

Palo Alto Rotary Pinion

Weekly Newsletter

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As usual, our meeting started with the Pledge of Allegiance, lead by our President STEVE EMSLIE. Unusually, we had no visiting Rotarians. Rotarians with guests were WALT HAYS (Sharon Tennison - Citizen's Initiative); MONIQUE LE CONGE ZIESENHENNE (Kathy Shen - HR, City of Palo Alto); TOM GRACON (Amy Ferris-Rotman - Stanford Knight Fellow) and MIKE BAIRD (Michael Wick - Biotech and Pharmaceutical CEO/Formal Rotary Scholar).

In her opening remarks, JOAN PLASTIRAS reminded us of the 9 brave African American children who on September 25 in 1957 took part in the integration of the Central High School in Little Rock Arkansas, and how this act was important to all of us.



We were then reminded to complete the Program Committee Surveys for July thru September to assist ANDY COE and his committee in the selection of future speakers.

Past President ROB LANCEFIELD, standing in for the absent IPP HAL MICKELSON, kicked off the Rotary Foundation Month by emphasizing the importance of contributing to The Rotary Foundation. The expectation is that every one of our members will make a donation, and that those who can, will go beyond being "Sustainers" at \$100 and become "Double Sustainers" by contributing \$200. Pledge cards will be distributed next week. This month is also designated Vocational Service Month. MEL MATSUMOTO provided information on this important aspect of Rotary on each table.



It was a sad moment when GLORIA HOM announced the recent passing of her husband, Peter. A memorial service to honor his memory will be held at 11 AM on Saturday, October 19 at the first Congregational Church, 1985 Louis Road.



Later in the meeting, the following members joined the President's Club in honor of Peter Hom - E.J. HONG, CHALMERS SMITH, JOHN O'KEEFE, TRISH BUBENIK, BILL BUSSE, MEL MATSUMOTO, and DARYL SAVAGE. Other members may wish to add similar contributions at our next meeting and will be welcomed to do so. ANNETTE GLANCKOPF also made a contribution to the Club Foundation to recognize her enjoyment of DAVE SMULLIN's excellent wine and cheese tasting that he had provided as a fund raising item.

A Happy Hour at Ming's, arranged by NINA MOORE, is slated for Thursday October 24 between 4:30 and 6:30 PM (Chinese hors d'oeuvres and no host bar). This occasion is to commemorate our many years of pleasant luncheon meetings with attentive service at that restaurant.

The District Governor's visit to the club will be at our October 28 Meeting. Instead of the traditional exchanging of gifts, the DG has requested that members donate clothing to help the less fortunate InnVision occupants. The suggestion is that members bring needed items to the meeting such as new underwear, as well as clean warm clothes and blue jeans.

Our speaker today, Becky Beacom, Manager of Health Education at the Palo Alto Medical Foundation, gave a very enlightening presentation. In her introduction, DARYL SAVAGE mentioned that Becky's family had been in this area for over 100 years and that Becky was a recipient of the Palo Alto Tall Tree Award. In order to test our perceptions, Becky introduced us to a new instantaneous electronic polling system. (Think "ask the



audience" in *Who Wants to be a Millionaire?*) Using that device, Becky was able to show us that many of our perceptions regarding health and behaviors do not correspond with current reality. We tend to overestimate the number of our peers who are engaging in inappropriate or harmful behavior. Some of the more interesting points that were presented were that affluence (hence

environment) is a major factor in longevity and that underage drinking and driving accidents have fallen dramatically in recent years. An interesting handout provided a list of 13 community health factors that lead to a positive thriving existence. A review of these factors quickly establishes that living in Palo Alto provides many benefits of which we may not be fully aware.

In the question period, HENRIETTA BURROUGHS asked about longevity in Japan (rich social determinants); STEVE PLAYER asked about Internet influences (mixed); DICK BUSH commented on Stockton; LIZ KNISS commended the speaker and pointed out health records on line can provide unwelcome information about weight trends; JUDY KLEINBERG commented how the concept of "Designated Driver" had been fostered by soap operas; JIM SUTHERLAND asked about drug and drinking connections (both gone down); LE LEVY asked about affordable care.

Club duty staff today were DICK MANSFIELD shepherding the visitors, DAVID HOLLAND handling the lunch money, GINNY LEAR doing the set-up, GEOFF ZIMAN Pinioning, and MONIQUE le CONGE (aka ZIESENHENNE), following the E.J. HONG tradition, bludgeoning reticent members to sign-in.

FUTURE PROGRAMS

October 14 Rotary Partners in Service (10-15 Minutes), and The Palo Alto Art Center and the Power of Participation by KAREN KIENZLE

October 21 Tim Tosta, Palliative Care

October 28 District Governor, Angie Hassler

Info: www.rotarypaloalto.org