

Palo Alto Rotary Pinion

Call to order: **HAL MIKELSON** called everyone together at 12:23. HAL referred to the Presidential Inauguration and honored the memory of Martin Luther King. Boy Scout Troop #5 presented the colors. David Anwyl led the Pledge of Allegiance. HAL asked David to return to lead the pledge in the future.

OPENING REMARKS. In a civic and spiritual dimension, **ROB LANCEFIELD** shared his youthful experiences growing up in the “Deep South,” Alabama and Virginia. He felt integration would never happen in his lifetime. In 1963, Martin Luther King presented his famous speech: “I have a dream... all of God’s children will be free at last!” http://en.wikipedia.org/wiki/I_Have_a_Dream
Rob shared a poignant family story illustrating how he came to be free of his old thoughts from the South.



HAL welcomed our guests: **JIM SUTHERLAND** introduced five Boy Scouts and their leaders from BSA Troop #5, including Laura Kwong, previously a Rotary Scholar recipient.



NEW MEMBER INDUCTION: **BEN THRELKELD** introduced **ANTONIO SCHETTINO**, an Electrical Engineer, previously a Rotarian from Mexico City, who said, “I’m honored to become a new member and thank you.”



ANNOUNCEMENTS:

CASH ALAEE reminded everyone of the Spring Fundraiser taking place at the University Club on March 2, 6-10P. Cash stressed we still need quality auction items. HAL thanked **CASH** and **KATIE SEEDMAN** for their hard work. He also encouraged all to bring guests. Architectural walking tours of SF are just one of the more interesting auction items.

President’s Club \$20 “Blue Light Specials” were contributed for great holiday family gatherings from **BRIAN STEEN**, **JON STOUMEN**, **JOAN PLASTIRAS**, **JIM SUTHERLAND**, and **JOHN KIDD**.

PROGRAM



10 Keys to Creativity, Inspiration and Innovation by Michelle Chappel, PHD <http://www.michellechappel.com> Michelle is an internationally acclaimed musician (17 Billboard awards), motivational speaker, former UCSC professor, also a marketing consultant for Google.

Michelle told us how to regain individual creativity.

1. Be Willing to Experiment...try something new, or something you haven’t done for a long time. Some mistakes pay off! Such as the example of 3M’s Post-It notes (which **KEVIN CURRY**, formerly with 3M, said would never work.)
2. Take Time-outs, incubation periods or “slack time.” Study a little bit at a time. Your sub-conscious often will solve problems for you while you take a break.
3. Look at Things Freshly. Working on the same kinds of problems repeatedly, pursuing tried and true methods may not succeed. Develop a “Zen-line beginners mind.”
4. Break Set Ways of Thinking. Story: When Michelle was at Princeton, she tried running and found her self-imposed distance limit was stopping her by setting incorrect distance goals.
5. Take Risks: Renoir got arthritis in his hands and had someone help him tape paint brushes to his arms. He succeeded to create the Impressionism movement in art.
6. Nurture Dissent: Encourage creative dissent, act on “first thoughts” uncensored by “should.”
7. Focus on the Process. Get into a flow state vs. focusing on the product or concentrating only on the end result.
8. Try Old Ideas in New Combinations.
9. Have a sense of play vs. feeling rushed, stressed, and burned-out.
10. Be True to Yourself. Have a strong inner voice vs. copying someone else, watering down who are, trying to be “everything to everyone.”

Michelle concluded her energetic presentation, offering that # 1 and # 10 are usually the most important to most people.

President HAL thanked Michelle, indicating a dictionary will be presented to a second grader in her honor.

THANK YOU’S

HAL thanked our greeters, cashier, E-Pinion Writer, and the other volunteers who helped make this meeting possible. And HAL added a special thank you to **KEVIN CURRY** for entering the Rotary Hall of Fame for candid self-expression.

UPCOMING PROGRAMS

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**

February 11 Eric Westervelt, Knight Fellow, **North Africa Experiences**

February 18 Thomas Phillips, Former Chief Justice of the Texas Supreme Court, **Issues Facing Judges**