



Rotary Club of Altadena

Sparks

OFF THE ROTARY WHEEL
AN AWARD-WINNING NEWSLETTER



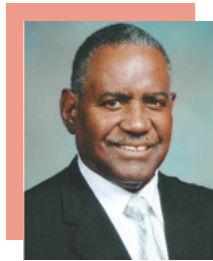
December 10, 2015

This Week

Dr. Martin Kast Cancer Research and Related Areas Program Host: Sue Applegate

Dr. W. Martin Kast holds the Walter A Richter Chair in Cancer Research and is a Professor of Molecular Microbiology & Immunology, Obstetrics & Gynecology and Urology at the Norris Comprehensive Cancer Center of the University of Southern California (USC). He is also the director of the USC Medical Biology Graduate Program, the Director of the Beckman Center for Immune Monitoring and the Director of the Cancer Center Tumor Microenvironment Program. His research involves the design of therapeutic cancer vaccines. Several of his therapeutic vaccines are being tried out in clinical trials. He has published 260 articles and 50 books and book chapters and holds 18 patents. He is an editor for 5 scientific journals and on the scientific advisory board of 6 biotech companies. He also spent some time working in the biotech industry. In 2010, he won the IRPC award of Eminent Scientist of the year and the World Scientist Forum award of North American Immunologist of the year. In 2012, he won the Land-

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Quietly Quick

by Steve Cunningham, President

Consistency

from *The Power of Focus*

by Jack Canfield, Mark Victor Hansen, Les Hewitt

First, to give you a taste of what we're referring to, let's look at a wonderful role model. He's known as *Mr. Consistency*; Cal Ripken Jr.

In case you are not a baseball fan, Cal Ripken Jr. plays for the Baltimore Orioles. The reason he is a legend in the sport is his incredible consistency.

On September 6, 1995, Cal played his 2,131st consecutive major league baseball game. In doing so, he broke the record of 2,130 games set by Lou Gehrig, a record that had remained unbeaten for more than fifty-six years.

Let's put this into perspective; To equal Cal Ripken Jr's consistency, an employee working an average eight hours a day, five days a week, would need to work eight years, one month and twenty days and never call in sick! No wonder he's called the Iron Man of Baseball. He played in every single game for more than thirteen years. (On the night he broke the record, the closest person to him in consecutive starts was Frank Thomas of the Chicago White Sox, who had played a mere 235 games.)

Ripken's ability to show up for every

game translated into a remarkable list of successes. During the streak he was the winner of two Most Valuable Player awards, in 1983 and in 1991. He also played in twelve consecutive All-Star games, and hit more runs than any other major-league shortstop. Financially he is set for life, but more than the money, he has a tremendous feeling of accomplishment.

His philosophy about work is refreshingly simple. All he ever wanted was to play baseball, preferably for Baltimore, and to do his best in every game.

This demonstrates a keen sense of responsibility and a work ethic that is all too rare today. By simply showing

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December Team

David Campbell • Roger Fennell
Boyd Hudson • Steve Kerekes
Dennis Mehringer

Meeting Responsibilities

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

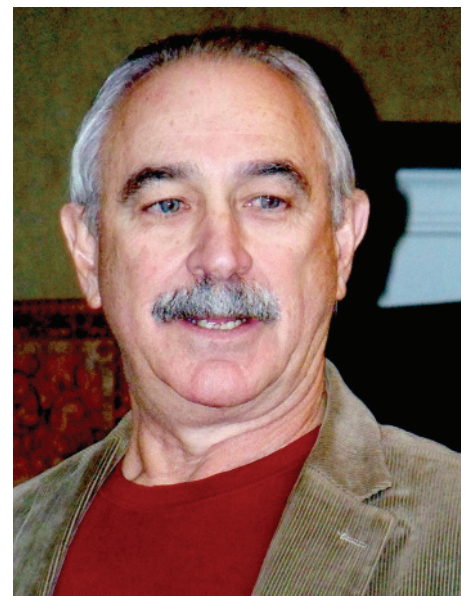
Program Review

Helping Challenged Adults find Meaningful Employment



Finding meaningful employment for individuals with personal or physical challenges is a challenge for this country. Helping to meet this challenge is the work of FVO Solutions, Inc., a nonprofit organization located here in Pasadena. Our speaker last week was

