

## This Week

### Blair High School International Baccalaureate Singers *Returning from a Tour with the PUSD All Stars* Program Host: Theo Clarke

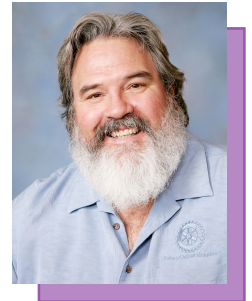
Benita Scheckel, choir teacher for the Blair IB Singers (BIBS), has put together a fine program for our meeting this Thursday. IB stands for International Baccalaureate. This is an audition only group of hand selected singers who represent the best of the best of the Blair singers.

The BIBS group just returned home from a whirlwind 5-day performance tour of The Disney World Resort in Orlando, Florida where they performed at Epcot, Kennedy Space Center, and The Magic Kingdom. The BIBS group was joined by the Pasadena Unified School District All Stars during their tour.

For our luncheon the BIBS singers will perform exactly what they performed on their recently concluded tour. They will sing "Laudate Domino" from the *Vespers* by Mozart and a

*Please turn to This Week, p.4*

## THE *Construction* by Julius Johnson **CREW** for President David Smith



### A Big Rotary Congratulations to ... *All of you who attended the Sickle Cell Lip Sync Show at Elliot Middle School last Sunday*

**T**hat seems like such a long headline for such a short article. But I really do mean it.



To, my fellow Rotarians who attended and/or bought tickets to the show I want you to know at least these two things. Your money was appreciated because the kids really need it. However, your physical bodies in the mix truly makes a difference in a most positive way.

That is truly hands on involvement in community outreach. I want you to know that you and your continued involvement are recognized and appreciated.

There is such a difference between "...hands on involvement..." and hands on community involvement.

## *Greeters*

April 22  
**Kevin Moore**  
 April 29  
**Ron Morris**  
 May 6  
**Mike Noll**



# Program Review

## Unmentionables shape Her Silhouette

Jeanine Gilvaheer, MHA, Cht. hypno therapist leader of Spiral Centric Journeys specializing in imagery, grief work, weight control, smoking cessation, pregnancy and birth and energetic balancing ... whew! ... was our guest speaker this week.

Gilvaheer's topic was ... well ... Unmentionables. No slouch, she is an expert in theatrical design and technology, which proved indispensable to the International Olympic Committee (IOC) in the recent games in Vancouver and Whistler. She was there.

More to the point she is an expert in breathing and meditation believing that logic-based breathing techniques change bodies through life trans states by increasing blood to oxygen saturation levels, dropping heart rates, relieving stress by affecting moods and one's sense of well being and happiness.

More to the point, our clothing both communicates and affects our breathing, sense of well being, our culture and worldview.

Getting down to basics in Victorian fashion — by way of example — begins with one's underwear! Take Sarah Burnhardt, that stereotypical vamp of the stage with her archetypal backhand upon her forehead calling for a cold compress to alleviate her headache. Surely it was all due to that final tug of her corset or corselet, her La Belle Assemblée!

Are beauty and pain to ever be en-

twined? That bustle, that gusset, tracer, Helen pad, underbodice, waist-



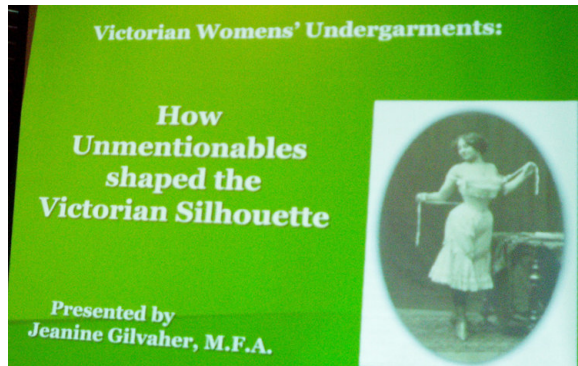
coat, crinoline and hoop, par let, petticoat(s), wooden busk and stays, overskirt or fishtail or a 16-bone corset ... the price for beauty? Houses of Couture for those who could travel to pick their

fashions or scaled models for those wishing to order this year's crepe de chines were all the rage. An 85- to 105-pound dress anyone?

