

# Palo Alto Rotary Pinion

April 13, 2020

Reporter: TRISH BUBENIK

Editor: LYLE CONNELL



**OPENING:** President DANA called the meeting to order at 12:34 and welcomed participants through Zoom. He acknowledged the reality of living in these COVID-19 times and then shared a tip from the Happiness Podcast. One way to cope with the physical

distancing is to change your timeframe. Think about how you will feel in two years when this will have subsided. Thinking beyond the immediate crisis can help. We are in this together and we will get through this. Here is the link to that podcast:

<https://www.happinesslab.fm/coronavirus-bonus-episodes/episode-2-coach-yourself-through-a-crisis>

He then shared a posting from his son. "My wife and I play this fun game during quarantine. It's called 'Why Are You Doing It That Way?' and there are no winners."

Many of us are getting extra practice time in the self-restraint of not saying exactly what we are thinking.

Guests: Chris Cobey, guest of DAVE SMULLIN.

**THOUGHT FOR THE DAY:** HERSH DAVIS lived as a child in Honolulu shared the range of meanings of "Aloha" beyond hello and goodbye. Ancestors had no written language. But the spirit of Aloha includes the values of unconditional love, teamwork, unity, humility, leadership, persistence, hospitality, and promotes "we are all in this together." Mahalo, HERSH!



**Zoom Tip of the Week:** Get more out of Zoom by signing up for a free account which lets your meeting run for up to 40 minutes. Go to [zoom.us](https://zoom.us). Or join for \$15 per month and unlimited minutes. You set the name of your account so that it will automatically appear when you join a Zoom meeting. You can host meetings with you family and friends,

## CLUB ANNOUNCEMENTS:

### WE CARE COMMITTEE:

TODD LEWIS reported that STEVE EMSLIE's father passed away. The committee sent a card and encouraged members to do the same.

### 2020 FUNDRAISER:

BRUCE GEE reported that the committee and the board agreed last week that due to cancelation of our annual event, club



members will be asked for donations that represent what they would have spent for tickets and winning silent and live auction purchases, to help reach the overall event goal of about \$75,000, towards our local Charities for 2021. PATTY

McGUIGAN has offered a generous matching grant of \$10,000 in honor of DICK BUSH. We would like to see everyone participate at some level, as we adjust to the current economic reality. The Crab Feed funds raised, along with Endowment Funds and others, bring near \$150,000 in support of our youth programs, local nonprofits, vocational scholarships, and international projects.

### MATT DOLAN initiated the lighting Palo Alto buildings



in red, white, and blue to thank our healthcare workers as well as our safety and medical first responders starting at Homewood Suites and City Hall.



**NEXT WEEKS PROGRAM:** Community Grant Committee report on this year's grants to local nonprofits.

Our Endowment Fund drive will begin in late May, with Bruce Swenson, Chair.

Remember to invite guests to our Monday meetings and Friday Happy Hours—share email with Zoom information.

**PRESIDENTS CLUB:** Members may share good news or make an announcement. Given the current economic disruptions many have experienced, donations are welcome in any amount from \$25 to \$100. Each donation is a tax-deductible contribution to our Charities Fund.

**DICK MANSFIELD**, honored of DANA's "keeping us together"; **BRUCE GEE**, thanking **ROGER SMITH's** nominating him as a



local  
hero



published in The Palo Alto Weekly last week; **STEVE PLAYER**, to celebrate his granddaughter's \$2,000 scholarship from the Mountain View Rotary. (To

nominate:[PaloAltoOnline.com/local\\_hero](http://PaloAltoOnline.com/local_hero))

#### **PROGRAM:**

**JON COWAN** introduced Dr. Dean Winslow.



Professor of Medicine, and Infectious Diseases at Stanford. He shared highlight of Dr. Winslow's extensive career including work with HIV projects...Today he addressed The Firearms Epidemic and SAFE (Scrubs Addressing Firearms Epidemic)

acknowledging gun violence as a health issue. First, he commended Rotary International for helping him and his wife airlift refugee children from the Middle East His extensive military career included multiple deployments to Iraq and Afghanistan after 9/11 as part of the military health system. He calls for mandatory, nationwide guidelines, regulations in addition to physical and mental screening for any gun purchase,

plus mandatory safe gun storage—away from children, people with mental illness or dementia. He emphasized that there is NO role for assault weapons in general society. Screening for gun ownership should include all that is required for airline pilots. As a Colonel, Winslow, was not allowed to take weapons home or to quarters per military regulations.

His organization is committed to preparing all medical personnel to talk to parents about gun safety—types of guns, laws, mental health issues, including recognition of suicide behavior—to address the firearms epidemic in the United States. He contrasted 4,500 killed in Iraq and 2,700 Afghanistan to the US firearms epidemic--100 incidents of gun violence every day.

To make this epidemic real, he showed pictures of the children and adults killed at Sandy Hook in 2012. Hence, his fervent dedication to SAFE—Scrubs Addressing Firearms Epidemic.

Five members then asked questions. **HENRIETTA** asked about limitations by the Second Amendment and was assured that states and the federal oversight can add restrictions regarding safety, storage—and noted that assault weapons were not envisioned 200 years ago. **DIANA**, trying to be hopeful, urged national oversight of gun restrictions for all states. **CHRISTIAN** asked where to start with gun control. Dr. Winslow pointed out that the NRA used to teach gun safety, changing in the 1980s with new NRA leadership. **BETSY** asked about a strategy to COVID-19 restrictions bit by bit. He pointed to Gavin Newsome's leadership and foresees change in the next two or so months—noting need to avoid a second curve. **ROB LANCEFIELD** showed off his antique rifle and asked if PTSD is a link to the epidemic. Dr. Winslow noted that few mass shootings are committed by veterans.

Dr. Winslow thanked Rotary for making the world a better place and asked to be invited back for an in-person meeting once the restaurants reopen—and then urged support of local restaurants' takeout.

DANA accepted the request and thanked the 68 in attendance-- **TOGETHER WE WILL GET THROUGH THIS.**

Links Dr. Winslow referred to today:

Scrubs Addressing Firearms Epidemic  
<http://www.standsafe.org/>

The organization he and his wife started in 2015 to assist immigrants and refugees originally in the Middle East, but now is trying help Central American refugees at our southern border: [www.eaglefundtrust.org](http://www.eaglefundtrust.org)