

Palo Alto Rotary Pinion

October 7, 2024

Writer: Karen Rohde



Celebrating 102 years of Service

THE MAGIC OF ROTARY 2024-2025

KAREN ROHDE

opened the meeting. She was standing in for President

REBECCA GERALDI, who, along with members **DANA TOM**, and **GLORIA HOM**, was attending a Learning Seminar at Rotary International Headquarters in Evanston, Illinois.



Guest Alex Kent was acknowledged but not formally introduced as he arrived after the meeting started.

THOUGHT FOR THE DAY

LEE LIPPERT spoke about the Jewish New Year Holiday, which began with Rosh Hashanah last Wednesday. Citing the one-year anniversary of the Hamas and Islamic Jihad attacks on southern Israel, Lee asked that we take a moment to reflect and think of ALL the displaced innocent civilians, victims, casualties, hostages, men, women, and children, both Israelis and Palestinians since the events of last October 7th.

Lee shared Former President Jimmy Carter's 2002 Nobel Laureate speech: "War may sometimes be a necessary evil. But no matter how necessary, it is always an evil, never a good...The bond of our common humanity is



stronger than the divisiveness of our fears and prejudices. God gives us the capacity for choice. We can choose to alleviate suffering. We can choose to work together for peace. We can make these changes – and we must."

NEW MEMBER INDUCTION!

KANIKA SABHARWAL was inducted as our "newest" member. Membership Chair **LINNET KWOK** and Kanika's sponsor **KATIE SEEDMAN**

performed her induction. Katie introduced Kanika, her co-worker from Heritage Bank of Commerce, as someone who "embodies the values of Rotary and the 4-way Test." Kanika shared her excitement

about joining Rotary and finding new ways to serve our local community. (Kanika currently serves as a Board Member of the Palo Alto Chamber of Commerce and the Femigrants Foundation.) In addition to service, Kanika is looking forward to expanding her network and developing lifelong friendships. Kanika was welcomed with a shower of confetti and applause.



PICKLEBALL TOURNAMENT A SUCCESS!

LINNET KWOK and ANNE CRIBBS shared highlights of the October 5 & 6 community tournament which our club sponsored (in partnership with the Palo Alto Pickleball Club). One-hundred and fifteen players competed in record-breaking heat for awards and prizes. Proceeds above the cost of running the event will be donated to local charities. Most importantly, the tournament raised the visibility of Rotary in the community. Linnet thanked the Rotary volunteers who made the event possible: Betsy Bechtel, Anne Cribbs, Rebecca Gerald, Jon Goldman, Greg Hood, Joy Oche, Karen Rohde, Kanika Sabharwal, Katie Seedman, and Dana Tom. Karen asked members to give Linnet a big round of applause for organizing the event and thanked Anne Cribbs for making the introduction to the Palo Alto Pickleball Club.



THE ROTARY FOUNDATION & POLIO PLUS

To save time for today's speakers, FY24-25 **TRF Chair KAREN ROHDE** gave a very abbreviated introduction to The Rotary Foundation & Polio Plus Drive which kicked off this week. Karen reminded members that The Rotary Foundation (TRF) was the philanthropic arm of Rotary. The foundation collects tax-deductible contributions and distributes them to projects that enhance the quality of life, promote positive change, and serve the greater public good.

Using dollar bills, Karen demonstrated how approximately half of each donation to the foundation goes the World Fund, which Rotary uses to fund projects in its seven areas of focus: promoting peace; fighting diseases; providing clean water, sanitation, and hygiene; saving mothers and children; supporting education; growing local economies; and protecting the environment. The remaining half of each donation comes back to our club in the form of "District Designated Funds" or DDF. Our World Community Service Committee (WCS) decides which projects to fund using our DDF. WCS Co-Chair STANS KLEIJNEN will share more detail about these projects later in the drive.

Karen let members know they would be receiving a personalized TRF letter in the mail, showing them how much they would need to donate to achieve their next level Paul Harris Fellow (PHF) Award (more on that next week), and the date of their last donation.

Instructions for donating include:

- Write a check made out to The Rotary Foundation -- TRF (not Palo Alto Rotary), and mail it to Rotary Club of Palo Alto, P.O. Box 592, Palo Alto, Ca 94302

· Donate online at <https://my.rotary.org/en/donate> . If you check-out as a "guest," rather than logging into your Rotary account, please email TRF Chair Karen at karendrohde@gmail.com so she can ensure that you and our club get properly credited for the donation.

GINNY LEAR handed Karen a check made out to **TRF** as the first donation to our drive.

YOUTH SERVICE - CUB SCOUTS PACK 6

GEOFF ZIMAN introduced **Shawn Hott**, Scoutmaster of Cub Scout Pack 6. Shawn spoke about the growth of the pack, from one member during the pandemic to 60 members today. Shawn shared photos



of the cub scouts engaged in many activities: whittling, archery, shooting, camping, hiking, skill building, etc. Shawn thanked club members for our past support of Pack, which has allowed them to make their membership and activities more accessible. Geoff Ziman presented Scoutmaster Shawn with a \$1,000 check in continued support of Pack 6.

TODAY'S PROGRAM



JOY OCHE introduced **David Mineta, CEO, and John Carvalho, Manager,** at Momentum for Health. David shared a bit of his background growing up as the son of Norman Mineta, former mayor of San Jose and member of the U.S. House of Representatives. David recalled the heartbreak

caused by the suicide of two cousins, which led to his interest in finding ways to support mental health and suicide prevention.

David shared a CDC epidemiological study that showed Palo Alto with the highest youth suicide rate between 2003 and 2015. Rates were highest among LBGQT+ teens. David stated that stigma and fear about mental illness often prevents people from seeking help.



John shared information about Momentum's "Mental Health First Aid" training. Like CPR training, Mental Health First Aid training gives people tools to respond to emergencies. It does not teach people how to diagnose or treat mental health issues, but rather

teaches people how to recognize a mental health crisis and respond. Attendees learn to identify the signs and symptoms of a mental

health challenge, words and actions to respond, and how to connect people with care or local resources.

KAREN thanked them for this great program and their work with it. Meeting adjourned.

TODAY'S VOLUNTEERS

Greeters: **Amy Yang, Greg Hood**
 Welcome Desk: **Katie Seedman, Kanika Sabharwal**
 A/V: **Ben Threlkeld**
 Pinion Writer: **Karen Rohde**
 Pinion Editor: **Ginny Lear**

UPCOMING PROGRAMS AND EVENTS

October 14 12:15-1:30pm Club Meeting	Tom Bailey, General Manager, Guild Theater The Guild and Local Entertainment
October 21 12:15-1:30pm Club Meeting	Stephanie Crosby, Dean of Disability Resources and Veterans Resources, Foothill College Disability Resources and Veterans Resources at Foothill College
October 25 TGIF 5:30-7:00 pm	TGIF: Hosted by Brian Steen and Sandra Wilson. Thank you both! Bring a bottle of wine to share. Appetizers provided by the Club.
October 28 12:15-1:30pm Club Meeting	New Member Talks: Mary Ann Gee; Mike Fogarty, Jake Yoo
November 4 12:15-1:30pm Club Meeting	Jenna Daugherty, Trans Activist: How I went from a Christian fundamentalist kid to an agnostic trans activist
November 11 NO meeting	Veteran's Day. No Meeting Post flags on University Avenue
November 18 12:15-1:30pm Club Meeting	Garth Illingworth, Professor Emeritus, Astronomy & Astrophysics, UC Santa Cruz Discoveries from the James Webb Telescope