William Murphy, CEO of FVO Solutions who described the work of this company. FVO's goal is to maximize the personal; and economic potential of disabled individuals by providing a range of vocational services designed to provide those with disabilities and other barriers to employment with opportunities for vocational and personal growth. FVO provides job tryouts, vocational exploration, situational assessments, interview practice/preparation, resume assistance, soft skills education, and a host of other services designed to help those challenged individuals reach their fullest potential. The Department of Rehabilitation refers approximately 100 individuals annually to FVO for job placement. FVO serves over 300 individuals each year. Over 75 percent of the participants have developmental and other disabilities that make it hard for them to secure and retain stable employment. These disabilities include autism spectrum disorder, down syndrome, cerebral palsy, intellectual deficits, learning disabilities, traumatic brain injury, etc. Many of the clients have multiple challenges, including physical disabilities and



complex health issues. FVO also serves at-risk youth. FVO directly employs nearly 200 people who have barriers to employment. FVO operates a large modern manufacturing center which creates jobs through the subcontracts with business partners and through participation with the *AbilityOne* Program. For over thirty years, the center has manufactured paper punches for the federal government through the

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Congratulations

Birthdays

12/12 - Karen Gorton
12/15 - Jacque Foreman
12/18 - Olga Louviere
12/21 - John Casci
12/26 - Mona Jasnow
12/26 - Carol Zoeller

Anniversaries

No Anniversaries in December

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

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
Dist 5300 Gov. Randy T. Pote

Officers

Steve Cunningham, Pres. Bus. 626-786-1937
Charles Wilson, Pres. Elec. Bus. 626-351-8815
Hal Yorke, V. Pres. Bus. 626-577-9800
Steve Kerekes, Sec. Bus. 626-796-5000
Mike Noll, Treas. Bus. 626-683-0515

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Tom McCurry • Mike Noll
Steve Cunningham • John Casci
Hal Yorke • Gary Clark • Charles Wilson

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David Smith Foundation
Craig Cox Membership
Jacque Foreman Public Awareness
Jacque Foreman Acting Publicity
Jacque Foreman Sparks/Website
Mike Zoeller Club Projects
Craig Cox Community
John Frykenberg International
Tony Hill Youth Contests/Awards
Mike Zoeller Youth Projects
Ray Carlson Vocational
Tom McCurry Asst. Vocational

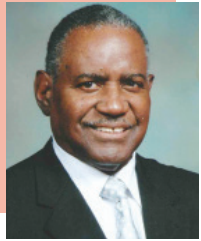
Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

December

Family

Program Chair, Susan Applegate
December 10 - Dr. Martin Kast - Cancer Research and Related Areas
December 17 - Christmas Party — Evening meeting
December 24 - Dark
December 31 - Dark

Examples of Rotary *Peace Fellows* Promoting Peace



1 > Today, 42 million people are displaced by armed conflict or persecution. Through our partnerships with several leading universities, Rotary Peace Fellows develop the skills to strengthen peace

efforts, train local leaders to prevent and mediate conflict. We provide up to 100 peace fellowships per year at Rotary Peace Centers.

2 > A peacemaker trained by The Rotary Foundation travels from England to Australia to help Sudanese refugees prepare to return home and resolve conflicts.

3 > Forty-two million people are displaced by armed conflict or persecution, and 90 percent of armed-conflict casualties are civilians, half of them children. Through service projects, fellowships, and other Rotary-sponsored campaigns, members train adults and young leaders to prevent and mediate conflict, and aid refugees who have fled dangerous areas. Members also pursue projects to address the underlying structural causes of conflict, including poverty, inequality, ethnic tension, lack of access to education, and unequal distribution of resources.

4 > Peace Corps and Rotary kickoff historic collaboration. In an effort to promote global development and volunteers service, Rotary and Peace Corps have agreed to participate in a one-year

pilot program in the Philippines, Thailand, and Togo.

5 > Under the agreement, Rotary clubs and Peace Corps volunteers are encouraged to share their resources and knowledge to boost the impact of development projects in these three countries.

6 > Opportunities for collaboration include supporting community projects, training, networking, and community education. Through the Peace Corps Partnership Program, Rotary clubs can continue to provide small grants to support volunteers and their communities.

