obviously has some deep-seated judgment about this procedure or about women who get this procedure that I'll bet he hasn't even identified for himself yet. If he could figure out what sort of fear or anger he has about it and share that with you, I would guess that he would not come across as so "antiquated". It would also give you a sense of what kind of reassurance he might need from you if you go through with the procedure around whatever fear or insecurity he has around this issue.

Since you are both in couples counseling these days, why not use the sessions to explore: 1) the reason behind his resistance to support you in feeling better about yourself, 2) the feeling/experience you are looking to feel/experience as a result of this surgery, and 3) the concern about "what others might think" that you both may have some fears about. Best of luck to you both!

Hanalei Vierra, Ph.D. (Dr. He) and M'Lissa Trent, Ph.D. (Dr. She) are a married couple who have worked together for over 14 years coaching troubled relationships to clearer communication, deeper intimacy, and healthier partnership. See their web site at www.sandiegotherapists.com/conjoint.html. Please email any questions to: DrHanalei@aol.com or DrMlissaTrent@aol.com. For more information on Relationship Advice for Men, go to www.HowToKeepHer.com on the web.