

February 02, 2012

This Week

**Ted Moreno, CHt
Certified
Hypnotherapist and
NLP Practitioner
Guest Host:
Jacque Foreman**

Ted A. Moreno is a Certified Hypnotherapist, NLP Practitioner and a Leading Success Performance Coach with more than fifteen years of mastery in the art of motivating people to take action. He teaches his proven techniques to business professionals, so they excel as outstanding leaders. He's a sought-after speaker and educator, teaching classes on hypnosis, self-hypnosis, motivation, and goal achievement. Moreno's mission is to empower his clients to be the cause of transformation in their lives for greater happiness, fulfillment and success.

He is an honors graduate of the Hypnosis Motivation Institute, the nation's first accredited college of hypnotherapy, and brings to his practice a lifetime of interest and learning in the fields of health and wellness, personal development and human potential. He is a published

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*View
from the Hill*
by President
Tony Hill

The Power of the Individual in Rotary

In this week's President's message I am focusing on one of the great aspects of being a Rotarian: the ability of the individual to accomplish great things that would be very difficult — if not impossible to accomplish — without the resources of Rotary and the commitment of dedicated Rotarians to improve their world.

I can condense this thought in the following quote from a fellow Rotarian that I read in this month's *Rotarian* magazine: "I joined Rotary for business and fellowship, I stayed to change the world."

What prompted this line of thinking was a notice in last week's District newsletter advising us of the death of Montebello Rotarian George R. Hensel on January 9, 2012. George was 87 years old at the time of his death, so he certainly lived a full life. But why George made an impression on me was the District 5300 George Hensel Ethics Essay Contest that he originated. For a couple of years I chaired this program within our Club. We organized a competition in which high school students wrote essays on the topic of ethics. It caused students to think about *ethics*, a

very important topic that gets far too little attention. The winners went on to area competitions and ultimately a final competition at the District Conference. George Hensel pursued an idea that mushroomed into a much larger program through the resources of Rotary.

There are other examples such as the Dan Stover music competition that will be coming up soon at our Club (February 16 is the Preliminary Contest). But I know these Rotarians were not motivated by having their name attached to their respective programs. Their only motivation was to help their community and use the resources of Rotary to carry out their dream. We have the four-way speech

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Creeters

February 02

Theo Clarke

February 09

Craig Cox

February 16

Jacque Foreman



Program Review

Where do You go when You hit Rock Bottom?

That's the question our speaker last week addressed. She was Lindy Carll, Executive Director of the Grandview Foundation, an organization that treats men and women who have gone through the most brutal and horrific experiences to arrive at rock bottom. They have all been through great trauma, and, as a result, have turned to alcohol and drugs for relief. For them, alcohol and drugs are not a problem — they are the solution, because they dull the despair of

their lives and make them feel better.

Grandview was founded by a group of men who believed that professional rehabilitation services should not be only available to the rich and famous. Their clients are people who have truly crashed and burned. They have terrible addictions, against which they are powerless. These addictions influence their choices in life, jobs, and every other aspect of living. Their clients only come from two categories — homeless and prison. Many started getting high when they were only twelve or thirteen years old, often with their families.

The Foundation is studying the causes of addiction, learning that many people may be genetically disposed to becoming addicted. They've also learned that chronic use of drugs may tip neural pathways. When life is bad, drugs make you



feel good, so you want more.

The most abused substance is alcohol, followed by heroin, cocaine, and crack. There is no cure for addiction. It's considered chronic, like diabetes. It can, however, be controlled. The facility has 49 beds, all filled with people who have, indeed,

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Sparks is published 48 weeks a year and is the official publication of the Rotary Club of Altadena. The deadline for submission of articles is Friday at 6p to current editor email, fax, or delivery.

