

Palo Alto Rotary Pinion

October 2, 2017

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Before leading the Pledge, president BETSY BECHTEL had us pause to reflect on the terrible violence in Las Vegas.

Guests of Rotarians were SHIRLEY WONG, First Republic Bank, the guest of CHARLIE WEIDANZ, and AMY ANDONIAN, CEO of Avenidas, currently a member of the University club, the guest of MIKE COUCH.



JULIE JEROME'S thought: "We are this close." Thanks to Rotary, only a handful of polio cases remain anywhere in the world. Julie shared that she had herself fought off polio, and she challenged us to help finish the fight.

Three truths and a lie were uttered by Trish Bubenik. Which was the fib? Did President Reagan visit her school in Sunnyvale? Did her cousin coach Steve Young in the USFL? Did she once have breakfast with an astronaut? Did the neighbor who borrowed her football become an NFL coach in Baltimore? Well... President Reagan was scheduled, but didn't come; still, the school was featured in an NBC documentary.



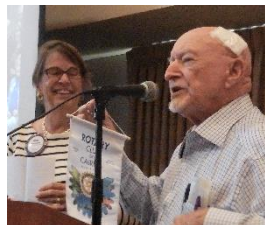
Land-office business for the President's Club:

JACKIE SCHOELERMAN joined to mark European travels, and presented a Rotary flag from Lüneburg, Germany. ED

DANGLER presented a flag from Cairns, Australia, where he felt a tad overdressed when he saw the shorts and flip-flops worn by local Rotarians.



STEVE MADSEN rejoiced in the arrival



of his fifth grandchild and first granddaughter.

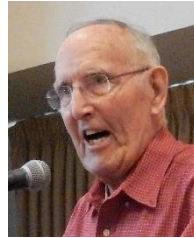
MEL MATSUMOTO thanked DICK BUSH and GLORIA HOM for delivering the dinner he the Crab Feed auction.

had won through

LIZ KNISS showed off the T-shirt that she brought home from Heidelberg, our newest sister city (having journeyed there entirely at her own expense). The community's Lord Mayor and other leaders seem genuinely eager to build bridges to Palo Alto.



GLORIA HOM praised PETER SHAMBORA for hosting a congenial Oktoberfest TGIF; recognized ANNETTE GLANCKOPF for the Midtown Neighborhood Fair; and lauded ELIZABETH SANTANA and the Palo Alto Players for an exceptionally fine production of "The Million Dollar Quartet".



BILL BUSSE reported that JOHN KIDD'S wife PHYLLIS has undergone difficult surgery. We all join Bill in wishing Phyllis the best as she recovers.

Past president BRIAN STEEN noted that each of us has just received a letter soliciting contributions to The Rotary Foundation and Polio Plus. If you wish to support both, please write a separate check for each, because your Polio Plus donation will be matched by the Gates Foundation. Pledge forms were made available.



Donations of new or gently used clothing are still being gathered by REBECCA GERALDI for clients of the Mayview Community Health Center. All ages, all sizes, no shoes or underwear.

A Paul Harris pin embellished with three gems was awarded to KLAUS HEINEMANN.



Our speaker, DR JAMES R. DOTY,



was introduced by PAM KRUDOP. He's a professor of neurosurgery, and founder of Stanford's Center for Compassion and Altruism Research; he's also a former chair of the Dalai Lama Foundation and a senior advisor to the Parliament of World Religions. His book, Into the Magic Shop:



A Neurosurgeon's Quest has been translated into more than 30 languages. At age 12, Dr. Doty, close to becoming a juvenile delinquent, rode his bicycle to a magic shop, where he encountered the owner's mother, who asked him some penetrating questions and taught him four important things: > Unless you know how to relax, you can't focus - can't be "present" - because you're forever responding to what you see as threats. > The negative dialogues in our heads aren't us. They falsely teach us that we can't do things, or don't deserve them. Learn to be kind to yourself. > Have an open heart. Look at others without being critical. > Harness the power of visualization, and learn to visualize positively.

According to Dr. Doty, there's a strong value proposition for being altruistic. If you "rest and digest," you make better judgments and can think more creatively. If you let yourself feel stress, you'll face headaches, GI disorders and a depressed immune system. Most people can be trained to relax and practice compassion.

PROGRAMS AND EVENTS

October 9, Linda Bidrossian, Senior Vice President of Policy, Bay Area Council: "Workforce of the Future"
Oct. 16, Jean McCown, Associate VP, Govt & Community Relations, "Stanford's Updated General Plan."