

Palo Alto Rotary Pinion

Date: October 26, 2015

Reporter: KATHY SHEN

Editor: LYLE CONNELL

President KATIE SEEDMAN opened the meeting with the Pledge of Allegiance and visiting Rotarians and Guests.



Mel Matsumoto gave the opening remarks with a talk on "Is it the Truth?" Mel began with the Col. Jessup quote from "A Few Good Men", "You can't handle the truth!" He explained that the truth requires wisdom and courage. Mel closed with this quote from Gloria Steinem, "The truth will set you free, but first it will piss you off."



BRUCE GEE asked us to Save the Date: Saturday, March 19, 2016, for the annual Rotary Crab Feed and Fun at Mitchell Park.

More Fun this Friday: it's TGIF at JACKIE SCHOELERMAN'S house, 674 Loma Verde from 5:00 to 7:00 pm. Bring a beverage to share, appetizers provided.

Thanks to Cashier JANE KHALAF, KATHY SHEN for the Pinion, GINNY LEAR at the Welcome Desk, and STEVE MADSEN and RICHARD KELLER for room set-up.

DON LANGENDORF happily joined the President's Club on his 90th birthday, giving \$300 each to The Rotary Foundation, the Palo Alto Rotary Endowment Fund, and the President's Club.



DON MORGAN joined the President's Club in honor of his granddaughter, 9 years old, and a budding actress. She has landed the lead role in the Peninsula Youth Theatre's new production of "Big Friendly Giant".



BRIAN STEEN and JACKIE SCHOELERMAN joined the President's Club + The Rotary Foundation, to honor doing business together.



HAL MICKELSON introduced the speaker, Professor *Herant Katchadourian*, Emeritus Professor of Psychiatry and Human Biology at Stanford, and one of the University's most eminent and sought-after scholars and lecturers. Beginning in 1968, he taught one of Stanford's most popular and best-attended classes, *Human Biology 10: Human Sexuality*; 20,000 students took the course over more than 30 years. Katchadourian is a winner of Stanford's Lyman and Dinkelspiel Awards and a former Dean of Undergraduate Studies. His recent academic focus has been the subject of a book, *Guilt: The Bite of Conscience*.

Dr. Katchadourian talked about emotions of self-assessment, what



he described as the tribunal of conscience, these being regret, embarrassment, shame and guilt. He gave a high-level psychological lecture about these emotions, describing guilt as "The weapon of the weak. Gengis Kahn never felt guilty!" He said that children as young as 2 to 3 years old develop moral judgement and experience guilt. As far as advice for dealing with lingering feelings of guilt, his advice is from the

Buddah –

Once you cross the river, get rid of the canoe.

PROGRAMS

October 30, TGIF – 5-7 p.m. – home of Jackie Schoelerman, 674 Loma Verde. Bring a beverage, appetizers provided

November 2, Edith Cabuslay, Program Manager, SM County Chronic Disease and Injury Prevention Unit: "The Social Determinants of Health"

November 9, Dr. Walter Bortz, retired Clinical Professor of Medicine at Stanford, author of *The Roadmap to 100*

November 16, Stefan Heck, Consulting Professor at the Precourt Institute for Energy at Stanford University: "Revolution in Transportation"