

This Week
Dan Stover
Music Awards
Club-Level
Competition
Guest Host:
Theo Clarke

This Thursday is the Club Level Dan Stover competition. We have one contestant for this competition, pianist Shannon Hsu. She will perform her number and i, of course, ensured of moving on to the next level. Theo Clarke was contemplating playing his violin to fill in the program time. But our lead judge, Marya Basaraba, who won't have any judging to do, has arranged for one of her students, 20-year old Tara Alexander, to sing for us after Hsu performs on the piano. Alexander will obviously not be competing. We now have a full program. The agenda for the meeting is:

After lunch, President Brian Hayes will introduce Marya Basaraba to open the meeting with a patriotic song, as she did last year for the Dan Stover competition

- After normal business has been taken care of Hayes will introduce Clarke to run the Dan Stover program
- Clarke will introduce Shannon Hsu
- Hsu will perform

Please turn to This Week, p.3



Hayes
 by President Brian Hayes
Stack

What does a Rotarian Look Like?

I suppose you could find the answer by looking in the mirror, but that would only give me a narrow view.

But what DOES your *typical* Rotarian look like?

According to a membership survey conducted within District 5300, the typical Rotarian is a married, white male (that's I) between the ages of 46-64 (I, again) with a college degree (check) an income of greater than \$100,000 (OK, so I fall a little short there).

These responses are not surprising. Look around the room at our Thursday meetings, and most of those you see share these characteristics. There are notable exceptions, so I don't mean to offend, but the question I would like to raise is: Do we reflect the community we serve?

That is the most important question because, as the membership survey indicated, an overwhelming 84 percent of respondents said the reason they joined Rotary was "to serve my Community." This was further supported by the question that asked which Avenue of Service was of most interest. *Community* was named by 51 percent of respondents, while *International* maintained a strong second with 30 percent.

I don't have any previous data to

present any trendlines, but I would guess that the demographic makeup of local Rotary Clubs has evolved over the years. Women made up 0 percent of membership as recently as 1986, but now are 41 percent of District members. Rotarians between ages 18-30 make up only 7 percent of District 5300 members, but I imagine that this proportion has changed in recent years.

The take-away from the survey data is that we are motivated to join Rotary to express our desire to serve our communities. In reviewing these data, the questions that come to my mind are:

- How well are we serving our community?
- How do we inform the community of our service?
- How do we invite our community to join us in service?

Please turn to Stack, p.3

Creeters

- February 24
Freddy Figueroa
- March 03
Jacque Foreman
- March 10
John Frykenberg



Program Review

Egypt ...The Good ... The Bad ... The Ugly

Last week we had the pleasure of hearing from Dr. Hisham Kamel, who spoke to our club about his recent trip to Egypt, where he witnessed a rare (and heretofore unexpected) change of power.

Kamel has known Ray Carlson for over 20 years, and, over that time, he says, "I have always dreamed of one day speaking to Rotary." He shared with us of his first experiences in America, after emigrating from Egypt. "Misr" is the Hebrew name for Israel, from the original "Misraim," he said. (Apparently, Msraim

was one of the son's of Ham, according to Hebrew mythology.)

"For over 30 years, the citizens of Egypt treated its President as a great leader, almost God-like," said Kamel. It wasn't until January 25, 2011, that things changed. Apparently, January 25 is the annual day of celebration of the police force in Egypt. Except this year, according to Kamel, the celebration was a protest about police corruption. From January 25 through January 27, there were only protests, explained Kamel. But on January 28, the head of Egyptian Homeland Security ordered the police to leave their posts and ordered that all prisoners in the jails be released, according to Kamel. He described 17,000 prisoners being released simultaneously, causing chaos and spreading fear. "Within hours," he said, "the army took over."

"President Mubarek is 83. His ability to communicate with the youth is not very good," said Kamel. Thus, while Mubarek made various pleas with the populace, his statements apparently did not have their intended effect. As his cabinet slowly resigned, there was increasing pressure on Mubarek himself to resign. And, within

days, that is what happened.

