

Rotary Club of Altadena

Sparks

OFF THE ROTARY WHEEL
AN AWARD-WINNING NEWSLETTER



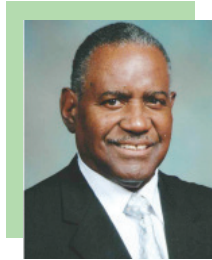
July 09, 2015

This Week

It's a Mystery Come to the Meeting and Find Out Program Host: Kimmit Haggins

Sometimes it happens this way. Our Program Host plans for a specific speaker and asks that speaker for information about him/herself and the topic of the program. But the information never arrives.

Such is what has apparently happened this week. Unfortunately, it is now way past deadline, and *Sparks* must be put to bed. As Editor, I regret to tell you that I don't know who will be speaking on the topic of the program.



Quietly Quick

by Steve Cunningham, *President*

Where Beliefs are Born

Your beliefs are fostered from birth by your parents and teachers, other kids, and the evaluations you make from experience.

Reading, writing, self-talk, and watching television also influence your beliefs, which, in turn, create and created all your habits that are now mostly on autopilot and are run by your subconscious.

You have beliefs about what kind of person you are intellectually, morally, and spiritually. You have literally thousands of self-mages in various areas of your life. All of them are illusions based merely on belief, yet they feel so real. Your self-mage is what you — at your deepest level — believe to be true about yourself. After all, you've gotten enough proof over the years haven't you? It takes some serious reprogramming to combat all that *evidence*. Don't get caught between who you really are and some of the results you've been getting. Be bold enough and smart enough to see past where you are right now and take hold of what's rightfully yours.

Two people can have the exact same experience, such as going really fast down a roller coaster. One loves it and the other is petrified. Do you think that one per-

son may end up with a belief that roller coasters are scary while the person next to him ends up with a belief that coasters are exhilarating? You bet! Different people form absolutely opposite beliefs about all kinds of experiences all the time. Which beliefs are true? Neither. Or both. But the real question is which beliefs will get you where you want to go in life. *You get to chose.*

When a plane leaves any airport, even after the pilot puts in the coordinates of the final destination, the flight path must be continuously monitored and adjusted to keep the plane on course. Due to winds, weather, or other conditions, the plane will normally and constantly stray from the flight plan. Then it's up to the pilot to bring it back on course. That's why

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Greeters

July 09

Ed Jasnow

July 16

Julius Johnson

July 23

Sterling Louviere

Program Review

The Coming Rotary Year As President Steve sees It



The Rotary Club of Altadena met last week inside the San Gabriel Valley Council's, Smiser Scout Service Center for their annual Club Assembly. This meeting is held every year to review the accomplishments of the previous year and hear from the new President which, in this case, is Steve Cunningham. President Steve welcomed the 20+ Rotarians in attendance

and thanked them for all that they do as Rotarians throughout each Rotary year.

As a special treat, Craig Cox inducted a new member to the club, Dave Campbell (Dentist), who has agreed to become a Rotarian. He will begin working on the requirements to earn his white badge immediately.

President Steve welcomed Campbell to the club and then introduced his new Officers and Board of Directors which are listed below:

Officers

- PresidentSteve Cunningham
- Vice PresidentHal Yorke
- Secretary Steve Kerekes
- TreasurerMike Noll
- President Elect..... Charlie Wilson

Board of Directors:

- John Casci • Gary Clark
- John Frykenberg • Steve Kerekes
- Tom McCurry • Mike Noll
- Charlie Wilson

As time for the meeting had run short, we were not able to hear from any of the chairman from last year. However, President Steve shared his vision for the future of the club during the 2015-2016 year.

He began by instilling in those in attendance that he has complete confidence and believes that, with the talents and knowledge of the members of our club,

we can accomplish anything that we have as a goal or put our minds too.

