

February 26, 2015

This Week

I Love a Mystery Don't You?

**Guest Program Host:
 Mike Noll**

The plans were all made. This was supposed to be the Dan Stover Music Awards — Club Level — contest. But there was this little glitch, and the best laid plans went awry. The judges will not be able to assemble until March 05. Oops! What to do?

The obvious thing is to set up another program, but that's not always easy. So Mike is off making calls and ringing doorbells in an effort to come up with an alternate program. About now a magical wizard might come in handy, but where to find one? And remember, this is tax season, and Mike prepares tax returns for his clients.

Come Thursday prepared for a great program; we just can't tell you what it is yet. If you have an idea, it might not hurt to share it with Mike, just in case things are still up in the air.

Our contestants have an extra week to practice, so they will really be able to wow us with their musical ability on March 05. ○



REFLECTIONS

by Hal Yorke, President

BEEFLECTIONS?

on . . . Guess What . . . Christmas Tree Lane

President Hal is somewhere, but I can't find him. I am hopeful that he will return to the confines of the earth . . . and specifically Altadena . . . in the near future — that is by this Thursday's meeting. At any rate, since he has apparently vanished, I'm hijacking his column to remind everyone about a community project that is very close to my heart — Christmas Tree Lane.

It's February, and we are busy taking the lights down. Yes, first we put them up, starting in October, and then we cancel out all that work by taking the lights down starting in February. It takes about ten weekends to accomplish each task, depending on the weather and the number of people in the crew and if the crew members know what they are doing.

We don't have trucks with cherry pickers or any motor-driven device. It is all quite labor-intensive. The speed is set by the ladder climbers, but we need three to five people on the ground for each ladder climber to support that pace.

And sometimes we just get hung up, and time goes by, and some of us are stuck on one tree. This past weekend is a good example. We just couldn't get one of the lines untangled from the tree. The small branch involved finally broke and down at eye level we could see the problem: the wind or growth had wound the line around the branch twice. The only way to have undone this tangle would have been for someone up about 70 feet off the ground, standing in a device that would allow for hands-free detangling.

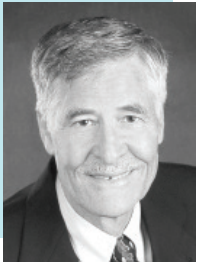
If you are interested in seeing how all this is accomplished, come and volunteer some Saturday or Sunday 9a to 12n. And you'll get lunch. Jacque Foreman ○

Creeters

February 26
Kevin Moore
 March 05
Mike Noll
 March 12
David Smith

Program Review

Let's Talk about the 4-Way Test of the things we Think, Say and Do



Kevin Moore brought another great 4-Way Speech Contest to the club on

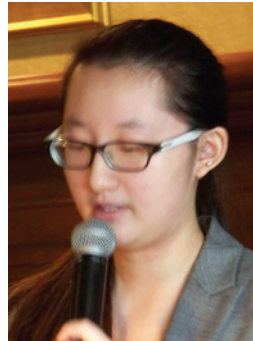


Thursday (February 19), introducing four outstanding area high school students who had previously earned their way to this club event.

Maranatha High School was well represented with three contestants, and a Blair

High School student filled out the roster. Each contestant gave a personal view of Rotary's 4-Way Test and how it could be viewed in all aspects of our lives.

Our first contestant, Fifi Huang of Maranatha, likes to listen to music, talk to friends and hopes to attend Wellesley College to learn



how to solve national problems. Huang, who was born in Zambia, addressed the problems of getting an education in many of the regions of Africa from her first-hand experience. The undeniable Truth is that most kids in Africa will not attend school, and the inability to attend school is not Fair to African children. Huang shared a wonderful story of Goodwill, developing a relationship with an African girl while they both worked together on a project to improve schools. Finally, she pointed to the Benefit of education for all – students

and society.

