



Rotary Club of Los Gatos Cat Tale

District 5170 Club #487 Chartered 1924 Volume #29 Issue #42 October 31, 2017

LOVE THE SKIN YOU'RE IN

Tony James introduced us to today's speaker
Brie Mather.

Since graduating from McGill University in Women's Studies and Humanistic Studies with Distinction, Brie has spoken to 70,000 teen girls worldwide with her multimedia event *Love the Skin You're In*. Inspiring young women to find compassion within themselves and for one another, and to lead a new conversation about their bodies and beings, she conducts connective school-wide body image events about media literacy, mindfulness, and partnership.



Today's speaker
Brie Mather

Here are a few of the points she made:

Girls' Mental Health Crisis

- 23% of grade 9 girls seriously contemplated suicide, per "Girl Scout State of Girls 2017"
- Feelings of isolation increased 48% between 2010 and 2015. Girls' depressive symptoms increased by 50% between 2012 and 2015
- Three times as many 12-to-14 year old girls killed themselves in 2015 than in 2007

- In the fall of 2009 there were nine candidates for president of Princeton's freshman class. All nine were men.

Outcomes

- A formerly diet-addicted 16 year old is leading nearly 2000 Arlington girls through her Instagram feed at Body-post Avery
- The Girls Leadership Committee grew by 400% at McLean High School
- A 13 year old Asian-American girl from H. B. Woodlawn Program made a short film about body positivity
- Arlington girls organized a backyard "More Than Pretty" event
- "Yoga and Mindfulness" Summer Retreat at Sun and Moon Yoga

A book Brie recommends:

"Positive Bodies —
Loving the Skin You're In"

A self help book for people with body image concerns

Dr. Vivienne Lewis, Psychologist

Seasoned Rotarian Bio

Proving that there is no age bias in the Rotary Club of Los Gatos, we now turn from New Member Bios to Seasoned Member Bios. **John**



Pencer drew the long straw.

John appeared on the scene circa 1948 in the great State of Minnesota. His father traveled all over the state selling medical instruments — obviously the inspiration for John's career.

At seven he moved to Rahway, NJ, then at 15, to California. Graduating as an engineer from Cal Poly in 1970, he spent eight weeks traveling in Europe. On his return he joined the family business, The Pencer Company, manufacturer and marketer of medical instruments. Later he worked for our own **Rene Friedrich** at VSL Corporation for a time, then returned to the family business.

In 1974 he married Devonne and they have three children — Jennie, Lindsay and Matt. John loves skiing, boats, golf, antique autos and fly-fishing.

John was our Club President in 1979-1980.



Tony James took pleasure in introducing today's speaker



President Suzanne presents a certificate documenting the gift of a wheelchair to an invalid in Mexico,

Tuesday, October 31, 2017

Meeting

Presiding

President Suzanne Boxer-Gassman

Pledge — Greg Butterfield

Inspiration — Andrew Howard

Editor Don d'Arms

Photos Don d'Arms



VISITING ROTARIANS

Brenda Davis, San Jose Rotary
Marsh Blackstone

VISITORS

Melissa Johnson (dau Sarita Johnson)

ANNOUNCEMENTS

Mike Norcia: Opening night of the movie *Star Wars: the Last Jedi* at the Los Gatos Theater, December 15 at 6:00 pm.

Tickets are \$35 now, and will be \$40 if you wait. At this point there are 130 tickets left.

Tom Boyce again spoke up about the *Presidents Brunch*. It will be December 3 — at *La Rinconada*, of course — at 10:00 am. The Club sports no less than 20 active Past Presidents — probably competing for first place in Rotary. The cost will be \$54 per person.

UPCOMING PROGRAMS

Tuesday, November 7

Chris Nance, from the California Earthquake Authority. Topic: "Bolt and Brace".

Tuesday, November 14

Jay McCullough from *Ronald McDonald House*, Stanford

Tuesday, November 21

Larry Stone, Assessor, Santa Clara County

COMING EVENTS

December 3 at 10:00 am

Presidents Brunch

La Rinconada Country Club



Rotary Club of Los Gatos
P. O. Box 1018
Los Gatos, CA 95031
Return Requested

Rotary Club of Los Gatos Cat Tale

Bulletin Committee Chair: Don d Arms

Editors: Joyce Cordi,

Julian Rodriguez,

Ron Smith,

Patti Van der Burg.

Photography: Art Beddeson, Ron Cassel,

Don d Arms, Kamyar Negari.

