

May 05, 2011



Hayes
 by President Brian Hayes
Stack

Stay-cation

This Week
Linda Wilkes
Facing Her
Monstrous Fear
Program Host:
John Guerrini

Linda Wilkes' goal in presenting this talk is to pass along some of the important lessons she learned while facing her worst fear — a diagnosis of breast cancer.

After sharing her experience with a friend who had a looming family history, her friend was able to face her annual exam for the first time without debilitating anxiety or perpetually postponing it.

The story of Wilkes facing her own monstrous fear is an acknowledgement that something very personal and scary can actually connect us to the bigger meaning of what it is to be human.

I've been taking a few weeks off to recharge my batteries before starting a new job. Last Tuesday, realizing it was the last full day in which I had nothing scheduled, I decided I needed a change of scenery. I regretted not having enough time or money to take a trip, when I realized that this is Los Angeles. All I needed to do was let the world come to me.

Feeling a bit like a Disneyland tourist, I bought an all-day ticket at the Sierra Madre Villa Gold Line station and rode the light rail on a cultural adventure. I used to live near the Mission Station, so I was familiar with the scenery between South Pasadena and Union Station. I'd never ridden the Gold Line end-to-end, which was more intriguing since they'd opened the East LA extension last year.

As the train left Union Station, I began my cultural exploration, first cutting through the Arts District and Little Tokyo, then on to Boyle Heights and East L.A. After leaving downtown and passing over LA's industrial river, the scenery began to change. Instead of high rises and loft condos, I began to see small businesses. Restaurants, auto repair shops, beauty salons and liquor stores lined the streets that abutted the light rail tracks (at least where the rails were above grade). It was made clear to me that the clearest path out of poverty was through hard work. Within this

and many other sections of Los Angeles County where jobs are scarce, individuals, immigrants and natives alike, create their own futures with a small business. Some, like the family that owns King Taco which waits at the Maravilla Station, are lucky enough to leverage this modest start into a thriving chain of restaurants. I gained a greater appreciation of the importance of Altadena Rotary's focus on training young people to become entrepreneurs.

Traveling back the way I came, I exited at the Mariachi Plaza Station in Boyle Heights. No mariachis were present on this weekday afternoon, but I did treat myself to lunch at the renowned La Serenta di Garibaldi, which many consider the finest Mexican restaurant in Los Angeles. My journey continued through now-familiar sights and I returned to Pasadena, looking forward to my next adventure. Perhaps Koreatown. I can take the train there, too.

Greeters

- May 05
Sterling Louviere
- May 12
Tom McCurry
- May 19
Dennis Mehringer



Program Review

An Afternoon of Pear-Shaped Tones

Theo Clarke completed his program month with a dedication to musical theatre and opera. Marya Basaraba who is the Resident Chorale Master of the California Philharmonic and has served as a judge for the Dan Stover Music competition for many years brought two of her students, Tara Alexander and Randy Murphy. Alexander is a 20-year old mezzo soprano with the Pacific Coast Opera. Murphy is a baritone with

the Celestial Opera Company in South Pasadena. Together the club was treated



Marya Basaraba (l) and Tara Alexander sing Star Spangled Banner

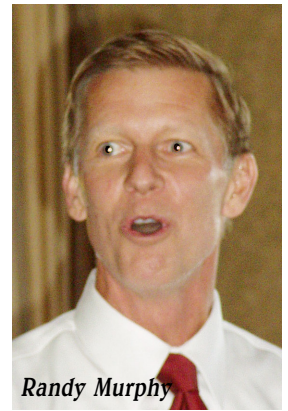


Tara Alexander

followed up with "Impossible Dream" from *Man of La Mancha* — inspiring us all for the afternoon of fighting

our windmills.

Opera was next on the bill with a duet "La Ci Darem La Mano" from Mozart's *Don Giovanni*. In this song Don Juan tries to seduce a young peasant girl. Murphy followed this with another song from *Don Giovanni* where Don Juan tries to seduce every woman in the room!



Randy Murphy

With things heating up, our performers moved to Andrew Lloyd Weber's *Phantom of the Opera*. Alexander did a phenomenal job on "Think of Me." Murphy

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to music from Broadway and opera.