Next up was Julia See, a Junior at Blair High School. At Blair, See is a member of the school Jazz and Concert bands and is also interested



in science. Outside of school she is very interested in art and volunteer activities in her community. She hopes to attend Johns Hopkins, majoring in pre-med or biology. See framed her presentation around the subject of Listening. She described how almost all of us fail to listen effectively and gave a number of examples of common listening problems. In a personal observation, she related how her Grandfather's stories helped connect his past with her future — and also how she wishes she had listened more. She described listening as a necessary step before anything else can be

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Rotary Club of Altadena - #7183

Chartered: February 14, 1949
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Tom McCurry Asst. Vocational
Craig Cox Membership

Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

February World Understanding Month

Program Chair, Theo Clarke
Feb 26 - To be Announced - Mike Noll,
Guest host

March Literacy Month

Program Chair, Charlie Wilson
Mar 05 - Dan Stover Club-Level Contest,
Guest Program Hosts: Theo Clarke &
Mike Noll
Mar 12 - To be Announced
Mar 19 - To be Announced
Mar 26 - Craig Snodgrass, Scoutmaster,
Boy Scout Troop 1

Congratulations



Birthdays



02/02 - Julie Gustafson
02/07 - Freddy Figueroa
02/08 - Mike Zoeller
02/10 - Julius Johnson
02/14 - Ruth Reeder
02/16 - Joan Frykenberg
02/16 - Sunny Wu Kerekes
02/28 - Wendy Davis Noll

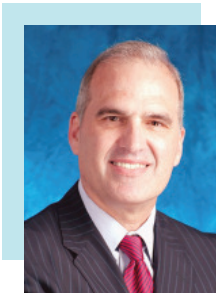


Anniversaries



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

Community Service: Top 10 Reasons to Volunteer



The University of California encourages their students to volunteer in their communities. I

thought their list of reasons makes a lot of sense for a Rotary Club.

#10: It's good for you.

Volunteering provides physical and mental rewards. It:

a) Reduces stress: Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.

b) Makes you healthier: Moods and emotions, like optimism, joy, and control over one's fate, strengthen the

immune system.

#9: It saves resources.

Volunteering provides valuable community services so more money can be spent on local improvements. The estimated value of a volunteer's time is \$15.39 per hour.

#8: Volunteers gain professional experience.

You can test out a career.

#7: It brings people together.

As a volunteer you assist in:

a) Uniting people from diverse backgrounds to work toward a common goal

b) Building camaraderie and teamwork

#6: It promotes personal growth and self-esteem.

a) Understanding community needs helps foster empathy and self-efficacy.

#5: Volunteering strengthens your community.

As a volunteer you help:

a) Support families (daycare and eldercare)

b) Improve schools (tutoring, literacy)

c) Support youth (mentoring and after-school programs)

d) Beautify the community (beach and park cleanups)

#4: You learn a lot.

Volunteers learn things like these:

a) Self: Volunteers discover hidden talents that may change their view on their self-worth.

b) Government: Through working with local non-profit agencies, volunteers learn about the functions and operation of our government.

Community: Volunteers gain knowledge of local resources available to solve community needs.

#3: You get a chance to give back.

a) People like to support community resources that they use themselves or that benefit people they care about.

#2: Volunteering encourages civic responsibility.

a) Community service and volunteerism are an investment in our community and the people who live in it.

#1: You make a difference.

Every person counts!

So volunteer Rotarians — you'll be amazed at the good you can do.

Form & Line

by Jacque Foreman

I hope you like language. I do. And for Christmas, Bruce found a wonderful little book called *The Unexpected Evolution of Language*, compiled by Justin Cord Hayes. Don't worry, you will become familiar with it over time.

...

During Medieval times, a *rosary* was a rose garden. While most who lived during this time endured abject misery — malnutrition, disease, stillbirths, early deaths — some must have had the leisure time necessary to walk about in formal gardens.

When they weren't in gardens, they were in church. And in those days, that

Rosary ... Original Definition: rose garden ... New Definition: formal Catholic prayer cycle: beaded necklace used to help recite the prayer cycle

meant the Roman Catholic Church. As people died, lords and ladies recited formal prayer cycles focusing on five sacred mysteries, i.e., sacred miracles. As an aid to remembering the cycle, worshippers use a circle of prayer beads.

