



ROTARY SPOKES
 Rotary Club of Santa Cruz
 PO Box 497 Santa Cruz CA 95061

August 7, 2020 – Gregg Giusiana
 District Governor 5170

President:	Bob Bosso
Editor:	Blaine Brokaw
Invocation:	Tana Widdows
Detective:	Bob Ciapponi



Gregg Giusiana District Governor 5170

Announcements: Jeanette Pagliaro

Thank you to all who completed the Rotary Survey. We were able to gather valuable information that Bob and Jeanette plan to use over the next two years. Some of the ideas we can implement quickly, others will take some time and will require assistance of our board members and more importantly our club members. Remember, when you have great ideas, you'll be called upon to help carry them out. We want to share that we will be providing our Board Meeting Minutes following each monthly meeting. Once the minutes are approved, we will email them to all club members so you'll know what's going on with our Rotary Club each month.

Last Week's Meeting:

Great Meeting last week with President Bob opening and Sam Bishop playing America The Beautiful. Kasey Hinchman offered the thought for the day and reminded us, calamities are not a direct fault of people. How we react to and manage the results of calamities shows our resourcefulness, and humanity during troubled times. Thornton Kontz presented the Detective Report. He pointed out a very nice article in Forbes Magazine on Chris Murphy and his work in the G-League with our local Warriors. Thornton also offered a very interesting Rusty Badge report about his growing up in Atlanta and attending school with the Kings and Abernathys. Thornton's family owned the very first brewery in Atlanta and is a featured name in the Malts and Vaults tour of historic brewers. The report was excellent, an interesting history of Thornton and lots of fun facts about his family.

Last Week's Speaker –

Cesar Molina – Medical Director of the South Bay Asian Heart Center and a Cardiologist at Sutter Health gave an excellent and detailed talk on longevity and how we hold the keys to our own health and longevity. Dr. Molina included a lot of slides and his presentation can be found on our website santacruzrotary.com. You really should go through the slides he presented. The detail and the specific advice he offers is very interesting and important as a guide to healthy ageing and longevity. I was particularly interested in the part about stress and how stress is neither good nor bad. Being able to solve the problems of stress and returning to a state of calm is a very important health and longevity skill. Dr. Molina also pointed out that fitness is more important than weight in healthy living and longevity.

There were many questions and Dr. Molina stayed after to answer inquiries. If you were viewing the chat box during the meeting, you would also have noticed an uninvited guest to the meeting who identified himself as inmate #65326. All are welcome to the Zoom meeting!

Next Week's Program: Red Badge Presentation

Detective: Sarah Madsen

Invocation: Miquel Morales



Pliny the Elder – Cathedral of S. Maria Maggiore

Send me your photo if you've got a fun activity you're enjoying lately to keep the fun alive.

Heard around the Club: "I'm in a perfect state of restful alertness." – John Brokaw

Pliny the Elder was a naturalist who wrote about the natural world during the Roman empire up to the point Mt. Vesuvius Erupted.

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