

This Week

Tony Phillips, CPA
 Partner at Phillips &
 Company, a Certified
 Public Accounting firm
 in Pasadena
 Program Host:
 Sue Applegate

Tony Phillips will be discussing how you sell an investment property, re-invest the proceeds in a replacement investment property and defer the federal and state tax. He practices in the areas of federal, state and local tax compliance for individual, partnership, corporation and fiduciary taxpayers.



Phillips is also the founder and president of Downstream Exchange Company, which has acted as an accommodator in thousands of 1031 delayed tax deferred exchanges.

He received his Bachelor of Science degree in Accounting from Drexel University in Philadelphia, Pennsylvania, a Masters of Business Administration in Finance and a Masters of Business Taxation degree from the University of Southern California in Los Angeles. He

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Eight Tips for Fighting Back against Sitting Disease

Taken from Adult Fitness by Jeff Csatari – May-June, 2014, Scouting Magazine

Y*ou might want to stand up for this news: Sitting too much is almost as bad for your heart as smoking cigarettes.*

That's the conclusion of many researchers who linked our sedentary lifestyle and, in particular, long periods of sitting, with such health problems as diabetes, high blood pressure, obesity and heart disease.

Just how much are we sitting? Different studies have revealed that the average American now spends between 7.7 and 11 hours sitting on a daily basis. Where do you fit on the sitting spectrum? Estimate your personal *on-your-rear* time using the sitting calculator at juststand.org.

In one study published in *Medicine & Science in Sports & Exercise*, researchers compared the sedentary behavior of 17,000 Canadians with mortality statistics for 12 years and found that people who spent most of their time sitting had a 54 percent higher risk of mortality from all causes (except cancer) than people who hardly sat during the day.

"Sitting for more than three hours a day can shave a person's life expectancy by two years," says Peter T. Katzmarzyk, PhD, associate executive director for preventive medicine and healthy aging at Pennington Biomedical Research Center in Louisiana, and one of the principal investigators in the above-mentioned study. And who doesn't sit for more than three hours a day?

One of the more surprising findings from that study showed that regular exercise might not be enough to reduce the dangers of sitting for long periods every day. Thirty minutes of running on a treadmill is a drop in the bucket in comparison to 11 hours

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Greeters

December 15
 Mike Zoeller

December 22

Christmas party - Evening Event

December 29

No Meeting, Dark

Program Review

Homeopathic Treatments as an Alternative to Traditional Medicine



One of the benefits of being a member of the Rotary Club of Altadena is the weekly programs and speakers that are offered. Many times the club is host to individuals who are pursuing new or alternative careers. That was the case this past

Thursday when the club was host to Mary Nuñez, a former registered nurse, who is now working in a new field for her: the practice of homeopathy.

Nuñez became interested in the field, when her daughter was experiencing a number of persistent health problems that defied conventional treatment. These problems included numerous colds, acid reflux and regurgitation, which interfered with her normal childhood. Some traditional medical treatments were helpful, but others were not, so Nuñez turned to alternative remedies and consulted with homeopathic practitioners for treating her daughter. As a result of this consultation and using the treatments offered by the homeopathic practitioners, her daughter found relief, she had fewer colds and her stomach acid was reduced.

Nuñez started to investigate homeopathy as a career option for herself. She attended a local homeopathic school in southern California and graduated in June 2016 and has been working at a clinic in Glendale. She describes homeopathy as a system of alternative medicine created in 1796 by Samuel Hahnemann, a German physician. Homeopathy is based on his doctrine of



like cures like. This is the belief that a substance that causes the symptoms of a disease in healthy people would cure similar symptoms in sick people.

Homeopaths generally begin with a detailed examination of their patients' history, including inquiries regarding their physical, mental and emotional states, and their life circumstances. From these symptoms, the homeopath chooses how to treat the patient

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Rotary Club of Altadena - #7183

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www.altadenarotary.com

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December

Disease Prevention & Treatment

Program Chair, Susan Applegate

December 15 - Anthony (Tony) Phillips - Requirements, etc. to complete a tax-deferred exchange

December 22 - Christmas Party - Evening event

December 29 - Dark - No Meeting

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 this month

RI Foundation Educational Programs



The Rotary International Foundation has/had several Educational Programs. They are:

Scholarships

Founded in 1947, the Ambassadorial Scholarship Program was the largest non-governmental and most international scholarship program in the world. Scholars studied in a country other than their own where they served as unofficial ambassadors of goodwill. Over 37,000 scholars from some 110 countries received scholarships at a cost of almost US\$446 million. The program ended in 2013. Scholarships are now funded by district and global grants and

are offered directly through Rotary clubs.