These underpinnings, these

unmentionables insured a woman of the day could parade in style, gently swaying to and fro, sporting a 14- to 18-inch waist.

Please turn to Program, p. 3



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### Rotary Club of Altadena - #7183

Chartered: February 14, 1949  
P.O. Box 414, Altadena, CA 91003  
www.altadenarotary.com  
Meets: Thursday, 12:10p  
Altadena Town & Country Club  
2290 Country Club Drive • Altadena, CA  
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Mike Noll ..... Youth Contests/Awards  
Tony Hill ..... Vocational/Youth Projects  
John Guerrini ..... Membership  
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Photography ..... Jacque Foreman

## April Programs

Program Chair, Theo Clarke

Apr 22 - Voices of Blair IB School for the Performing Arts

Apr 29 - Stephanie Bettman (country western violinist/singer) and her group

## May Programs

Program Chair, John Guerrini

May 06 - To be Announced

May 13 - To be Announced

May 20 - To be Announced

May 27 - JROTC awards - Visitor Day

## Congratulations



### Birthdays



04/13 - Alice Hudson

04/18 - John Frykenberg

04/29 - Mike Noll

04/30 - Rose Steinbacher



### Anniversaries

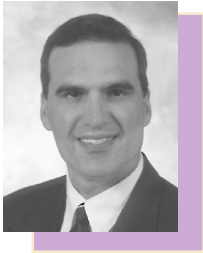


04/26 - Ed & Marcia Guth

04/27 - Sterling & Olga Louviere

# Chairmen's Every Rotarian Every Year Corner

by Craig Cox, Foundation Chair



Reprinted from *Rotary International News* — 12 March 2010. During a trip to Niger on a Volunteer Service Grant, Ernie and Sally Montagne

of Arizona, USA, saw firsthand how The Rotary Foundation's humanitarian efforts are helping to break the cycle of hunger and poverty. "The Rotary Foundation is our vehicle of choice to enable ordinary Rotarians to make a lasting difference in the lives of thousands of villagers in Africa," says Ernie.

Contributions to the Annual Programs Fund through the *Every Rotarian, Every Year* (EREY) initiative are the primary source of funding for Foundation pro-

grams, including those that helped support efforts in Niger. These programs cover more than 160 countries and geographical areas on seven continents.

Here is a small sample of projects made possible through EREY:

- In the aftermath of Hurricane Mitch, Rotary clubs helped create Nueva Esperanza, (New Hope), a sustainable community in Honduras for poor families devastated by the storm. Using a Health, Hunger and Humanity (3-H) Grant, Rotary clubs in Honduras and California, USA, provided books, computers, and medical equipment for Nueva Esperanza, helping families put their lives back together.
- With the help of a Rotary Foundation District Simplified Grant, the Rotary

Club of West Jacksonville, Florida, USA, built a baseball field designed for local children with disabilities. The unique turf allows players using wheelchairs, walkers, and crutches to easily maneuver across the field with the help of an on-field "buddy" — a volunteer, parent, or friend.

- A 3-H grant sponsored by the Rotary clubs of Calcutta Metropolitan, West Bengal, India, and Medicine Hat, Alberta, Canada, helped establish a half-mile concrete walkway in Nabapally, India, that serves as an escape route for villagers during annual monsoons.

Please make a commitment to contribute to the Rotary Foundation every year and help create your own stories. ☉

## Program

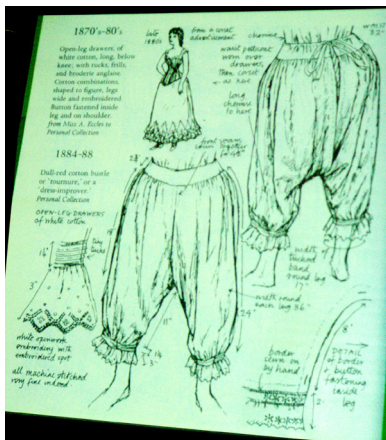
Continued from p.2

(Today's average women's waist 24 to 28 inches)

Arche-  
typal hus-  
sies? My,  
my! Some  
of those  
dresses  
were 116  
inches in  
circum-  
ference.

