



Palo Alto Rotary Club Pinion



October 29, 2007 Reporter: Brian Steen Editor: Lyle Connell

OPENING

PRESIDENT ROB LANCEFIELD called the meeting to order at 12:15 with E.J. HONG leading the Pledge of Allegiance

VISITORS



SHARON WAGNER introduced guests including a person from the Wizard of Odd, who despite blue hair, looked a lot like ANNETTE GLANCKOPF.

OPENING REMARKS

were provided by KELLY MORARIU, who presented the history and customs of Halloween. Its history dates back to Celtic beliefs that on Nov. 1 the worlds of the living and the dead blurred together. The tradition of wearing masks and costumes comes from the Celts wanting to scare off ghosts and trick or treating is derived from the custom of providing "soul cakes" to the poor as received by children. KELLY cleverly noted that with Rotary Foundation month starting Nov. 1, that members could make a timely gift to the Foundation honoring Halloween traditions and the work of Rotary.

ANNOUNCEMENTS

ROB acknowledged and thanked KEVIN CURRY as our cashier, BRIAN STEEN for the E-Pinion reporting, and ART STAUFFER as our friendly greeter.

NINA MOORE reminded everyone of the next social event at CYRILLE BETANT'S home on Thursday, November 1 from 6:30-8:30PM.

DAN QUINN asked for new volunteers to help feed the homeless and seven recruits stood up. A very direct and helpful response!

DICK FREEMAN reminded us of the sale of the Entertainment Guide is a good deal to get community discounts and for Rotary.

WHAT'S COMING UP

November 5 - Moria Brennan, Investing in Democracy through Publicly Funded Election Campaigns

HERSH DAVIS described the upcoming Hands-On project indicating he had a good crew for this coming weekend, but will need more for the next project to be announced.

ARNE STOSCHEK let everyone know of VW's entry in DARPA with a robotic car designed by Stanford and VW engineers to drive over 100 miles through the desert without human guidance. Pretty impressive!

JOHN KIDD reminded us of BIG questions that need to be answered by UC in anticipation of the upcoming Big Game on Nov. 28

PRESIDENT'S CLUB



TRISH BUBENIK announced that 10 Red Cross volunteers have gone to help with So. Cal fires. To honor their work, TRISH joined the President's Club with her contribution.



BRUCE LIEDSTRAND just returned from Paris and Cornwall, England, and joined the President's Club to memorialize his travels.



JACK WOODSON contributed twice to the President's Club for recent good PR and a job secured by his son.

TOM GRACON was honored by Rob with the presentation of a Paul Harris pin.



PALO ALTO ROTARY

PRESIDENT: Rob Lancefield. PRESIDENT-ELECT: Mike Couch. PAST-PRESIDENT: Art Stauffer. DIRECTORS: Ralph Adams, Cyrille Betant, Trish Bubenik, Hersh Davis, Monica Devincenzi, and Sherri Sager. TREASURER: Mike McMahon. ENDOWMENT FUND PRESIDENT: Todd Lewis. ENDOWMENT FUND TREASURER: ??? SECRETARIES: Ruth Schneider. Bob McCowan, Janet Wells. CLUB RECORDS: Joyce Cusick, PARotaryRecords@aol.com. WEB SITE: www.rotarypaloalto.org.

TODAY'S PROGRAM



KAREN SINGER introduced **Michael Nierenberg, M.D., Medical Director, Navigenics, Inc and author of The Power of the Bite (Weight Loss, One Bite at a Time)**

Did you know that by cutting out just 120 calories a day you will lose approximately

twenty five pounds in less than two years?

Diets don't work.

Every bite counts, since big weight loss occurs an ounce at a time.

There's an important difference between heart healthy food and weight control.

You need to realize hunger is your friend

Exercising can be easy.



OTHER ROTARY MEETINGS

OTHER ROTARY MEETING PLACES

TUESDAY

Los Altos: China Shuttle, 22382 Homestead Road, 19:15

Mountain View: Adobe House, Moffett & Central Mountain View, 12:15

Sunnyvale, Ramada Inn, 1217 Wildwood Avenue, Sunnyvale, 12:15

WEDNESDAY

Menlo Park: Menlo Park Recreation Center, Menlo Park, 12:15

East Palo Alto Senior Center, 560 Bell Street, East Palo Alto, 12:15

Woodside/Portola: Woodside Village Church, Woodside, 07:30

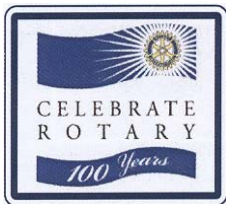
THURSDAY

Los Altos: Garden House, 400 University Avenue, Los Altos 12:15

FRIDAY

Palo Alto University: Sheraton Hotel, El Camino, Palo Alto, 07:15

PRINTED BY JUNGLE DIGITAL



Rotary Club of Palo Alto

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