"I am scared what will happen to Christians and also



what will happen to Israel," he said. There is a new committee whose task it is to rewrite the Egyptian Constitution. "There are nine members of the committee. Five of them — including the chairman — are Muslim. They all believe that Sharia Law should be the source of the Constitution." This of course, leads to many issues, not the least of which is whether women will have equal rights with men. Under Sharia Law, women have no rights. "There is also

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Rotary Club of Altadena - #7183

Chartered: February 14, 1949

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www.altadenarotary.com

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Editor, Design & Typesetting Foreman Graphics

Photography Jacque Foreman

February Programs

World Understanding Month

Program Chair, John Frykenberg

February 24 - Dan Stover Competition -

Theo Clarke, Guest Host

March Programs

Literacy Month

Program Chair, Paul Sirois

March 03 - To be Announced

March 10 - To be Announced

March 17 - To be Announced

March 24 - To be Announced

March 31 - To be Announced

Congratulations



Birthdays



02-02 - Julie Gustafson

02-07 - Freddy Figueroa

02-08 - Mike Zoeller

02-10 - Julius Johnson

02-14 - Ruth Reeder

02-16 - Joan Frykenberg

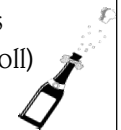
02-25 - Brian Hayes

02-27 - David Sparks

02-28 - Wendy Davis (Noll)



Anniversaries



02-03 - Susan & Don Applegate

02-17 - Ed & Mona Jasnow

Chairmen's Handing out the "Oscars"

Corner by Ed Jasnow, Community Service Chair



That's what I felt like I was doing the last week in January when I traveled to nine schools to hand out thirty-five mini-

grant checks of \$300 to very appreciative teachers. This is the one experience where I get to see the immediate effect of our work as Rotarians. The looks on the faces of these teachers as I hand them the checks is so rewarding that I wish I could quit my job and do this full time.

The individual school principals have different ways of how they want the checks to be presented. Some like them presented at their faculty meetings, so the other teachers can see the recipients getting their checks. This is truly like an Oscar presentation, because I stand in front of all the teachers, and they wait breathlessly for me to announce the winners. When I read the name, they break out into applause and cheers as the teacher comes to the front to get his/her check. The only thing missing is the emotional acceptance speech, but I can see from the look on each faces that they could easily give one if they were allowed.

Other principals want the checks presented to the teachers in their classrooms, so their students can see them receive the check. This is particularly rewarding to me personally because many of the teachers are repeat recipients, and, when they see me walk into the classroom with the principal, they get all excited and break out into a huge smile because they recognize me and know why I'm there. At these presentations, I make a speech to the class, telling them about the mini-grant and that their teacher had put together a proposal to enhance their educational experience in the classroom. I tell

them that we had received over fifty applications, but their teacher's had been selected, and then I bring out the check for \$300, and they all break out into applause. It's a great feeling knowing that we have helped them appreciate the work

of their teacher.

The warm glow that I feel after handing out these checks lasts for several weeks. It makes me proud to be a member of this *Jewel in the Rotary Crown* — the Rotary Club of Altadena. ○

Program

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no right to build, or rebuild, or even remodel a Christian church without permission." Shockingly, "The Koran teaches that Jews and Christians are not [your] friends," he said.

The second issue is Israel. Israel is smack in the middle of the Gaza (i.e., Hamas) and Syria (i.e., Hezbollah). Although Israel is on peaceful terms with Egypt and has been since the 1979 Egypt-Israel Peace Treaty, that bal-

ance is now in danger, senses Kamel. He even hinted at a new war: A religious war? A war over nothing more than differences in mysticism and ideology? How many times have we witnessed this throughout history? Still, "If Egypt becomes anti-Israel, then Iran will also speak



up. This is the war that George W. Bush, Jr. Feared." ○

John Guerrini ○

Stack

Continued from p.1

While the organization, through Rotary International and District-level resources, provides guidance for service and membership, it is up to us as a group to develop plans for community engagement. We may all be happy with who we are and what we do, but are we doing all we can with all we have?

Only we can answer that question. ○

This Week

Continued from p. 1

- Clarke will then introduce Basaraba who will introduce her student, Tara Alexander
- Alexander will sing for us (not part of the competition)

We will all come away culturally enriched Rejoice and be glad. Bring a guest. ○



MONEY by Linda Wilkes MATTERS

Last Week in the News

Initial claims for unemployment benefits fell by 36,000 to 383,000 for the week ending February 5, the lowest level since early July 2008. Continuing claims for the week ending January 29 fell by 47,000 to 3.88 million.