7 > Peace Corps Acting Director Carrie Hessler-Radelet and Rotary International General Secretary John Hewko signed the letter of collaboration on Monday, 5 May, at Rotary's headquarters during a ceremony that was attended by RI President Ron Burton and RPCV Rotary staff. In his remarks to the audience, Burton applauded the collaboration and both organizations' commitment to service.

Today's announcement is particularly meaningful for me because I come from a family of Rotarians," said Hessler-Radelet, referring to her father, grandfather, and aunt. "We are eager to join together in common efforts to inspire volunteerism across the country the country and around the world."

Hewko noted how both organizations are committed to improving lives and building stronger communities by addressing the root causes of violence and conflict, such as poverty, illiteracy, disease, and lack of access to clean water

and sanitation.

The two organizations also agreed to explore expanding the collaboration to more countries based on the results of the pilot. Rotary will enlist the support of its members in recruiting Peace Corps volunteers and involving returned Peace Corps volunteers in service projects at home.

The letter of collaboration not only officially recognizes the partnership between the two organizations, but also encourages Rotary clubs and Peace Corps volunteers to expand the connection already in place.

8 > In Togo, Peace Corps volunteer Daniel Brown and David Gooze have teamed up with Rotary and other partners in the United States and Togo to distribute more than 5,000 soccer balls to disadvantaged youth 'They are organizing More Than Just a Game' sessions, which use soccer as a medium to teach children about malaria prevention.

"It's just one example of how Rotary and Peace Corps can collaborate on the ground to achieve lasting impact in the communities where we work," Hessler-Radelet said.

9 > Within the Philippines, Thailand, and Togo, Peace Corps posts and Rotary districts will coordinate at the country level with support from the headquarters of both organizations. Local Rotary clubs interested in working with Peace Corps volunteers should contact their district governors. Clubs located elsewhere should work through their Rotary counterparts in the pilot countries. ○



Fluoride: Nature's Cavity Fighter

Fluoride is often called *nature's cavity fighter* and for good reason. Fluoride, a naturally-occurring mineral, helps prevent cavities in children and adults by making the outer surface of their teeth (enamel) more resistant to the acid attacks that cause tooth decay.

Fluoride helps rebuild (remineralize) weakened tooth enamel and reverses early signs of tooth decay. When you brush your teeth with fluoride toothpaste, or use other fluoride dental products, the fluoride is applied to the surface of your teeth. This provides what is called a "optical benefit.

In addition, the fluoride you take in from foods and beverages continues to provide a topical benefit because it becomes part of your saliva, constantly bathing the teeth with tiny amounts of fluoride that help rebuild weakened tooth enamel.

Fluoride is naturally found in most all water sources, rivers, lakes, wells and even the oceans. For the past 70 years, fluoride has been added to public water supplies to bring fluoride levels up to the amount necessary to help prevent tooth decay.

The US Public Health Service's final recommendation for the optimal level of fluoride in community water systems is a ratio of fluoride to water, newly calibrated at 0.7 parts per million. This results from years of scientifically rigorous analysis of the amount of fluoride people receive from all sources. *Altadena has adequate Fluoride in the water to prevent dental decay for most people.*

Toothpaste with fluoride has been responsible for a significant drop in cavities

since 1960. Look for one with the ADA Seal of Acceptance to make sure it contains fluoride.

- Brush twice a day (morning and night) and floss once a day or more as directed by your dentist and physician.
- For children younger than 3 years, start brushing their teeth as soon as they start to appear in the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice.
- For children 3 to 6 years old, use no more than a pea-sized amount of fluoride toothpaste.

- Always supervise your child's brushing to make sure he/she uses the right amount and try to get your child to spit out most of the toothpaste.
- Use Fluoride in trays during extended severe illness or strong medicines that cause dry mouth.
- Visit Your Dentist for a Professional Application
- Every six months a dental check up will allow your dentist to catch cavities early. The teamwork approach with solid home care and regular professional cleanings can assure that you will have optimal dental health. ○

Quietly

Continued from p. 1

up consistently and playing his best, the rewards eventually materialized. And through it all, Ripken maintained a humble unassuming attitude. It's interesting that Cal Ripken Jr. has also developed the same consistency in his family life. His wife and children are important to him, and it shows. Compare this to the weekly ritual of scandals and contract demands now rampant in the world of professional sports, perpetuated by individuals of lesser maturity and weakness of character.

