

**This Week**  
**Gilbert Barraza, Jr.**  
**New Principal**  
**Pasadena High School**  
**Program Host:**  
**Tom McCurry**

Gilbert Barraza, Jr. received his BS in Education from the University of Texas, El Paso and his MA in Educational Administration from New Mexico State University.

We are delighted to welcome the new principal of a high school that our club has been associated with for many years, mainly through sponsorship of the Interact Club and annual awards to the Naval JROTC — PHS.

Barraza came from the Calexico Unified School District, where he had served as principal of Calexico High School since 2004. As principal, he led the re-constitution of the campus and helped the school earn a six-year accreditation from the Western Association of Schools and Colleges. During his tenure, seventeen of the school's graduates won the prestigious Gates Millennium Scholarships, Calexico High School earned national recognition for its Advanced Placement program, and was named a silver medalist in 2009 by US News & World Report for its college-going

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**Hayes**  
 by President Brian Hayes  
**Stack**

**Does this Compute?**

**A**lthough my brother is currently an English professor, he was once on a math/science track. For his advanced calculus class in the mid-70s, he was required to have an electronic calculator. I remember my parents complaining about having to spend \$70 on a then-state-of-the-art Texas Instruments calculator that could perform little more than basic mathematical functions. At least it beat his slide rule (which he handed down to me).

I now look at my Motorola Droid and ponder the computing power I hold in the palm of my hand. Not only do I have a calculator application, I can also use it to check traffic, access a weather report, read restaurant reviews, take videos, download music, get directions, surf the Internet, play Tetris ... and even make phone calls! Pretty soon, smart phones will be so smart that all you'll need to do is think about making a phone call and it will place it for you.

That TI calculator was probably thought to be pretty nifty in its day, but what's truly amazing is how quickly technology has advanced in the past few decades. It seems the world itself has begun

to accelerate, with certain aspects of our lifestyles changing more rapidly than we can adjust to the change. It is no wonder that some developing countries — that have barely adapted to the ways of the 20<sup>th</sup> century — may want the world to stop so they can catch up. Perhaps that frustration manifests itself in destructive acts of terrorism.

Through Rotary International, we can provide the developing world with a bridge to the 21st century. By sharing our technology and our expertise, we can help other nations build skills, create jobs and join the modern world. Not only does this strategy mean increasing prosperity for developing countries; with jobs and hope for the future, there could likely be fewer recruits for terrorist factions, making the world safer for all of us.

**Creeters**

October 21

**Tom McCurry**

October 28

**Dennis Mehringer**

November 04

**Kevin Moore**



# Program Review

## Mark Rocha — new President of Pasadena City College — brings Sweet Ideas for College Future

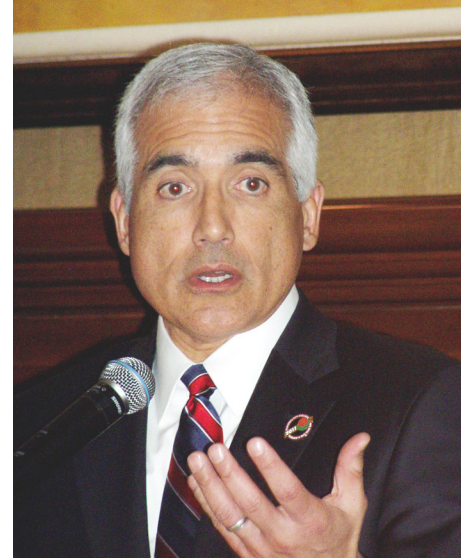
**D** Mark Rocha, recently acquired from West Los Angeles College in Culver City has taken the helm in Pasadena. He shared his vision with Altadena Rotarians.

Despite coming to grips with the realization that *new money* is not likely in the *new normal* of our economy, Rocha sees a bright horizon for Community Colleges in emerging technologies and a changing global environment. Bio-tech, green industries, climatic change initiatives, smaller carbon footprints for all of us will

enable college staffers to *map* student progress for Associate Degrees and transfers to the Cal State University (CSU) system and the University of California system.

Pasadena City College (PCC), now 30,000+ students strong (*the highest enrollment in the college's history*) and one of the highest in the nation for a Community College, will continue to try to admit all comers and to provide something of value for each of its students despite its inability this year to admit 8000 applicants. The solution: Ramping up to meet the demand from those wishing to enter any one of the myriad programs currently offered. These include — among others, dental hygiene, welding, automotive, photography and graphics, culinary arts, computer technologies, new energy initiatives, broadcasting and a list far too extensive to list here.

