

# Palo Alto Rotary Pinion

June 15, 2020

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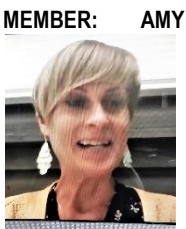
DANA TOM called the meeting to order at 12:31 with his "bike bell" and reminded us of this year's theme "Rotary Connects the World." He explained he was wearing his Rotary aloha shirt for the Rotary International Convention scheduled for Hawaii. Check out the emails about the Rotary Virtual Convention with general and breakout sessions. It starts Saturday, June 20.

VISITING ROTARIANS AND MEMBERS WITH GUESTS: GEOFF ZIMAN introduced Boy Scout leaders, Dana How, Troop Committee Chair and Gary Anwyl, Scoutmaster of Troop 5, which our club sponsors.



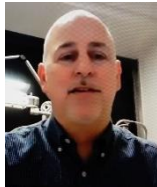
**THOUGHT FOR THE DAY:** LEN ELY read a poem by Maya Angelou, I've Learned... I've learned that people will forget what you said, what you did, but people will never forget how you made them feel. (Excerpt)

**INDUCTION OF A NEW MEMBER:** AMY ANDONIAN introduced her friend KARAE LISLE, the new CEO of the Vista Center where AMY is the Chair of the Board. KARAE has been a business and nonprofit leader for 25 years. She was a Rotary member in San Jose and Menlo Park. She values the Rotary mission as well as taking action across the community. DANA asked his membership questions and then welcomed KARAE into our Rotary Club.



### CLUB ANNOUNCEMENTS:

President-Elect BEN THRELKELD announced that members will receive a dark blue Rotary face mask with membership renewal letters. Anyone who doesn't wish to receive a mask, contact DANA



GEOFF ZIMAN introduced Troop 5 Scoutmaster Gary Anwyl who has led the troop for 9 years. He shared photos from their Yosemite Valley hike last year. While COVID-19 has curtailed many activities, he saluted Scouting ideals which continue.



Scoutmaster Gary with a Paul Harris Fellowship in appreciation for his nine years and counting as Troop 5 leader. An official certificate and pin are coming soon by USPS.



Past Pres. GINNY LEAR then



presented

### 2019 ACTION PLAN: DANA TOM

About a year ago, we developed an Action Plan based on membership satisfaction survey (which feels like that was a lifetime ago). We committed to mid-year and end-of-year updates. We've made a lot of progress, even with the pandemic.

Many thanks to you all. And special thanks to KAREN ROHDE, our Membership Chair, who led us through most of the Action Plan's focus areas.

1-New Member Orientation—Updated Club Orientation and New Member materials; started the Rotary Buddies program; updated the induction ceremony; and periodically highlighted new members.

2-Recruiting New Members—14 this year! Created "Become a Member" link on the website with information for potential members. Created "Sponsor New Members" link on the website with tools and information you need to recruit members.

3- Volunteer Opportunities and Service Projects –Added feeding homeless at ProjectWeHOPE shelter, ushering for Palo Alto Players, volunteering at the Kara Walk 'n' Run to Remember, and viewing inspiring Rotary videos.

**NEXT SURVEY PLANNING--**BEN and the Board are evaluating how to best gather member feedback given the pandemic and Zoom meetings. DANA will soon hand the baton to BEN THRELKELD, anticipating a wonderful year with him.



**PRESIDENTS CLUB:** ART STAUFFER joined in honor of DANA and the Board--"Even in tough times, this has been one of my best years in Rotary."

**NEXT WEEKS PROGRAM:** James Campbell, "African American History and Reparations"

**TODAY'S SPEAKER:** DIANA DIAMOND introduced Dr. Lorrin Koran, Emeritus Professor, Stanford; M.D. from Harvard. She met Dr. Koran when tasked to plan a new psychiatry building.



### Old and New anxieties

1-General Anxiety Disorders...excessive anxiety and worry that is unrelenting for 6 months, resulting in difficulty concentrating, fatigue, irritability, sweating, nausea (coffee/caffeine, too)

2-Panic Disorder...recurrent, unexpected panic attacks and a high risk of manic-depressive disorder--runs in families. Cognitive Behavior Therapy and various medications available.

3- Social Anxiety Disorder...fear of being disliked or a desire to avoid social contact...Also includes agoraphobia, fear of going outside or leaving home...Cognitive Behavioral Training recommended for the individual rather than in a group.

4-COVID-19 and Anxiety...Includes concern for family and self; decrease in income; job disruption and loss; disruption of work routine; physical isolation; restructuring of leisure activities; children not in school or daycare; insomnia; fatigue; increase of chronic pain.

Self-treatments...Avoid pandemic news reports, Zoom with family and friends, exercise, watch movies, listen to music, read a novel or book of interest, breathe, laugh—and follow the safety rules: face mask, wash hands, social distance.

CHRISTIAN MARTINE, KEVIN CURRY, ROB LANCEFIELD, DAVE SMULLIN asked about mindfulness, a pill for anxiety such as agoraphobia, advancements in the future, dreams.

DANA adjourned meeting at 1:51: May you be healthy, connected and hopeful.