

Palo Alto Rotary Pinion

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"So what happened at the Rotary Meeting today?" you ask. "It started in the usual way with a Pledge to the Flag lead by our president. We had three Rotarians visiting. Two were from the other Palo Alto (University) Club – Steve Ross (Assistant Governor- Area 9) and Kurt Sloens. The other was Bob Grinan from Pacifica who also had connections to the Guatemala organization Namaste which was highlighted later in the meeting by BRIAN SCHMIDT's guest Karen Gonzalez. TIM WATSON's guest was Amanda Bluewitt, an NGO Executive Director from Honduras. MIKE COUCH's guest was Vinita Bhalla from the Union Bank in Palo Alto. We also welcomed two Rotary guest spouses; Nancy Kawakita (DANA TOM) and Jim Fauli (MARCIE COX).



ELIZABETH SANTANA, after ascertaining that JOHN O'KEEFE could hear, gave particularly thoughtful opening remarks alluding to the book called "Crossroads of Should and Must" by Elle Luna. She told us how her career at Google ended when an executive asked a group "What would you do if not afraid?" She exhorted us to honor the calling since it is never too late.

President KATIE SEEDMAN, with some vital help from GINNY LEAR, advised us that the meeting next week would be in the room upstairs because of an all-day event taking place in our usual room. Elk's parking might be tight so she suggested that members use the Dinah's/Sea Restaurant parking space next door. She also made a request on behalf of a Rotarian father in Norway who is looking to rent a local room for his daughter for the month of October. Advise Katie if you can help.

ROSEANNE FAIRTY highlighted the significance of our Robert Smithwick Vocational Scholarships by quoting from heartwarming letters of thanks from two of the very grateful recipients. She made a plea for someone to join her next year as co-chair of the scholarship committee because DAN TOM has had to step aside.



REBECCA GERALDI reminded us that Saturday, October 24 was Make a Difference Day and that it was a great "hands on" project

for our members. The official hours are from 8:30 AM thru 2:00 PM – breakfast and pizza lunch provided! Actual working hours are 10 AM – 1 PM at the Palo Alto Junior Museum and East Palo Alto Library. Let Rebecca know if you can make it. Bring a friend. Meet at King Plaza, Downtown Palo Alto, 250 Hamilton Avenue on the day.



Guest Karen Gonzales gave us an inspiring update on the work of Nameste Direct which provides business development services (particularly microloans) to low-income women in Guatemala. This is an organization that our club has supported and they provide education and mentoring to ensure the success of the female micro-entrepreneurs with small struggling businesses.

E.J. HONG, after throwing out a brave quip regarding gender superiority, gave us an update on progress on our contributions this year to the



Rotary Foundation – currently \$13K against a goal of \$22K. She showed a short Rotary Foundation video clip to inspire us with the message that, because of what the Foundation does, the world is, clearly, a better place.

DANA TOM introduced our speaker today. She was Dr. Kate Corcoran a Clinical Associate Professor



in the Department of Psychiatry and Behavioral Sciences at Stanford University. Her topic was *Mindfulness*, a technique of relaxation and concentration similar to meditation which helps people overcome anxiety, stress and depression. It helps to develop attention, living in the moment, focus, curiosity,

openness, acceptance, awareness, quietness of mind as well as providing relaxation. It can decrease anxiety and improve positive emotions. To illustrate what is involved the speaker included a short exercise with everyone in the meeting.



To learn more about this topic, the speaker has provided a comprehensive list of classes, retreats and practices, apps, websites, as well as books. You will find this list (as an appendix below this

newsletter/attached/on on page 2.

In question time, E.J. HONG commented that her table neighbor STEVE EMSLIE found it stressful trying to unwind his "overachieving" mind in the exercise. CARL KING made a plug for the usefulness of the referenced app. JUDY KLEINBERG asked at what age the technique of mindfulness could be used with children. The speaker indicated 5-6 years but LIZ KNISS later commented that it had been successful with children as young as 2-3 years old. DAN QUINN drew attention to the Insight Meditation Center in Redwood City. ROB LANCEFIELD spoke his mind – at least about different levels within it.

Before concluding, I need to tell you that GINNY LEAR (wo)manned the welcome desk; JANE KHALAF cashiered; RICHARD KELLER set-up, BRIAN STEEN and E.J. HONG greeted; GEOFF ZIMAN Pinionated and LYLE CONNELL edited. That is about it and some said that it was a solid meeting of the minds."

UPCOMING PROGRAMS

October 12, Bruce Lehnert, Podiatrist: "The International Extremity Project"

October 19, Michelle Quinn, San Jose Mercury News: "San Francisco v. Silicon Valley -- Two Different Tech Visions: Which will Prevail?"

The Increasing Popularity of Mindfulness and What it Means to You **Kate Corcoran, PhD, Clinical Associate Professor, Stanford**

For those of you interested in learning more about mindfulness, please find a list of some helpful resources below:

Mindfulness Groups/Classes:

8-week introductory classes are available at PAMF, Stanford, and Kaiser. A few of them are included here:

<http://www.pamf.org/healtheducation/classes/mindfulness.html>

<https://stanfordhealthcare.org/events/scim-mindfulness-medication.html>

<http://ccare.stanford.edu/education/about-compassion-cultivation-training-cct/>

Centers that offer retreats and sitting practices:

<http://www.insightmeditationcenter.org/about-imc/>

<http://www.spiritrock.org>

<http://www.eastbaymeditation.org>

<http://www.sfinsight.org>

<http://www.insightsantacruz.org>

Helpful Apps/Websites:

Headspace - app available for purchase (10 free short practices)

Websites offering free, downloadable audio tracks:

<http://marc.ucla.edu/body.cfm?id=22>

<http://www.mindfulness-solution.com/DownloadMeditations.html>

<http://franticworld.com/free-meditations-from-mindfulness/>

<http://www.freemindfulness.org/download>

Helpful Books:

Full Catastrophe Living (http://www.amazon.com/Full-Catastrophe-Living-Wisdom-Illness/dp/0385303122/ref=pd_sim_b_2)

Wherever You Go, There You Are
(http://www.amazon.com/Wherever-You-There-Are-ROUGH/dp/1401307787/ref=pd_sim_b_3)

Mindfulness; An Eight Week Plan for Finding Peace in a Frantic World (http://www.amazon.com/Mindfulness-Eight-Week-Finding-Peace-Frantic/dp/1609618955/ref=sr_1_1?s=books&ie=UTF8&qid=1444097287&sr=1-1&keywords=mindfulness+frantic)

The Mindful Way Through Depression
(http://www.amazon.com/The-Mindful-Way-Through-Depression/dp/1593851286/ref=sr_1_1?ie=UTF8&qid=1372744718&sr=8-1&keywords=mindful+way+through+depression)