

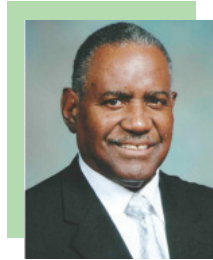
July 02, 2015

This Week Club Assembly The Plans for the Coming Year Guest Program Host: Steve Cunningham

This week is a very important week of our Rotary year. Club Assembly is a semi-annual event, with the first one taking place at the first meeting of the new Rotary year in July, and the second one taking place on the first meeting in January.

At this time of the year, our incoming president — Steve Cunningham — will be telling us about his plans for the upcoming year. Some incoming presidents have the committee chairs and the officers also speak about the coming year. Your editor has not heard which plan will be followed.

If you are interested in becoming more active in the club, this is a great meeting to attend. The officers and chairs will at least be introduced, and you can make a mental note to contact that person at a later date through email or phone. You can find both contacts in RoadRunner. To make things easy, we have put a direct link to RoadRunner on our website: <www.altadenarotary.com>. ○



Quietly Quick
by Steve Cunningham, President

Where You Go, There You Are

The significance of this statement is that it can teach you to stop constantly wishing you were somewhere else. We tend to believe that if we were somewhere else e.g., on vacation, with another partner, in a different career, or a different home, somehow we would be happier and more content.

However, the truth is, if you have destructive mental habits, get annoyed and bothered easily, feel angry and frustrated or are wishing things were different, these identical tendencies will follow you wherever you go. And the reverse is also true. If you are a generally happy person who rarely gets annoyed and bothered, then you can move from place to place ... person to person ... with very little impact.

Something wonderful begins to happen with the simple realization that life, like an automobile, is driven from the inside out not the other way around. As you focus more on becoming more peaceful with where you are, rather than focusing on where you would rather be, you begin *to find peace right now*. Then, as you move around, try new things and meet new people, you carry that sense of inner peace with you. It's absolutely true

that *Wherever You Go, There You Are*.

Breathe Before You Speak

This simple strategy has had remarkable results for virtually everyone I know who has tried it. The almost immediate results include increased patience, added perspective and, as a side benefit, more gratitude and respect from others.

The strategy itself is remarkably simple. It involves nothing more than pausing and breathing after the person to whom you are speaking is finished. The time gap between your voices may seem like an eternity, but, in reality, it amounts to only a fraction of a second of actual time.

You will get used to the power and beauty of breathing, and you will come to appreciate it as well. It will bring you closer to — and earn you more respect from — virtually everyone with whom

Please turn to Quietly, p. 4

Greeters

July 02

Boyd Hudson

July 09

Ed Jasnow

July 16

Julius Johnson

Program Review

Services of the American Red Cross



Last Thursday (June 25), Mark Stapf — who has given 30 years of service to the American Red Cross — spoke about the involvement and doings of the American Red Cross.

Stapf explained that the works of the American Red Cross impacts lives every day. Even though you don't hear about it on the news, the American Red Cross is



assisting people every day.

The services of the American Red Cross include: 1. Disaster, 2. Blood, 3. Preparedness, Health and Safety, 4. International Services and 5. Services to the Armed Forces. Mandated services of the American Red Cross, include disaster, blood and service to the Armed Forces.

The American Red Cross is now concentrating their efforts on their Home Fire Preparedness Campaign. The mission of the American Red Cross is to alleviate human suffering in the face of emergency. There is constant risk of home fires that affect people. The American Cross efforts are to try and prevent the fires. Last year, the American Red Cross responded to over 60,000 home fires. Staff members

of The American Red Cross are installing smoke detectors to help prevent injuries and even death. They are targeting the areas that are the most underserved. The American Red Cross will canvas these areas and install smoke detectors for free.

Next is planning. The American Red Cross are preparing escape plans to help save lives. The American Red Cross are also engaging youth to train for what to do in the case of a fire.

Prepare SoCal 2.0 is a program established by the American Red Cross. Prepare SoCal 1.0 was designed for how the American Red Cross was prepared. 2.0, now focuses on the communities that are the most vulnerable. El Monte and South El Monte are the areas that they are focusing on now. The American Red Cross wants the people in these communities to be prepared.

