

Speaker Bios

Kathy Valentine – Moderator

Kathy is the chairperson of the HOPE Coalition of Boulder County and has been on the coalition since its beginning in 2005. She is a retired school counselor and gave many workshops on depression and suicide awareness to various staffs while working.

Kathy is also the Executive Director of Colie's Closet, a BVSD high school peer education program dealing with depression and suicide. Kathy is passionate about educating the entire community about risk factors around these issues and is excited to bring today's panelists and community members together to begin the discussion about the importance of connection in our lives.

When not attending meetings or organizing classroom presentations, Kathy enjoys playing her saxophone, hanging out with friends, getting some exercise, and playing bridge.

Kathy and her wife have one daughter and they spend part of the year at their beach home in Washington state.

Heather Crate – Tech Moderator

Heather is a member of HOPE Coalition of Boulder County and has been on the coalition since 2017. They are the Program Coordinator for the OASOS Program at Boulder County Public Health. OASOS supports and advocates for LGBTQIA+ (lesbian, gay, bisexual, transgender, queer, questioning, intersex, and asexual) youth.

Heather is also a therapist in private practice working with children exploring the world of gender. Heather is passionate about creating a world where LGBTQIA+ people are valued and celebrated.

When not working Heather enjoys watching cooking and baking competition shows, volunteering in the community and playing softball.

Heather and their wife Jennie have two young children and when not in the middle of a pandemic they enjoy checking out local museums, family events and getting into toddler shenanigans.

Panel #1 – May 5th

Dane Hall – Panelist (Ages 12-26)

Dane is 24 years old. Dane is nonbinary and transgender; Dane uses they/them/theirs pronouns and will call you out if and when you make a mistake. They grew up in small-town Texas and moved to Boulder last March for an AmeriCorps position in substance use prevention and opioid harm reduction.

Dane is a suicide survivor in both senses, having experienced treatment-resistant depression for a decade and having lost a partner to suicide in 2015.

Dane's mom is a physical therapist in a skilled nursing facility, and Dane grew up in close conversation with her older patients. Dane benefitted from the intergenerational connections that came with active involvement in their hometown religious community. They moved away to college at 16 and discovered that

they were not a straight cisgender person, at which point they were no longer welcome in those religious spaces.

Dane has always been a passionate advocate for justice, and approaches life with a service-oriented mentality. They studied sociology at the University of Houston and worked as a community health worker in underserved areas of town. Dane strives to be a vocal advocate for LGBTQ+ communities and fights for racial and economic justice in America. Dane believes that alienation and anomie drive the past decade's spike in youth suicide, a spike that they were on the front lines of as a student. Dane is committed to working in solidarity with other poor people to find solutions that work for the most vulnerable members of our society.

Heather Carlson – Panelist (Ages 26-59)

After living in the southeast US for twenty years, Heather and her partner decided to relocate their family to Colorado. Heather and her family value living closer to nature and they treasure the likeminded community they have found in Boulder.

Although Heather was born in the US, she was raised in a loving home with three siblings in Winnipeg Canada. She earned her undergraduate business degree in the US and started her professional career in sales, working for the country's largest printing company. Heather later worked in media sales at an ABC-TV affiliate in Charlotte North Carolina which was a competitive and fast-paced workplace. She ended her sales career upon the birth of her first daughter. Three and half years after their daughter was born, Heather and her partner were lucky to have a healthy set of twin babies, a boy and a girl, now ten years old.

As Heather got deeper into her role as a parent, she became curious about the nature of family dynamics and how cultural trends are changing the experience of childhood and parenthood. Five years ago, Heather decided to re-enter the workforce as a family therapist. She is currently finishing her master's degree in Couples & Family Therapy at Regis University in Denver.

In addition to the many roles of her life, Heather is a member of the *Sandwich Generation*. This means that she is simultaneously raising children while also acting as the primary caregiver of her elderly father. This role is a rewarding yet, at times, raw experience juggling the demands of providing her father with the care he needs and deserves while raising three children, and completing her graduate degree.

David Pinkow – Panelist (60+)

David has lived in Boulder for 40 years (currently in a single-family home), since moving to Colorado to accept a teaching position in the College of Music at CU Boulder. His training and experience are very unusual and specialized—that of a professional symphony-orchestra musician.

David holds degrees from the Eastman School of Music (BM), Carnegie-Mellon University (MM), and the University of Maryland (DMA). Dave has been a member of the Pittsburgh Symphony, the Atlanta Symphony and Rochester Philharmonic. During the longest part of his career—28 years—he taught and performed on his instrument (French Horn) at CU until his retirement in 2008.

Currently, Dave spends quite a lot of time and energy in the Boulder mountain communities. He is also active in the Peak-to-Peak Housing and Human Services Alliance, which strives to achieve affordable housing

and food security in western Boulder County. He also is beginning a second three-year term on Boulder County's Aging Advisory Council, a very active organization that advocates on behalf of older adults.

In his spare time, Dave enjoys playing the Alphorn (think Ricola commercial) up in the Allenspark mountain property he and his wife, Louise, purchased a few years back. For hobbies, Dave enjoys traveling, hiking, and sailing. Whenever they're able, he and Louise travel to Pensacola Florida where they maintain a 34-foot sailboat.

