

# **BULLETIN**



**ROTARY**  
CLUB OF SAN JOSE

Meeting: April 9, 2008 Number 4695

2007-2008 President, Julie Matsushima



## **Dr. John Medina** **Brain Rules: 12 Principles for Surviving & Thriving at Work, Home & School**

Although most of us have no idea of what's going on in our heads, brain scientists have figured out a lot about how the brain works. **John Medina**, developmental molecular biologist, discusses his new book, "Brain Rules." He talks about what scientists know for sure about our brains and how exercise, memory, sleep, and stress might influence the way we teach our children and the way we work. Learn more at [www.brainrules.net](http://www.brainrules.net).

**Medina** holds joint affiliate faculty appointments at Seattle Pacific University, where he is the director of the Brain Center for Applied Learning Research, and at the University of Washington School of Medicine, in its Department of Bioengineering. In addition, **Medina** was the founding director of the Talaris Research Institute, a Seattle-based research center originally focused on how infants encode and process information at the cognitive, cellular, and molecular levels.

## **Habitat For Humanity ~ Pen Your Thoughts**

Do you ever wonder about the recipient families of the homes built by Habitat for Humanity? What a difference ownership must make for them. Those of us on the committee are fortunate to work along side them and to get to know them a little bit. You will have the chance to express your best wishes as well!

On Wednesday, April 23rd, we will have some of the 2 X 4's that will be built into the homes in our lobby before lunch. Please "pen" your thoughts and best wishes so that these families know San Jose Rotarians care.

### **Rotary Week**

Apr 8	Membership	7:30	Gordon House
	Downtown	8:00	Hopkins & Carley
	Development Program	11:45	Boy Scouts
Apr 9	Rota-Arts	11:00	Summit Center
	Digital Bridges	11:15	Summit Center
	Rotary Meeting	12:00	Summit Center

**District Conference April 11 - 13, 2008**  
**Double Tree Hotel, San Jose, CA**



**Reminder: MUST REGISTER BEFORE ATTENDING ANY EVENT! YOU WILL BE TURNED AWAY WITHOUT AN ID BADGE!**

**All reservations must be received by April 8, 2008**

**[www.rotary5170.org/events/conf08\\_main.asp](http://www.rotary5170.org/events/conf08_main.asp)**



## Rotaplast Mission Travels to Natal, Brazil

San Jose Rotary and North San Jose Rotary are sponsoring a Rotaplast mission to Natal, Brazil. The mission begins on April 20th and ends on May 2nd. This is the first Rotaplast mission to Brazil.

Natal is a city south of Recife on the Atlantic coast. We will be operating at The Hospital Infantil "Varela Santiago." The local Brazilian Rotarians are very excited about our mission and have named our effort "Let's Smile Together."

Our team members are Cyndie George, Colleen Wynne, Ramsina Babaghli, Karyn Sinnu-Towery, Juan Figeroa and Kathy Wiley.

## SPRING SOCIALS

**SIGN UP TODAY FOR OUR APRIL FIRESIDES - FIRST-COME, FIRST SERVED - EVENTS ARE FILLING FAST - SPOUSES AND SIGNIFICANT OTHERS WELCOME**

CONTACT SHELLY MCNAMARA AT [SHELMCNAMARA@EARTHLINK.NET](mailto:SHELMCNAMARA@EARTHLINK.NET) OR CALL HER AT THE NUMBER IN THE DIRECTORY

**WAIT- LIST** - Monday, April 14<sup>th</sup> – Members Only (Stag) dinner at Barbara Laskin's.

**Tuesday, April 15<sup>th</sup>** – Join members of the friendly Hospitality Committee for hors d'oeuvres and drinks at the Gordon House.

**WAIT- LIST** - Wednesday, April 16<sup>th</sup> – President Elect Bert George.

**Wednesday, April 16<sup>th</sup>** – Cindy Faulkner and Elaine Digre invite you to A Tapas Party & Games (including Bocce).

**Thursday, April 17<sup>th</sup>** – Alida Bray and Sal Pizarro are hosting a dinner buffet at the Pacific Hotel in History Park followed by dessert at O'Brien's Ice Cream Store.

**Thursday, April 17<sup>th</sup>** - Cathy Kimball asks you to join her at her art-filled home for hors d'oeuvres and drinks.

**WAIT- LIST** - Thursday, April 17<sup>th</sup> - Christine Burroughs invites you to share some wine, light party fare and good fun at her home in Willow Glen.

**Friday, April 18<sup>th</sup>** – Join Lois Wilco-Owens and Barb Larson for BBQ at Lois's home.

If the event that your choice is no longer available, you will have the option of being placed on a waiting list or your choice of another event.

***Oh, did we mention you get a make-up?***

**Fireside Committee Members:** Marilyn Morgan, Cindy Faulkner, Toni Wise, Alida Bray, Barbara Larson, Mark Novak