Retail sales rose 2.2 percent for the week ending February 5, according to the ICSC-Goldman Sachs index. On a year-over-year basis, retailers saw sales increase 2.5 percent.

Wholesalers increased their inventories 1 percent in December, following a 0.2-percent drop in November. Sales at the wholesale level rose 0.4 percent in December after a 1.9-percent increase in November.

The trade deficit increased 5.9 percent to \$40.58 billion in December from \$38.32 billion in November. Economists had expected a trade deficit of \$40.5 billion. Exports rose 1.8 percent to \$162.96 billion. Imports increased 2.6 percent to \$203.55 billion.

The Reuters/University of Michigan consumer sentiment index for February's preliminary reading rose to 75.1 from 74.2 in January. It was the highest level since June 2010. The index hit a 30-year low of 55.3 in November 2008.

The Mortgage Bankers Association said its seasonally adjusted composite index of mortgage applications for the week ending February 4 fell 5.5 percent. Refinancing applications decreased 7.7 percent. Purchase volume fell 1.4 percent.

According to the Federal Reserve, consumer credit debt rose in December by \$6.1 billion, or 3 percent, for a total credit level of \$2.41 trillion. Revolving debt, which includes credit cards, increased by \$2.3 billion, or 3.5 percent. Non-revolving debt, including loans for cars, rose by \$3.8 billion, or 2.8 percent.

Upcoming on the economic calendar are reports on the housing market index on February 15, housing starts on February 16 and the index of leading economic indicators on February 17.

From InsightNOW

How to Manage Ego Monsters

In this month's edition of InsightNOW, Prospect Mortgage's Chief Performance Officer Todd Duncan talks to Joel Epstein, author of "The Little Book on Big Ego: A Guide to Manage and Control the Egomaniacs in Your Life."

According to Epstein, "The vast majority of lost accounts, of incomplete sales, management problems, failed careers and damaged relationships are due to ego." Success depends on the ability of people to work together to achieve a common goal. This is attained by understanding and managing the various egos we encounter each day. "Ego is one of the biggest things that gets in the way of people succeeding in business and life,"

says Duncan.

Use Epstein's proven tips to successfully deal with *ego monsters*:

1. Always know where the finish line is: Ask yourself what you want to get out of your interaction with these types of people and how much their words really matter. Deciding the value of the relationship will help you stay calm, choose the best response and not "fire back."
2. Don't return fire: Ego monsters are angry people who want to get you mad because misery loves company. When you don't return fire, you stop the negative energy and disarm them.
3. Give them a cookie: Now that you haven't fed the negativity, surprise ego monsters with a treat. Respond with a positive comment. This doesn't mean you are giving in, just offering a positive resolution to the interaction. ☉

Find Linda Wilkes on line: <http://www.myprospectmortgage.com/lwilkes>

Form & Line by Jacque Foreman, editor

A Thought or Two

All (well most, ok, lots) of us remember/know that Rotary was the first *service* organization, but how many of us know or remember reading that Rotary was the first networking group? That's from where the idea of business classification comes. That's right, Paul Harris formed a group of four business people to bring in more business through referrals.

NO, I'm not suggesting that we turn back the clock and retransform ourselves back into only a business referral group. There are more than enough organizations that are only for business referrals. What I am suggesting is that we might not lose complete track of our origins and

once a month go around the tables and state our company name, our name and what we do (30 sec). We might even suggest that our members meet with each other outside Rotary and learn a bit more about their fellow members so we could refer business to each other.

We need to attract younger members — those likely to be employed and not retired. This might even encourage better attendance. One of the ways of proving trust and concern is good attendance — just ask BNI. Just a few thoughts to fill a blank spot in *Sparks*. But what do you think? The final determination has to be made by the board. ☉

Gary & Lanhi's Insanely Moist and Juicy Roast Chicken



John and Nick's good friends Gary and Lanhi introduced them to this deceptively simple and outrageously delicious roasted chicken recipe. Gosh, we feel odd even calling it a recipe, because it's more of a process, as opposed to a recipe. Alas, we must give credit where credit is due. So hats off to Gary and Lanhi for sharing this one. They promised us it would produce the moistest and juiciest roasted chicken ever. They did not lie.

