

Palo Alto Rotary Pinion

February 25, 2019

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President GINNY LEAR opened the meeting promptly at 12:30p followed by the Pledge of Allegiance. Incoming President DANA TOM led the introductions of visiting rotarians and guests. MEL KAHN was a visiting Rotarian from the Los Altos Rotary Club, KAREN RHODE introduced her guest DAPHNE DENHO, STEVE EMSLIE introduced AVO IZMIRLIAN and OANA MARCU introduced the speaker MARK WOLYNN, as well as friends DIANA CHEN and LEAH BREKKEN.

With excitement for welcoming a new member to the club, president GINNY inducted AVO CHARLES IZMIRLIAN, sponsored by STEVE



EMSLIE and CASH ALAEE. Born and raised in the Bay Area, AVO finished college in Switzerland and worked in Wealth Management at SG Hambros Bank in London, before moving back home to Palo Alto to continue in the Real Estate- Commercial Sector. He is currently a Senior Associate with Premier Properties Commercial Real

Estate in Palo Alto. Welcome AVO to the club!

JOHN KIDD took the podium for the inspiration thought of the day.



He gracefully acknowledged his wife PHYLLIS for inspiring him in every way; and DON KENYON, a close friend for over 50 years, for his unselfishness, MIKE KAHN, another friend for over 40 years, for his courage, and BILL BUSSE, friend for over fifty years, with the touching note that BILL has the copyright on the recipe for turning lemons into lemonade, for his resilience and positive spirit.

The Crab Feed theme was on the table, with PETER SHAMBORA reminding all of us that the event is just around the corner, and should anyone be inspired to volunteer, they can contact him, GINNY LEAR or DICK BUSH.

He was followed by BRUCE GEE, who first joined the



Presidents Club in honor of those who provided an amazing Valentine dinner: BETSY and GEORGE BECHTEL, LIZ and RICK KNISS, and BRUCE and BARBARA SWENSON. BRUCE then brought back the reminder about the Crab Feed to take place in the Mitchell Park Community Center, with



tickets available online. He highlighted the cruises that are coming

up in May, with a mention that the Costa Rica cruise overlaps with a Stanford tour, which gives the fringe benefit of Stanford professor talks, besides the benefit of a reduced price.

President GINNY also commented on the service offers for the Crab Feed: she warned with a funny memory of a urologist who offered a vasectomy to beware of the services that may be easier to accept! In contrast, she highlighted the invitation from AMY ANDONIAN to visit the opening of the new Avenidas Center, which was a remarkable event.

OANA MARCU introduced the speaker MARK WOLYNN, Director of the Family Constellations Institute in San Francisco, a leading expert in the field of inherited trauma and author of the book "It Didn't Start With You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle" (Viking/Penguin). The book is winner of the 2016 Nautilus Book Award in psychology, and has been translated so far in 18 languages. He



holds workshops internationally, including Australia, Costa Rica and Canada. MARK WOLYNN gave examples from his own practice, about specific patient cases related to OCD (obsessive compulsive disorder) and inherited fears that traced back to the generation of grandparents, and how to identify the cause and provide relief. He also provided examples from academic studies in the field of epigenetics, supporting the evidence that unresolved generational trauma

influences the offspring both from the mother and father side. ROB LANCEFIELD, LEE LIPPERT, HENRIETTA BURROUGHS and RALPH ADAMS asked very pertinent questions regarding post traumatic stress disorder and post traumatic growth, and the deeper social implications of birth and war trauma. Copies of MARK WOLYNN's book provided by Mountain View BOOKS INC's representative JENNY GORDON sold fully, and were signed by the author at the end of the talk.

Closing the meeting President GINNY acknowledged REBECCA GIRALDI and KATIE SEEDMAN for cashier support, STEVE MADSEN and RICHARD KELLER for set-up, and TOM GRACON and MIKE MCMAHON for handling the microphones for the audience.

ROBERT JONSEN, Chief of Police in Palo Alto, is our next speaker scheduled for March 4th to talk about Policing Priorities in Palo Alto.