

Palo Alto Rotary Pinion

November 15, 2021

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At 12:33, President CASH ALAEE rang the Rotary bell and called the meeting to order.

VISITING ROTARIANS AND ROTARIANS WITH GUESTS.

In light of the large number of guests for today's special meeting, President-Elect KAREN ROHDE requested that Rotarians place their guest's names in the chat. TIM WATSON'S guests were his wife, April Watson, and his father, Ed Watson. KLAUS HEINEMANN'S guest was his wife, Gundi. ANNE CRIBBS'S guest was Helen Mendel. REBECCA GERALDI'S guests were Thomas Ziebarth and Hamza abu Jassar. JULIE JEROME'S guest was Jean Doble. BRIAN STEEN'S guest was Christina Lin from Palo Alto Oral Health.

THOUGHT OF THE DAY: Due to technical difficulties, the Thought for the Day will be postponed until the next meeting.

ANNOUNCEMENTS, REPORTS AND REMINDERS

Six Rotarians participated in the Veterans' Day event at City Hall. President CASH joined the President's Club in the amount of \$10 per volunteer attending the event, for a total of \$60. Another group of Rotarians also volunteered to place flags on Veterans' Day to honor those who have served in the military.

CASH then recognized BEN THRELKELD and JEFF YEN for hosting a happy hour at Calave, in which approximately 25 Rotarians participated. Thanks to BEN and JEFF for hosting that wonderful event.

A large group of Rotarians volunteered as ushers at Palo Alto Players performance of "The Revolutionists." The show was highly recommended and continues into next week.

CASH announced two upcoming service opportunities—writing donor "thank you" cards for the Magical Bridge and AbilityPath. Volunteers are encouraged to sign up to help Rotary contribute 100 extra hours of community service in honor of this year's centennial.

WE CARE ANNOUNCEMENT—JOAN PLASTIRAS has broken both wrists due to a fall. Rotarians are requested to reach out to her for assistance or support as your time permits.

The Climate Action Committee meets tomorrow (Tuesday, November 16th) at 5:00pm via Zoom. The Centennial Committee meets on November 23rd at 4:00 pm. The Holiday Party will be held at the Palo Alto Art Center on December 8, 2021, from 5:30 pm to 7:30pm. The evening will feature food, wine, singing and all-around good cheer. Please mark your calendars!

CASH recognized Rotarians for the first domestic Sibling City relationship.



He congratulated Rotarian Mayor TOM DUBOIS for leading the effort, and DANA TOM and KAREN ROHDE for being part of the Steering Committee. The Rotary Board of Directors has voted to support this effort and relationship

with Bloomington, Indiana.

According to HAL MICKELSON, like Palo Alto, Bloomington is a "college town," but it's a hard-partying college town. The big annual event is the Little 500, the largest collegiate bike race in the US, modeled on the Indianapolis 500. Riders compete in four-person teams, riding 200 laps (50 miles) around a quarter-mile cinder track. They call it "The World's Greatest College



Weekend." Indiana University has a tremendous music and performing arts program, including a couple of full-dress opera productions a year. You can buy a t-shirt that says, "Bloomington: A drinking town with a basketball problem." You don't want to ask the bartender for a "boilermaker," because that's the symbol and mascot of Indiana's arch-rival Purdue. Instead, you order a "Dublin drop," a shot of Irish whiskey dropped into a pint of Guinness. Noting what a fun and exciting town Bloomington is, MICKELSON congratulated those who made this relationship happen.

HISTORICAL HIGHLIGHT

KAREN ROHDE presented an update from Centennial Committee. The Stanford Children's Convalescent home was founded in 1919, just 3 years before the Palo Alto Rotary Club. It housed children recovering from polio, smallpox, measles and other debilitating communicable illnesses. Immediately upon its founding, the PARC began donating to the children's home, including funding a "Rotary bed" there for 14 years. Rotarians also provided services, like free haircuts, to the children. The Children's Convalescent Home became the Children's Hospital at Stanford and was later named the Lucile Packard Children's Hospital.



PARC ENDOWMENT FUND

BETSY BECHTEL, the president of the Palo Alto Rotary Endowment, spoke on the goal of raising an additional \$100,000 this year. Five generous Rotarians have agreed to match donations up to \$100,000. BETSY asked everyone to consider making a "stretch" donation, increasing their planned gift to maximize the impact of the matching donations. Please contact BETSY for stock donations.



TIM WATSON spoke about donating to the Rotary

Endowment Fund through planned giving, gifts through estate plans and 401(k)s/IRAs. TIM walked through how to add the Palo Alto Rotary Endowment to your trust as a way to keep giving every year. You can donate a specific amount or a specific asset. Consider making IRA or 401(k) distributions directly to the Rotary Club Annual Charities, who will then transfer them to the Endowment. Contact TIM or BETSY with any questions. Another convenient option is to update the beneficiary on your account, leaving some percentage to the Rotary Foundation without needing to speak with your attorney (other than an informative note). Please remember to use whichever method of giving that works for you. Thanks for supporting Rotary! PALO ALTO ROTARY ENDOWMENT FUND, EIN: 94-2815253



NEXT WEEK'S PROGRAM

The next meeting will feature Long-time Member Talks by Ralph Adams, Bill Fogarty, and Mike Couch. The meeting will originate from the Palo Alto Elks Lodge via Zoom. It will be our first attempt at a hybrid meeting with just the President and technicians present, transmitting to the attendees.