Rotary Club of Altadena - #7183

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February Programs

World Understanding Month

Guest Program Chair, Jacque

Foreman

Feb 02 - Ted Moreno, CHt
Feb 09 - Alan Hedman - Worker B's & Killer
B's -- How to thrive and not just survive
Feb 16 - Dan Stover Preliminary Contest
Feb 23 - Bruce Waterman - A better way to
communicate with your business clients
and associates

March Programs

Literacy Month

Program Chair, Sterling Louviere

Mar 01 - ?? - Club-Level 4-way speech con-
test - ??
Mar 08 - To be Announced
Mar 15 - To be Announced
Mar 22 - To be Announced
Mar 29 - To be Announced

Congratulations



Birthdays



02/02 - Julie Gustafson
02/08 - Mike Zoeller
02/10 - Julius Johnson
02/14 - Ruth Reeder
02/16 - Joan Frykenberg
02/25 - Brian Hayes
02/28 - Wendy Davis Noll



Anniversaries



02/03 - Sue & Don Applegate
02/17 - Ed & Mona Jasnow

Chairmen's Spying for Peace . . .

by John Frykenberg, International Chair



"Walk softly but carry a big stick" ... Teddy Roosevelt. "Trust but verify" ... Ronald Regan. "Be Prepared" ... BSA. "Good fences make good neighbors" ... Robert Frost.

Familiar aphorisms ring true in every avenue of life, including child rearing and the conduct of international relations.

Conversely, "*Trust me, trust me*" smacks of the incredulous the moment it leaves one's lips. It is too often followed by "... of course I'll respect you in the morning!"

Insofar as the business of spying is concerned, it is and always has been closely linked with self-preservation and security and gaining advantage. For while we espouse brotherly love and the fellowship of mankind, the cost of unilateral cooperation is very high if those we purport to embrace, turn and betray our confidence and trust.

Better by far to set firm expectations and boundaries up front in terms of our expectations from our fellow man before strong friendships and alliances are formed.

Predictability and stability — as components of trust — are essential to mutual respect and cooperation. Hence the efficacy and necessity for this business we call spying!

There exists unwritten but universal tolerance for at least benign spying upon our neighbors, friends and enemies even in peacetime based upon the premise that a reduction in secrecy or privy-information — including misunderstood intentions — contributes to stability among all cognizant parties. And spying arguably makes

information more transparent.

The bride's father asked, "*What are your intentions, young man?*" At once provocative, solicitous and disarming, the question needed to be answered if I ever hoped to marry my lady fair. Any guile or lack of commitment or desire to answer in anything but the most straightforward manner would simply have been discovered immediately and surely would cast a pall over my relationship with my intended from that day on. And assuredly, my future father-in-law would trust but verify from that day forward as an unwritten condition of consenting to my nuptials.

It is no different among nations. Espionage enables states to verify — to the best of their abilities — the intentions of other states while building trust and cooperation in the process. It can rightly be argued then that espionage and spying ... as we know it ... generally contribute to security and stability among nations. Spying helps nations to both determine and verify intentions.

As an instrument of peace, spying may simply be essential. And any attempts to quash spying — which is always in evidence — may simply lead to greater misunderstanding and destabilization of international relations. Think about it.

MI-5 and MI-6 currently employ around

8000. The CIA employs around 22,000. The Russian FSB employs somewhere between 100,000 and 200,000 spies and skilled analysts and field operatives. Who knows how many are employed by the Pakistani ISI or their Iranian equivalent, the SAVAK. The point is that spying is alive and well and that we can no more believe that the Iranians have peaceful intentions for nuclear research than believing in my intentions to make you the undisputed owner of the Brooklyn Bridge for a small consideration.

Semantics, half-truths, and duplicity may all seem a bit over the top for Rotarians practicing the Four-Way Test and asking "*Is it the truth.*" Nonetheless, clandestine operatives seeking truth and true intention are a necessary component of international affairs and in seeking the brotherhood of mankind ... at least for as long as our elected representatives or military juntas or theocratic despots or criminal regimes order the affairs of men and women wherever they may be.

So fellow Rotarians get out your cloak and dagger. Keep your eyes and ears open. Believe, but be cautious and always on alert, seeking friendships, being accountable as a trustworthy steward, but acting with prudence and care as you serve as an ambassador and spy for peace.

This Week

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author and an accomplished musician and singer. He enjoys hiking, reading, and ice cream. Moreno lives in San Dimas, California and is married with two beautiful daughters.

Moreno specializes in helping people let go of fears, phobias and anxiety for greater personal and business success. You can find out more about Ted Moreno by going to www.TedMoreno.com.



