

This Week

The American Red Cross . . . *Are You Ready?* Guest Program Host: Mike Zoeller

With the recent resurgence of Southern California earthquakes comes the inevitable two questions: When will the *Big One* hit? and Am I Prepared? We all know they're coming, but sadly, few of us are really prepared for the big disasters that will affect all of us in Los Angeles County.

Today, Ben Green, CEO of the San Gabriel Pomona Valley Chapter of the American Red Cross, will explain the role of the Red Cross in our communities and help us understand how we can be better prepared for the Big One.

Green joined the Chapter as CEO in January, 2007 and brought 18 years of experience in non-profit management with him. He served as Executive Director of the Pasadena Senior Center (2002-2006) and the Mizell Senior Center in Palm Springs, California (1988-2002) and had previously managed community programs, facilities and events as a Recreation Professional for 15 years.

Green obtained his bachelor's de-

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Dollar & Sense

by President
Dennis Mehriinger

The Wild Children of the Past

No, this is not another article about the '60s. If it were, the title would be "The Good Old Days." This is about children in 19th century America.

First let's set the scene. At this time, 2/3 of all children in the USA grew up on a farm. Today it is less than 100,000. Because of larger families, boys were very seldom in their mother's care past age 5, but could not help on the farm until age 10 to 12. So many boys ran free at those ages.

It was no uncommon for a family to gather for dinner at the end of the day and a daughter show up with blueberry stains in her hair. Boys would show up with raccoon bites on their arms or frogs or snakes in their pockets. Parents back then encouraged kids to get some wildness out of their system to express our country's revolutionary values.

Returning British visitors reported on American kids who showed no respect, who swore and fought, who appeared — at age 10 — calling for liquor at the bar or puffing on cigars in the streets. Of course,

these tales made ideal fodder for Mark Twain in his depictions of Huck Finn and Tom Sawyer.

Let us also not forget how many southern boys volunteered for the Confederate Army and reported with their squirrel rifles which they had been using to help feed the family since age 9. Boys — in particular — spent their childhoods in a rowdy subculture.

Imagine the uproar if today's do good folks had introduced their liquor laws, anti-smoking laws and gun control legislation in the 1870s. Those were certainly wilder times and, to me, make the 1960s seem quite tame.

Greeters

June 05

Tony Hill

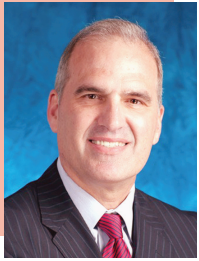
June 12

Boyd Hudson

June 19

Ed Jasnow

Program Review



Honoring Those Who have Served PCC Veterans' Awards

In honoring our commitment to the Altadena American Legion Post to continue their work of honoring veterans in our community through their contribution to Altadena Rotary Charities, we were pleased to recognize four veterans from Pasadena City College as well as hear about the work of the Veterans' Resource

Center on campus.

Eileen Peters served in the Army from 2004 to 2008. She was the first female in her family to enlist. She credits the military with making her a confident and reliable person. Her service took her to Korea as part of the 6th CAV BDE. Later, she worked for US Army Central as an Aviation Operations Specialist in McPherson, GA. She participated in operation *Enduring Freedom* in Kuwait. After separating from the military, she worked for the Army as a civilian contractor with the CACI. Her goal is to pursue her education and become a clinical psychologist working with Veterans' Affairs.



John Tantay served in the Army from 2009 to 2013. He served as a combat medic in Afghanistan in 2010. Through his training and time he fell in love with the medical field. As a medic, he guided soldiers from point of injury to rehabilitation. It is his



goal to become a nurse practitioner with a Bachelor's degree in nursing.

Lu Wu served in the Navy from 2007 to 2011. During that time he was on four, six-month deployments where he served as Boatswain's Mate. He received the Navy & Marine Corps Achievement Medal from the Commanding Officer of the USS Kauffman. Wu will be transferring to UCSD, where he will finish up his computer engineering degree.



