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Listening In

December 4, 2017

Before leading the Pledge and giving the Thought of the day, **Bob Wilhelm** wanted to remind everybody that December the 7th is a very auspicious day, because it began our entry into the second World War, and many of our fellow Americans lost their lives defending our right to pledge allegiance to the flag.

Thought of the Day:

Motivation is the art of getting people to do what you want them to do because they want to do it.

Don't walk in front of me, because I may not follow. Don't walk behind me, because I may not lead. Walk beside me, be my friend.

Thank you for those inspiring thoughts, Bob.

VISITING ROTARIANS AND GUESTS OF ROTARIANS

Peter Thompson introduced the **Visiting Rotarians: Rob Chatham**, an engineer from Louisville, Kentucky Rotary Club; and crooner extraordinaire **Noah Griffin**, Larkspur Rotary. **Bob Wilhelm**, guest and returning Club member.

ANNOUNCEMENTS AND EVENTS

Dan Walker reminded us about the Salvation Army bell-ringing. The sign-up sheet was filled for Saturday, **December 16th** at Nordstrom, but he still needed two slots filled for Saturday **December 9th** at Macy's. (Since been filled — thanks Rotarians!) Dan encouraged volunteers to dress up, bring candy canes (a friendly dog! Wear a bikini!) to attract attention to the cause. Both locations are in The Village in Corte Madera, between 10:00AM and 6:00PM.

Carolyn Hoffman gave a reminder that next Monday's meeting (Dec 11) is the last Rotary meeting to bring your wrapped gift for the Christmas Gift Program. Please attach the child's name card with gift description removed firmly to the gift. You could also bring the gift to **Madeleine and Skip Moore's** social on Tuesday, December 12, 6 - 8PM, 60 Oxford Drive, San Rafael.

Gifts will be given out at the Al Boro Room at Pickleweed Community Center in San Rafael at 6-8PM on Thursday, December 14th, 2017. Rotarians can arrive at 5:30PM.

Carolyn also said that Rotary Interact is holding a coat drive for victims of the North Bay Wildfires. Please bring

any gently used coats to next Monday's meeting (Dec. 11), or to Madeleine's party Dec. 12.

Mac Cranford, past president, said the nominating committee met and nominated the following Officers and Directors for next year, and for our President nominee for 2019-20 Rotary year:

Officers of the Club

Treasurer: **Judy Denning**

Secretary: **Peter Thompson**

New Board Members:

Otis Bruce, Tom Mulvey and Madeleine Moore

2019-20 President nominee:

Dan Walker

We will be voting next week. Mac called for nominations from the floor, there were none, so nominations were closed.

Tom Mulvey said for a long time now **Joe Shekou** has been asking Tom to take him for a hike on Mt. Tam. They have a 5-7 hike planned on Sunday, Dec. 10, meet at the parking lot at the Safeway in Mill Valley. They wanted to extend the invitation to the Club. An email with more details was sent out.

President **Fran White** reported that member **Gary Frugoli** is not doing well. **Margaret Deedy** reported that Gary is suffering from some of the same symptoms that caused him problems a few years ago. She will bring a card next week for Gary, and encouraged the Club members to send him a note and well-wishes to Gary. We are keeping you in our hearts, Gary.

December Birthdays: President-Elect **Beth Fernbacher** celebrates her birthday on December 30. She gave 3 Bellringers! **Richard Kalish** is honored to be part of a Club that does good deeds such as the coat drive and Christmas gift program. His birthday is December 11. His third son got engaged this month, and he gave a Bellringer for that momentous event.

Rob Devincenzi, publisher of the Marin IJ, announced that the IJ Marin Community Foundation is starting a new initiative on January 31 that underwrites nonprofit advertising space. He encouraged those nonprofits interested to apply for advertising space with the IJ.

Pete Herley said the membership committee encourages all of us to bring

potential members to Madeleine and Skip's party this Tuesday. **President Fran** emphasized how important it is to grow our membership.

Marilyn Riede said she would be going to Cuba via Miami, and gave a donation as a down-payment for what she would "owe" the club when she gets back.

MARBLE GAME

\$1,878 in the kittle... **Oak Dowling** won a bottle of wine. Go Raiders!

PROGRAM

Meredith Griffin introduced **Bill Poland**, Chair, Buck Board of Trustees of the Buck Institute. Bill was happy to see so many familiar faces in the crowd. So many people don't know what goes on up the hill at the Buck Institute. Awareness is paramount to the Institute. Buck is the only free-standing research institute dedicated to studying the biology of aging. Bill encourages us to come up for a tour.

Bill introduced **Mark Watson**, a postdoctoral research scholar, to talk about "Leaky Gut," or intestinal permeability, and its potential role in diseases. He gave a very interesting talk on the huge role our intestines play in our health, and what the Buck Institute is doing to deter Leaky Gut syndrome.



Bill Poland and Mark Watson of Buck Institute

UPCOMING EVENTS

Monday, December 11: Camille Richman, CEO, Hamama "Improving Access to Healthy Foods through Indoor Agriculture"

Monday, December 18: Phil Claypool, nationally recognized singer/composer "Phil Claypool and Friend, A Country Western Christmas"

Monday, December 25: NO MEETING! Time for celebrating with family and friends!