MONEY MATTERS

by Linda Wilkes

Economic Update Last Week in the News

The Mortgage Bankers Association said its seasonally adjusted composite index of mortgage applications for the week ending January 13 rose 23.1 percent. Refinancing applications increased 26.4 percent. Purchase volume rose 10.3 percent.

The producer price index, which tracks wholesale price inflation, fell 0.1 percent in December after increasing 0.3 percent in November. For the year, wholesale prices are up 4.8 percent. Core prices — which exclude food and fuel — rose 0.3 percent in December.

The National Association of Home Builders/Wells Fargo monthly housing market index rose four points in January to 25 from a reading of 21 in December. It was the highest level since June 2007. An index reading below 50 indicates negative sentiment about the housing market.

The combined construction of new single-family homes and apartments in December fell 4.1 percent to a seasonally adjusted annual rate of 657,000 units. Single-family starts increased 4.4 percent. Multifamily starts fell 20.4 percent. Applications for new building permits, seen as an indicator of future activity, fell 0.1 percent to an annual rate of 679,000 units. Housing starts for the year are up 24.9 percent.

Existing home sales rose 5 percent in December to a seasonally adjusted annual rate of 4.61 million units from a downwardly revised 4.39 million units in No-

vember. The inventory of unsold homes on the market decreased to 2.38 million, a 6.2-month supply at the current sales pace, down from a 7.2-month supply in November.

Initial claims for unemployment benefits fell by 50,000 to 352,000 for the week ending January 14. It was the lowest level since April 2008. Continuing claims for the week ending January 7 fell by 215,000 to 3.432 million.

Upcoming on the economic calendar are reports on pending home sales on January 25 and new home sales on January 26.

Mind Your Money

With Demand Growing for 203K Renovation Loans, Prospect Leads the Way as the Nation's Second Largest 203K Lender

There are two market conditions making renovation loans a hot item. First, current foreclosure sales are running six times higher than normal in the US, and many of these homes have been neglected and are in need of repair. Second, many homeowners are deciding to stay put and upgrade their homes.

The Federal Housing Administration (FHA) 203K renovation loan provides the financing to both purchase the home and finance the home's renovation with a single loan. The loan can also be used to refinance and make repairs on an existing home. In either case, the property must be an owner-occupied, primary residence.

Other factors make renovation loans

very attractive. The down payment can be as low as 3.5 percent. Record-low mortgage interest rates offer a significant advantage over high-interest credit cards when it comes to paying for home improvements.

Renovation loans are also very convenient. With one loan, there's only one application, one set of fees, one closing and one monthly payment. At closing, the repair money is put into a special account for disbursement as repairs are completed.

To keep pace with the growing demand for renovation loans, Prospect has an experienced Renovation Management Team, and has expanded its training and certification programs for Loan Officers originating renovation loans. We have also developed a Fast Track Team to expedite the renovation loan process.

Consequently, Prospect has increased its renovation loan market share in the past couple of years by more than 80 percent. Today, Prospect is the second largest FHA 203K renovation lender in the nation.

Only a limited number of lenders offer 203K financing. If you would like more information about our dynamic and industry-leading renovation loan program, please call me today!

The subject property must be an owner-occupied, primary residence. ☉

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

>> COMING SOON <<
THE BUSINESS PAGE ON OUR ROTARY WEBSITE

The Bathtub

This week we've been torn up while we await Lindsay's student team from The American Film Institute. They will soon come to put our living room, guest room and library back together the way they want it, all for a film shoot we're doing.

It's times like this when one ponders what it is that makes a home. We had a home in Kansas City for thirty years — one that suited us and made for many happy times. But about a decade ago we embarked upon a huge renovation project. Lindsay was mostly okay with it — except for the one change we wanted that would have altered forever her view of home.

The essay she wrote then came back to mind as I pondered the meaning of home, and I'll share the heart of it with you now. But just to let you know, we kept the tub....

...

"All through high school as I struggled to make sense of my new surroundings and growing identity I felt as if I were waged in an ongoing day to day battle and my bathtub was my retreat. It was my ritual to melt everything else away so I could find out what was left. It was my first introduction to stress management and somehow I believe that the bathtub is at least indirectly responsible for me surviving puberty.

