

Palo Alto Rotary Pinion

Weekly Newsletter

Date: May 11, 2009

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UPCOMING PROGRAMS

May 18 - John D. Ciorciaria, PhD from Oxford and 2 law degrees from Harvard, National Fellow at the Hoover Institution will speak on "India's Arrival as a Great Power"

May 25 - Dark - Memorial Day Observed

PLEDGE

ANNETTE GLANCKOPF led the Pledge of Allegiance.

VISITORS & GUESTS

LEN ELY introduced guests:

Visiting Rotarians: Mark Stevenson from San Francisco and Roy Lave from Los Altos



Rotarians with Guests: Audrey Rust (WALT HAYS), Bonnie Luftig (MIKE COUCH), Tommy Fehrenback (STEVE EMSLIE) & King Lear (GINNY LEAR).

OPENING REMARKS

Appropriate to today's speaker, CASH ALAEE described in a humorous way how stress can be created during holidays. On a serious note, CASH reminded us to be considerate to those who actually experience stress due to an illness or loss of someone close to them.

ANNOUNCEMENTS

All members of the Club extend their condolences to the family of SHARON WAGNER who has passed away. Get well wishes to HIG HIGGINS.

SAM WEBSTER encouraged those receiving recent additional Social Security checks to contribute to the Palo Alto Endowment Fund. TODD LEWIS asked for members to return Endowment pledge cards.

As the Volunteer Coordinator for the Senior Olympics, Bonnie Luftig asked for volunteers to help with the August 1st – 15th Games at Stanford. 4,000 volunteers are needed to help manage the competition and events for 10,000 participants and 25 events.

ANNETTE GLANCKOPF invited members to attend the May 19th PAN (Palo Alto Neighborhoods) and the City of Palo Alto Community Emergency Preparedness Ceremony - "We are Prepared" on MAY 19th at 7:00 PM at the Channing House Auditorium at 850 Webster. This event is free and open to the public. The agenda

includes awards to individuals who have made significant contributions in Neighborhood Emergency Preparedness. There will be an update about Swine Flu by Enoch Choi, MD from PAMF, followed by a keynote speaker - from USGS, Tom Brocher, Chief Scientist, and Earthquake Hazards Team.

PROGRAM

Dr. Robert Sapolsky was today's entertaining and very interesting speaker on the topic of "Stress and the Brain".



He humorously described scientific findings beginning with animals and leading to human studies on stress related diseases. While animals use stress as a survival mechanism, humans need predictive information, outlets and social support to cope. Books by Dr. Sapolsky include:

- *Stress, the Aging Brain, and the Mechanisms of Neuron Death* (MIT Press, 1992) [ISBN 0-262-19320-5](#)
- *Why Zebras Don't Get Ulcers* (1994, Holt/Owl 3rd Rep. Ed. 2004) [ISBN 0-8050-7369-8](#)
- *The Trouble with Testosterone: And Other Essays on the Biology of the Human Predicament* (Scribner, 1997) [ISBN 0-684-83891-5](#)
- *Junk Food Monkeys* (Headline Book Publishing, 1997) [ISBN 978-0747276760](#)
- *A Primate's Memoir* (Touchstone Books, 2002) [ISBN 0-7432-0247-3](#)
- *Monkeyluv : And Other Essays on Our Lives as Animals* (Scribner, Fall 2005) [ISBN 0-7432-6015-5](#)
- "Are the Desert People Winning?" *Discover* magazine, August 2005, Vol.26, #8 , p. 38-41
- *Biology and Human Behavior: The Neurological Origins of Individuality, 2nd Edition* (The Teaching Company, 2005) [ISBN 1-59803-079-5](#) (The Great Courses audio lecture series)

CORRECTION: The last Pinion stated that John O'Keefe was joined the President's club in honor of Bob Bulmore. That was incorrect. Bill Love joined in honor of Bob Bulmore.

NEARBY MEETING PLACES

[Palo Alto Rotary - Meeting Information](#)