Group Study Exchange

These annual awards are made to paired Rotary districts to provide travel expenses for a team of non-Rotarians from a variety of vocations. Rotarians host and organize a four- to six-week itinerary of educational and cultural points of interest. Since 1965, almost 48,000 individuals in more than 11,000 teams from more than 100 countries have participated at a cost of US\$85 million.

Rotary Peace Fellowship

Up to 100 fellows are selected every year in a globally competitive process based on personal, academic, and professional achievements. Fellows earn a master's-level degree or a professional development certificate in peace and conflict studies at any one of six Rotary Peace Centers at leading

universities in Australia, England, Sweden, Japan, the United States and Thailand.

Rotary Grants

For University Teachers: Awards to faculty members to teach in a developing nation for three to ten months. Since 1985, 377 university teachers have shared their expertise with a college or university in a developing country. As of 1 July 2009 the Foundation has discontinued this program.

Program

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using the literature and remedies available to the homeopath. The treatments often involve dilutions in which a chosen substance is repeatedly diluted in alcohol or distilled water, each time with the containing vessel being struck against an elastic material. The result is that very few molecules of the original substance remain. Some preparations involve poisons such as Belladonna, arsenic and poison ivy which are highly diluted in the preparation.

Homeopathy is not without controversy. There have been instances of arsenic

poisoning that have occurred after the use of arsenic-containing homeopathic preparations. The FDA has issued safety alerts warning against the use of some homeopathic products. The World Health Organization has warned against using homeopathy to try to treat severe diseases such as HIV and malaria.

The message from Mary Nuñez is that there may be situations where homeopathic treatments can offer relief to health issues where conventional treatments have not been effective. Boyd Hudson ○

This Week

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is a Certified Public Accountant in the State of California and maintains memberships in the *American Institute of Certified Public Accountants* and the *California Society of Certified Public Accountants*.

Committed to the community in which he lives and works, Phillips has served in many community organizations. He has been a member of the *Pasadena Tournament of Roses Association*; is past president of the *Rotary Club of Pasadena*, the *Pasadena Arts Council* and the *Pasadena Symphony*; and was a member of the *City of Pasadena Fire and Police Retirement Board* from 1990-1992.

He has also given of his time to the *Eastside Boy's Club*, *Pasadena Child Guidance Clinics* and as treasurer for the *Pasadena Chapter of the California Institute for Cancer Research*. Currently, he serves as secretary-treasurer of the *Pasadena Wine and Food Society*. ○

Scout's

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in a chair.

So what can you do if you're already exercising regularly but have a job that keeps you *chair-bound*? The answer is in getting more *NEAT* everyday, or Non-Exercise Activity Thermogenesis. NEAT is the energy you expend for everything you do that's not sleeping, eating or doing formal exercise or sports.

Turbo-charging your NEAT will help you burn extra calories throughout the day, protecting against obesity and other diseases. Here's how to start.

1. Set an alarm. Program your smart phone to remind you to get out of your chair every half-hour or hour.
2. Walk the talk. Whenever you place a call or answer your phone, automatically stand up and take a walk. Even if you have a desk phone, you can at least stand

up.

3. Meet outside. Have a meeting scheduled for one or two people? If it's a nice day, conduct your discussion during a walk outside. It'll bring energizing oxygen to the brain.
4. Move the printer. If you have a wireless printer next to your computer, move it to another room to force yourself to stand and walk to retrieve your print jobs. Store your stapler, tape or files out of arm's reach so you have to stand to access them.
5. Park in Siberia. Every time you go to work, park in the farthest spot from the front door to force yourself to take extra steps for the round trip.
6. Drink more water. Resolve to drink more water every day this year. Not only is drinking more than eight glasses a

day great for general health, getting up to go to the water fountain and again during frequent trips to the bathroom will help you expend more NEAT calories.

7. Make commercials count. Use your TV time to do a little bit of exercise or stretching. Use time-outs during football games or commercials during a sitcom to knock out 15 pushups or 20 jumping jacks, or simply to stand and march in place. Better yet, turn off the tube and challenge your family to a physically active game.

8. Buy a stand-up desk. Many companies are fitting desktops with devices that hold computer screens and keyboards so employees can do traditional desk work while standing. Some units like Ergotron's WorkFit Sit-Stand Workstation are height-adjustable on a sliding track, which allows for quickly lifting your computer and keyboard from a seated to standing configuration. Even more effective at bringing movement to sedentary occupations are treadmill computer workstations that allow employees to walk while they type.