The  
dresses required architectural alterations to widen doorways just to pass through in comfort. The alternative? Send the men from the room and solicit the assistance of ladies in waiting to tip your hoop up to vertically slide through the door to gain access to an adjacent room. Quite colorful I can imagine!

To keep the form (*form over function*)



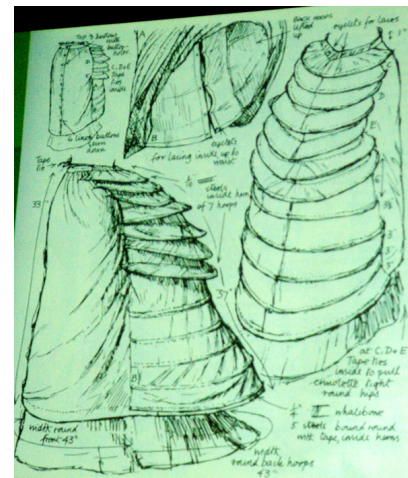
try cinching and sewing on the bias. Try putting a permanent bend in that sleeve to maintain the grace of a bent elbow. Of course the wearer could no longer straighten her arm, but that is quite beside the point!

Oh the ecstasy, catching a glimpse of ankle! It was all in the packaging, the wrapping of the lady on the pedestal. Garter belts and suspenders, buttons and bows, ties and ribbons were all the rage. Just what was Victoria's Secret?

It certainly was not comfort. Many fully dressed ladies of the day could not sit down for fear of snapping or breaking something. Many fainted for lack of air or difficulty with breathing. Many needed an assist to find the chamber pot when required. And that is the

true story of ladies unmentionables in the Victorian Age.

Jeanine Gilva her held us spellbound with the pictures and description of unmentionables, leaving us somewhat stunned at the lengths to which a culture will go in search of an ideal; an archetype



to which to aspire.

Her thesis, *The Divas of the Ladies of Camellias*, entices our imaginations to find out more about those unmentionables.

Thank you  
Jeanine

Gilva her for your vision and enticements!

John Frykenberg ☉



# MONEY by Linda Wilkes MATTERS

## Last Week in the News

The Institute for Supply Management reported the monthly index of non-manufacturing activity rose to 55.4 in March from 53 in February. A reading above 50 signals expansion. Economists had anticipated a reading of 53.3. The reading was the highest since May 2006.

The National Association of Realtors reported that its pending home sales index, a forward-looking indicator based on signed contracts, rose 8.2 percent in February after a revised 7.8 percent decrease in January. The February reading was the largest gain since October 2001.

According to the Federal Reserve, consumer credit debt fell in February by \$11.5 billion, an annual rate of 5.6 percent. Economists had forecast that consumer debt would rise by \$500 million. Consumer credit rose in January by \$10.6 billion, ending a record 11 consecutive months of decline.

Sales at US retail chains rose 9.1 percent in March. It was the largest monthly jump since recordkeeping began in 2000. Economists had anticipated a 6.3 percent increase.

Initial claims for unemployment benefits unexpectedly rose by 18,000 to 460,000 in the week ending April 3. Continuing claims for the week ending March 27 fell by 131,000 to 4.55 million.

The Mortgage Bankers Association said its seasonally adjusted index of mortgage applications for the week ending April 2 fell 11 percent. Purchase volume increased 0.2 percent. Refinancing applications fell 16.9 percent.

The Commerce Department said wholesalers increased their inventories by 0.6 percent in February following a revised 0.1 percent rise in January. Sales at the wholesale level rose 0.8 percent in

February, marking the 11th straight monthly gain.

Upcoming on the economic calendar are reports on retail sales on April 14, the housing market index on April 15 and housing starts on April 16.

