

Palo Alto Rotary Pinion

Weekly Newsletter

Date: January 14, 2013

Reporter: GINNY LEAR

Editor: LYLE CONNELL

PRESIDENT HAL called us to order, inviting **JOAN PLASTIRAS** to lead us in the Pledge of Allegiance. Following lunch and table conversation, PARC Membership Chair, **Dr. BEN THRELKELD**, introduced our only guest, his wife, Dr. Cindy Threlkeld. Together they own Cambridge Optometry in PA.

Opening remarks were offered by a new member, **BRIAN HURWICK**. New Year's resolutions and how to keep them were on BRIAN's list of helpful hints. It takes 21 days to change a habit and 88% of people give up on resolutions in a week or two. One example is that new memberships at gyms are soon set aside, with 66% going unused the rest of the year. To be successful, BRIAN suggests that we "think big and start small." Learn something new, volunteer, save money, read more, or finish our To Do Lists, but not all in one day.



President Elect **STEVE EMSLIE** came forward with news that he will soon attend the annual Rotary President Elects Training Seminar, put on for 500 new Rotary PE's from several Western states. The BIGGER news **PE STEVE** had to share, to great acclaim, is that **EJ HONG** is our President Elect Nominee, to serve as President in 2014/15! What a terrific next two terms our club has to anticipate. Thank you **STEVE** and **EJ**!



Past President **SHERRI SAGER** joined the Presidents Club in honor of the efforts put forth by our members **ANNETTE GLANCKOPF** and **TOM GRACON** to revive the Rotary Speech Contest in our club. It was a great success due to their persistence. Eight high school students from Gunn, Palo Alto, and Castilleja participated, giving speeches of four to five minutes, based on this year's RI theme of "Peace Through Service," and including at least one of the principles of the Four Way Test. **AXEL MERK** donated \$200 to the President's Club last week, in honor of **ANNETTE GLANCKOPF** and **MARCIE COX**, who gallantly took care of their poodle and birds while **AXEL, HANNA**, and family were traveling.

ANNETTE came forward and gave credit to the Rotary helpers and attendees from the club: Judges **SHERRI SAGER, DICK FREEMAN**, and **STEVE EMSLIE**; Timekeeper (and co-teller) **JIM SUTHERLAND**, and Chief Teller **MIKE McMAHON**. Those in the audience from our club were: **President HAL, AUDREY RUST**, and **GINNY LEAR**. Thanks also goes to the Palo Alto University Club and President



Eliot Terborgh, who was taken ill on the day of the contest and could not attend. We all look forward to an even bigger event next year. It was a great idea to use the PA Council Chambers. 1st place: Divya Saini, a Junior at Gunn: "Proactive Preparedness"; 2nd place: Anthony Su, a Freshman at Gunn: "Holding a Door"; 3rd place: Addie McNamara, a Junior at

Palo Alto: "Extending Democracy". Divya, the first place winner, will go to the next round, which is the Area 9 Contest, to be held at Los Altos Rotary Club meeting on Thursday, February 7, 12:15-1:30, in Garden House, Shoup Park, 400 University Ave., Los Altos. All are welcome. The contestant's group photo was in The Palo Alto Daily POST on January 15th, and look for it in the Palo Alto Weekly.

HAL announced the Rotary District Conference on March 22-24, to be held at the Meritage Resort and Spa in Napa. **HAL** is planning to attend, more info to come.

DAVE THORNTON introduced our speaker, Mel Matsumoto, a graduate of Yale, and since last November, the new CEO of Channing House. Dave is on the Board of Trustees at CH, and is very pleased that Mel has come here from Marin County to continue his career at this active continuing care residential community, which in 2014, will celebrate 50 years.



A new and separate Health Center is now being built, allowing the second floor of CH to provide additional living spaces. Mel told us that in a recent AARP survey of seniors it was determined that 75% of us want to stay in our own homes. This is the norm and is referred to as "aging in place." This is easier when there are two or three generations living together, as in the past. With a more mobile society, it becomes problematic, as services and support are needed. A "village" concept began in Boston about ten years ago that has been adopted by Avenidas in PA. There are 200 of them throughout the country. The concierge-based activities they provide are the essence of senior empowerment. Another choice is available at Channing House, where some residents move in while healthy and active; so they can focus on things of interest without the burden of home ownership. In answer to questions, Mel said the maximum age for new residents is 83. There are 220 total residents; and there is essentially no wait list. Newer residents are trending younger and more couples are choosing to come. Many thanks go to our speaker for his informative talk.

And thanks to Team Rotary for their support of our meeting: Welcome Desk, **DICK MANSFIELD**; Cashier, **ALEX SCOLLON**; Room set-up, **STEVE MADSEN**; and Pinion Writer, **GINNY LEAR**.

Here's a New Year's Rotary idea...please consider becoming a Pinion Writer, about six times a year, or train to format the Pinion, giving **LYLE CONNELL** an occasional week off. It's a perfect way to offer service to your club. Email Lyle for details at lgconnster@gmail.com. Thanks!

UPCOMING PROGRAMS

January 21 Michelle Chappel, PhD, Ten Keys to Creativity, Inspiration, and Innovation

January 28 Professor Larry Lessig, Harvard University, Corruption of Money in Our Political System

February 4 Larry Gerston, Professor of Political Science, San Jose State, Post -Election/2013 Political Update