Timothy Thomas (not present) served in the Marines from 2006 to 2011. Thomas was raised in Guam by a single mother with four kids. The military provided the best opportunity to pay for college and help toward becoming an engineer. He served with Marine Helicopter Squadron One, keeping the President's vehicle in top shape — working for both President Bush and President Obama. Thomas will attend Cal Poly's engineering school as an Aerospace major.

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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

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Mike Zoeller Youth Projects
Ray Carlson Vocational
Steve Cunningham Membership
Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

June Rotary Fellowship Month

Program Chair, Ed Jasnow

Jun 05 - Mike Zoeller, Guest Host - Red Cross Disaster Preparedness
Jun 12 - Dr. Andrea Donnellan, JPL Research Scientist - Predicting Earthquakes
Jun 19 - Dr. Josh Willis, JPL Research Scientist - Climate Change
Jun 26 - Demotion Party

Congratulations



Birthdays

06/03 - Kathleen Ann Fennell
06/08 - Theo Clarke
06/12 - Tom McCurry
06/17 - Gary Clark
06/20 - Dotty Clark
06/23 - Margarita Figueroa

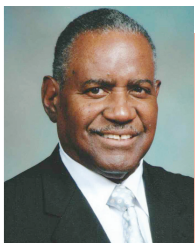


Anniversaries

06/05 - Wendy Davis & Mike Noll



Ask Yourself the *RIGHT* Questions



The secret to living a happier, more positive and emotionally enriched life is to learn to control your mental focus by developing, practicing and mastering the skill of asking the right questions.

Asking the right questions is a unique skill that can be developed, improved and eventually mastered with practice. It is the single most important skill in shaping your destiny. The quality of your life will be determined by the quality of questions you ask yourself.

Disempowering Questions - When answered, this type of question will inevitably trigger a negative emotion, causing unhappiness, anger, anxiety or depression and will make you feel miserable. E.g., "Why did this have to happen to me?" Your mind is guided toward a negative response as a result of the unfavorable implications of this question. When you continue to ask the same disempowering question over and over, with each answer, you will feel more unhappy, angry, anxious or depressed.

Neutral Questions - When answered, this type of question will elicit no emotional response. E.g., "What channel is Jeopardy on?" or

- "How much is two plus two?"
- "What is your name?"

Empowering Questions - When answered, this type of question will stimulate positive emotions such as happiness,

serenity or creativity and will help you feel more joyful and content.

E.g., "What kind of work would I love to do?" Your mind is directed to come up with positive responses as a result of the favorable implications of this question, which would provide a tremendous service, earn a minimum of \$10,000 per month and I could have fun doing.

The right questions are the ones that — when answered and acted upon — will lead you to your desired outcome. There are primarily three types of desired outcomes:

- 1) Being: E.g., feeling happy or energetic
- 2) Doing: E.g., playing the piano or traveling through Europe
- 3) Having: E.g., buying a new car or owning your home

When answered, *Empowering Questions* will lead you to any one or combination of the above desired outcomes. There is often an overlap. For example: playing the piano (doing) might very well make you feel happy (being). Therefore, learning to consciously control the questions you ask yourself is one of the most important skills you must develop and master to reach your ultimate destiny.

The five A's of Asking Awareness are:

- **Ask** – an empowering question that will lead you to your desired outcome
- **Answer** – your question
- **Act** – take action on your answer. The hallmark of power thinkers is their ability to act immediately and decisively

- **Acknowledge** – where you are. Has this action taken you to your desired outcome? If yes, great; if no, then adjust
- **Adjust** – simply ask a better, more specific question and repeat the Five **A's** of asking awareness

My 20 Favorite Questions:

1. How can I make it fun?
2. What is great about this?
3. What am I thankful for?
4. What is a better way of looking at this?
5. What is my desired outcome?
6. What is a possible solution?
7. What did I learn from this?
8. How can I simplify this?
9. What would a power thinker do in this situation?
10. What is the best use of my time right now?
11. What action do I need to take?
12. Why do I want to do this?
13. What are the benefits?
14. How can I feel better right now?
15. How can I raise my energy level?
16. What do I want to accomplish today?
17. How can I be more productive?
18. What do I value more in my life?
19. What is a better choice to focus on?
20. What is a more empowering question to ask?

