

Palo Alto Rotary Pinion

August 3, 2020

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Our August 3 meeting was launched by PRESIDENT BEN THRELKELD with a review of Zoom etiquette.... It's Membership Month. "Inviting friends to our meetings has never been easier...." Ben reported on the first major update of our Bylaws since 2013. A copy of the proposed revisions will be sent to you August 10; a forum to answer your questions will be held at 6:00 pm August 17; we'll vote on the changes August 24. Please participate to ensure we have a quorum.

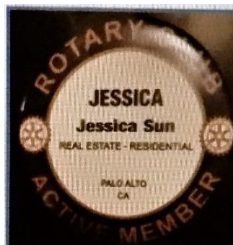
PRESIDENT-ELECT CASH ALAEE introduced visitors: GEOFF ZIMAN'S daughter SHOSHANA SHUR and her husband; JON STOUMEN'S neighbor LAURA SUMMERS; BETSY BECHTEL'S guest JACKIE WHEELER; HAL MICKELSON'S classmates ALAN and KAREN MELA, STEPHEN TIPPS, PHIL WARD, BENNETT CULLUM, RON BANNERMAN and MARGARET EARL COOPER; Ben Threlkeld's father BOB... In all, 73 in the crowd....



The day's Thought came from JULIE JEROME and Haroon Rashid: "We fell asleep in one world and woke up in another. Suddenly the Chinese Wall is no longer a fortress; Mecca is empty. Not visiting parents and friends becomes an act of love. Power, beauty and money are worthless and

can't get you the oxygen you're fighting for."

JESSICA SUN received her Blue Badge, praised by sponsor CHARLIE WEIDANZ for serving as Co-Chair for Hands-On Projects...

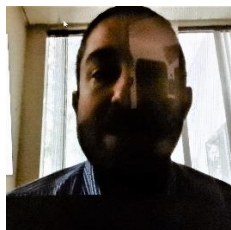


President Ben noted that that we collected 1060 cans of food for the Ecumenical Hunger Project, enough for 477 meals.... Ben plugged the District Leadership Academy: Enrollment closes August 20; courses start September 1....

REBECCA GERALDI is "doing great" after an appendectomy...

Ben and JON STOUMEN thanked BRUCE GEE for showing us his hydroponic gardens at our fabulous first TGIF for the year.

JON COWAN announced that our August 28 TGIF will be a "guided virtual whiskey tasting," sampling two exceptionally fine potatoes, Uncle Nearest 1856 and 1884. We'll learn about "Nearest" Green, a formerly enslaved man who taught Jack Daniel how to make whiskey, and we'll taste the brand established in his honor. Ping jonathancowan@gmail.com by August 15 to purchase two 4-ounce samples. You'll



be able to pick them up at Ben's offices. You also can buy a supply of Uncle Nearest on your own or listen without tasting. RSVP to Jon by the 15th to obtain your samples.



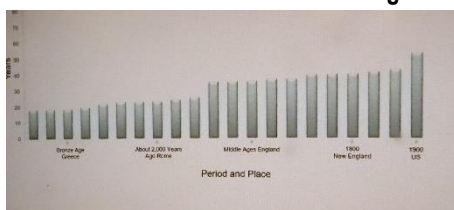
BETSY BECHTEL introduced our distinguished speaker, DR. LAURA CARSTENSEN, Director of the Stanford Center on Longevity. She is the author of *A Long Bright Future: Happiness, Health, and Financial Security*

in an Age of Increased Longevity. Her topic was "Longevity: The New Map of Life."

In the Middle Ages, people lived on average to their mid-30's; in the US, in 1900, on average to 47; in 2000, to 77. More was added to a typical life span in the 20th century than in thousands of years of earlier history. In the US, 4% of the population was over age 65 in 1900; 20% will be over 65 in 2030... Five generations of families will be



alive at the same time and six generations of Americans will participate at the same time in the US workforce... There will be more chronic

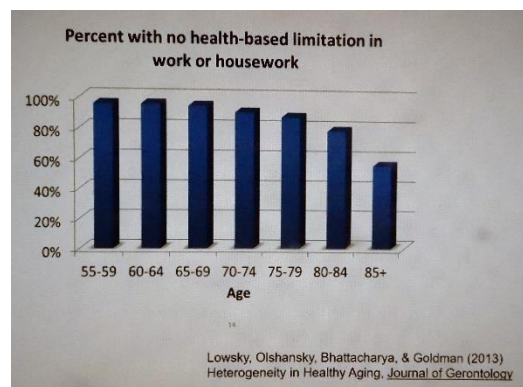


disease, but everyday health will be much better. Even now, 50% of Americans age 85 say they feel strong enough to work.... Emotional health improves as people age; they feel less rage and more forgiveness... How can education, work and leisure be re-thought to fill extended years of living? Not all the changes should focus on seniors. Why not, for example, stretch out the time available for young people's development?

How about adding internships to the high school experience?

How about putting art, poetry and even recess back into

schools? What about improving opportunities for parents to make the most of the years when they have young children? More information can be found at <http://longevity.stanford.edu/a-new-map-of-life/>. A link to Dr. Carstensen's presentation at the Chautauqua Institution in 2019 can be found at <http://longevity.stanford.edu/chautauqua-2019/>.



Our August 10 speaker: DAVID DESMARAIS, NASA AMES: Astrobiology and the Mars Exploration