Panel #2 - May 12th

Jasmine Li – Panelist (Ages 12-26)

Jasmine is a 17 year old graduating senior from Fairview High School in Boulder. She has been an active member of her high school swim team, and has done scientific research, primarily in the area of renewable energy. Jasmine volunteered for the last two years with a mental health program, Colie's Closet, as a peer educator, giving presentations in middle schools and high schools about teen depression and suicide prevention. Jasmine lives with her parents in Superior. In her free time, Jasmine enjoys cooking, journaling, spending time outdoors, swimming, knitting, and watching TV.

Roger Dael – Panelist (Ages 26-59)

Roger is 40 years old. He grew up in the Baltimore metro area and moved to Boulder in 2006. He currently resides in the South Boulder community.

Roger has spent his entire 18-year career in the investment management business, with the last five years spent in private practice working with individual clients and families. In Roger's opinion, financial well-being and overall health are intimately related. So, he gets great satisfaction in helping people navigate the different financial challenges they face.

When not working, you can find Roger on a mountain bike, a pair of skis, enjoying one of the many concert venues in the Denver/Boulder area, or reading a good history book. Living in South Boulder offers access to some of the region's best community trails, and Roger frequents them; he considers it nature's health insurance.

Roger is active in the Boulder Valley Youth Lacrosse league as a coach and mentor and has also volunteered at the Stone Temple Mountain Bike camp in Laramie Wyoming; coaching kids on mountain bike techniques, safety, and the intersection of life and cycling. Although recent time demands have strained these activities a bit, coaching and mentoring youth is something Roger enjoys and is always looking for opportunities of involvement. He has recently joined the board of Colie's Closet, a non-profit organization that raises awareness and prevention of teen suicide and fosters the mental well-being of our Boulder County youth.

Susan Marine – Panelist (60+)

Susan Marine, born in 1947, is on the leading edge of the Baby Boomer Generation. She moved to Colorado in 1975, after completing her doctorate at the University of Minnesota, to teach at the UC Health Sciences Center in Denver. After marrying a colleague, she joined the staff of the Western Interstate Commission on Higher Education. In 1981 the couple moved to Boulder. Susan's professional interests have always been in

the realm of health and mental health; her last paying job was at Mental Health Partners, the community mental health center serving Boulder and Broomfield.

Susan has been active in the Boulder community, serving on the BVSD Board of Education 1987 - 1997; and spent several years on the Development Advisory Board of the School of Education at UC Boulder.

She served two terms on the board of Mental Health Partners, including a year as chair. Susan was a founding member of both the Interfaith Network on Mental Illness (INMI) and the HOPE Coalition, and is active in her church. As the Chair of Advocacy for the Suicide Prevention Coalition of Colorado, she does volunteer lobbying and has helped pass a number of bills over the last decade. She has been recognized for her leadership and advocacy in mental health and suicide prevention.

Susan and her husband, Bill, down sized and moved to the Frasier Meadows 15 months ago and thoroughly enjoy this community. Her hobbies include yoga, Tai Chi, cross country skiing and snowshoeing, travel (especially spending time in Maine at her family's cottage), reading, gardening, flower arranging, and politics.

Panel #3 – May 19th

Megan Valentine – Panelist (Ages 12-26)

As an artist-turned-engineer, Megan wrangles code and thinks a lot about how tools shape what we build. She graduated from Yale in 2016 with exceptional distinction in Computing & the Arts, and is currently a software engineer at Google, somehow getting paid to travel the world (most recently backpacking in Patagonia and enjoying art in Paris!).

At Google, she has optimized ads (growing an \$XXXM product by 3x in two years), made a Google doodle game (4th of July baseball!), and built some happy robotic things that she can't talk about.

Megan is very interested in understanding loneliness and connection, and in figuring out how to build community in a world that finds itself more and more tied to technology.

Rosabelle Rice – Panelist (Ages 26-59)

Rosabelle was born in 1967 in Loja, Ecuador. Her father Bill White and maternal grandfather Tomas Aquirre-Ruiz became involvement with the Peace Corp shortly after it launched. After Rosabelle's mom Aura Aquirre-Aguirre married Bill, Rosabelle was born and became a "Peace Corp baby." Within two years the growing family moved to Minnesota where Rosabelle spent her middle years. Later, due to a family move, she spent her teen years in Mexico.

Rosabelle attended Notre Dame University as an undergrad. And she received her Master's degree in Spanish from the University of Memphis. Rosabelle lived in Memphis after graduating and then after eight years she moved to Colorado in 1998.

Rosabelle is married to Jim Rice and currently lives in Lafayette. She and Jim have raised several foster kids with the commitment of keeping families, especially Latino families, together. They also adopted brothers Aristeo and Christian. They continue to keep their boys close with their extended birth families in Colorado and Zacatecas.

Rosabelle is a certified professional interpreter. She focuses on making interpretation an authentic experience for the end user.

Rosabelle has had a long standing involvement with the Parent Engagement (PEN) as a board member and as the Diversity chairperson. She calls the people involved in PEN her tribe! In her free time, Rosabelle likes to sing, play the piano, learn more French, and travel throughout the Americas.

Rosabelle bring to the table cultural diversity in her own blood line and the wisdom of growing up in so many distinct cultures and interesting locations.

Dorothy Rupert – Panelist (60+)

No biography available