With that said,

he would like to try a new vision with regards to how the club operates on a monthly basis. Our club has about thirty active Rotarians. He would like to divide our club up into six groups of five Rotarians each and have us twice a year handle the weekly program speakers, meeting ceremonies (flag, song, inspiration, etc.). He is currently working on dividing us all into these six groups and will announce at an upcoming meeting who we will be working with moving forward. This approach has worked in other clubs in our district and has instilled a level of competition among the teams. This in President Steve's eyes is a win-win, and our local communities, nation and world will benefit from what we accomplish over this next year.

Charles Wilson ○



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
2990 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

Directors

Tom McCurry • Mike Noll
Steve Kerekes • John Frykenberg
John Casci • Gary Clark • Charles Wilson

Chairmen

Charles Wilson Administration
David Smith Foundation
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
Craig Cox Membership

Editor, Design & Typesetting.....Foreman Graphics
Photography..... Jacque Foreman

July No Designation

Program Chair, Kimmit Haggins

- July 09 - To be Announced
- July 16 - To be Announced
- July 23 - To be Announced
- July 30 - To be Announced

Congratulations



Birthdays

- 07/08 - Regina Wilson
- 07/27 - Tony Hill



Anniversaries

- 07/01 - Bill & Ruth Reeder
- 07/15 - Craig & Susan Cox



Thanks for the Memories



As we begin a new Rotary year under President Quick, I'd like to look back and thank everyone who participated in our various community projects during the 2014 – 2015 service period. The Community committee's plan to organize the club into 3 teams — each team to plan and execute a community project in a season (Fall, Winter, Spring) was a success. We have moved from a *check writing club* to a *hands on club*. In addition to the above projects, the

Concerts in the Park (Summer) raised our image in the community while also raising funds for our operating budget. We were also able to improve our flag display on Lake Avenue, doubling the hardware.

Thanks also to those that took on the task to chair their seasonal teams – Charlie Wilson (Camp Trask project); Mike Noll (ACCC Play house project); Charlie Wilson and Steve Kerekes (Relay for Life); Mike Zoeller and Ed Jasnow (Summer Concerts). In addition to our intrepid chairs my thanks to the members who continue to live *service above self* and whose

willingness to engage made these efforts possible. These include David Smith, Tony Hill, Steve Cunningham, Jacque Foreman, Kimmit Haggins, and Tom McCurry.

I am excited that we are already up and running on projects for the new Rotary year. The Concerts in the Park will begin on July 11. Please sign up on Club Runner or by contacting Mike Zoeller. Mike Noll is already planning a Fall project. He will be contacting his committee soon. John Casci has agreed to chair the Winter project team.

Keep up the good work. ○

Quietly

Continued from p. 1

knowing the final destination is so critical.

Likewise, once you make up your mind to create the life of your dreams, it's up to you to stay on course despite the conditions. Your beliefs about how you handle adversity and challenges will determine what you do in times of stress.

The most important point to remember is that your self-image and your beliefs are not fixed. You can change your self-image and beliefs whenever you choose. We had no choice about the beliefs that were instilled in us by teachers, parents, and so on — they just gave us their best — but, now that we are adults, we can choose the beliefs that will move us in the direction of our dreams.

If you were a computer programmer and the program you created wasn't doing

what you wanted it to do, what would you do. You'd change it, wouldn't you? Your life programs should be no different. The key for you is to continuously evaluate your results, which tell you what the program is doing. Some of your programming was good for you when you were a kid or when you were in another job, but not necessarily the right thing for you if seek to grow and have more than you

currently do.

There are innumerable ways to change your programming, from psychotherapy to neuro-linguistic programming to a whole host of other complicated-sounding techniques. I offer you one simple method that applies the same principle these more sophisticated reprogramming procedures do: Bombard your subconscious. ○

> > **NEXT BOARD MEETING** < <

TUESDAY, JULY 14, AT 6:30p
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>

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

Thank You to our generous sponsors



Rotary Club
Of Altadena



Georgia Rutherford
In Memory of
Don Rutherford

