

Quietly Quick

by Steve Cunningham, *President*

This Week

John Frykenberg Nigerian Update Program Host: John Frykenberg

What's going on in the one of the world's fastest growing countries? Projected population 413M by 2025, overtaking US and becoming 3rd most populous country on earth!

Did you know Lagos is already the 3rd largest city on the planet with a population of 21M?

And what about President Buhari? He promised to eliminate Boko-Haram by in 2015.

How about jobs in the country that now boasts the largest economy in Africa...passing that of South Africa?

And how about the Altadena Rotary / Skovde'-Billingen Rotary (US - Sweden) connection in Nigeria?

Come and see some pictures of our latest Global Grant / TRF team in Nigeria, listen to some *off beat* music and get an inside view of Africa today at our next Club meeting. ○

Decision Making

from *The Power of Focus*

by Jack Canfield, Mark Victor Hansen, Les Hewitt

Generally speaking, lack of motivation is usually at the root of procrastination. It's easier to put things off than it is to act decisively. Being conscious that you are going into a downward spiral of inactivity is important. When you are aware of this, have a little chat with yourself and focus on finding a way to work things out.

There are primarily two ways to motivate yourself:

- Fear the consequences of not taking action; or
- Get excited about the rewards and benefits of being proactive.

You must keep these two pictures front and center, one negative and one positive. Ask yourself, "What do I really want — a future where I'm always struggling to make ends meet, or a lifestyle of prosperity, joy and fulfillment? The more vivid these two pictures are, the more decisive you will become. Don't allow yourself to be lulled into a false sense of security. When you hear that destructive little voice whispering inside your head, "Leave it until tomorrow, next week, next month

or next year," immediately flash those two pictures on your mental TV screen. What's the picture look like if you don't get started? Do you want to look back on your life with a big list of if only's? Of course not! Clearly understand this and feel the pain of your castration. (No, that's not a misprint!)

Now flip the switch and take a look at the other picture. This time see all of the rewards and benefits that happened just because you took action and didn't hold back. Feast on this picture. Imprint it into your mind. Sense the feeling of accomplishment. Feel good about challenging yourself to a higher level of performance.

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January Team

David Smith • Kimmit Haggins
 Sue Applegate • Mike Zoeller
 Craig Cox • Sarah O'Brien
Meeting Responsibilities

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

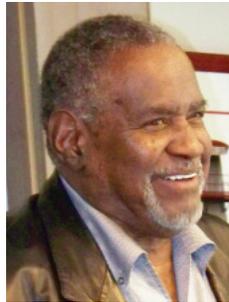
Program Review

Mid-Year Club Assembly



Last Thursday (January 07), The Altadena Rotary, met at the Boy Scout headquarters for the mid year Club Assembly.

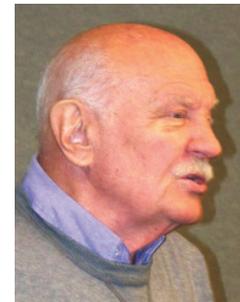
President Quick started the meeting with his vision of his *groups of 5*. He started off by stating that these groups are what



he feels are “the smartest groups ever around”. These groups create opportunity for people to come together and collaborate and create great ideas. President Quick added that “when smart individuals come together they create power.” The purpose of the groups is for five (5) people to come together, get to know each other, and have fun. The purpose is to *create service beyond self*. President Quick added that the ideas created, when the groups come together, expand the imagination. When the ideas are created, Altadena Rotary has the resources to back the ideas. President Quick stated that he would like every group to come up with at least 2 brilliant ideas. Out of those ideas, create 1 idea, and put into action. These ideas “will have an impact on our community”.

The next to speak was Jacque Foreman, and the plans for the website. Jacque spoke of her plans for the Archives, Sparks (one of — if not the best — newsletters in the district), remembrance (consisting of birthday anniversary cards), and publicity

(which consists of the Facebook page).



John Frykenberg came up front to speak about the international affairs of Altadena Rotary. He spoke of his trip to Nigeria, where courses

were taught to 1,700 students among four campuses. He told us while his group was on the plane to Nigeria, a leader had died, and students were protesting. The University was then closed due to the protests. Frykenberg, et al had to then find another school, but this was at a time when the region was covered by great sandstorms. He stated that they found another school and were very successful. He also spoke about his travels in Legos, where a prominent Muslim businessman accompanied them. They were protected by the businessman, and were successful in their travels. Frykenberg stated he has made nine trips to Nigeria, in the last nine

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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

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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

Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

January Rotary Awareness

Program Chair, John Frykenberg

January 14 - John Frykenberg - His most recent trip to Nigeria

January 21 - To be Announced

January 28 - To be Announced

Congratulations



Birthdays



01/03 - Betty Ferris
01/14 - Bill Reeder
01/16 - Sarah O'Brien
01/27 - Ann Rider Hill
01/27 - Barbara Yorke



Anniversaries



01/03 - Jim & Karen Gorton
01/04 - Mike & Carol Zoeller
01/22 - John & Joan Frykenberg

Rotary Youth Programs



The time has come once again in our Rotary year to begin planning for the RYLA program. For newer members, RYLA stands for Rotary Youth Leadership Awards. It is a program run by our Rotary District 5300 in which different Clubs throughout the District sponsor high school juniors — who have demonstrated leadership potential — to attend a week-end leadership camp.

