

This Week

Shawn Shakhmalian Head Chef, Altadena's Greek Café

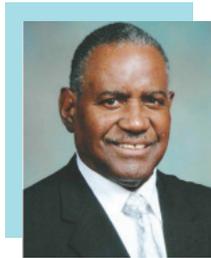
Program Host: Theo Clarke

Altadena has a Greek Café, and Shawn Shakhmalian is its head chef. Shakhmalian is Armenian. He was raised by a Greek family in London. He was immersed in Greek culture, and learned all the Greek recipes from the mom of the house.

Eleven years ago he acquired Nancy's pastry shop in the Rite Aid shopping center in the northwest corner of Altadena Dr. and Lake. His focus at the time was wedding cakes. His creations were so good that he attracted the attention of celebrities such as Martha Stewart, who did a photo shoot of a wedding cake tasting at the Café.

He is the consummate entrepreneur. He saw a need for a restaurant, and created one. 2½ years ago he branched out and converted part of Nancy's pastry shop into a Greek Café. He has separate staffs for the pastry shop and café.

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Quietly Quick

by Steve Cunningham, *President*

The ABCs of Nature

from *The Law of Success in Sixteen Lessons*
 by Napoleon Hill

MOLECULES, ATOMS AND ELECTRONS: To understand both the detail and the perspective of the process through which knowledge is gathered, organized and classified, it seems essential for the student to begin with the smallest and simplest particles of physical matter, because these are the ABCs with which nature has constructed the entire frame-work of the physical portion of the universe.

The molecule consists of atoms, which are said to be little invisible particles of matter revolving continuously with the speed of lightning, on exactly the same principle that the earth revolves around the sun.

These little particles of matter known as atoms, which revolve in one continuous circuit, in the molecule, are said to be made up of electrons, the smallest particles of physical matter. As already stated, the electron is nothing but two forms of force. The electron is uniform, of but one class, size and nature; thus, in a grain of sand or a drop of water, the entire principle upon which the whole universe

operates is duplicated.

How marvelous! How stupendous! You may gather some slight idea of the magnitude of it all the next time you eat a meal, by remembering that every article of food you eat, the plate on which you eat it, the tableware and the table itself are, in final the analysis, but a collection of ELECTRONS.

In the world of physical matter, whether one is looking at the largest star that floats through the heavens or the smallest grain of sand to be found on earth, the object under observation is but an organized collection of molecules, atoms and electrons revolving around one another

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February Team

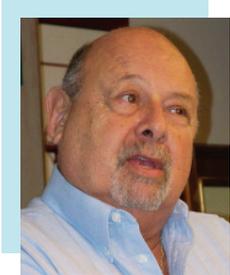
David Alimi • John Casci
 Hal Yorke • Tony Hill
 Ed Jasow

Meeting Responsibilities

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

Program Review

A Very Musical Craft Talk



That's what we got last week from our newest member,

Sarah O'Brien. A professional classical cellist, she started her craft talk playing her cello beautifully. She said she was more comfortable playing than speaking, but then went on to a very interesting talk

using slides of her world-wide concert career.

The cello she was playing was a 180-year old Garoffe, a French cello. The bow she was using was 120 years old, and she described how important the weighting of the bow is. She owns seven cello's, many located around the world.

O'Brien started cello lessons when she was nine years old, after several years learning piano. She grew up in Notting-



ham, England — Robin Hood country and home to the oldest pub in England, established in 1143.

O'Brien studied at a conservatory in England, and was fortunate enough to receive a Fulbright Scholarship, which brought her to USC. There she participated

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Rotary Club of Altadena - #7183

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 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

February World Understanding

Program Chair, Theo Clarke

February 04 - Shawn Shakhmalian, Head Chef, Greek Cafe, Rite-Aid Shopping Center, NW corner, Altadena Dr. & Lake Av.

February 11 - Dan Stover Competition

February 18 - 4-Way Speech Contest

February 25 - Mindy Kittay, Craft Talk

March

Congratulations



Birthdays



02/02 - Julie Gustafson

0208 - Mike Zoeller

02/10 - Julius Johnson

02/16 - Joan Frykenberg

02/16 - Sunny Wu Kerekes



Anniversaries



02/03 - Susan & Don Applegate

02/17 - Mona & Ed Jasnow

From the BBC-Nigeria Boko Haram Militants *Technically* Defeated - Nigerian President Muhammadu Buhari -



Nigeria has “*technically won the war*” against Islamist Boko Haram militants, President

Muhammadu Buhari says.

He told the BBC that the militant group could no longer mount *conventional attacks* against security forces or population centers.

“It has been reduced to fighting with improvised explosives devices (IED) and remained a force only in its heartland of Borno state”, he said.

Boko Haram has been described as one of the world’s deadliest terror groups. Critics of the government argue that it [the Nigerian army] has exaggerated the scale of its success against the militants, and that each time the army claims to have wiped out Boko Haram, the militants have quietly rebuilt.

The group’s six-year insurgency in north-eastern Nigeria has led to the deaths of some 17,000 people, destroyed more than 1,000 schools and displaced more than 1.5 million people.

The president [of Nigeria] says that [the] key to the defeat of Boko Haram is reorganising, retraining and reequipping the army. The Islamist insurgency has kept about one million children out of school

in Nigeria and three neighbouring states, the UN children’s agency said earlier this week

President Buhari has given the army until the end of this year to defeat the group — a deadline that is likely to be extended as Boko Haram is still bombing some areas despite losing towns under its control.

