

March 28, 2018

City Council Members
City of Bainbridge Island
Bainbridge Island, WA 98110

Dear Council Members,

Please find attached materials supporting my application to fill the vacant Central Ward position. I feel it is as crucial time for Bainbridge to address critical issues which I will discuss in the materials I have enclosed. I am willing to commit the time and energy to do so and look forward to your review of my application.

Sincerely,

Robert L. Drury, Ph.D., President/CSO
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Supplemental Questions Please respond to the following questions regarding your interest in the position of Councilmember for the City of Bainbridge Island on separate pages using no more than 3 pages total:

1. Why are you interested in serving as a Bainbridge Island City Councilmember?

I believe that both my experience and personal commitment can help Bainbridge struggle to address very important and complex issues of change in the face of very challenging circumstances; some of which are of local origin and some of which relate to larger, even global problems. Through a thoughtful and realistic process, I hope to contribute to policies which will facilitate adaptive change in our community.

2. What strength would you bring to the Council?

I have shown in both my professional career and personal life the ability to take ideas which are meritorious and, with the collaboration of others, realize and implement them in practical ways that benefit individuals and communities. I have a broad training in both professional and scientific functioning, as well as experience in consensus building.

3. What are the three highest priorities and/or issues you believe the City needs to address? How would you propose to address these issues?

Two interrelated priorities and issues are the complex interaction between healthy environmental sustainability and well-conceived and executed resource development. While there are competing interests in how and when development should occur, the City Council needs to exercise a mindful overview which prioritizes most highly community wellbeing in a resilient overall environment. Another high priority of mine is to work towards assuring that Bainbridge residents have access to high quality and safe comprehensive health care. All of these priorities would be dealt with by identifying best evidence-based practices and policies and working with other councilmembers, staff and citizens towards necessary changes.

4. Explain your current and past community involvement and/or service on city, nonprofit, or public boards, committees, task forces, or commissions and how this has contributed to the Bainbridge Island community. Address its relevance to the position of Bainbridge Island City Councilmember.

I have served on local, state and federal boards in both my various professional roles and as an engaged citizen. While working as Director of Psychological Services at Lourdes Health Network in the Tri-Cities, I was appointed to the Center for Disease Control's Hanford Health Effects Subcommittee, which oversaw health issues and concerns at the Hanford Nuclear site. I also served on the City of Richland's Library Board and Ethics Board. While working for the Orange County Mental Health Services, I was appointed to the State Department of Mental Health's Conference of Local Mental Health Directors. While visiting China with my family, I was invited to address the Chinese Academy of Science's Institute of Psychology on the subject of mutual cooperation and collaboration between American and Chinese scientists and citizens. This is a representative sample of my past involvements, and I would endeavor to apply my energy and expertise to the many issues that currently face Bainbridge.

5. What do you wish to accomplish during this appointed term as Bainbridge Island City Councilmember?

I would hope to identify action steps that would be responsive to the issues and priorities

identified above and build the necessary support within the council and community to implement those steps. My overall goal is to contribute to improving the comprehensive quality of life on Bainbridge while assuring a sustainable relationship with the environment.

6. What is your vision for our City and community?

I see Bainbridge as a community which can exemplify the adaptive and necessary changes that are required for us as individuals and a community at a time of serious challenge, not only to our quality of life, but to our existence. I believe this can be accomplished through an engaged program of compassion and mutualism which values the contributions of all.

7. Is there anything else that you may wish to add that would help us get to know you a little better?

In addition to the family and professional accomplishments mentioned above, I have several unusual hobbies. One is teaching courses in subjects that I wish to learn more about. Recently, for example, I taught a course entitled “Big History, The Universe and Everything” at the Bainbridge Senior Center. Together with more than 30 participants, we explored the comprehensive history of existence using both scientific and philosophical cosmology. This fascinating adventure led not only to significant learning for all of us, but formation of an action group to pursue goals related to the many implications of this “really Big Picture”. One action step was to invite a BI Council member to learn more about this course, which Bill Gates has called the “most important course ever”, and the BARN’s What Up Bainbridge podcast noted the course.

I also find travel very educational and have visited with my family not only China, but the people of Vietnam, Morocco, Peru and Turkey, the home of the Sufi poet and saint Rumi. We are currently traveling in New Zealand to celebrate the wedding of a close friend.

In addition to my appreciation of music as both a listener and performer, I have pursued the development of a new type of musical instrument which involves my professional knowledge of neuroscience and my love of creative endeavor. The instrument, called the Body Electric, uses existing psychophysiological techniques to detect the ongoing functioning of human physiology and marry it to existing music MIDI technology so that the human can become their own instrument.

In the intersection between professional activity and hobby, I am currently editing an eBook for the journals *Frontiers in Medicine* and *Frontiers in Public Health* entitled “Heart Rate Variability, Health and Well-Being: A Systems Perspective”. One of my goals is to establish heart rate variability as a general biomarker of health status using evidence-based empirical techniques since evaluating the efficacy of medical interventions has been an overly complex and easily distorted endeavor.

Resume

I was born at the Queen of Angels Hospital in Los Angeles, being one of the few actual LA natives (almost all Los Angelinos are from “somewhere else”). I was raised in the quiet Quaker town of Whittier, ten miles east of there. LA provided an opportunity to experience a variety of social and cultural realities, including working as a Park Maintenance Man, Temporary, As Needed for the County of Los Angeles—in other words, the lowest of the low. Since I picked up trash in the LA Coliseum area, I found myself in the midst of the so called “Watts Riots” in 1965, a very edifying though life-threatening experience.

Following high school graduation, my undergraduate work was at Pomona College in the Claremont Colleges, where I studied psychology. After graduation, I spent a year developing and running the University of California-Irving Sleep Lab and conducted peer-reviewed research in sleep and chronobiology. I chose WSU for graduate study because I would inherit a high level sleep laboratory left vacant when two faculty were leaving for the greener pastures of Harvard—one of them was an interesting fellow named Timothy Leary. My interest in neuroscience continued but I also became intrigued by the Community Mental Health Movement funded by the National Institute of Mental Health nationwide. After receiving my Ph.D. in Clinical Health Psychology/Neuroscience, I have worked in a wide variety of private and public settings doing treatment, assessment, research and development and professional training and supervision for doctoral psychologists and family practice and psychiatric physicians in settings such as University of California-Irvine School of Medicine, University of Wisconsin, Madison and the Veterans Health Administration. While I still maintain a private clinical practice, much of my professional interest is in health policy analysis and reformulating, if not reforming the so-called “health care system”. I also have a long standing interest in developing resilience and completed a research and development project to provide Resilience Enhancement for veterans served by the VA.

Personally, my most important endeavor has been, and continues to be my family. Both of my parents came from financially modest backgrounds and attained expertise as medical professionals trained at USC and Johns Hopkins. Therefore, I felt personal achievement was possible and after my marriage to Sirri Hanson, Ph.D.(also a Clinical Psychologist), we had two daughters, Tiama and Sesha, and our family experience has been a delightful adventure and a most important achievement. Both are UW graduates, Tiama just accepting a position as Chief Product Officer for a London based internet service company, and Sesha is a fourth year dental student at UW, completing her combined DDS/PhD program researching stem cell transcription in the production of enamel. Now adults living in the Seattle area and married, we have the opportunity to share many activities such as traveling, hiking, cooking and musical performance with them. Although owning a place on Bainbridge for some time, we moved here five years ago to fulfill a long term wish to live here and be near our daughters, as well.