By combining a handful of these strategies, you can reasonably turn a typical day of sitting into an active event that burns more fat calories over the course of your waking hours than a 30-minute kickboxing class at the gym. Pretty NEAT, huh? ○

A Letter from Michael

I heard this letter read on Christmas night last year and decided to share it with all of you again this year. I don't know about you, but I want the letter to be true because I want to believe in miracles and angels. If you have heard it and wanted a copy, feel free to share this copy that I found on the internet. If you think the letter could not be true and do not and/or do not want to believe, that's ok, too.

Jacque Foreman, Sparks Editor

There's a story about a young Marine named Michael who wrote a letter home to his mother while he was in the hospital after having been wounded in Korea in 1950. A Navy Chaplain named Father Walter Muldy apparently was given the letter, checked the facts and concluded what was in the letter was true. A year later he read the letter in the public for the first time, to a gathering of some 5,000 Marines at the Naval Base in San Diego. Here is the letter:

Dear Mom,

I wouldn't dare write this letter to anyone but you because no one else would believe it. Maybe even you will find it hard but I have got to tell somebody. First off, I am in a hospital. Now don't worry, ya hear me, don't worry. I was wounded but I'm okay you understand. Okay. The doctor says that I will be up and around in a month.

But that's not what I want to tell you.

Remember when I joined the Marines last year; remember when I left, how you told me to say a prayer to St. Michael every day. You really didn't have to tell me that. Ever since I can remember you always told me to pray to St. Michael the Archangel. You even named me after him. Well I always have.

When I got to Korea, I prayed even harder. Remember the prayer that you taught me? "Michael, Michael of the morning, fresh chord of Heaven adorning," you know the rest of it. Well I said it everyday. Sometimes when I was marching or sometimes resting. But always before I went to sleep. I even got some of the other fellas to say it.

Well, one day I was with an advance detail way up over the front lines. We were scouting for the Commies. I was plodding along in the bitter cold, my breath was like cigar smoke.

I thought I knew every guy in the patrol, when along side of me comes another Marine I never met before. He was bigger than any other Marine I'd ever seen. He must have been 6'4" and built in proportion. It gave me a feeling of security to have such a body near.

Anyway, there we were trudging along. The rest of the patrol spread out. Just to start conversation I said, "Cold ain't it." And then I laughed. Here I was with a good chance of getting killed any minute and I am talking about the weather.

My companion seemed to understand. I heard him laugh softly. I looked at him, "I have never seen you before, I thought I knew every man in the outfit."

"I just joined at the last minute", he replied. "The name is Michael."

"Is that so," I said surprised. "That is my name too."

"I know," he said and then went on, "Michael, Michael of the morning ..."

I was too amazed to say anything for a minute. How did he know my name, and a prayer that you had taught me? Then I smiled to myself, every guy in the outfit knew about me. Hadn't I taught the prayer to anybody who would listen. Why now and then, they even referred to me as St. Michael. Neither of us spoke for a time and then he broke the silence.

"We are going to have some trouble up ahead."

He must have been in fine physical shape or he was breathing so lightly I couldn't see his breath. Mine poured out in great clouds. There was no smile on his face now. Trouble ahead, I thought to myself, well with the Commies all around us, that is no great revelation. Snow began to fall in great thick globs. In a brief moment the whole countryside was blotted out. And I was marching in a white fog of sticky particles. My companion disappeared.

"Michael," I shouted in sudden alarm.

A Letter from Michael continues on the next page

A Letter from Michael, continued

I felt his hand on my arm, his voice was rich and strong, "This will stop shortly."

His prophecy proved to be correct. In a few minutes the snow stopped as abruptly as it had begun. The sun was a hard shining disc. I looked back for the rest of the patrol, there was no one in sight. We lost them in that heavy fall of snow. I looked ahead as we came over a little rise.

Mom, my heart stopped. There were seven of them. Seven Commies in their padded pants and jackets and their funny hats. Only there wasn't anything funny about them now. Seven rifles were aimed at us.

"Down Michael," I screamed and hit the frozen earth.

I heard those rifles fire almost as one. I heard the bullets. There was Michael still standing. Mom, those guys couldn't have missed, not at that range. I expected to see him literally blown to bits. But there he stood, making no effort to fire himself. He was paralyzed with fear. It happens sometimes, Mom, even to the bravest. He was like a bird fascinated by a snake. At least, that was what I thought then. I jumped up to pull him down and that was when I got mine I felt a sudden flame in my chest. I often wondered what it felt like to be hit, now I know..

