

# Palo Alto Rotary Pinion

Weekly Newsletter

Date: June 13, 2011

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## CALL TO ORDER

MIKE McMAHON started the meeting at 12:30 PM by leading the Pledge of Allegiance.

## VISITING ROTARIANS

Included: Ken Harding and his wife, Kitty, from the Metro Club of Honolulu; SKIP HOYT from Rossmore, formerly a longtime Palo Alto Rotary member; and Rotary District 5170 Governor from Almaden Valley, Roger Hassler.

**GUESTS** included: Pearl Director, guest of CATHYE SMITHWICK; Amy Antonelli, guest of BILL LOVE; and Dr. Elias Aboujaoude, Stanford Hospital Psychiatrist, today's speaker.

## OPENING REMARKS



DAVID NEGRIN shared his fortune cookie, which read: "Your strengths overshadow your weaknesses." David recalled boyhood games, and particularly his parents teaching him the 2-Way Test: to always be honest and work hard. Combined with Rotary's 4-Way Test, that gives David a 6-Way Test to guide his life.

## DISTRICT GOVERNOR



Roger Hassler, spoke briefly to thank Palo Alto Rotary for its generous giving to the Rotary Foundation, the Gates Polio Match, and overall annual giving. Roger presented MIKE McMAHON and our club with a Presidential Citation with Distinction Award to recognize Palo Alto Rotary's generous support of District 5170's

programs.

## DEBUNKING

DICK BUSH, posing as Popeye the Sailor, encouraged everyone to sign up for the June 27 Debunking Party for MIKE McMAHON to be held at Michael's at Shoreline Park in Mountain View. Tickets are \$100 /couple.

## PALO ALTO SIGNPOST



CHESLEY DOUGLAS gave an extended presentation of the proposed signpost to Palo Alto Sister Cities, to be placed in front of Palo Alto City Hall. CHESLEY has been getting approvals as the project goes through the Palo Alto Process. BILL BUSSE presented concept slides showing how it might look...which is GOOD!

## PRESIDENTS CLUB

Contributions were deferred, due length of earlier presentations.

## PROGRAM

GEORGE FITZGERALD introduced Dr. Elias Aboujaoude,, Stanford Hospital Psychiatrist, who graduated from UCSF and Stanford Medical School.

Dr. Aboujaoude is a psychiatrist and author based at Stanford, where he is Director of the Impulse Control Disorders Clinic and the Obsessive Compulsive Disorder Clinic. His research interests have focused on obsessive compulsive disorder and behavioral addictions, including problematic Internet use.

Dr. Aboujaoude described Internet addiction, and how our day-to-day reality and sense of ourselves are changing as a function of our online activity. The author of the book, ***Virtually You: The Dangerous Powers of the E-Personality***, Dr. Aboujaoude used sobering examples from his research and clinical and personal experience to illustrate Internet addiction problems.

Traits of Internet addiction include: Impulsivity, attention deficit disorder, E-language usage in real life, online negativity and violence, and personal, ethical, and moral changes.

Q What should we do, given this trend?

A We need more education about psychological implications, plus assessment of virtual behavior.

Q What about online courses and testing?

A Classes without personal interaction are problematic.

Q What about social accountability? And please come back to present again when we have more time.

A We're not as good as we think we are in compartmentalizing, so online behavior spills over to real life. And yes, I'll be glad to present another time, if you wish.

Appropriately, a dictionary will be presented to a second grader at Green Oaks Academy in DR Dr. Aboujaoude's honor.

**Adjournment:** 1:35 PM.

## FUTURE PROGRAMS

**June 20 Jeff Byron, California Energy Plans**

**June 27 Dark Noon Meeting, Debunking Celebration from 6-9 pm at Michael's Restaurant, Shoreline Park, Mtn. View**

**July 4 Dark, Independence Day**

[Palo Alto Rotary - Meeting Information](http://www.rotarypaloalto.org)  
[www.rotarypaloalto.org](http://www.rotarypaloalto.org)