

This monthly article highlights one of our branch members. We hope that you enjoy knowing a little more about your fellow members and the interesting life they have had. If you have someone you would like to nominate or if you would like to help author an article, please email the editor, Ron Nakamoto, at [ron.nakamoto\(at\)yahoo.com](mailto:ron.nakamoto(at)yahoo.com).

PAUL SCHUTZ



“My entire career’s work was directly and indirectly helping troubled youth regain a positive sense of self and craft a constructive direction at a mostly vulnerable and volatile time in their lives. My direct counseling experience has been largely working to reunite runaway and homeless youth with their families through individual, group and family counseling while they received temporary shelter and food through the Casa SAY Runaway and Homeless Youth Shelter, a 6-bed shelter in Mountain View. Youth could stay there for up to six weeks while we worked to reunify them with their families. Later, my indirect work was to provide the business structure

and supervision for a team of mental health professionals who worked with these troubled, runaway and/or homeless youth through a variety of South SF Bay Area agencies. It has been a labor of love.

“I was born in Brockton Massachusetts. My younger brother (two years younger) and I spent much of our playtime helping our father raise capons in our backyard to supplement his baker’s income. He bred an average of 100 capons and harvested and sold them every summer. (*Editor’s note: Capons are roosters that have been castrated to improve the quality of its flesh for consumption. Capon meat is considered more moist, tender and flavorful than a hen. Capon consumption can be traced back to ancient China, Greece and Rome.*) We would help feed, kill and pluck the birds. Other times we would help our uncle at his dairy farm stacking bales of hay into the barn or riding horses in nearby West Bridgewater. In the winter you would find us iceskating or playing ice hockey. It was a great place and time to grow up. My father (and his father) were Swedish bakers by trade, and his full-time job was as head baker at the nearby Veterans (VA) Hospital. When I was twelve years old, my father was transferred to the VA Hospital in Palo Alto as their head baker. The family sold everything and packed the balance in a DeSoto station-wagon and drove all the way west. That move proved to be a shocking cultural transition for both my brother and me at a difficult age. It was not only our Massachusetts accent, but also our proper dress pants and buttoned shirt that was out of place with everyone wearing beach clothing, e.g. shorts, t-shirt and sneakers. Somehow, we managed to quickly adapt to the new culture, vocabulary and funny California accent.

"I graduated from Campbell High School in 1964 and immediately enlisted in the Marine Corps to serve my four-year obligation. I was always curious about how things worked and would take apart all my toys like most potential future engineers. My mechanical aptitude was evident in my initial testing, so I was trained as a jet engine mechanic and then assigned to Iwakuni, Japan. Vietnam was "hot" so soon after I was reassigned to Chu Lai, Vietnam as an F4-B "Plane Captain" for the VMFA 542 (Flying Tigers) squadron. (*Editor's note: "Captain" is a term used to describe a supervisor responsible for certifying the airworthiness of the fighter aircraft.*) My memory of Vietnam was always having to post someone to watch for flashes on the horizon that signaled a rocket launch alerting everyone to head for the bunkers. I was eventually honorably discharged from my last duty station at El Toro, CA.

"I was always fascinated with "what makes people tick" and Vietnam with its "live or die" attitude only reinforced my desire to learn "why people do what they do" so I enrolled and graduated from San Jose State University with a B.A in Psychology. I needed money so I took a break and worked for two years selling insurance for Connecticut Mutual and then returned to get my MA in Marriage, Family and Child Counseling from Santa Clara University. I secured my California State License in Marriage and Family Therapy a year later and started my part-time private practice in Los Altos with a specialty in helping families with difficult teens. Concurrently, I was hired as a Family Therapist for the Casa SAY Runaway and Homeless Youth Shelter in Mountain View. One year later I was hired as the Executive Director for the same organization (Social Advocates for Youth).

"My thirty-five-year career has been with not-for-profit management for a variety of South Bay Area youth-oriented mental health organizations as an Executive Director, Development Director, Director of Marketing and Business Development, Chief Operations Officer, and Chief Financial Officer. I have been on many local and State Boards (appointed and elected), a presenter at various events, and have been a Federal grants reviewer for the Federal Department of Health and Human Services. My interest in working with youth stems from my belief that one can make the greatest positive life-long impact during our most vulnerable developmental years –ages 8 through 18. Over the years in my career, I and my staff have positively helped change the lives of thousands of South Bay Area youth through counseling, coaching, basic living skills training, and in some cases, housing, food and clothing. My last career focus was as the Development Director for Community Health Awareness Council (CHAC) in Mountain View. Each year, CHAC positively impacts thousands of troubled youths and families throughout Mountain View, Los Altos/Hills, Sunnyvale and surrounding cities through a variety of activities (*Editor's note: See chacmv.org for a more detailed description of the organization*). My job was to secure the necessary funding from a variety of revenue streams to keep the organization running year after year.

"Over the years, my interests have included travel, sailing, golf, skydiving, paragliding, backpacking and road bicycling. I am currently a senior staff member for the Almaden Cycle Touring Club's bicycle academy where we teach new and returning road bicyclists

how to ride safely on our County's roads. The course is taught twice each year with each spanning twelve Saturdays –one Spring and one Fall course. *(Editor's note: If you are interested, goto actc.org for more details.)*"

"I have three children, a son who was married recently and lives in San Jose, a daughter who is married, has two daughters and also lives in San Jose, and one daughter who is disabled and lives in Sacramento." My wife died of cancer in 2010. It was a terrible experience and I resigned myself to living the remainder of my life alone but as life (or God) would have it, I met my current life partner Nancy in 2012 (through Match.com) and have been blessed to have such a wonderful woman (and fellow golfer) in my life for the past seven years. Nancy is also retired and has a son who lives with his new wife in Manley, Australia (across the harbor from Sydney). Consequently, we travel down under at least twice each year to visit.



On the course at Pebble Beach two weeks before the US Open



Part way through a 45-mile coast-side ride near Pescadero

"The most influential thing in my life has been my insatiable thirst for discovering what was most important and essential in leading my life. To that end, I created a personal constitution that I have used to guide my decisions and activities throughout the years. My personal constitution describes how I want to lead my life in the following categories: Spiritual, Health, as a Friend, Work, as a Father, and as a Husband. While there is always room for improvement, it has been very helpful to have a standard against which I could periodically evaluate my life's results in these most important areas.

"I have been a member of the Los Altos Rotary Club since 2004 and have served on their Board of Directors as the Director of Community Service, and Chair of the Veterans Support Committee. I retired two years ago and am delighted to have found SIR Branch 35 for all the friends I am now meeting through the Branch golf opportunities. As we all know, SIR Branch 35 is a great opportunity to get involved with fun activities of all kinds with like-minded men. Thank you Stan Scardino for sponsoring me to this organization that has enriched my life. As the Membership Director for our Branch, I remind you all to tell your friends, neighbors and colleagues about our Branch

so that they can join us in having fun in their retired years. Keep those new member referrals coming!

“I hope you enjoy my jokes and let me leave you with a favorite saying I have ascribed to through my life from the author Steven Covey ... ‘Always begin with the end in mind.’”