"In high school, being drawn to what I thought of as the social "elite," but unable to shoulder the stress of such a set of people, I spent many long hours soaking and planning my strategy in that bathtub. I started to take pride in the ritual of it, the time I chose to spend with myself nourishing my underdeveloped body and ego.

I bought scented bubble bath, candles, soap and lotion. I played corny eighties tunes like phil collins and the police and later sinead o'conner.

"It is unusually deeper than most bathtubs and the water pressure is so that you can draw a hot steaming bath in a matter of minutes. A person as tall as I am can soak in it up to my ears and still have my entire body immersed. Sometimes I read and sometimes I just think and listen to music with a washcloth over my eyes. I concentrate on my breathing and how it makes my body bob in the water with each breath. Like it feels to soak in the sea. Like I'm trying to recreate the womb even, my very first existence, the calm before the storm.

"In college when the same stress and depression eroded my soul again I couldn't find the same solace in my dorm room shower. I found myself mimicking my bathtub ritual to the best of my ability on my couch with a washcloth over my eyes

and eighties music. Lots of candles. I spent four years living in a college dorm with only an institutional shower and I was raised in a bathtub. Every time I went home I dreamt on the plane of my mother's cooking, [the neighborhood restaurant's] 'Poor Man's Eggs Benedict' — and the moment when I really would slide into home, my bathtub.

"And now my parents are moving into the future I guess. They are preparing for the full renovation of the family home. Knocking out walls to open up a kitchen into the family room. Adding a new room

As the bathtub looked after the renovation



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Program

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hit rock bottom. In addition to addiction, these clients also have mental health issues. They all have suffered from some sort of trauma.

Carll then spoke about her foster son, who was removed from his family when he was eight years old because of abuse by his mother. At that young age, he was getting high with his family.

The amazing thing is how cost effective this treatment can be. It costs California taxpayers \$47,102 per year to keep someone in prison, but they can be treated at Grandview for \$23,660. Likewise, support of homeless people costs \$2,897 per month, while Grandview's supportive housing costs \$605 per month.

Carll then turned the program over to Grandview's Training Director, Darren Hirasuma. He stated that most of their clients are prisoners, many



having served several terms. They try to treat the client as a whole, looking at mental and physical health, family systems, and reintegration planning, which is designed to re-introduce the client back as a productive member of society. As part of this process, they introduce them to new things, such as the Getty Art Museum, to let them know there are things to enjoy besides drugs and alcohol. The staff at Grandview includes an MD in addiction medicine, a marriage and family therapist, certified/registered counselors, and a 24-hour support staff. They also use the latest medications that have been shown to assist with cravings and work extremely well 'with traditional treatment

approaches. These medications include Naltrexone, Vivitrol, and Suboxone. Since the implementation of these medically assisted and therapeutic practices, Grandview's success rate has increased by 27 percent, with 58 percent successful completions.

Hirasuma then introduced a former client who is now working with them, Fernando Villalva. Villalva was an addict for ten years, but he's been clean for four months. He is a single father, and he grew up wanting to be a Marine. His family was addicted and in gangs, but he vowed that he would not become like them. Then, in 1997, his high school girlfriend, whom he deeply loved, was shot and killed. This event pushed him over the edge. He turned to drugs to cover up his feelings. There was no male role model in his life to guide him. Then, he found out he was going to be a father, and he felt love once again. Several months ago, he found Grandview, and their therapy allowed him to re-discover his



addiction. Therapy turned him around. He was listened to, and he began to feel at ease. Now Grandview is sending him to school so he can be trained to help others.

The only good thing about hitting rock bottom is that there's no place to go but up. Grandview shows them that there is a way.

Ed Jasnow

Gordon

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on the porch. Moving the bathroom and adding a laundry room and tearing out my bathtub. Which is the one and only thing that bothers me. I find myself dreading it and mourning it and I wonder if I'm crazy to feel this strongly about a bathtub. I hate knowing I will never take a bath in it again. I dread the death of my childhood bathtub and think about the new one, the old clawfoot that convinced me to choose this apartment. I spend hours soaking in it, trying to recreate the experience of the original. It is beautiful but never quite as deep, quite as long and it takes forever to fill up. No matter how hard I try I cannot get my entire body underwater up to my ears; one knee is always haphazardly sticking out. It is not the same. It isn't the bathtub I grew up in.

