

August 20, 2015

This Week

**David Campbell,
DDS**

**Craft Talk
Program Host:
Tom McCurry**

David Campbell has been a dentist for 25 years, and is the owner of Century Dental, which has 7 locations in the LA Metropolitan area. His offices perform general dentistry procedures, orthodontics, and dental implants. He is a big believer in charity dental work, and also serves as Dental Director for the Los Angeles Christian Health Centers — Joshua House which provides health services to the homeless with the Los Angeles Mission. The dental clinic was started by the Korean American Christian Dental Mission. It's a Federally Qualified Health Center that provides medical care, psychological counseling, and social services for a whole person approach to helping the homeless with their multi-factored struggles in a Medical Home Model.

Campbell serves at the extramural dental clinics that USC uses in the Union Rescue Mission and the John Wesley Health Center on skid row of downtown Los Angeles. In addition to

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*Quietly
Quick*

by Steve Cunningham, President

Harmonious Relationships

Connected with all there is that is good, harvesting and having a harmonious relationship with the world through various philosophical exercises, and using gratitude for any of your gifts on a daily basis can grow your expectation of good and faith. It is much easier to be connected when you have set aside or removed destructive thinking such as resentments, jealousy or the seven deadly sins.

Desires are good and excellent. Desires can focus you on enriching your true direction. Cultivating desires into reality is vital for change, innovation, and improvement. You would not have a desire unless it was possible, but select desires where you have a solid sphere of possibility. An earnest and heartfelt desire is what allows us to seize upon opportunities and develop plans.

A plan or objective is fundamental. Your plan brings clarification and specificity of your desire. A large majority of people are afraid to specify what they intend to do. Transcending this fear and taking bold action with your plans and strategies allows for the

growth and manifestation of your idea, bringing it into a reality.

A vision is important. Your vision helps you activate your plan and understand the path to your short-term and long-term enrichment of yourself, your goals, teamwork or relationships. Mentally understanding the outcome or result leads you to qualify the consequences. It further provides you with feelings surrounding the outcome. Harvesting positive feelings surrounding the outcome is very important to energizing your desire, mission, visualization, and result.

Visualization brings substance to your desires. Visualization is not the

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August Team

David Smith • Kimmit Haggins
Craig Cox • Mike Zoeller
Sue Applegate

Meeting Responsibilities

- Setup • Greeter •
- Flag Salute • Song •
- Inspirational Presentation •
- Happy Bucks •
- 4-Way Test • Takedown •

Program Review

Meet David Alimi



One of our newest members, David Alimi, presented his craft talk

that focused on his various talents and interests. Alimi is married and has two children. He was born in Afghanistan, but immigrated to this country and went to school in the United States. He has a

Master's Degree in computer science, and, as his presentation progressed, we could see how information technology is really a passion of his.

On a personal note, Alimi told us that he stutters, but his presentation showed very little of this. He has a real estate license and is active in the real estate market here in the Pasadena area. He told us of his many challenges in working in real estate, especially during the collapse of the real estate *bubble*. He described some of the software solutions that he devised during this time period, but which turned out to be financially unsuccessful due to the market conditions and status of mortgage companies at that time. Most banks were woefully ill-equipped to help mortgage holders deal with foreclosures and refinancing at the time.

He has since continued to pursue information technology solutions to help loan officers and mortgage brokers automate the process of finding the best mortgage for a client by using tools to scan large databases, incorporate FICO scores, and pull in relevant information from other



sources that might affect the interest rate offered to the client.

For those of us with some knowledge of these processes, his presentation, online demonstration, and in-depth knowledge was fascinating. As a side note, Alimi is the property owner of the office building in which Dennis Mehninger has his office. We welcome David Alimi to Altadena Rotary!