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Web site addresses:

Los Gatos

<http://www.losgatosrotary.org>

District

<http://www.rotary5170.org>

International

<http://www.rotary.org/>

MONDAY

PALO ALTO

Ming's Restaurant
1700 Embarcadero Road

MILPITAS

Embassy Suites Hotel

901 E. Calaveras

SCOTT'S VALLEY

Hilton Hotel

*All meeting times 12:15 pm
Unless noted otherwise*

Los Gatos Lodge

50 Los Gatos-Saratoga Rd

TUESDAY

MOUNTAIN VIEW

Historic Adobe Bldg.

Moffett Field

SANTA CRUZ Sunrise

7:15 am De La Viega Golf

CAMPBELL / S.J. West

Eastfield Ming Quong Ctr

251 Llewellyn Ave

SUNNYVALE

Lookout Rest. Muni Golf

GILROY Elks Lodge

2765 Hecker Pass Rd

FREMONT

Massimo's Restaurant

WEDNESDAY

SUNNYVALE Sunrise

7:00 am Le Boulanger

LOS GATOS Morning

7:15 am Los Gatos Lodge

50 Los Gatos-Saratoga Rd

SAN JOSE Summit Ctr

4th & San Fernando

CUPERTINO

Quinlan Comm. Center

WATSONVILLE

Elk's Lodge

MORGAN HILL

Morgan Hill Comm. Center

FELTON / San Lorenzo

Mt. Hermon Ctr. / 7 am

THURSDAY

SANTA CLARA

Hilton Santa Clara

4949 Great America Pwy

SAN JOSE EAST

Ranch Golf Club

4601 Hill Top View

FRIDAY

SAN JOSE North

HP Pavilion Arena

SARATOGA

Community Center / 12 n

SANTA CRUZ

Elk's Lodge / 12:10 pm

Los Gatos Lodge

50 Los Gatos-Saratoga Rd

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Editors: Joyce Condi, Julian Rodriguez, Ron Smith,
and Patti Van der Burg.

Photography: Art Beddeson, Ron Cassel, Don d'Arms, Kamyar Negari.

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Web site addresses:

Los Gatos

<http://www.losgatosrotary.org>
<http://www.clubrunner.ca/losgatos>

District

<http://www.rotary5170.org>

International

<https://rotary.org>

SISTER ROTARY CLUB MEETING TIMES AND PLACES

MONDAY

PALO ALTO

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SCOTTS VALLEY

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Elk's Lodge

MORGAN HILL

Morgan Hill Comm. Center

FELTON / San Lorenzo

Mt. Hermon Ctr. / 7 am

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SANTA CLARA

Hilton Santa Clara
4949 Great America Pwy

SAN JOSE EAST

Ranch Golf Club
4601 Hill Top View

FRIDAY

SAN JOSE North

HP Pavilion Arena

SARATOGA

Community Center / 12 n

SANTA CRUZ

Elk's Lodge / 12:10 pm

Los Gatos Lodge

50 Los Gatos-Saratoga Rd

MEMBER INFORMATION

As the Cat Tale will again be published on our web site, we will cease posting new member info and member address corrections in the Cat Tale, for privacy reasons. For this information, use the **Clubrunner Members Area**, which is NOT available to the public.

MEMBERS INDUCTED IN FY 2015-2016



Angelique Pimentel



Henry Vitkovich



David Karwowski

MEMBERS INDUCTED IN FY 2016-2017



Joyce Cordi



Ketan Shah



Geraldine Arce



Marty Fishman



Dick Konrad

MEMBERS INDUCTED IN FY 2015-2016



Michelle Behr



Jack Chevlen



Michael Bisbee



James Park



Leola Edmond



Neal Mudgett



Margaret Smith



Canan Sonuk



Madeline Smith

MEMBERS INDUCTED



Greg Butterfield



Amy Potts



Cathy Schumacher



Chad Clemings



Janice Gali



Shane Rogers



AnnMarie Valle

IN FY 2014-2015



Patti Van der Burg



Gordon Levin



Kathy Murtfeldt



**ROTARY CLUB OF LOS GATOS
2017-2018 OFFICERS**

President	Suzanne Boxer-Gassman
President-Elect	Andrew Howard
Vice President	Tom O'Donnell
Secretary	Andrew Stearns
Assistant Secretary	Paul Mudgett
Treasurer	Ed Bowen
Assistant Treasurer	Dan Snyder
Immediate Past President	Tony James

**ROTARY CLUB OF LOS GATOS
2017-2018 DIRECTORS**

Club Meetings Director	Greg Gentile
Membership & Communications Director	Dan Doore
Club Events Director	Greg Smith
Community Relations Director	Amy Potts
Youth Services Director	Colin Duerson
Philanthropy and Finance Director	Tom O'Donnell
Sergeant-at-Arms	Greg Butterfield
Rotary International President	Ian Riseley
Rotary District 5170 Governor	Owen Mahoney