



Listening In

July 12, 2010

Call to Order

At 12:18 p.m., President **Diane Henderson** called the meeting to order for the first time in her position as our fearless leader.

PLEDGE AND QUOTE OF THE DAY

Janet Campbell led the Pledge, then followed with a quote from the founder of Outward Bound: *"I regard it as the foremost task of education to insure the survival of these qualities: an enterprising curiosity, an undefeatable spirit, tenacity in pursuit, readiness for sensible self-denial, and above all, compassion."*

Our invigorated new President then led a champagne toast to the Club, and also to the good health of **Gary Notti** and **Gary Frugoli**.

VISITING ROTARIANS AND GUESTS

There were a lot of visiting Rotarians and guests today. Visiting Rotarians included **Joanne Farris**, **Susan Marchant Angel**, **Dean Heffelfinger**, **Jim Hefferson**, and **Warren Glass**. Guests of Rotarians included **Mary Jane Duvoltz**, **Mike Kadel's** guest **Noah Harris**, **Richard Kalish's** guest **Denise Kendall**, **Lou Bartolini's** wife **Marge**, and **Mary Schaefer**. **Lou Bartolini** also introduced **Bridgette Moran**, Director of the Marin Farmer's Market. Lastly, **Diane Henderson** introduced her mother, who was in attendance to see her daughter's first meeting as President.

CLUB BUSINESS

President **Henderson** announced that the Birthday Table now will provide an opportunity to learn fun facts about our birthday members. We learned that **Judge Dufficy** boxed in college, and he has birdied the 18th hole at St. Andrews. **Jim Walsh** scored very highly in musical ability as a child, and he once won about \$50 by answering a trivia question on a radio show. **Margaret Deedy** was an exchange student her senior year in high school, and **Caroline Hoffman** was voted Sonoma County Parent of the Year.

President **Henderson** then recounted the first Rotary club meeting she attended many years ago, in which **Don Dickey** welcomed her when her sponsor was absent. She remembers

and appreciates his warmth to this day, and it is a good symbol and reminder of the humanity and spirit of Rotary.

Elissa Giambastiani recently celebrated her 45th anniversary, so she donated \$45 to mini-grants. **Peter Thompson** just celebrated his 40th anniversary and his son was married, so he gave a bell-ringer.

Margaret Deedy then updated us about **Gary Frugoli**. Complications are preventing the heart surgery he needs. If you have a chance, drop him a note. Also, **Gary Notti** is recovering from a very serious medical issue. While you should not visit him, go to www.caringbridge.org to offer get well wishes.

Bill Goodwin then provided an Utsunomiya update. Two Japanese girls will be visiting us August 5 through 16. Please sign up to be a day and/or night host. You will need to be certified, and night hosts will need a life scan. The San Anselmo Police Department will do the scan for between \$5 and \$20, apparently depending upon your lawyering skills. Being a day host would include taking them to Monterey, or a Giants game, etc. Many were interested in taking our guests on a cruise on **John Scopazzi's** boat. Call **Bill Goodwin** for more information at (415) 458-8610.

David Smadbeck then announced the Marin County Fair ice cream booth was a success, as we raised over \$26,000 (gross), our second best year ever. He thanked the countless Rotary members who helped make it a success, particularly **John Scopazzi** for his many hours of time transporting, setting up, and tearing down the booth.

MARBLE GAME

Mike Kadel brought forth the marble game with \$756 at stake. **Joe Ayoob** had the winning ticket, drew a black marble, and won a bottle of wine courtesy of **Joe Sheku**.

SPEAKER



Richard Kalish introduced **Mary Dowling**, wife of **Oak Dowling**, to

she speak about humor and health. She was an entertaining speaker with fun quotes and vignettes, keeping the audience laughing and smiling the whole time. **Mrs. Dowling** used the theme of her own recovery from breast cancer to weave together her stories. She taught that laughter literally has healing powers. She laughed that humans are the only animals that laugh, and they also are the only animals who choose to live with their adolescent children.

She relayed the documented story of **Norman Cousins**, a man who beat a very serious illness with laughter. He realized that 10 minutes of belly laugh gave him two hours of pain-free sleep. Laughter dropped inflammation rates substantially, and disease-fighting cells increased. He started recovering almost immediately, and within two weeks he was able to return to work. His story shows the healing power of laughter.

Laughter health has serious medical aspects. One-hundred belly laughs equals 10 minutes on a rowing machine. With laughter, respiratory activity increases and deepens. Also, tears from laughing (and also crying) have enzymes with healing qualities. **Victor Borge** said that the shortest distance between two people is laughter. She recounted a (false per snopes) story of **Neil Armstrong**: After his famous first walk, he allegedly said, *"Good luck Mr. Gorski."* Years later, he allegedly explained he was referring to his boyhood neighbor, whose wife said, *"Sex, you want sex? You'll get sex when the boy next door walks on the moon!"*

Mrs. Dowling finished by saying that if you don't have a sense of humor, you don't have any sense at all. **Mario Ghilotti** then added that, after having heart problems in the 1980s, he asked a nurse why all the patients were men. She responded that women don't have heart attacks, they give them.

The meeting was adjourned at 1:28 pm.

Barrett Schaefer

UPCOMING EVENTS

July 19 – **Doug Moore**, Retired Navy Admiral and Retired Superior Court Judge