

Palo Alto Rotary Pinion

Weekly Newsletter

Date: August 26, 2013

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Editor: LYLE CONNELL

STEVE EMSLIE started the meeting at 12:32 PM and led the Pledge of Allegiance. TOM GRACON entertained all present with his accordion rendition of "In the Good Old Summertime" with original lyrics by LE LEVY.

"In the good old summertime,
In the good old summertime:
Gath'ring at the Elk's for lunch,
The food they serve is prime!

With Emslie here to lead the way,
Our year will clearly be fine;
It's great to be at Rotary,
In the good old summertime".

OUR GUESTS were welcomed by STEVE:

Visiting Rotarians: Ed Jellen, (District Governor) from Oakland #3; Lisa Akselrad (former PA member) from Sunnyvale Sunrise; Klaus Heinemann (former Member) from Gualala, CA; CHARLES CHENG (former member) from Hong Kong.

Rotarians with Guests: King Lear, guest of GINNY LEAR; Shabbir Latif, guest of HENRIETTA BURROUGHS; Bernard Muir, Stanford Athletic Director, speaker.

OPENING REMARKS were provided by BEN THRELKELD, who summarized the benefits and of "Slow and Mindful Service."



KAREN KIENZEL's last week opening remarks about slowing down, reminded BEN of this quote from Lao Tzu, "If you are depressed, you are living in the past, if you are anxious you are living in the future, and if you are at peace, you are living in the present."

BEN shared that the flow phenomena is our brains only have a limited amount of bandwidth, and when we focus our attention deeply on one task, the brain doesn't have the capacity to focus on the

other things. In a sense, we become at one with the task. This is a powerful tool to calm the mind, but also because it lends itself well to Service. The next time you feel out of sorts, seek out a challenging service opportunity. Be present, focused, and lose yourself in helping your fellow man.

BEN concluded with this appropriate quote from Mathatma Gandhi, "The best way to find yourself is to lose yourself in the service of others."

ANNOUNCEMENTS

STEVE reminded us of the Aug. 26 collaboration between Stanford and the City of Palo Alto to celebrate the 50th anniversary of Martin Luther King's speech "I have a Dream."

PRESIDENT'S CLUB donors stepped forward in record numbers today:

TODD LEWIS, honoring his son as a new student at San Diego State;
DANA TOM, recognizing his 30th Stanford reunion;
ANDY COE, honoring Martin Luther King's "I have a Dream" speech;
BRUCE LIEDSTRAND, celebrating his 80th birthday...a double donation!

CHESLEY DOUGLAS, remarking about ROGER SMITH'S picture in the PA Weekly;

ROGER SMITH joined, predicting Stanford athletes will win it all this year;

CHARLES CHENG, honoring today's speaker, Bernard Muir;

LISA AKSELRAD, honoring her father, SID, and for the Big Game to be played at Stanford.

LIZ KNISS joined announcing she is going to China and needs Mandarin interpreter. CHARLES CHENG gladly volunteered.

DUANE KALAR joined in honor of our speaker and reminisced about the 1954 Stanford/UCLA game.

KLAUS HEINEMAN honored his nine grandchildren.

PROGRAM

STEVE PLAYER introduced our speaker, Barnard Muir, Stanford's Athletic Director. STEVE gave a short summary of Barnard's career and quotes of praise given when Barnard was hired from Delaware in 2012.



For quotes and biographical details, see Barnard Muir Bio. Barnard provided several enthusiastic comments about being Athletic Director:

He's always in recruiting mode- he never stops seeking the best athletes.

He's passionate about student athletes.

There are non-stop opportunities to tell the Stanford story.

Football Coach David Shaw is a beacon of leadership.

Bernard fielded several enthusiastic questions:

Q: How do you manage expectations?

A: We like to take them on and to exceed them.

Q: What about universities making money off athletes?

A: Education is not free, so schools should benefit. Athletes should not be paid.

Q: How do you incentivize coaches so they don't move away?

A: It's sometimes a problem, but why would you want to go anywhere else?

Q: Are there new policies in place to prevent another Penn State debacle?

A: All programs have been re-evaluated with some being "brought inside" to provide a safe environment.

Q: How are games scheduled so television requirements don't conflict with local fans?

A: It's a slippery slope, but with 33,000 sold season tickets, we know our priorities.

Q: What about academic ethics?

A: There's lots of pressure for athletes to excel and academic help is available.

Q: Freshmen athletes rooming requirements?

A: Have to room with other athletes initially, but with other students later.

STEVE thanked Barnard for his energetic presentation and encouraged all of us to support Stanford athletics.

ADJOURNMENT ANNOUNCEMENT: There is NO Rotary meeting next week, Sept. 2 in honor of the Labor Day holiday.

FUTURE PROGRAMS

Sept. 2--Dark, Celebrating Labor Day

Sept. 9--Stuart Crabb, Dr. for Learning and Development, Facebook, OMG!

They R Here! Engaging Generations X, Y and Z

Info: www.rotarypaloalto.org