TODAY'S PROGRAM

SPEAKER INTRODUCTION. LIZ KNISS and BETSY BECHTEL introduced today's speaker, Dr. Sara Cody, Director of the Santa Clara County Department of Public Health.

LIZ KNISS introduced Dr. Sara Cody as having a great head on her shoulders, knowing how to speak up, and having made a tremendous difference in the Bay Area. She joined the Santa Clara County public health department 20 years ago, and is now the Director. Dr. Cody leads over 30 programs designed to prevent disease.



BETSY BECHTEL noted that Dr. Cody was born and raised in Stanford. Her illustrious credentials include attending Stanford University; Yale School of Medicine; completing her internship and residency in internal medicine at Stanford University Medical Center, and a two-year fellowship in epidemiology and public health, as an Epidemic Intelligence Service (EIS) officer with the Centers for Disease Control and Prevention..

Dr. Cody was glad to join Rotarians, as a lifelong Palo Alto resident. Her discussion included a brief history of the vaccine, recommendations around boosters, and a discussion in general about how we reduce risk as we live with the pandemic, and thoughts about the future.

First, case counts are gradually rising again, not only in the county but the



entire Bay Area and more robustly in other areas of the state. There have been four 4 waves—spring and summer 2020, the terrible winter, and the summer surge that we never quite got out of due to Delta variant. Dr. Cody discussed the tradeoff of pathogens between either spreading fast or being deadly. The Delta variant spreads fast like chickenpox but is less deadly.

In California, throughout the pandemic, the Bay Area continues to perform quite well, better than most of the state. She believes it is due, in part, to the culture of the Bay Area, which is community minded. This results in a better uptake of prevention measures like vaccinations. Bay Area is highly vaccinated compared to other counties in the state.

What happens in adjacent areas also matters, since the virus doesn't respect county boundaries. Fortunately, most people in Santa Clara county have been fully vaccinated. The vast majority of children ages 5 and up have now been vaccinated. The rates of adults who have had boosters is starting to pick up now, and may have been lower initially due to complicated messaging.

By race, Asians (including all the subpopulations) are vaccinated at extraordinarily high rates. Whites, Hispanics and Blacks are vaccinated at almost the same rates; there are no significant disparities in vaccination rates among these latter groups.

Delta did create an increase in breakthrough cases among the vaccinated, but nothing like infection rates among the unvaccinated population.

Are kids at risk for covid 19? The understanding of this issue has evolved, but currently it appears that kids seem to be just as likely to get covid as adults. New recommendations are based on that understanding. In Santa Clara County very few children have been very ill from covid; the vast majority were at risk from other complications. Parents need to know that the vaccine is approved for children over 5; it is smaller than an adult dose - 1/3 the amount; and it is safe, effective, and widely available.

Do those who have had covid need the vaccine? The immunity from natural infection doesn't persist. (Neither does immunity from vaccines, though it endures longer.) So even people with covid should get vaccinated at least 10 days after they have had the virus.

It is recommended that pregnant and breastfeeding women get vaccinated, especially pregnant women. Unvaccinated pregnant women have had much worse outcomes than unvaccinated women. The vaccines are safe and effective for pregnant and breastfeeding women.

The guidance regarding boosters has been complicated. According to Dr. Cody, it is easier to define who should NOT get a booster than who SHOULD. So for California, the state health officer now recommends the booster for anyone 18 or over who feels at risk. Dr. Cody's recommendation is, as we are heading into the holidays, anyone 18 or older who has completed their vaccine series at least 6 months ago (or 2 months since the Johnson & Johnson vaccine) should get the booster. The booster protects us and those around us as well.

In summary, everyone should remember the tools that we all can use to keep us safe: vaccination, masking, testing, ventilation and distancing; the most important is vaccination. Masking is still important to protect against breakthrough infection. Rotarians should remember to mix and match these tools in any setting. Just like driving in the winter is difficult, people still drive in the snow, but maybe not when it is dark, or with a child in the car—people adjust their risk with the tools available to be as safe as possible.

When can we get rid of masks? This will only happen when a jurisdiction has been in the yellow tier for 3 weeks (we're currently in the orange tier); when hospitalizations are low and stable; and when 80% of the population is vaccinated or 8 weeks after the vaccine is authorized for 5 year olds (early December at the earliest).

Covid vaccine information is available at SCCFreevax.org, which is making it very easy to get everyone vaccinated if they are not already. Information is available in 5 languages.

Questions: When can Rotarians return to our in-person meetings? The rule is clear that if you are indoors, you have to wear a mask regardless of vaccination status.

What is the vaccine efficacy for immunocompromised solid organ transplant recipients? Dr. Cody responded that this is a question that must be answered case by case in consultation with a medical professional.

Should we be worried about sitting in an arena for 3 days? Having a booster is helpful, being outdoors is also helpful, if indoors wear a mask; some areas have higher rates of covid than others. "It's a dial, not a switch."

President CASH thanked Dr. Cody for her very helpful and engaging presentation.

CASH closed the meeting at 1:31

Thanks to Pinion Editor LYLE CONNELL, to writer KIM BOMAR, and to Zoom co-host DANA TOM.