## Web Strategies that Work!

If you're spending hours on social networking sites, or have a slick website but few leads coming your way, you may not have an integrated web strategy that works. In this month's installment of InsightNOW, author, business speaker and *Internet Anthropologist* Jim Marks shares his integrated web strategies to help you maximize your results from Internet marketing. Here are some top tips. [While the tips are slanted toward real estate agents, you may find something that resonates with you.]

- Showcase Listings - Every brokerage lists homes for sale on its website, so set your site apart with listings that only require one click from your homepage to access. Also, don't restrict access by making site visitors register in advance to use your home search tool. Let them

use it and fall in love with it; then, request their information for your database.

- Manage Your Data - Most sales professionals get many leads from consumers who aren't ready to buy. Make sure to capture these leads in a database so you can communicate periodically with them. These window shoppers represent future business. Don't lose touch with them!
- Add Value to Your Content - Understand your audience's needs and cater to them! Consumers want market knowledge, and you, as the real estate professional, can provide your analysis of your market via a blog or periodic emails to your contacts.
- Convert Social Media Contacts - You may have a Facebook and Twitter account, but how do you capture friends and followers from social networking sites? Marks suggests that you drive people back to your website by linking to content on your site and by branding your social media sites so people recognize you. ○

## This Week

*Continued from p. 1*

medley from the Broadway musical *Les Miserables* by Claude-Michel Schönberg. To kick off our program BIBS will perform the National Anthem in 3-part harmony. They will be accompanied by their pianist Jackie Koo. You won't want to miss this exceptional program. Bring a guest. ○

**A NEW ROTARY YEAR IS COMING**



**A NEW ALTADENA ROTARY  
DIRECTORY IS COMING**

**NOW IS THE TIME TO GIVE  
MIKE ZOELLER &  
YOUR EDITOR**

**A NEW PHOTO  
YOUR CHANGE OF ADDRESS  
YOUR NEW PHONE NUMBER  
A SECOND EMAIL ADDRESS**

## A Short Dinner at the Napa Rose (Anaheim, CA)

OK, so Nick and I are suckers for a good restaurant. And Napa Rose fits that bill perfectly. Top notch service. (We always insist upon our favorite server, "Saucey"). Top notch food, sourced from throughout the country. And top notch wine selection. We lost count long ago of the number of times we've eaten here. For us, this is one of those rare *destination* restaurants, the type of place that literally warrants a trip out of town. This particular dinner was short, with only a few dishes and no tasting menu. As usual, we'll let the photographs do most of the talking.

First up is the to-die-for bread. There are several different kinds, but we like the ciabatta-like rolls the best. (Those are the two on the top in this photo). The butter is sourced from Vermont Butter and Cheese Company, and it may very well be the best butter you ever taste this side of the Atlantic.



We had an appetizer of pappardelle pasta tossed in arugula pesto, roasted veal loin, sautéed coastal mushrooms and dried cherries. This dish has been on the menu for a few years, yet we never tire of it. With this, Saucey brought out the 2006 Ambullneo *Bulldog* Cuvee (Carneros), a chunky Santa Maria red with smack-in-your-face spice, chalk and clove. It was a brilliant pair to the



pappardelle.

The kids had the penne with red sauce and the quesadilla with caramelized onions. We then tried the tempura lobster and spicy Asian beef salad



with daikon radish and coconut-lime vinaigrette.

This is another dish that has been on the menu for some time, but we never tire of it — chewy, sweet chunks of lobster in a paper thin tempura, quickly fried, not greasy in the least, set stop a wonderfully earthy, sweet, tangy vinaigrette. The daikon and beef are nice touches, but really, they are afterthoughts. The star of this dish is the lobster.



With this, Saucey brought out the 2007 *Richter Estate Riesling*, an off-dry example of a German Riesling that is not scared of dishes that present flavors other than just sweet. By this, we mean that many late harvest Rieslings know only one dish to match with — and that's basically anything that's sweet.

It takes a great wine (and a great winemaker) to coax out the myriad other aromas and flavors from the Riesling grape, so that off-dry wine can mingle with something that is more than just

sweet. Yes, the coconut in the dish is sweet, but it's offset by the rich beef, the vegetal radish, and the spunky lime. This was an example of another perfect match by Saucey, who we've found has one of the best wine palates around.