One last footnote to the story, and a point worth remembering. When you stand for something and do a remarkable job of it, you attract the top people and create huge rewards for yourself. On his record-breaking night, Cal Ripken Jr. was feted by world-famous celebrities, multinational corporations and even the president of the United States. He was

showered with gifts and received numerous standing ovations. Imagine! All for showing up every day and doing what he loves to do. ○

This Week

Continued from p. 1

steiner award, and, in 2014, the Mellon award. In 2013, he was elected as the secretary/treasurer of the International Papillomavirus Society. A documentary (Treeman meets Treeman) that features his research on HPV-induced extreme warts is being broadcast worldwide by Discovery Channel. This documentary recently led to the 2015 BeHeard Prize from the rare genomics institute. In his spare time, he is an actor. Please check out his website for more information at <<http://uscmi.com/martinkastlab/>>. ○

Welcome to Altadena Rotary, Sarah O'Brien

On December 03, Membership Chair, Craig Cox, had the pleasure of inducting Sarah O'Brien — our fifth new member this year — into Altadena Rotary.

Taking part in the ceremony were (l to r) President Steve Cunningham, Craig Cox, Sarah O'Brien and Mindy Kittay, who, along with David Smith, invited Sarah

to Altadena Rotary. To signify Sarah's membership in our local club, Kittay had the honor of presenting her with her *Red Badge*, and in honor of her joining an



international organization, Cunningham presented O'Brien with her Rotary International pin. All this while Cox was explaining how O'Brien can go from a wearing a Red Badge to a White Badge. You can find out how by going to the *Membership Section* of our website <<http://altadenarotary.com>>. ○

Program

Continued from p.2

AbilityOne program. FVO is part of a national network of over 600 nonprofit agencies that sells products and services to the government.

Another service is to provide individuals to outside businesses who need specific services. Typical businesses who use these services include hospitals, office settings, food establishments and light manufacturing companies. These services include; administrative and clerical, janitorial, inventory stocking, construction cleanup, mail room operations, file room services, kitchen support, shipping and handling, landscaping, grocery courtesy clerks, and food handling. FVO handles the recruiting and training of the personnel. FVO handles compensation and benefits administration.

FVO is one of the many non-profits in the greater Pasadena area offering their resources and skills to assist the challenged individuals in our community to live more productive and rewarding lives. ○

Lou Holtz on the Secret to Leadership And a Bit More -- as Room Allowed

Brought to Sparks by C. Ray Carlson — from the Phil Cooke online newsletter

Recently, at a major CEO conference Lou Holtz, one of the most successful college football coaches in history, shared his insights about success, failure and leadership. His thoughts are worth reading,

On Leadership

"Identify the problems you have to overcome to get there. Leadership is being able to solve problems, but also anticipate problems. Eliminate mistakes before they happen. Your job is to make people the very best they can be. And that is when you get them out of their comfort zone. Because most people don't know how good they can be."

On Vision

"This is what I believe: You have to have a vision where you want to go. Without a vision you have nothing. You have to have a plan of how you're going to get there. And you have to lead by example. What holds a country together, what holds a family together, what holds a business to-

gether are core values. And core values are something you would not compromise."

On Priorities

"You need four things in your life or you have a tremendous void. Everybody needs something to do. Everybody needs someone to love. Everybody needs someone to believe in. But everybody needs something to hope for. And the more successful you are, you try to protect what you have instead of looking at how can we keep getting better? How can we grow?"

On Sacrifice:

"When you set goals and dreams, you've got to answer some questions honestly. What sacrifices am I willing to make to do that? What skills and talents do I have to acquire in order to do that? Who do I have to work with in order to get that done? And whoever you have to work with, they have to understand how they're going to benefit when you reach your goal." ○



*You are cordially invited
to our
Christmas Party*

*Thursday Evening
December 17, 2015*

6:30 to 9:00pm



*Pinocchio's
1449 N. Lake Avenue
Pasadena*



\$25 per Person

Register on Club Runner

*Plan to join your fellow Rotarians with
your Significant Other
for an evening of Fellowship and Merry Making
as we Celebrate the Holidays*