SB 1440 passed in Sacramento under the auspices of Jack Scott, current Chancellor of the 112 Community College (CC) system in California, now requires CSUs to admit all CC students who successfully complete 60 units (*about 5 semesters*) of work in a major field of study. This directive from the California Assembly will lead to more college graduates in the state and more focus in study concentration in our CCs. Currently, it could take upwards of four (4) year's study to get an Associate



degree. The new policy should shorten this time.

Other fronts in the higher education include *cost containment* and *revenue enhancement* through mining PCC's vast alumni base, *contracted educational training* for business and industry and aggressive *grantsmanship*.

Language and essential mathematical skills also will be stressed to enable students to succeed.

Rocha sees PCC as an *engine for economic revival* and center of innovation.

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### Rotary Club of Altadena - #7183

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TBD ..... Public Awareness

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Jacque Foreman ..... Sparks/Website

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Ed Jasnow ..... Community

John Frykenberg ..... International

Regina Bette ..... Youth Contests/Awards

Tony Hill ..... Vocational/Youth Projects

John Guerrini ..... Membership

Editor, Design & Typesetting ..... Foreman Graphics

Photography ..... Jacque Foreman

## October Programs

### Vocational Service Month

#### Program Chair, Tom McCurry

October 21 - TGilbert Barraza, Jr., New Principal of PHS - His agenda for upgrading PHS

October 28 - Dr. Kelly Lawson, Burbank Elementary - Mandarin Immersion Program

## Congratulations



### Birthdays



10/08 - Susan Cox

10/17 - Noriko Suzuki Mehringer

10/24 - Jim Gorton



### Anniversaries



10/01 - Freddy & Margarita Figueroa

10/19 - David & Elsa Smith

# Chairmen's Rotary Foundation Corner Million Dollar Dinner

by Craig Cox, Foundation Chair



To help District 5300 Rotarians understand and support the Rotary Foundation Permanent Fund, the District will be holding the District 5300 Million Dollar Dinner on January 14, 2011. All Rotarians who make a bequest of \$10,000 or more through their will, trust, or beneficiary designation on an IRA/Retirement Account, Annuity or Life Insurance contract will be invited to attend the event.

The Permanent Fund was established in 1982 to ensure a strong future for the Foundation by providing a continuing stream of income to meet the increasing demand by Rotary clubs and districts for Foundation programs. Contributing to the Permanent Fund enables Rotarians to fulfill their local and global philanthropic goals and secures the Foundation's future by providing long-term stability to its programs. The current goal is to enable Rotarians to fulfill their philanthropic objectives and build the Permanent Fund to

one billion dollars by 2025.

To make a commitment, Rotarians should contact David Bender, Senior Major Gifts Officer at the Rotary Foundation. Bender can be reached at 847-866-3456 or by email:

[david.bender@rotary.org](mailto:david.bender@rotary.org)

The Bequest Society Form is available at [http://www.rotary.org/RIdocuments/en\\_pdf/098en.pdf](http://www.rotary.org/RIdocuments/en_pdf/098en.pdf). Once your commitment has been received, you will be invited to dine with and be honored by President Ray Klingensmith. ○

## Form & Line by Jacque Foreman

No, I'm not kidding. If you have a cat and groom your kitty, collect the cat fur. Take your hair from your brushes and put it with the cat fur. If you cut/trim your own hair, don't throw it away, add it to your cache of cat fur. In addition, stock up on moth balls and a combination of spearmint and peppermint oil.

When I put a new plant in the ground, in addition to using something called *Soil*

*Moist*, I put in a generous amount of cat fur and our hair. In addition, if the plant area is away from edibles, I throw in a moth ball or two. If the plant area is close to edibles, I squirt in some spearmint/peppermint oil.

Earlier this summer I noticed that one of my well-established roses was inexplicably wilted. I tested some of its canes and found two that were loose. I went to work.

This rose bush is outside the *drip line*

## Program

*Continued from p.2*

The college is already the 4<sup>th</sup> highest institution of ethnic diversity in the state and among the top seven in transfers to 4-year degree granting institutions.

We wish Rocha well in his new position and in the challenges which lie ahead, pledging Altadena Rotary's continued support to PCC in our annual scholarship giving.

John Frykenberg ○

## This Week

*Continued from p. 1*

culture.

Whereas we have worked closely with the Business & Entrepreneurship Academy at Muir HS, PHS is home to the Graphic Communication Academy and Visual Arts & Design Academy.