Stapf also discussed personal preparedness and how we can prevent and be prepared in the case of an emergency. First, make a kit. Water is the most important.

Please turn to Program, p.3

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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

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Gary Clark • and 2 others

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Jacque Foreman Acting Publicity

Jacque Foreman Sparks/Website

Mike Zoeller Club Projects

To be Announced Community

John Frykenberg International

To be Announced Youth Contests/Awards

To be Announced Youth Projects

Ray Carlson Vocational

To be Announced Asst. Vocational

Craig Cox Membership

Editor, Design & Typesetting Foreman Graphics

Photography Jacque Foreman

July No Designation

Program Chair, Charles Wilson

July 02 - Club Assembly - Guest Program

Chair, Steve Cunningham, President

July 09 - To be Announced

July 16 - To be Announced

Congratulations



Birthdays



06/03 - Kathleen Ann Fennel

0608 - Theo Clarke

06/12 - Tom McCurry

06/17 - Gary Clark

06/20 - Dotty Clark

6/23 - Margarita Figueroa

06/28 - Phyllis Soza



Anniversaries



06/05 - Mike Noll & Wendy Davis

06/18 - Charles & Regina Wilson

Rotary Youth Programs



We have come to the end of our Rotary year under President Hal. This past year one of the our great achievements under Youth Programs has been the re-establishment an Interact Club at Pasadena High School (PHS). For those new to Rotary, an Interact Club is like a mini-Rotary Club in a local high school. It is sponsored by an area Rotary Club. However, each Interact Club is run by the students themselves under the supervision of a teacher at the school volunteering his or her time each week.

Our Altadena Rotary Club sponsored an Interact Club for many years at Pasadena High School. In fact the first student President of that Interact Club was one of President Hal's daughters, Colleen Yorke. Over time the PHS Interact Club faded away as members graduated. So this year a new Interact President stepped up to get Interact going again at PHS. Her name is Mary Mejia. The teacher giving up his lunch break each week was Mr. Osvaldo Mejia. Osvaldo visited our Club earlier this year, and some of you may have met him.

Interact President Mary advises that this past year she and her fellow Interact members did preliminary work on a canned food drive, did a day of Salvation Army Kettle bell ringing and worked at bringing down lights on Christmas Tree Lane. In addition they participated in Pennies for Patients in which they made donation boxes for each classroom, collected them after two weeks and used the

funds raised to help leukemia patients.

The good news is that since they will be around for another year, Mary and the other members of the Interact board have decided to keep their board the same next school year as it was this year. This will be particularly valuable in keeping the same team involved in

re-establishing Interact at Pasadena High School. Although Mary and other Interact board members were unable to join us at one of our meeting this past year, we hope to arrange a time for them to visit us in the new school year.

Let me take this opportunity on behalf of all of the members of our Rotary Club of Altadena to thank Mary Mejia and all of the members of her Interact Board and all of the other members of the PHS Interact Club for all of their hard work this past year helping their community. My thanks also to Osvaldo Mejia for sacrificing his weekly lunch breaks to supervise the Interactors — a great example of service

above self.

The second youth program I have been involved in this past year has been our Rotary Youth Leadership Awards program known as RYLA. This program involves our Club sponsoring four (4) high school juniors, two (2) boys and two (2) girls, from John Muir High School to attend a week-end leadership development program. We could not do this program each year without the valuable assistance of Muir counselor, Dr. Nancy Gonzalez Heusser. Each year Heusser finds Muir juniors with a potential for leadership. Then members of our Club conduct interviews of these kids and select the most outstanding boys and girls to send to RYLA. Thank you also go to Mike Zoeller and John Casci for their help in selecting our RYLA candidates this year, and to Dr. Nancy Gonzalez Heusser for her efforts again this year in again finding us so many outstanding high school juniors from which to select our four (4) RYLA candidates. ○

Program

Continued from p.2

Second, have a plan. Finally, third, get the training. Kits should be established at the home, work and cars. Kits should consist of 1. Water, 2. Food, 3. First Aid supplies, 4. Radio, 5. Hygiene (baby wipes), 6. Care for pets, 7. Clothes, 8. Fire extinguisher, 9. Entertainment (something to pass the time), 10. Medication and 11. Cash (\$100.00 in small bills).