Our professional performers started out by allowing club members to rest their pipes by singing a duet (Basaraba and Alexander) of the Star Spangled Banner. Murphy and Alexander then presented Tonight from *West Side Story* — with choreography. Then Alexander sang "Can't Help Lovin Dat Man of Mine" from *Showboat*. She did a beautiful job. Murphy then

May Programs

No Designation

Program Chair, John Guerrini

- May 05 - Linda Wilkes - Facing My Fear
- May 12 - Dewey Merrill Entrepreneurship Awards - Ray Carlson, Guest Program Host
- May 19 - Either PCC Awards - Dennis Mehringer Guest Program Host OR John McDannel
- May 26 - JROTC Awards

June Programs

Rotary Fellowship Month

Program Chair, Ed Jasnow

- Jun 02 - To be Announced
- Jun 09 - To be Announced
- Jun 16 - To be Announced
- Jun 23 - To be Announced
- Jun 30 - To be Announced

Congratulations




Birthdays

- 05/05 - Ursula Moore
- 05/09 - Bill Jennings
- 05/15 - Elsa Smith
- 05/18 - Craig Cox
- 05/30 - Susan Applegate




Anniversaries

- 05/18 - Tony Hill & Ann Rider
- 05/19 - Roger & Kathleen Anne Fennell

Chairmen's Corner

To Grow or Not to Grow?

by John Guerrini, Membership Chair



With the recent loss of a few members, the net gains that the Club has made in the last two years have sadly been wiped out, and we are back to the proverbial Square One. By my calculations, the Club has essentially the same membership numbers that it did two years ago.

I don't mean to suggest that this is bad. Or good. It just is what it is.

If our goal is to grow the Club, then it's bad. But if our goal is to keep vibrant the membership that we do have, then it's frankly (in my opinion) just fine that our membership numbers are stable. When one considers that overall, Rotary clubs are losing members, I'd say that all in all, we are ok.

The next question is whether we as a Club want to grow or want to focus on maintaining the current membership level that we enjoy.

What is our priority? If our priority is to grow, then we must understand that growth requires the cooperation of many — not just one. It requires a coalition of every member. It also requires a vision, and a plan to get there. If this Club is to grow, it will require our members to step up and help it grow. If there were 300 members in the Club, then most of the membership could afford to not take part in membership building. But in our small club, we all have the responsibility of membership building. Over the last two years, many of us have not taken an active role in membership building, and frankly, if this Club decides its goal is to grow membership levels, a sea change

needs to take place in our membership. That change will mean that our membership coalition truly will involve every member, and every member will thus have a responsibility to aid in the growth process.

If our priority is to maintain membership levels at current numbers, then we will still need a coalition, but I don't see that the coalition requires every member's dedication. The coalition is a membership development team, not unlike the team that I've had for the last two years.

Alas, my time (ok, my term) is up, and it's time to hand this task to another member. New blood, yes? New ideas. That sort of thing. For me, whether it's on a coalition or team or something altogether new, I'm ready, willing and able to serve.

Are you?

Program

Continued from p.2



and Alexander then presented "All I Ask of You." Basaraba then invited everyone to join in (if we knew it) on the "Merry Widow Waltz" as our grand finale.

All in all we had a great time sharing in the talents of these performers.

Bravo! Bravo!

Craig Cox

Form & Line

by Jacque Foreman, editor

30+ Years of Hard Service

Many of you know that I do the yard work at our house. OK, Bruce mows the lawn, and, of late, has started trapping the gophers who have invaded our yard.

But I do the hoeing, the planting, the watering and the fertilizing and pruning.

One of my favorite tools is the Hula Ho. In the last week, I have had to locate and purchase a new one. On the left of the top photo you can see that the blade of the hoe had become half the width that it started. What you can't see is how thin the blade has become.

This represents 30 to 35 years of hard service. The spring is when the hoe generally gets the hardest workout, as I take back the yard from the weeds that have grown during the winter rains.

I was working on a bunch of grass that



was refusing to leave its chosen spot when the blade broke. I asked Bruce if he could weld it. As you can see, ... not well. The blade is just too thin.



If you do yard work and have never used a Hula Ho, I highly recommend it. Lots of places carry an ersatz hoe and will tell you that they carry the *real* thing. A true Hula Ho can be found at Altadena Hardware.



MONEY by Linda Wilkes MATTERS

Last Week in the News

The Mortgage Bankers Association said its seasonally adjusted composite index of mortgage applications for the week ending April 15 rose 5.3 percent. Refinancing applications increased 2.7 percent. Purchase volume rose 10 percent, its highest level since early December.