But he told the BBC that the jihadists had been all but driven out from Adamawa and Yobe states, and their way of operating curtailed.

“Boko Haram has reverted to using improvised explosive devices (IEDs),” he said. “Indoctrinating young guys... they have now been reduced to that.

“But articulated conventional attacks on centres of communication and populations.. they are no longer capable of doing that effectively.

“So I think technically we have won the war because people are going back into their neighbourhoods. Boko Haram as an organised fighting force, I assure you, that we have dealt with them.”

Boko Haram has sworn allegiance to [the] Islamic State and often displays its trademark black flag

Only a few days ago, Islamic State, to whom Boko Haram is affiliated, said its West Africa division had launched more

than 100 attacks — killing more than 1,000 people — over the past two months, the Site Intelligence Group, with monitors jihadist websites, reported.

Boko Haram has also broadened its threat to neighbouring countries, around the Lake Chad region. It reportedly killed five people in a raid in Niger earlier this week.

[President] Buhari said that Nigeria had reorganised and reequipped the military, which had received training. ○

This Week

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**From Theo Clarke
Program Chair**

I couldn’t help wondering if Shakhmalian had taken Ray Carlson’s business plan classes in Armenia. I stumbled onto the Greek Café just a week ago when I was headed to Bulgarini’s gelato shop across the way in the same shopping center. I met Shakhmalian and was impressed with his enthusiasm for what he has created in the heart of Altadena. I tried his lentil soup and was blown away. It was awesome.

Don’t miss the Club’s February 4 program by an Armenian entrepreneur who has given the folks of Altadena both a unique pastry shop and a fabulous Greek restaurant. ○

Quietly

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at inconceivable speed.

Every particle of physical matter is in a continuous state of highly agitated motion. Nothing is ever still, although nearly all physical matter may appear, to the physical eye, to be motionless. There is no *solid* physical matter. The hardest piece of steel is but an organized mass of revolving molecules, atoms and electrons. Moreover, the electrons in a piece of steel are of the same nature, and move at the same rate of speed as the electrons in gold, silver, brass or pewter.

The eighty-odd forms of physical matter appear to be different from one another, and they are different, because they are made up of different combinations of atoms (although the electrons in these atoms are always the same, except that some electrons are positive and some are negative, meaning that some carry a positive charge of electrification while others carry a negative charge).

Through the science of chemistry, matter may be broken up into atoms which are, within themselves, unchangeable. The eight-odd elements are created through and by reason of combining and changing the positions of the atoms. To illustrate the modus operandi of chemistry through which this change of atomic position is wrought, in terms of modern science.

Add four electrons (two positive and two negative) to the hydrogen atom, and you have the element lithium; knock out of the lithium atom (composed of three positive and three negative electrons)."

Thus it may be seen that the eighty-odd physical elements of the universe differ from one another only in the number of electrons composing their atoms, and the number and arrangement of those atoms in the molecules of each element.

As an illustration, an atom of mercury

contains eighty positive charges (electrons). If the chemist were to expel two of its positive electrons it would instantly become the metal known as platinum. If the chemist could then go a step further and take from it a negative ("planetary") electron, the mercury atom would then have lost two positive electrons and one negative; that is, one positive charge on the whole; hence it would retain seventy-nine positive charges in the nucleus and seventy-nine outlying negative electrons, thereby becoming GOLD!

The formula through which this electronic change might be produced has been the object of diligent search by the alchemists all down the ages, and by the modern chemists of today.

It is a fact known to every chemist that literally tens of thousands of synthetic substances may be composed out of only four kinds of atoms, viz.: hydrogen, oxygen, nitrogen and carbon.

Differences in the number of electrons in atoms confer upon them qualitative (chemical) differences, though all atoms of any one element are chemically alike. Differences in the number and special arrangement of these atoms (in groups of molecules) constitute both physical and chemical differences in substances, in compounds. Quite different substances are produced by combinations of precisely the same kind of atoms, but in different proportions.

Take from a molecule of certain substances one single atom, and they may be changed from a compound necessary to life and growth into a deadly poison. Phosphorus is an element, and thus contains but one kind of atoms; but some phosphorus is yellow and some is red, varying with the special distribution of the atoms in the molecules composing the phosphorus."

It may be stated as a literal truth that the atom is the universal particle with which Nature builds all material forms, from a grain of sand to the largest star that floats through space. The atom is Nature's *building block* out of which she erects an oak tree or a pine, a rock of sandstone or granite, a mouse or an elephant.

Some of the ablest thinkers have reasoned that the earth on which we live, and every material particle on the earth, began with two atoms which attached themselves to each other, and through hundreds of millions of years of flight through space, kept contacting and accumulating other atoms until, step by step, the earth was formed. This, they point out, would account for the various and differing strata of the earth's substances, such as the coal beds, the iron ore deposits, the gold and silver deposits, the copper deposits, etc. ○

Program

Continued from p.2

in recording music for television shows. Eventually, she joined with Greek pianist Yanni to tour with his orchestra around the world. She showed pictures of the orchestra at the Taj Mahal, the Pyramids of Egypt, and the temples of Cambodia. She is getting ready for a 50-city US tour with Yanni this year.

Sarah O'Brien is a wonderful addition to our club, and it was terrific learning more about this talented woman. ○