But I digress. Next up was the star of tonight's meal — Zinfandel braised Angus beef short rib, wild rice risotto, pine nuts and dried cranberries, all in butternut squash sauce.

This dish was, in a word, phenomenal. Seriously, this rivaled some of the best short ribs we've ever had. Regular readers of my articles know that Nick and I are huge fans of Doug Weston's cooking at Vertical Wine Bistro (Pasadena, CA). Weston cranks out short ribs that are the equivalent of a 10 of 10 on the culinary scale.

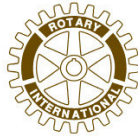


These Napa Rose short ribs rivaled Weston's. Yes, they are that good. One taste sent us to culinary nirvana. The beef fell off the bone (as it should with a well-braised short rib), and each chunk had layer after layer of meaty, earthy, sweet Angus flavor.

The butternut squash and risotto were wonderful supporting actors (actresses?) in this culinary stagershow. This dish alone warrants a trip to the Magic Kingdom. Alas, we're told that it is not on the *regular* menu and may only appear from time to time.

With this, Saucey brought out the 2005 *Stanton Cabernet*. Of course, one cannot go wrong with a Stanton Cab.

No dessert tonight ... Sigh.  
 Until next time ...



ROTARY INTERNATIONAL  
DISTRICT 5300



# 15<sup>th</sup> Annual Peace Conference



**MEETINGS HOUSE,  
BRETHREN HILLCREST HOMES**  
2705 Mountain View Drive, La Verne, California  
**Saturday, May 22, 2010**  
9:00 A.M. - 2:30 P.M. (Registration: 8:30 A.M.)

*Conference Theme*

## “IS WORLD PEACE POSSIBLE?”

**Greetings: District Governor Tom Novotny**  
Conference Chair and Moderator: PDG Dr. Garbis Der-Yeghian

### THE ROLE OF:

**THE FAMILY - Rev. Jerry L. Ferguson**  
Los Angeles District Superintendent, Church of The Nazarene

**FAITH, ETHICS AND VALUES - Rabbi Steven Jacobs**  
President, Progressive Faith Foundation

**ECONOMIC DEMOCRACY - Mr. Mark Chenian**  
International Financial Analyst

**POLITICAL STRUCTURES - Dr. Aziz Said**  
Professor and Director, Center for Global Peace,  
American University;  
Ranking professor of international relations

**EDUCATION - Dr. Nancy Erbe**  
Professor of Negotiation, Conflict Resolution and Peace-building,  
California State University, Dominguez Hills;  
Fulbright Senior Specialist in Peace Studies and Conflict Resolution

**YOUTH - Ms. Amanda Zeidan**  
Rotary Ambassadorial Scholar

**LUNCHEON KEYNOTE SPEAKER:**  
**PDG Ken Boyd, 2011-2013 Rotary International Director**  
"The Role of Rotary International in Promoting Global Peace"

**“PEACEMAKER OF THE YEAR”  
INAUGURAL HONOREE:  
PDG DR. GARBIS DER-YEGHIAN**



Rev. Jerry  
L. Ferguson



Rabbi Steven  
Jacobs



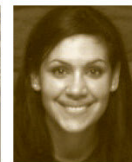
Dr. Nancy Erbe



Dr. Aziz Said



Mr. Mark  
Chenian



Ms. Amanda  
Zeidan



PDG Ken Boyd

Admission and Luncheon: \$30.00 Per Person  
Complimentary **Conference Admission** for Senior Citizens and Interact/High School Students (Reservations required)

**Reservation Deadline: May 8, 2010**

Checks may be mailed to Rotary International District 5300 Office  
c/o Temple City Postal Centre, 5812 Temple City Blvd., #801, Temple City, CA 91780  
Please direct conference questions to Fred Sohl, (626) 441-4531



Invite  
your  
Friends  
to  
join us  
as we

Honor the Students  
of the  
Junior ROTCs



At our next Visitor Day  
Thursday, May 27, 2010



All we ask ...  
Each One bring One

# Make the Pig *fly*