Tom McCurry ☉

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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

2290 Country Club Drive • Altadena, CA

626-794-7163

Rotary Int. Pres. Ravi Ravindran
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Craig Cox Membership

Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

August Membership & Extension

Program Chair, Tom McCurry

August 20 - David Campbell - Craft Talk

August 27 - To be Announced

September New Generations

Program Chair, Ray Carlson

September 03- Cathy Gott, Founder,
Danny's Farm for Special Needs Chil-
dren - Mike Noll, Guest Program Host

Congratulations



Birthdays



08/02 - Phyllis Merrill
08/08 - Joesph McMullin
08/10 - Don Applegate
08/24 - Hal Yorke
08-21 - George Buehler
08/27 - Elaine Klock

08/31 - Bruce Conroy (Jacque Foreman)



Anniversaries



08/23 - Gary & Dotty Clark

Summer Concert Series Showcases Altadena Rotary



David Smith arrives at Farnsworth Park each Saturday around 5p. If everything works as planned, a fellow Rotarian helps him unload his truck to set up our concession stand.

This means priming the beer dispenser, icing down sodas, getting cups and napkins set up so we are ready by 6:30p for the loyal fans of the Concerts in the Park.

Sue and Don Applegate arrive to set up the cash register and help in any way they can to make sure we are ready to do business. Additional Rotarians arrive to display our Rotary Welcome banner on the stage, set up our Rotary Information table, and act as security to make sure any alcoholic libation is kept in the amphitheater area.

It is a great opportunity to support the concerts, keep the patrons hydrated, and raise funds for our operating budget at

the same time. We have fun, make money and get to enjoy (most weeks) pretty good music.

As of this publication, there are 3 concerts left (August 22, August 29 and September 12). You can sign up to help on ClubRunner or by contacting Mike Zoeller (mike@riedon.com). For those who have faithfully supported the effort — Thanks! For those that have been meaning to — there is no time like the present.

See you at the concerts. ○

A Thank you to Altadena Rotary Members for their Generosity

An email sent to Mike Zoeller in which Shawnt Bizakian of Bikes 4 Orphans

This Week

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helping the students with their rotations, he was instrumental in helping USC expand services to add the facility across the street at the John Wesley Health Center. Both are about a block from the LA Christian Health Center in the worst skid row community of downtown Los Angeles.

He is also the Dental Director at World Impact Watt's Dental Center and the Catholic Worker's Hospitality Kitchen, both of which are only open two days a month, at this time. He still practices dentistry a few days a month, even though he teaches dentistry at USC and is the director for more than one of the free dental clinics

asked that he share the email with our membership.

I just wanted to give you a short report. Since your Rotary's donation, we have delivered bikes to 2 orphanages. One was to Ethiopia (3 months ago) and the other was to Zimbabwe which just happened. The delivery to Zimbabwe was the single largest delivery to one location we have done so far. We are so thrilled and proud of our community. The name of the orphanage is Rose of Sharon and they work directly with an American Organization called Serving Orphans Worldwide headquartered in Tennessee.

Please share this news

with your group and thank them again for their generosity.

Here is some coverage of the delivery: <<http://www.lacanadaonline.com/news/tsn-vsl-youth-led-effort-donates-new-bicycles-to-orphans-in-zimbabwe-20150814,0,2325016.story>>.

Thanks, Shawnt



Quietly

Continued from p. 1

same as a vision. A vision is a mental image of the result you want. Visualization is a way to get there. To help visualization, many people create what might be called a *Story Board*. As an example, maybe you want to create a particular lifestyle. Your *Story Board* could have a picture of the home you want, the car you want, prototypes of the people you want to attract into your life, a picture that illustrates a problem you wish to overcome, meaningful words cut from magazines or written on the board, etc. These pictures, words and phrases help you focus your imagination.

Mental visualization (and a vision) of your objectives holds great importance for the clarity of what you intend to do along the way (your plan) and what you desire as an end result. Seeing what you desire and your plan to get there as if they are real is

a complex mental exercise, but vital to the codification and building of the objective so as to assist in the manifestation of the result. Seeing exactly what you desire and intent causes you to specify your wants and desires. The stronger and longer you can hold your ideas in your mind's eye, the better.