This Rotary year the camp will be held at Thousand Pines Camp in the local mountains in Crestline, California from Friday April 15, 2016 through Sunday April 17, 2016. The District hosts a total of approximately 250 high school juniors from throughout the District, an equal number of boys and girls. The District website describes it this way:

“Rotary Youth Leadership Awards (RYLA) is an intensive, two-and-a-half-day leadership training program for high school juniors in District

5300 chosen for their leadership potential. In addition to the development of leadership skills, RYLA is meant to develop an understanding of Rotary among youth participants and reinforce and provide recognition for their efforts, accomplishments, skills and potential as leaders. Rotarians serve as facilitators to the students’ learning and discovery, as well as role models of Rotary ideals of the Four-Way Test and Service Above Self.”

Each year our Rotary Club of Altadena sponsors four high school juniors from John Muir High School to attend this event, 2 boys and 2 girls. Also we select an additional 4 juniors — another 2 boys and 2 girls — as alternates who may end up being selected to go if any of the primary candidates are unable to attend when the time comes. To assist us in this process, Dr. Nancy Gonzalez Heusser, Ed.D, a long-time student counselor at Muir High School, in consultation with Muir

teachers provides us with a pool of eligible Juniors from which to choose. Then, on an afternoon early in the new year, three members of our Altadena Rotary Club volunteer their time to go to Muir and interview these students to select 4 primary candidates and 4 alternates. Because of the high quality of the students in this interview pool, believe me this is a very difficult job.

An additional aspect of RYLA is that the District seeks Rotary volunteers to attend the RYLA camp each year as RYLA Facilitators. For Rotarians this is a one time only opportunity as the District does not allow anyone to be a repeat facilitator. If you ask any of our members who has done this (such as Craig Cox, Tony Hill or Julius Johnson), they will tell you what a great experience this is. If you are interested in volunteering for this job this year or in future years, please talk to one of our members involved with RYLA or you can apply on line at the RYLA section of the District website (“District5300.org”). ○

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years.

Tony Hill and Mike Zoeller spoke next about Youth activities and Awards. Tony Hill spoke first about the Interact Club.

This is a mini Rotary club, run by students at a local high school, and overseen by Rotarians. The interact club is established at Pasadena High School. Hill spoke of the Interact Symposium, where members of Interact Clubs come together to develop leadership skills. He then spoke about RYLA, where high school juniors at John

Muir High School, are chosen to attend a weekend retreat in the mountains, to listen to speakers and develop leadership skills. Two boys and two girls are chosen from an interview process to attend the event. The 4-way test competition was also spoken about. This event is where

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Quietly

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Here's a good example of what we're talking about.

In the mid-1970s, Susan Brooks, a schoolteacher in Florida, enjoyed collecting old family recipes. What attracted her most were the ones for home-baked cookies, so she made lots. Her friends loved these traditional goodies so much that the word spread and cookie production in the Brook's household dramatically increased. It was not too long before she left Florida and moved to Georgia, along with her best friends who soon became partners in their first retail cookie store. In the next four years, thirteen franchises were established and a lot of cookies were sold.

However, in 1981 the cookie bubble abruptly burst, the partnership cratered and so did the integrity of the franchise operation. Susan was left holding an empty "cookie jar, consisting of a few furnishings and two industrial ovens. Says Susan, this was my Cookie University phase — I learned on the front line what it takes to run a business!" This is where many people would quit. But not Susan and her family. Everything they owned was loaded up into two U-Haul trucks. Along with her husband Barry, and two young children, they headed west for a fresh start in Tempe, Arizona.

Learning from the past, Susan made an important strategic decision — this time, instead of retail stores, she decided to create a mail-order catalogue to sell her cookies and other assorted items. From then on she was in the gift business, not the cookie business. This willingness to take decisive action and go in a new direction really paid off. *Cookies From Home* now operates out of 18,000 square-foot facility, serving corporate and mail-order accounts from coast to coast. The customer base has mushroomed from 3,000

to 75,000. In fact, Susan's cookies have shown up in many interesting places, including Canada, Mexico, England, France and Saudi Arabia.