One of the most effective ways to form an empowering question is to establish your desired outcome and then create your question. Use your imagination and have fun creating your personal empowering questions.



MONEY by Linda Wilkes MATTERS

Economic Update

In The News

May 26, 2014

New home sales rose 6.4 percent in April to a seasonally adjusted annual rate of 433,000 units. March's initial reading of 384,000 units was revised to 407,000 units. On a year-over-year basis, new home sales were 4.2 percent lower than April 2013. At the current sales pace, there is a 5.3-month supply of new homes on the market.

The Mortgage Bankers Association said its seasonally adjusted composite index of mortgage applications for the week ending May 16 rose 0.9 percent from the previous week. Purchase volume fell 3 percent. Refinancing applications increased 4 percent.

Existing home sales rose 1.3 percent in April to a seasonally adjusted annual rate of 4.65 million units. Compared to a year ago, April existing home sales were down 6.8 percent.

The inventory of unsold existing homes on the market rose 16.8 percent to 2.29 million in April, a 5.9-month supply at the current sales pace.

Industrial production at the nation's factories, mines and utilities fell 0.6 percent in April after a 0.9 percent increase in March. Compared to April 2013, industrial production has increased 3.5 percent. Capacity utilization fell to 78.6 percent in April from 79.3 percent in March.

Retail sales fell 1.3 percent for the week ending May 17, according to the ICSC-Goldman Sachs index. On a year-over-year basis, retailers saw sales increase 2.4 percent.

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

Initial claims for unemployment benefits for the week ending May 17 rose by 28,000 to 326,000. Continuing claims for the week ending May 10 fell by 13,000 to

2.653 million, a new recovery low. The less volatile four-week average of claims for unemployment benefits was 322,500.

Upcoming on the economic calendar are reports on the housing price index on May 27, and gross domestic product and

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

Program

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We also heard from **"Doc" Harold Martin** and **Dr. Lauren Arenson** from PCC who teach classes in the Learning Col- at PCC. Martin



Veterans' laborative teaches the

Boots to Books class to help students transition from military back to civilian life.

American Legion Post Commander **Mike Seaton** was present and presented the PCC Veterans Resource Center with a grant to help cover student emergency expenses.



This Week

Continued from p. 1

gree in Parks and Recreation Administration (with a minor in Speech) from Missouri State University in Springfield, Missouri, and, throughout his management career, he has received recognition for excellence and awards for community service. He

was Coachella Valley's Newsmaker of the Year and one of the Illinois Jaycees' Top 10 Outstanding Young Persons.

Green is an active member of the Pasadena Rotary and is the Chair-Elect of the Pasadena Chamber of Commerce.

> > **NEXT BOARD MEETING** < <
TUESDAY, June 03, at 6:15p
260 S. Los Robles, Pasadena
3rd Floor Conference Room



All **FREE** Concerts start at 7:00 PM in the Amphitheater at Farnsworth Park.
568 East Mt. Curve Ave., Altadena, CA 91001 for information: 626-798-6335
Visit: <http://www.altadenasheriffs.blogspot.com>

18th Annual Summer Concert Series Schedule - 2014

Downbeat Express (Big Band with Jennifer Gates)	Saturday, July 5th
Whiskey Hayride (Country music and much more!)	Saturday, July 12th
Hotsy Totsy Boys (Roarin' 20's)	Saturday, July 19th
Let's Go! (Tribute to the Cars & more)	Saturday, July 26th
Floyd & the Flyboys (R & B, Soul, Funk)	Saturday, August 2nd
Upstream (Reggae, Calypso, Soca & Steel Drum Music)	Saturday, August 9th
Delgado Brothers Band (Americana & Blues)	Saturday, August 16th
The MIGHTY Burnt Bacon (Stax Style Soul Band)	Saturday August 23rd

And... For Our Grand Finale... Saturday, Sept. 6th
Sgt. Pepper in a tribute to the Beatles!
Presented By: Community Events & SSGA

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In Memory of
Don Rutherford