Over time, the faithful began to compare the cycle of prayers to a *rosary* because, metaphorically, the cycle was a garden of prayers out of which grew spiritual comfort and the promise of heaven.

By the seventeenth century, rosary came to denote the chain of prayer beads as well.

Program

Continued from p. 2

accomplished. Finally, See very effectively tied all four elements of the 4-Way Test to better listening.

Our third contestant was Joshua David, a sophomore at Maranatha with a wide variety of school interests, including Track and Field, National Honor Society, California Scholarship Federation, California SEAL program and Speech and Debate activities. His outside interests include basketball, food and helping others to make the world a better place. He hopes to go to Stanford to study Law, Business or Pre-Med. David recalled how he, at a young age, wanted to make a positive impact on others. His first thought was to become a Super Hero, but, as he gained knowledge, he saw this was not possible. Still, he persisted, studying what made people happy he and noticed that little babies invariably made us laugh. He concluded that babies were born to smile and that smiling was the universal



act that brought happiness to everyone as proven by science. Like a contagious disease, the act of smiling brings happiness to others. David showed that smiling also conformed to the 4-Way Test and had all the elements of Truth, Fairness, Goodwill and Benefit to others. He concluded by challenging all Rotarians to smile as often as possible to help spread happiness.

Our final contestant was Sarah Rutzen of Maranatha who is on the varsity Tennis team, the National Hispanic Honors Society and the Ambassadors Club. Her pursuits outside of school include cooking and creative writing. Rutzen's father is a school professor and teacher for inmates in the Los Angeles jail system. She described how many inmates prefer jail to being out in society because jail offers shelter, food and a steady routine. When inmates are finally out of jail, they often cannot find jobs (40 to 60%), often return to their previous



gang life or find themselves homeless — the San Francisco and Los Angeles rates of homelessness are between 30 and 50 percent. Rutzen described the efforts of Father Greg Boyle, founder of Home Boy Industries to provide jobs and help for those who have just left jail and are looking for a new life. Tattoo removal, job training, legal help and help with mental health, substance abuse and domestic violence issues are the Home Boy tools for erasing the societal stamp on former jail inmates. Rutzen showed how the Home Boy approach followed all the elements of the 4-Way Test and concluded by stating that we needed a torch, not a candle to deal with this issue and that the Home Boy model upheld the ideals of her father and the Rotary 4-Way Test.

Our Club thanks Keven Moore for another outstanding program and to all the contestants — each and every one a winner with a bright future ahead. And for those of you who keep score, Joshua David was our club winner and will go on to the next round of 4-Way Test competition, with Sarah Rutzen as our runner-up — our congratulations to both. Mike Zoeller ○

Type Talks

The next time you decide to set up your business card, here are some things you may wish to consider.

• **What your name looks like in a particular font** — Your name and the name of your company will look different, depending on the font you choose. Let's say your name is Quintin Jones. Here is how it looks in different

fonts. You probably want to see it in 18 point — at least at first.

Quintin Jones

QUINTIN JONES

Quintin Jones

QUINTIN JONES

Quintin Jones

QUINTIN JONES

Quintin Jones

QUINTIN JONES

Quintin Jones

QUINTIN JONES

And then you will want to see how the name of your company looks in different fonts

• **The design of numbers** — Remember that, on business cards, numbers are small, and it is a good thing to be able to distinguish 3 5 6 8 9.

Let's see what these numbers look like in various fonts at 7-point type.

35689 35689 35689 35689

Now lets look at these numerals at 12-point type so you can see them more clearly, and you'll see what I mean.

35689 35689 35689 35689 ○



FEBRUARY 28

FROM 9 AM TO 12 PM

Glendale Sports Complex - Catalina Verdugo Trail

\$20/Person Entry Donation

Lobos Food Truck

Live Music by Major Minus Band

Bring your family

Pets are welcome, too!

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