

Palo Alto Rotary Pinion

October 15, 2018

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President GINNY LEAR convened our October 15 meeting by marking a sure sign of autumn: The Elks Club had laid out the meatloaf. Fortified by this hearty meal, MIKE COUCH led the Pledge of Allegiance.



Visiting from Berlin-Tiergarten was ROTARIAN DIETER, whose surname everyone hopes to catch if he comes around again. Guests of Rotarians were GEOFF BALL, introduced by CASH ALAEE; MARK LEVI, presented by LE LEVY; and KAI YING "PINKI" FUNG from Avenidas, the guest of AMY ANDONIAN....

JAYNE BOOKER generously made the winning bid for two season tickets to the Celebrity Forum. Her contribution will benefit Palo Alto Rotary Annual Charities....



KAREN ROHDE received her Blue Badge.

THURSDAY OCT 18th is the date for a pop-up party at the home of STEVE EMSLIE, who will fire up his backyard pizza oven; 5:30 to 7:30 p.m. Please bring something that you will enjoy drinking...

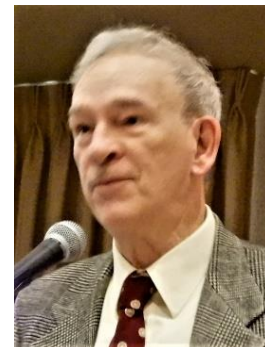
. SATURDAY OCTOBER 27th, will be "Make a Difference Day" for Youth Community Service. You can assist from 8:30 to 10:30 a.m., stuffing lunch bags for student volunteers at DLA Piper. Please sign up next week.... ANNETTE GLANCKOPF and TOM GRACON hope to pass the baton to a new chairs for our annual speech contest. We'll continue to be recognized as a sponsor if one or two of our members step forward to manage it, but we'll miss a year of sponsorship if no one volunteers.



JANE KHALAF joined the President's Club with immeasurably great news: She's expecting in April. It was a challenge to top that announcement, but Jane was nonetheless able to present a remarkable life story: Coco Chanel was raised in a convent, trained as a seamstress. She began a lifetime's work in couture by making hats for the demimonde. She taught women how to dress for careers, and transformed the "little black dress" from mourning wear into classic fashion. Her lesson for us: "Don't just be something - be someone. Be who you want to be."

As this year's Rotary Foundation chair, BETSY BECHTEL reminded us she's that still accepting pledges and processing checks. Contributions also can be made online; please be certain our club gets credit.

Our fellow member BEN THRELKELD was the day's exceptionally informative speaker, introduced by DAVE SMULLIN. Dave noted



Ben's credentials from UCLA in biochemistry and UC Berkeley, from its School of Optometry. Ben has served on the School's clinical faculty and regularly offers continuing education to practicing optometrists. He has 10,000 LASIK cases to his credit and provides vision screening and eye care to players and coaches from the San Francisco 49ers....

Ben's chosen topic was what he calls "The Aging Eye," concentrating on three pathologies that we encounter as we grow older. First, cataracts: When we're 60-ish, the lenses of our eyes start becoming opaque, a process that can be accelerated by UV exposure and smoking. The solution is a replacement plastic lens that can be optimized for either distance or reading, inserted with bloodless surgery in 15 seconds ("It's happy medicine.").... Second, macular degeneration, which weakens the area of the eye that contains the greatest concentration of photoreceptors. "Wet" macular degeneration is treated with Avastin and Lucentis, both highly effective.... Third, retinal detachment, which you should recognize if you see flashes or floating spots, and then seek help immediately. Although retinal detachment surgery is a "big deal," 90% of patients recover 20/40 vision. You should consult an ophthalmologist without delay if flashes or floating spots appear, or if what seems like a curtain comes down within your field of vision.

SPEAKERS AT OUR COMING MEETINGS:

October 22, Rotary District Governor Timothy Lundell;

October 29, Astronaut Steve Smith, "Lessons Learned in Space"; November 5, Ken Graham, Mayview Health Clinic, "Delivering Care to the Poor."