Come and learn the exciting plans for this largest school in the PUSD. Invite a friend. ○

## Encourage those Gophers to Go For Someone Else's plants

of our apricot tree and apricot season had passed. I have a stainless steel stake that's about 3/4-inch in diameter. I used it to make holes all around the rosebush. In each hole I put a couple of moth balls and a combination of cat fur and our hair. In addition, I gave the rose a generous drink of vitamin B1.

Two days later all the leaves fell off the rose. I kept giving it extra water and B1 and added fish fertilizer occasionally. This was during one of our heat waves. I talked to it and gave it encouraging words. About two weeks after I started my ministrations to the rose, I started seeing what looked like new growth. It is now healthy.

Just last week I noticed that another established rose had been chewed down to about two inches. Well, this rose is very close to the drip line of our orange tree, and the oranges are just beginning to *turn*. That meant that I can't use moth balls. So I made stake holes all around it and

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# Oven-Seared Steelhead Trout over Wilted Spinach



The Nick and I have been doing a lot of cooking with fish lately, and it seems that we just can't get away from impulse buys of fish of all sorts. So that means we'll be posting a few more times about fish. Lately, it's been Mahi Mahi, Atlantic Salmon, Sockeye Salmon, and Steelhead Trout.

For this particular dinner, we wanted something fast but not boring. This one is quick and sure to please everyone. Even the kids devoured this. First heat up the oven to 500 degrees F. If you have convection oven, use it. Then while the oven heats up,



Chop up four heads of garlic.  
 And drain one 15 ounce can of butter



beans.  
 Saute the garlic in a very hot pan with

two tablespoons of oil, along with a pinch each of dried parsley, cumin, cinnamon,



salt, and black pepper.  
 After 30 seconds toss in the beans.



Saute for 30 more seconds.



Remove from heat and transfer to a dish and put into the freezer for about 10-



15 minutes, until the beans are very cold.

Meanwhile, chop



up four thick pieces of smoky bacon and puree



Transfer to saucepan, and heat until



the bacon bits are crisp. Drain and set aside.



Grab four filets of steelhead trout. Pat dry with a paper towel. Place all four on a raised rack (like a cookie cooling rack) in a braising pan. Sprinkle some paprika, salt



and black pepper on each.

Add half a cup of water to the pan but don't let the water touch the fish. Transfer

# Wine

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to the oven. Leave the oven on 500 degrees. It shouldn't take more than five — ten minutes to cook. If you like your fish medium, it should probably take five minutes in a convection oven. If you like your fish well done and flaky, then cook it for longer. But a fish like trout will turn out better if you cook it rare.

## Now Move Fast.

While the fish is cooking, you are going to make a wilted spinach salad. Into a very hot (and large) saucepan, add two tablespoons peanut oil and two large bunches (about one and a half pounds) of fresh spinach. (Remember to wash the



spinach very well.)

Toss using tongs until the spinach is well-coated with hot oil. Cover and remove from heat. The residual heat in the pan will steam the spinach and wilt it.

Meanwhile, chop up five stalks of green



onions (scallions)

Saute them in a very hot pan with just a tablespoon of peanut oil and a bit of



black pepper

Stir constantly and remove from heat after 30 seconds.

The fish pieces are done when they



have a nice, thin crust on top.

Plate up by placing the spinach on the plate, then the green onions, then the fish. Top the fish with the cold beans and the



bacon bits

This fish is a dichotomy. When cooked on the rare side, its flesh is delicate and fatty, just oozing with flavor. But that same fattiness means you need a wine that has

enough acid to stand up to it.

Now let's think outside the proverbial box. Sure we can grab a Riesling or a Gewurztraminer and probably do ok. But tonight we did something a bit different. Look what we found in the cellar!

The Barrel 27 2009 *Sittin' Pretty* Viognier [Say "VEE-YO-NYAY"] is absolutely stellar. At twenty bucks a bottle, it's affordable. And, because it's from the Central Coast, it should be easy to find. Citrus fruits and grass on the nose are followed by more citrus on the palate, with not a hint of sweet. The acidity is not as balanced as some, but that's good here, because you need a good



level of acidity to stand up to the fish. The Nick and I rate this a 92 out of 100.

Find John and Nick on the internet at: [www.TwoGuysWithAnAppetite.com](http://www.TwoGuysWithAnAppetite.com).

Until next time ...

