

# Palo Alto Rotary Pinion

Weekly Newsletter

Date February 3, 2014

Reporter: DON MORGAN

Editor: LYLE CONNELL

PRESIDENT STEVE welcomes us at 12:25 and begins the meeting proper by leading the Pledge at 12:37. He notes the absence of and visiting Rotarians and guests of members.

MIKE BAIRD's Opening Remarks start with "Good Morning" and elaborate upon the benefits of that greeting. He likes to swim every morning at local pools, but has no opportunity to say "Good Morning," because everyone is looking down and no eye contact occurs. In contrast, when taking long walks as a lad with his grandfather on the beach at Vero Beach, Florida, whenever one encounters



someone walking in the opposite direction, they make eye contact, say, "Good Morning," and smile to each other. That produces a good feeling accompanied by a release of "positive chemicals" that lessen stress and worries. MIKE warmly recommends "Good Mornings" and eye contact. A supportive round of applause marks the end of his presentation.

PRESIDENT-ELECT E. J. HONG greets us with a hearty "Good Morning;" and announces it is time to elect officers for the next year. She asks that we fill out ballots available on each table. At the end of the meeting PRESIDENT STEVE says a tabulation of the votes shows unanimous election of the following candidates to the offices indicated: President-Elect KATIE SEEDMAN; Club Secretary JACKIE SCHOELERMAN; Club Treasurer JIM SUTHERLAND; Sergeant-at-Arms GINNY LEAR; and Directors DERRICK BRITT, BRUCE GEE, TOM GRACON, YORIKO KISHIMOTO, DARYL SAVAGE, BEN THRELKELD, and DANA TOM



BRUCE GEE talks up the Club's Crab Feed annual fundraiser dinner and auction on Friday, April 4, at 6:30 at the Palo Alto University Club. Tickets are on sale as of today, \$65 per person and \$600 per table of ten. Many are already sold. They cover only costs to our Club; it is the auction that raises money. BRUCE names and thanks Sponsors of the event.

JOYCE CUSICK joins the President's Club with a contribution to honor her good friend and Honorary Member JOHN CHILDRESS, who will be 95 next week.



PRESIDENT STEVE thanks Members who help with the meeting, Cashier PAM ANTIL, Welcome Desk DICK MANSFIELD, Greeter HAL MICKELSON, Room set-up GINNY LEAR and STEVE MADSEN, and your author of this Pinion.



HENRIETTA BURROUGHS introduces at some length our main speaker, Jacqueline Copeland Carson, Executive Director, African American Women's Development Fund. She has a distinguished educational and vocational resume.

Dr. Copeland-Carson (PhD in

Anthropology) begins with both a smiling "Good Morning" and the temporally more correct "Good Afternoon." Here is some of her talk.

The world is at a unique point in evolution. Time appears to move very rapidly, so does change; and we are all connected. Communications now are both global and local. So are many problems, such as climate change and flu viruses. Public health is an example of how interconnected the world has become. Africa has the highest rates of maternal mortality, infant mortality, and HIV AIDS, and polio is coming back in some countries, the result in large part from poverty and lack of health care.

On the other hand, malaria rates have fallen by half in less than a decade, and deaths under the age of 5 have declined. Wealth does not mean health, however. U.S. maternal and infant death rates are soaring; 40 nations do better. The children born in this country to immigrants from Africa get sicker than their forebears. They suffer higher rates of diabetes, obesity, heart disease, respiratory diseases, and cancer – like us. Similar trends are emerging within the more developed African nations. Likely causes are a more sedentary lifestyle, less exercise, and more tobacco and alcoholic beverages.

Much research is needed and is underway to provide reliable answers. What is needed for us all is awareness of local-global connections, mutual support across communities, promotion of awareness of healthy lifestyles, and application to our personal lives of what group studies teach.

A lively Q&A ten minutes follows her presentation.

PRESIDENT STEVE ends the meeting around 1:30, thanking Dr. Copeland Carson and saying that we are donating a dictionary in her honor to a school in East Palo Alto. She stays around until 2:00 answering additional questions.

## UPCOMING PROGRAMS

**Feb 10 New Member Talks: Pam Antil, Joe Sinnott, and Jackie Scholerman**

**Feb 17 TBD**

**Feb 24 Vivek Thoppay, Sr., VP Wealth Management, Merrill Lynch, "Economic Outlook for 2014"**

Info: [www.rotarypaloalto.org](http://www.rotarypaloalto.org)