Ingredients for Four People

- 2 whole chickens, 4 pounds each, skin on (cleaned, dried)
- 1 TBSP salt, per chicken
- ½ TBSP ground pepper, per chicken
- 20 leaves dried rosemary, per chicken
- 4 TBSP butter, per chicken

Heat the oven to 450 degrees Fahrenheit. A convection oven works very well for this dish.

First rinse each chicken in cold water and wipe dry.



They must be completely dry. If there is moisture left on the skin, there is a risk that the chicken will steam. The goal is to cook the skin very quickly, which sears in a lot of the juices

Sprinkle the salt and pepper on each chicken, top and bottom. This is where automatic grinders come in quite handy. Place side by side on a roasting rack.



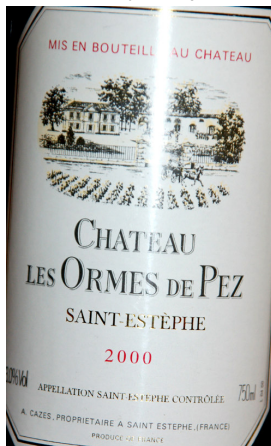
Dried rosemary adds just a hint of grassy herbaceousness.



Sprinkle on the chicken.

Put into the oven for 50-60 minutes. **But before you do anything else...**

open up a good bottle of Bordeaux. Tonight, it is one of our favorites: the 2000 Chateau les Ormes de Pez.



There are two types of Bordeaux (in our opinion)—the fruity, grapey, thick, oozing type that goes great with a slice of pepperoni pizza; and the smoky, musty, woody, austere, reserved type that goes great with just about any type of roasted meat. The Two Guys love the Ormes de Pez, which they discovered during a visit to one of the Top Ten (again, in their opinion) steakhouses in the country: Alexander's in Cupertino.

OK so back to the chicken. After about an hour, it looks good enough to eat.



But not so fast. Although it's certainly ready to go at this point, John and Nick added their own touch to the Gary and Lanhi original recipe. Yes, you guessed it — butter. Everything truly is better with



butter (or butter substitute). Gently smear the butter on to the top of each

chicken and then return to the oven for 10 minutes at 500 degrees Fahrenheit.

The result:



Let rest for 10 minutes. Warning: the skin will call to you, like a siren's song, to eat it, eat it now. Truly, the skin is so good that you may find yourself eating it off the bird before you even have a chance to slice into it.



Plate up plain, with vegetables, or on top of fresh guacamole, like we did. Until next time ...



New Generation: Youth want Change ... They want Jobs

by C. Ray Carlson

What next? Will the students in colleges and universities all around us rise up and march on our streets to bring about *change*? So many are unable to find jobs. Their numbers grow year after year through population growth; America's population grows by 130,000 EACH MONTH! The World Bank projects a global growth of 130 million additions to the Earth each year and only 30 million jobs are foreseen

100,000,000 new jobless youth each year! Like those we have watched on TV night after night.

They are using social media to bring about change. We have seen what these New Generation youth have achieved in Tunisia, Egypt, and other Middle East nations through clever use of Facebook, Twitter, cellphone blogging, etc.

Altadena Rotary's 20-year effort to create jobs is maturing as we learn from each project what works better and costs

less per student. Entrepreneurs create jobs ... *pure and simple*. But unless they learn how to write Business Plans for their new ideas to see if they will generate a profit, their chances of failure soar.

We have been teaching this in local schools for 15 years. We have held Dewey Merrill Business Plan Competitions for 11 years. Now we expect to have our first District 5300 competition on May 12.

The recent project in Nigeria showed how we could train 1,800 university students in two universities how to write business plans. The cost was about \$15 per student. The rector of one of the universities sent an Appreciation Letter that extolled the results: "The programme had an overwhelming impact in re-shaping the thinking, hope and aspirations of our students." And asked us to come again.

Sarah Philips has drafted a 10-year plan to train teachers — rather than students — in 34 universities across Nigeria. Within

three years, their number will increase to 45,000 each year, reaching a cumulative 360,000 by 2020. At a cost of \$1 each.

Swedish data show that 23 percent of youth that had learned basic business in high school, were operating their own business within the next 10 years. And they hired on average four employees. Effectively, 100 jobs are created for every 100 youth trained in high school.

