

Palo Alto Rotary Pinion

March 23, 2020

Reporter: DON MORGAN

Editor: LYLE CONNELL

Today's lunch meeting of the Palo Alto Rotary Club wobbled into existence under the technological wizardry of President DANA TOM around 11:30 am as members began to ZOOM in to assure themselves of



meaningful participation, via audio or video. Your writer particularly needed assistance which proved productive only after HAL MICKELSON had volunteered as a last minute recruit. Many thanks to HAL!

Several others also sought confirmation of their participation. DANA opened the formal part of the meeting precisely at the scheduled time of 12:25., advising that anyone wishing to speak and be heard should unmute for as long as necessary.

He displayed the Cartoon of the Week which started with "Let's find if we like each other." No one ventured into that just then. A few Visiting Rotarians introduced themselves.

KLAUS HEINEMANN's Thought for the Day fondly recollected gatherings in Germany any years ago in the large backyard of his Evangelical Christian grandfather, at some of which KLAUS expressed interest in studying science and religion. Despite his grandfathers' warning of conflict, KLAUS did study physics and religion, writing books on the subject and pondering the applicability of Rotary's Four-way Test and today's Covid crisis..



PRESIDENT ELECT BEN THRELKEID recalled that FDR resorted to weekly cocktail parties to ease the tensions of WWII as he announced similar social-distance events for our club on Fridays from 5:30 to 6:30 pm. DANA will send out a link to enable the gatherings. Their agenda is rather loose: have a good time!



DANA explained how to get his attention to contribute to the President's Club, temporarily for \$25 to \$100 during the Covid crisis. Contributors included SALLY TOMLINSON (in gratitude for the club and its ZOOM technology) and SHERRI SAGER (honoring her niece upon graduation from college the past week)

ANNETTE GLANCKOPF was unable to attend because she works on a special task for Palo Alto's emergency preparedness and services. She asked to report that anyone needing help should feel free to call her; that daily updates on the corona virus are available at



www.cityofpaloalto.org/coronavirus; that there is a Palo Alto community support call center for questions, needs, etc., open from 8:30 am to 6 pm Monday through Friday

DIANA DIAMOND introduced our speaker Robin Wedell, reviewing



her more than 25 years experience as an exercise consultant and instructor. In an audience-specific presentation on how to exercise at home,

Ms. Wedell first offered general advice: get good rest; sleep well; eat healthy meals; stay hydrated; take walks outside, keep six foot separation from other walkers; use a walker if reasonably needed; be aware of your health conditions and limitations; check your pulse

frequently; avoid getting out of breath; minimize carpeting, to avoid tripping; have a chair available for brief rests; breathe normally, avoid or minimize atrial fibrillation.

Ms.



Wedell next ran through and demonstrated a detailed set of "toe to head" exercises starting with a gentle warm-up of 5 to 7 minutes. The list was long, from stand on toes to grimace (exercising face muscles) and open mouth wide. Details will appear on a list to be provided and a website.

An energetic back-and-forth of Q&A concluded around 1:45. Ms Wedell's talk was greatly appreciated, even if silently.

Coming Programs

Mar 30, 2020 By Zoom Video Conference:

John Haveman: Coronavirus Economics

Apr 06, 2020 By Zoom: Geoff Ziman, Duane Kalar, Nina Moore
Vocational/ Long Time Member Talks

Apr 13, 2020 By Zoom Video Conference: Dean Winslow, Stanford
The US Gun Violence Epidemic As Seen From the Perspective of a Physician Who Has Served in War