"I find I'm afraid that after the bathtub is gone, my home will never quite be home to me again. I'm afraid I'll spend the rest of my life trying to recreate the experience of that bathtub. The way I order eggs benedict wherever I go and they are never quite "poor" enough the way they were at Leonard's. You can tear out the walls, remodel anything you want to and I'm excited about it until you bring the bathtub into it. Then I get nervous. It doesn't bother me until I think about the bathtub not being there. When it is gone so will a part of me and my history that I can never rediscover.

"Sometimes I wake up in the middle of the night having all this anxiety about a bathtub and I really feel stupid about how it must sound. I know it's not my house anymore; I don't live there anymore, I just visit. It is my parents' house to do with as they wish. But I've always been a sentimental type. I want to save everything and so does my little sister — and I keep thinking about my first year away from home and how that bathtub became a symbol to me. After my room wasn't mine anymore my bathtub still embraced me

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View

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contest, also coming up soon (possibly on March 1). Although no one's name is attached to this program, it was conceived of by a Rotarian who pursued his/her idea through Rotary. And there are many other examples, including RYLA, Interact, Rotary Group Study Exchange and on and on.

And we need look no further than our own Ray Carlson, who has spread his entrepreneurship training program throughout the world — starting with post-communist Poland shortly after he joined our Altadena Rotary Club. Since then Ray has caused this program to expand to Armenia, Tijuana, Palestine and Bethlehem, local Indian reservations and, more recently, to Nigeria and the Philippines. Ray also has developed a business plan com-

petition in local high schools. He named this competition in honor of Dewey Merrill — a great member of our Club who died shortly after making an unforgettable presentation on entrepreneurship to one of Ray's high school classes. Successful candidates in this competition will also be visiting our Club in the upcoming months.

So my point is this: as Rotarians we can accomplish the unimaginable. Each month the Rotarian Magazine lists unique programs developed by Rotarians throughout the world.

For example, a program by a Rotary Club in Florida that provided 1.3 million meals to local food banks to provide free lunches to poor Florida children during the summer when school lunch programs are not available. A Rotary Club in Aus-

tralia that produces a stage show which has raised more than \$1 million to support Rotary programs such as paying the educational costs of poor medical students. Touched by the death of a four-year-old child who fell from a second floor window, a Rotary Club in Molatla, Oregon raised funds to provide a device that allows windows to only open 4 inches. A Rotary Club in Korea raised funds to provide computers to poor students in their community.

So keep the ideas coming. Think outside the box. Anything is possible. We are all part of an organization with members dedicated to improving their local community and the world community. There are no limits to what an individual Rotarian can accomplish through Rotary. ○

Gordon

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and made me feel like I was home. Like I belonged there. I keep wondering secretly if I could salvage it somehow until I have a home of my own.

"Last time I was home I went with my mother to pick out knobs and drawer pulls for her new kitchen. There were hundreds maybe thousands to choose from. You feel a strange need to walk up and down the aisle pulling on them, as if they were in your kitchen, to test them out. My mother and I were doing this, feeling them between our thumb and forefinger when my mom cried out 'oh!' in surprise. When I asked her why, she said it was because she knew that knob from somewhere, knew the feel of it. It or one like it had been in a place she had lived in; it felt familiar somehow. Hadn't even recognized it otherwise, but upon pressing her thumb into the indentation she knew — that somewhere in her lifetime she had encountered that knob before.

"I think about all of this and realize that

I have just graduated from college. I just moved into my first apartment. I'm working in my first real job. Not much about my life is familiar to me right now. It is all strange and different and new but when I slide into a certain bathtub I feel home because it feels familiar to me.

"I guess our home is a home for a reason, because it is familiar to us. Places in that home that we spend more time in carry more weight. Especially to me in this part of my life. Forgive me if I



Perhaps Clawfoot looked something like this

tend to cling to things, to hold on to the few things I have left. It is genetic after all. It runs in the family to be this sentimental. And to want to save things." ○