Our little team of three — Sarah Philips, John Frykenberg and I — must be expanded many times over. Eliot Middle School's principal Peter Pannell has asked that we repeat last year's program. Julius Johnson has agreed to coordinate the program and will recruit Rotarians to help, *like you*.

Let's show the community, the PUSD school board and administration, that Altadena Rotary truly cares about the future *job* needs of the New Generation youth in our community. ○



JPL, Sunday morning, February 20, 2011 after a night of rain and cold temperatures. Taken from Devil's Gate Dam, looking north — photo by Bruce Conroy

FEDERAL POLYTECHNIC, NEKEDE

P.M.B 1036, OWERRI - IMO STATE, NIGERIA.

OFFICE OF THE RECTOR

Rector

DR. (MRS.) C. U. NJOKU

B.B.Ed (ABU,Zaria),M.Ed,(UNN,Nsukka),Ph.D(UNN,Nsukka)

Our Ref: FPN/REC/60/IV/45

Your Ref: _____



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Date: 17th February, 2011

The President,
Rotary Club Altadena,
Sunrise,
California.


ENTREPRENEURSHIP EDUCATION PROGRAMME FOR YOUTH DEVELOPMENT MOUNTED AT THE POLYTECHNIC, FROM 11TH - 15TH JANUARY, 2011: LETTER OF APPRECIATION

We write to send to you our sincere thanks and appreciation for the successful entrepreneurship programme you organized in our institution from 11th – 15th January 2011.

Needless to say that the programme had an overwhelming impact in re-shaping the thinking, hope and aspirations of our students. The Programme has added tremendous value to the present and future life of our students.

We commend the seriousness and commitment which the American Resource Persons exhibited during the workshop and we hope that this programme which our institution has hosted for the second year running shall now open for us all a window of opportunities in the area of exchange programmes between our institution and the International Foundation for Entrepreneurial Education or any other appropriate Educational Institution in the USA.

Once more, we thank you for choosing our institution for the programme.


DR (MRS) C. U. NJOKU
RECTOR



**ROTARY INTERNATIONAL
DISTRICT 5300**



16th Annual Peace Conference

**“ACHIEVING PEACE IN AFGHANISTAN:
Challenges and Opportunities”**

Rotarians and Rotary Peace Scholars will join the slate of speakers sharing their experiences in Afghanistan

KEYNOTE SPEAKER:

The Honorable **Zalmay Khalilzad**,
Former United States Ambassador to
Afghanistan and the United Nations



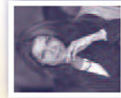
SATURDAY, MARCH 19, 2011, 8:30 A.M. - 12:30 P.M.
Mudd Theater, Claremont School of Theology
1325 N. College Avenue, Claremont, CA 91711
(on Foothill Blvd., just east of Indian Hill Blvd.)



The Honorable **Lee Baca**,
Los Angeles County Sheriff,
“Peacemaker of the Year” Award
Recipient



The Honorable
Abtulla Ainaque
Consul General of
Afghanistan in Los Angeles



Ms. Sonia Nassery Cole
Filmmaker and Philanthropist;
Founder and Chairwoman of
Afghanistan World Foundation



Ms. Pamela Broussard
Rotary World Peace
Fellow (currently working
in Afghanistan)



Dr. Art Mendoza
Rotary Club of
La Jolla Golden Triangle



Mr. Sadiq Tawfiq, Afghan
AMITY Society; Founder and
First President of the Rotary
Club of Herat, Afghanistan



Rotary’s Humanitarian Projects in Afghanistan --
Powerpoint Presentation Prepared by **Ms. Fary Moini**,
Rotary International Representative to the United Nations
and **Mr. Steve Brown**, Trustee, The Rotary Foundation



Peace Conference Chair:
Dr. Garbis Der-Yeghian
Past District Governor



Rotary International
District 5300 Governor:
Mr. Roger Schulte

ADMISSION:

\$20.00 per person
(if registered before March 1, 2011)

\$30.00 per person
(if registered after March 1, 2011, or at the door).

Students: \$5.00

For online registration:
www.district5300.org (only Visa /MC accepted).

Make your check payable to:

Rotary International District 5300
and mail to:

5812 Temple City Boulevard, #801
Temple City, CA 91780-2112.

For further information:
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