Next have a plan. The plan should consist of evacuation routes. Talk and

rehearse the plan to make it efficient. And last, work with your neighbors. Don't try to do it all yourself.

Finally, training. The American Red Cross suggests taking a class. Such organizations that offer classes are the redcross.org, FEMA.gov and preparesocal.org.

In closing, Mark Stapf gave advice that, in the case of an emergency, once it has passed, we need to try as much as possible to return to normal. John Casci ○

With Love for All

An abbreviated history of an American Institution

Guest speaker, Mendel Hill, told the club he is witting on the Civil Rights Movement from the perspective of a northern born and raised African American. Mendel met with club member, Rev. Gary Clark, to secure the following information for his research and writing. Rev. Clark is a fifty-year ordained American Baptist minister.

God says, "Love your neighbor as yourself." *Leviticus 19:18*

The United States of America is made up of immigrants from European, Asian, African, and Latin countries, many seeking freedom of religion.

In 1638 Roger Williams founded the First Baptist Church in Providence, Rhode Island, focusing on freedom. Baptists grew rapidly throughout the colonies with faith based on the Bible and respect for all people. They believed then and believe now that God created man in *His image and likeness*, and all people should be loved.

American Baptists believe the practice of slavery violates the Biblical principle. Therefore, the Baptists opposed slavery in early America. Church leaders and members fought diligently for the abolition of slavery, along with buying slaves freedom with church offerings.

Members of American Baptist Churches fought in the Union Army toward freeing the slaves throughout the Civil War. With the Emancipation Proclamation of 1863, 3.5 million slaves were freed with little prospect of income, education and property ownership.

Because of this lack of opportunity, American Baptist Churches established 27 educational institutions of higher learning for the newly freed blacks, including Morehouse College in Atlanta in 1865, Spellman College in Atlanta, 1881, Benedict College in Columbia, SC in 1870, Shaw University in Raleigh, NC 1865, Virginia Union University, Richmond, VA

in 1899, and Florida Memorial College, Miami, FL 1879. Today there are 16 colleges and universities and 11 graduate schools serving the American Baptist education of African Americans.

In addition, there are 1,200 black American Baptist churches across the United States. The history of American Baptists and the black church provide a rich legacy of faithful witness to the Gospel and to "*Love your neighbor as yourself.*"

The American Baptist black church of the 21st century is ethnically diverse, being composed of African-American, Caribbean and Haitian members. They make up 40 percent of the American Baptist worshipping community. The 1.3-million members and 5,200 congregations of American Baptist Churches USA is the most racially inclusive body within Protestantism and will, within the next few years, be composed of no racial/ethnic majority group. ○

Quietly

Continued from p. 1

you come in contact. You will find that being listened to is one of the rarest and most treasured gifts you can offer. All it takes is attention and practice.

If you observe the conversations around you, you will notice that often what many of us do is simply wait for our chance to speak. We are not really listening to the person, but simply waiting for an opening to express our own view. We often complete other people's sentences or say things like "yeah, yeah" or "I know" very rapidly urging them to hurry up so that we can have our turn. It seems that talking to one another is sometimes more

like sparring back and forth like fighters than it is enjoying or learning from the conversation.

This harried form of communication encourages us to criticize points of view, overreact, misinterpret meaning, impute false motives and form opinions all before our fellow communicator is finished speaking. No wonder we are so often annoyed, bothered and irritated with one another. Sometimes — with our poor listening skills — it's a miracle that we have any friends at all.

I spent most of my life waiting for my turn to speak. If you are at all like me, you

will be pleasantly amazed at the softer reactions and looks of surprise as you let others complete their thought before you begin yours. Often you will be allowing someone to feel *listened to* for the very first time. You will sense a feeling of relief coming from the person to whom you are speaking ... a much calmer and less rushed feeling between the two of you. No need to worry that you won't get your turn to speak.

And it will be more rewarding to speak because the person you are speaking to will pick up on your respect and patience and will begin to do the same. ○



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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