

Palo Alto Rotary Pinion

April 27, 2020

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Editor: LYLE CONNELL

SPEAKERS NEXT WEEK: GENNADY SHEYNER, KAREN HOLMAN, TOM DUBOIS re PALO ALTO HISTORY MUSEUM

Thanks to Zoom technology, beginning as early as 12:00, many members joined our "Zoom conversation" before the start of the official meeting. This is as close as we can get to face-to-face connections.

At precisely 12:33 +/-, President DANA opened our official meeting by ringing a small bell, in the absence of our traditional big Rotary bell. He welcomed us to OUR Rotary club. President DANA then told a "joke of the Week" about how quarantine has turned us into dogs. The joke was funny. Hopefully, he'll have another joke next week.

President Elect BEN then introduced visiting Rotarian Pearl You (Los Altos Rotary).

JAYNE BOOKER gave her Thought for the Day. She told us that a forest ranger from Iceland recommends we hug a tree 5 minutes at a time, when there is no person to hug. Jayne tried hugging a tree. She was surprised and pleased to feel energy from the tree



ANNOUNCEMENTS were next. "MARCH CRABNESS." Pres. DANA reminded us of the

many local and international projects funded by our donations. He also acknowledged the big variations in how the pandemic affects each of us financially. Hopefully, each of us will be able to contribute, even if the amount is small.



BRUCE GEE reported that we have raised \$59,000 toward our pre-COVID goal of \$75,000. KLAUS HEINEMANN has extended his donation of his vacation home at Sea Ranch. ROB LYMAN has extended his donation of his vacation home at Lake Tahoe.

KAREN ROHDE introduced Darcy Huston from the Girl Scouts. Darcy thanked us for our \$2,000 contribution last year. She told how the Scout programs help the girls now and for the rest of their lives.



Pres. DANA urged everyone under 60 to donate blood. The need is critical.

HAL MICKELSON and Pearl You encouraged us to join the Rotary



Toastmasters club jointly sponsored by our Palo Alto Rotary Club and the Los Altos Rotary Club. Toastmasters meets

every other Thursday, at 7:00 PM via Zoom. Next meeting is April 30, followed by May 14th.



SALLY TOMLINSON told us about other May speakers, e.g., Karl Eikenberry, former U.S. Ambassador to Afghanistan, speaking on May 11th about Sino-American Relations in a Post-Pandemic World, then Natalie Fields on Finance. SALLY encouraged us to invite guests to our Zoom meeting.

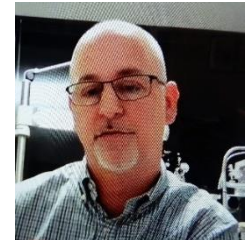
PRES. DANA invited us to join the President's Club, for a minimum of \$25.

TRISH BUBENIK joined in with a \$200 "double" membership in honor of 8 of our members: MIKE COUCH, ANDREW PIERCE, JULIAN DEMALLEVILLE, PETER SHAMBORA, LEANNAH HUNT, LE LEVY, BETSY BECHTEL and LIZ KNISS who spoke so thoughtfully last week about our charities recipients.



PRES. DANA thanked today's volunteers: ROB LANCEFIELD, Pinion writer; LYLE CONNELL, Pinion Editor.

BENN THRELKELD introduced our speaker, Anna Lembke, MD, Associate Professor of Psychiatry at Stanford Medical School. She is a national expert on causes and remedies for addiction. Her topic was "Dopamine Fasting— How It Works and Why It's Important." When our brains produce dopamine, we feel good. When we stimulate production of too much dopamine, we become ADDICTED.



Alcohol and other drugs stimulate too much dopamine. So can too much sexual activity, or other actions that become out of CONTROL, or COMPULSIVE, or have bad CONSEQUENCES for our relationships. 10% of our population has ALWAYS been addicted to something. Now the RATES of addiction are rising, especially among WOMEN, MILLENNIALS (men and women), and RETIRED, OLDER people. The causes are BINGE DRINKING, HIGHER POTENCY DRUGS, e.g., cannabis, MULTIPLE DRUG USE ("poly pharmacy"), and PROCESS ADDICTION (pornography, severe violent video games). DUAL DIAGNOSIS addiction (substance addiction AND mental illness, e.g., Anxiety, Bi-polar, Depression) occurs in 20% of addicts. They need PSYCHIATRIC CARE, e.g., medications, and TALK THERAPY. The other 80% can learn how to heal with TALK THERAPY, e.g., Alcoholics Anonymous. WE ARE ALL VULNERABLE TO ADDICTION!

The NEUROSCIENCE of addiction is that pain and pleasure are moderated by the SAME PARTS of our brains. Our brains adjust to increased levels of dopamine. To get the same "high" we have to increase our use of the addictive substance or process. "DOPAMINE FASTING" IS HARD, BUT MUCH EASIER THAN GRADUAL TAPERING OFF of an addictive substance or process. The BEST PRACTICE TO AVOID DOPAMINE ADDICTION: NO MORE THAN 1 or 2 STANDARD DRINKS PER DAY. if you want to know more, you can read Dr. Lembke's book, "Drug Dealer M.D.," (2016).

ADJOURNMENT: Precisely at 1:30, President DANA adjourned the meeting