I remember feeling strong arms around me, arms that laid me ever so gently on a pillow of snow. I opened my eyes, for one last look. I was dying. Maybe I was even dead, I remember thinking well, this is not so bad. Maybe I was looking into the sun. Maybe I was in shock. But it seemed I saw Michael standing erect again only this time his face was shining with a terrible splendor. As I say, maybe it was the sun in my eyes, but he seemed to change as I watched him. He grew bigger, his arms stretched out wide, maybe it was the snow falling again, but there was a brightness around him like the wings of an angel. In his hands was a sword. A sword that flashed with a million lights. Well, that is the last thing I remember until the rest of the fellas came up and found me. I do not know how much time had passed. Now and then I had but a moment's rest from the pain and fever. I remember telling them of the enemy just ahead.

"Where is Michael," I asked.

I saw them look at one another. "Where's who?" asked one.

"Michael, Michael the big Marine I was walking with just before the snow squall hit us."

"Kid," said the sergeant, "You weren't walking with anyone. I had my eyes on you the whole time. You were getting too far out. I was just going to call you in when you disappeared in the snow."

He looked at me, curiously. "How did you do it kid?"

"How'd I do what?" I asked half angry despite my wound. "This marine named Michael and I were just ..."

"Son," said the sergeant kindly, " I picked out this outfit myself and there just ain't another Michael in it. You are the only Mike in it."

He paused for a minute, "Just how did you do it kid? We heard shots. There hasn't been a shot fired from your rifle. And there isn't a bit of lead in them seven bodies over the hill there."

I didn't say anything, what could I say. I could only look open-mouthed with amazement.

It was then the sergeant spoke again, "Kid," he said gently, "every one of those seven Commies was killed by a sword stroke."

That is all I can tell you Mom. As I say, it may have been the sun in my eyes, it may have been the cold or the pain. But that is what happened.

Love, Michael

*This may be the prayer referred to in the letter**

Michael, Michael, of the morning,
Fresh chord of Heaven adorning,
Keep me safe today
And in time of temptation,
Drive the devil away.

**It is said that this prayer must be prayed upon rising every morning.*

Second Saturday Concerts

Second Saturday's *(mostly)* from 6:30 to 8:30 pm

Listen to great music as you sip beer and wine from The Ale House; savor grilled eats from El Patron; and sample delectable desserts from Sweeter Than Honey.



Kenny Sara and the Sounds of New Orleans returning to the Altadena Library playing New Orleans music along with various other styles and favorites. Raised in New Orleans, Kenny lives in Altadena with his wife.

www.kkaremusic.com. **November 12**



Young Dempsey Sprinkle in music from the 50s to 80s with dancing and you get that explosive concoction known as Young Dempsey – a band of “dudes” made up of Drewin Young, Josh Jones, Mac Lake and Marc Doten – that bring back that hot-rod nostalgic doo wop and country sound.. **December 3 (First Saturday)**

Todd Washington Trio will entertain with a mix of blues, folk, rock, soul and gospel. The band's lead singer, TMax, has performed with Chaka Kahn, Katy Perry, Earth Wind & Fire, Taj Mahal, Sarah Brightman, Michelle Shocked and other top artists. **January 14, 2017**



Louis Van Taylor Quintet. Louis has performed with Kool and Gang Band and The Gerald Wilson Orchestra. Louis played in June with JazzZone at the Library and it was fantastic – don't miss it! www.plazanoir.com/louis-van-taylor-2/ **February 11**

DeRumba Bringing the sound of the Spanish guitar to the beat of the gypsy rumba – these musicians are AMAZING! www.facebook.com/Derumba **March 11**



Splish Splash Band is an acoustic classic rock, folk 'n blues band made up of Pierce Brochetti and Dolores D'Angelo. They take you through time playing tunes from the '60s to the '90s and all the way to the present with a few originals thrown in the mix. www.Facebook.com/SplishSplashBand. **April 8**



Michael Haggins Band combines funk and smooth jazz with a taste of old school, having been inspired by Stanley Clarke, Isley Brothers, George Duke, Earth Wind & Fire, and many others. www.MichaelHaggins.com **May 13**



600 East Mariposa
Altadena | 626 798 0833
www.AltadenaLibrary.org



*You are cordially invited
to our
Christmas Party*

*Thursday Evening
December 22, 2016*

6:00 to 9:30pm



*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*