Attention and focus pointing your mental faculties toward the individual actions required to achieve a task, project, or goal is what causes effectiveness, as long as your actions are efficient. Continuous and persistent thinking and action toward your work, goal, project, or desired outcome can funnel or intensify direction. Completion and closure of acts and tasks one by one in a successful manner is what creates momentum toward an objective with no need to go backward.

Thinking and planning are most crucial. However, boldness and action are

what may cause events to happen and people to be attracted to you. Therefore, contemplation mixed with action is the optimal, blended solution.

Every action has a reaction. Types of actions and thoughts attract similar actions and thoughts. Kindness tends to bring respect. Additionally, constructive thinking tends to bring constructive opportunities and events to the individual.

We all tend to be attracted to those who can bring us more life or enrichment. If an individual projects life and opportunity, he or she will attract similar minds.

Insight and restraint bring the ability to think something through, discuss it with others, or seek out counsel from others who understand or know the subject well without acting hastily. Thus, the opinion of experts about consequences are a valid consideration in thinking, planning and acting. ○

Form & Line

by Jacque Foreman

Ever wonder how We came to One Day a Year to Forecast Spring?

Groundhog Day

This week I'm going back to a wonderful book that I gave to Bruce one Christmas, The Uncommon History of Common Things by Bethanne Patrick and John Thompson.

Watching when animals came out of their dens in the early spring probably goes back as long as people have been in the weather-predicting business. But it wasn't always a groundhog [or woodchuck] that was watched.

For hundreds of years, Europeans marked the coming of spring by the emergence of bears, badgers, and other animals coming out from their winter hibernation. Somehow the myth devel-

oped that, if the animal saw its shadow, it would become afraid and run back into its lair, bringing with this action six (6) more weeks of winter.

While the German immigrants to Pennsylvania brought with them their tradition of looking to different animals than the groundhog, the groundhog is very plentiful in this part of the country, and *ipso facto* became the harbinger of the weather. Since groundhogs generally emerge from their dens in early February, the second day of this month was chosen as the day to watch. A sunny day means six more weeks of winter, and an overcast day means warmer weather is just around the corner.

Since in warmer climates south of

Pennsylvania the Groundhog and other animals will emerge from dens earlier and further north they would stick their noses out later, the farther you reside from Pennsylvania, the less importance is placed on Groundhog Day as the only true indicator of spring.

However, the German immigrants were on the right track in trusting the instinct of animals in predicting weather patterns. We can note here that modern meteorologists seem to do no better at forecasting the arrival of spring than does the lowly groundhog.

One thing is for sure, having a reasonably good idea of the coming of warm weather is very important when it comes to the planting of crops. ○



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>

19th Annual Summer Concert Series Schedule - 2015

| | |
|--|-----------------------|
| Downbeat Express (Big Band with Jennifer Gates) | Saturday, July 11th |
| The Brian Hughes Band (Ultimate Jazz) | Saturday, July 18th |
| The Manning Brothers & Friends (Irish Music & Dance) | Saturday, July 25th |
| The Mighty Burnt Bacon (Stax Style Soul Band) | Saturday, August 1st |
| Upstream (Reggae, Calypso, Soca & Steel Drum Music) | Saturday, August 8th |
| Kings of 88 (The Ultimate Tribute to Piano Rock) | Saturday, August 15th |
| Whiskey Hayride (Country Music and Much More) | Saturday, August 22nd |
| Floyd & The Flyboys (R & B Soul & Funk) | Saturday August 29th |

And... For Our Grand Finale... Saturday, Sept. 12th
Back by Popular Demand...Sgt. Pepper in their tribute to the Beatles!

Presented by United Support Group & SSGA

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Rotary Club
Of Altadena



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Don Rutherford