## Invite a Friend to our November 11 Meeting — Make it an Impromptu Visitor Day!

*We'll be honoring our local PCC veterans with scholarships*

I know that many of you have been waiting for just the perfect program for inviting potential members to visit Altadena Rotary. Well, this is just one of those programs. We have Americanism, Community Service and honoring of our veterans all wrapped up in one fantastic program. Can you think of a more perfect day to honor those who have served our

country than the day that used to be called *Armistice Day* and today is called *Veteran's Day*? To be sure ... I can't!

So invite your friends, your relatives, veterans you know, past speakers, previous guests, get a commitment to be there, and then email Hal Yorke by November 04 how many guests you are bringing so we can have enough tables and food. ☺



# MONEY by Linda Wilkes MATTERS

## *Last Week in the News*

The National Association of Realtors reported that its pending home sales index, a forward-looking indicator based on signed contracts, rose 4.3 percent in August after a downwardly revised 4.5 percent increase in July. On a year-over-year basis, pending sales are down 18.4 percent.

Factory orders fell 0.5 percent in August to a seasonally adjusted \$408.9 billion. The decline follows a revised increase of 0.5 percent in July. The decrease was largely due to a 40.2 percent drop in demand for commercial aircraft. Excluding the volatile transportation sector, orders rose 0.9 percent.

The Institute for Supply Management reported that the monthly composite index of non-manufacturing activity rose to 53.2 in September from 51.5 in August. A reading above 50 signals expansion. It was the ninth consecutive month of growth.

The Mortgage Bankers Association said its seasonally adjusted composite index of mortgage applications for the week ending October 1 fell 0.2 percent. Refinancing applications fell 2.5 percent. Purchase volume increased 9.3 percent, the highest level since early May.

Wholesalers increased their inventories 0.8 percent in August, following a revised 1.5 percent rise in July. Sales at the wholesale level rose 0.5 percent in August after a 0.8 percent increase in July. Economists had anticipated inventories would increase 0.5 percent in August.

Initial claims for unemployment benefits fell by 11,000 to 445,000 for the week ending October 2. Continuing claims for the week ending September 25 fell by 48,000 to 4.45 million. The unemployment rate remained unchanged at 9.6 percent in September.

Upcoming on the economic calendar are reports on international trade on October 14 and retail sales on October 15.

## *Every Day Is Game Day*

Are you sitting on the bench of life as the clock is running, or are you living on purpose, preparing and living like a champion? In this month's edition of InsightNOW, Prospect Mortgage's Chief Performance Officer Todd Duncan interviews Tim Enochs, business coach and author of *Every Day is Game Day!*

Enochs defines Game Day as the day in which the past culminates with present actions to forever change the future. Every day is a game day filled with the opportunity to succeed, but he discovered that one of the main reasons we don't take full advantage of each day is procrastination. The solution is to discover our life purpose, which is where desire intersects with potential. Enochs says, "When you get clear on your purpose decision mak-

ing is easier, all the things that are most important to you become clear and you can become purposeful in your activity." Incorporating these seven things into our lives each day can help anyone live purposefully and be more successful in business and life:

- Maintain a winning attitude
- Seek wisdom and knowledge
- Consistently implement with excellence
- Employ priority management
- Seek accountability
- Embrace the team concept
- Continually develop self-discipline

Tim Enochs is a Master Coach with Building Champions and has been involved in coaching for over 10 years. His championship advice has helped business owners, business groups and sports teams play their best game!

To find Linda Wilkes on line, go to: <http://www.myspectmortgage.com/lwilkes> 

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## Gophers

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packed in some cat fur and our hair and then squirted in a generous amount of spearmint/peppermint oil into each hole. I then sprayed each of the relatively new roses in the same area and the soil with the oil. Again, this was during our last heat wave. I also gave this rose a reasonably generous drink of B1.

I don't know if this second rose will eventually come back, but when I checked on it this morning (October 18) as I am writing this article, it definitely has new growth showing, and this growth looks strong. Only time will tell. But at least I have given it a chance.

My fight with the gophers is going to be a long fight. When I look at our yard, I

can see that we have three villages of gophers — two in the back yard and one in the front. Until this year I could call on the county and have them come out and help with my fight by putting pellets in the gopher tunnels that would kill them. But that is no longer an option.

I'm in the slow process of hand digging up the yard because the holes and tunnels have a nasty habit of collapsing, with the result of a hyperextended knee — especially when the soil gets wet.

Meanwhile, I'm working to keep up with the new holes I see by digging down into them and squirting in spearmint/peppermint oil and/or putting in mothballs, and, of course, cat fur and people hair. 