

Palo Alto Rotary Pinion

Weekly Newsletter

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Editor: BRIAN STEEN



President KATIE started us off with the Pledge and welcomes for visiting Rotarians Kathy and Allen Koritzinsky of the Downtown Madison, WI Club;



Ayleen Crchy, CASH ALEE's guest;



Dr. Eduardo Bunge colleagues Satoko University; member; Jo Harvey PA University staff and;

and his Kampala, alumna of Palo Alto Tom Yeh, PA University Board and Elizabeth Shaugnassy of the

For the We Care Committee, DICK FREEMAN read a thank-you note from BERT ROSE for the get-well card he received from the Club, saying he had often signed similar cards without thinking about them but he now really appreciates the Club's outreach to him.

ROB LANCEFIELD's Opening Remarks addressed the Age of Compassion now being entered as he himself reaches the age of 80, blissfully free of aches and pains due to excellent medical care (and possibly good genes?). Compassion is an instinct with which we are born. We can rewire our brains to become more compassionate, and are doing so. His research indicates it takes three generations to make a significant cultural change a lasting one. He will not see that milestone but is happy to be present at the creation.



GINNY LEAR, speaking at the podium for the Crab Feed Committee, including, a seated DICK BUSH, talked up the Fundraiser on March 19. Members who cannot attend can make a donation of their choosing (President KATIE wants 100% participation). There is time to contribute additional auction items. Already on hand are many favorite and new items from members, and two great cruises, one in June exploring the history and cultures of Belgium, England, France, Germany and the Netherlands from 1800 to WW II, the second circumnavigating the Black Sea in the fall.

President KATIE thanked ERIC KWON for service as Cashier, GINNY LEAR at the Welcome Desk, MIKE BAIRD as Greeter, DON MORGAN and BRIAN STEEN as author and editor of the Pinion, and STEVE MADSEN and RICHARD KELLER for room set up.



The Program: Eduardo Bunge, PhD, Associate Professor, Palo Alto University, "Using Technology to Strengthen Resiliency in Students". Following LEE PFAB's introduction, Dr. Bunge said ROB's Opening Remarks fit wonderfully with his message, which started with statistics that show that high percentages of various populations including children and teenagers suffer some form of mental illness. Given that one in five school students has a psychological disorder, 2,400 of the student population of the PAUSD suffer such a disorder. Only 20% of

those with disorders receive conventional treatment, and of these only 44% improve, 32% see no real change, and the remainder worsen. Why not use technology to try to treat all 12,000 students, Dr. Bunge asked, given their reluctance to say they are distressed. He then talked about an experimental technological treatment program using the Web, “Teen Wellness, A New Hope, and The Light Side of Technology”.

On the dark side of technology, excessive use of iPhones reduces sleep, harms studies, and adversely affects physical health. The light side includes video games that combat depression, and an app to help set up an awards system. Since youths are comfortable communicating with iPhones, the Teen Wellness program has twelve 15-minute “chapters” of inquiries or issues, designed to identify and analyze psychological problems for students to respond to on their phones. The responses can be used to guide treatment where appropriate. Dr. Bunge plans a test study of the program with 150 youths between 11 and 15, one group with a mentor, another without. He aims to prevent unnecessary suffering, “May the wellness be with you.” In response to HENRIETTA BURROUGH's question, he recognized the need to develop relevant information for parents.



Future Programs and Events

March.7 Gary Griggs, PhD, UCSC Director of Marine Sciences: “Climate Change and the California Coast”.

March 14 Richard Martin, Antony and Isabella Raubitschek Professor in Classics, Stanford University: “Odysseus in Silicon Valley: Archaic Hero for a Contemporary World”.

March 19 Annual Rotary Club Crab Feed Fundraiser, Mitchell Park Community Center

March. 21 Nelson Podeiro, Director, Science and Technology, Lockheed Martin Technology Center: “Driving the Future Through Innovation”.

March 28 Jerry Kaplan, Entrepreneur and Fellow at the Stanford Center for Legal Informatics: “Artificial Intelligence: Transforming How We live and Work”.