The combined construction of new single-family homes and apartments in March rose 7.2 percent to a seasonally adjusted annual rate of 549,000 units. Single-family starts increased 7.7 percent. Multifamily starts rose 5.8 percent. Applications for new building permits, seen as an indicator of future activity, rose 11.2 percent to an annual rate of 594,000 units.

Existing home sales rose 3.7 percent in March to a seasonally adjusted annual rate of 5.1 million units from a revised 4.92 million units in February. The inventory of unsold homes on the market increased 1.5 percent to 3.549 million, an 8.4-month supply at the current sales pace, down from an 8.5-month supply in February.

Retail sales rose 0.3 percent for the week ending April 16, according to the ICSC-Goldman Sachs index. On a year-over-year basis, retailers saw sales increase 3 percent.

The National Association of Home Builders/Wells Fargo housing market index fell one point in April to 16. An index reading below 50 indicates negative sen-

timent about the housing market.

The index of leading economic indicators — designed to forecast economic activity in the next three to six months — rose 0.4 percent in March, following a revised 1 percent increase in February.

Initial claims for unemployment benefits fell by 13,000 to 403,000 for the week ending April 16. Continuing claims for the week ending April 9 fell by 7,000 to 3.69 million.

Upcoming on the economic calendar are reports on new home sales on April 25, the housing price index on April 26 and pending home sales on April 28.

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



FELLOWSHIP... *The Core of Altadena Rotary*

Meet & Greet - April 29

A Photo Essay

Photos from Mona Jasnow



The Last Drop by John Guerrini Fish Tacos

THE OCCASIONAL MUSINGS OF A ROTARIAN OBSESSED WITH FOOD AND WINE



Who doesn't love a fish taco? Problem is that many of our favorite memories of fish tacos are of the fried fish, unnecessarily creamy sauce, and oil-laden corn tortillas. The John and Nick have their share of unhealthy meals, but they kinda think that fish tacos should be lean towards the healthy side. This one is healthy (in our opinion) yet still rather tasty. And in our unscientific survey, it's kid-friendly as well (given that the kids devoured it).

This feeds four comfortably

Ingredients

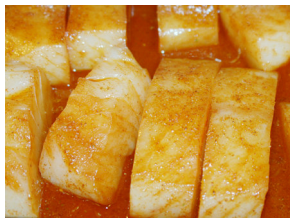
- 1/3 cup oil (olive is fine as long as it's not extra virgin; any vegetable oil will do)
- Juice from one large orange
- 1 tsp chili powder
- 1 tsp garlic salt
- 1 tsp smoked paprika
- 1 tsp cumin
- 2 pounds of cod, sliced into 1-2 inch chunks
- 3 cups shredded cabbage (about 1/4 of a large head)
- 2 avocados, diced into large chunks
- 1/2 red onion, sliced very thinly
- 1/2 tsp celery salt
- Juice from 1 lime
- Flour tortillas (low carb low fat if you want really healthy)
- 1 lime, quartered

Into a mixing bowl, put the first six ingredients.

Whisk briefly.

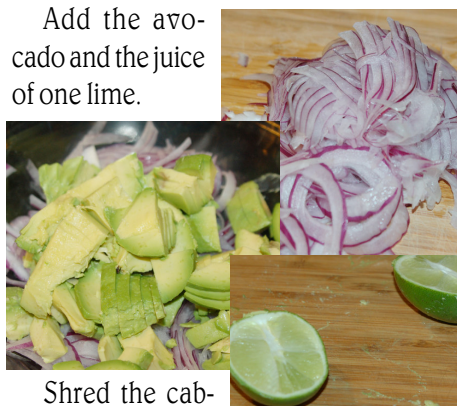


Isn't that a cool looking red? Pour over the fish.



Let sit for at least 30 minutes. Meanwhile, use a mandoline to

slice the red onion very thinly.



Add the avocado and the juice of one lime. Shred the cabbage on the mandoline and add it and the celery salt. Toss gently.

The avocado will break down a bit and create the "bind" to hold together the cabbage mixture.



There's no need to add

oil or cream to this.

Crank up a frying pan as high as it will



go. When red hot, place the fish into it.



Now need to drain or dry the fish, just shake the excess liquid off of the pieces before placing into the pan.

Cover for a few minutes, until cooked through. It won't take long, especially if



using Cod. A meatier fish will take longer. Remove the lid and boil off any liquid, which will

help char one side of the fish.

Remove from heat. Brown the tortillas. Add the cabbage mixture. Then the fish.



Healthful isn't supposed to taste this good; right? Until next time...