Susan used decisive action to push through the tough times. She is not in the habit of putting things off just because a few obstacles show up along the way. A favorite picture on her office wall shows a small boat being tossed about in rough sea. The caption underneath reads, "Anyone can hold the helm when the sea is calm."

Susan says the biggest lessons she has learned are; "I know what I don't know, so I surround myself with people who

do. That allows me to focus on what I do best. Also, I choose to go to work every day." Susan Brooks was determined to see her vision become a reality. Her consistent persistence ensured that she would succeed.

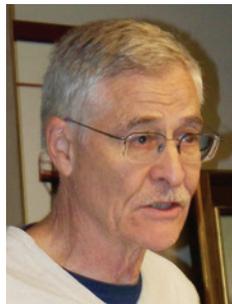
The message is clear; Whether you're working on a small project or a major goal, stick with it so you can celebrate its completion. Make sure you are not one of those frustrated individuals who goes through life with the label, Does Not Complete.

As Jim Rohn so eloquently says, "The pain of discipline weighs ounces whereas the pain of regret weighs tons." ○

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kids from local high schools compete in a speech contest in which they write their own thoughts about the 4-way test and how it relates to their life or current events. This event takes place in February.



Mike Zoeller spoke about the youth awards, which come together at the end of the year. These awards consist of the: ROTC awards, PCC Veterans awards (where solarships are given to veterans who are attending PCC), and the Dan Stover music contest.



Crag Cox spoke next about the Projects and Membership. The project committees are organized and rely on the club to implement service to

the community. Membership also relies

on the club to implement. Prospective new members of the club are proposed to the club. A prospective member can come to lunch, up to three (3) times as a *guest the club*.



Ray Carlson spoke about his passion: Job Creation. Carlson stated that "he loves to proliferate." He spoke about the Boy Scout program, where 33 Boy Scouts showed up. He

also spoke of a program, where he spoke, to teach Veterans how to start their own business. He also spoke about, and will speak further in the near future with more detail, about the Rotary International Peace Conference. This event is sponsored by six (6) Rotary districts, including the President, and District Governors.

Dave Smith spoke next about the Rotary Foundation. He stated that 2,000

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Sparks - Altadena Rotary Club Newsletter

Form & Line

by Jacque Foreman

With space to fill, it's time to once again go back to the fun book I received last year from Bruce: *The Unexpected Evolution of Language in which the author, Justin Cord Hayes tracks the changes in the meanings of words over time. This time I'll start with the word **Grin** and then move on to **Gout**.*

Grin originally meant showing the teeth in pain or anger, but it has come to mean showing one's teeth in a smile. Hayes mentions that the original words that were combined to become the word

grin meant such things as *cry*, *howl*, and *whine*, but he gives no examples. The resulting facial expression was more like what we call a grimace today. By the late fourteenth century, the word began to change into what it is today: a *forced smile*, which may, indeed mask pain, anger or disgust.

Gout comes from the French via Latin and means *drop*. The new meaning is a painful inflammation in a joint, most often in the big toe. The connection between the old meaning and the new comes from a misconception of physicians of old. But they weren't, in fact, that far off.

They thought that *gout* was the result of waste products in the blood

dropping out of the blood and settling in the joints. The doctors knew about gravity, so it made sense to them that the waste products would drop to some of the lowest joints in the body. These doctors didn't know why some people's blood *dropped* and other's did not. What they did notice, however, was that a preponderance of their gout patients were quite *well-to-do* and imbibed alcoholic beverages regularly. This is how gout came to be known as *The Rich Man's Disease*. Today we know that gout is caused by an excess of uric acid in the blood. And alcohol, red meat and fructose create uric acid.

So there you have it, the evolution of two relatively common words. ○

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dollars have been raised, with more coming soon. He also spoke about the Paul Harris Fellowships and mentioned that three (3) more coming next week. [A Paul Harris Fellow is one who has contributed \$1000 to the Rotary Foundation or had \$1000 donated in his/her name.]



Ed Jasnow spoke last but not least about Mini-Grants. The Mini-Grant program is "one of the most successful programs of the club.

Teachers submit proposals for grants to be used in the classroom. This year there are 48 proposals. These consist of Unrestricted and Americanism grants.

At mid-year, Altadena Rotary is very busy, and involved in service throughout the community, with alot left to accomplish.

John Casci ○

Thank You Brian's Dry Cleaners

In Altadena — by Tony Hill

Each year our Altadena Rotary Club puts up American flags on street poles along Lake Ave. in commemoration of Memorial Day, 4th of July and Veterans' Day. As you can guess, these flags get dirty over time and require dry cleaning. Tasked with the job of finding a local dry cleaner who would do this for us each year, I contacted Bryan's Cleaners & Laundry. Through his assistant Maria, I spoke to the boss, Scott Bell, to see what they would charge.

He asked if I was talking about US flags and I said yes. Scott advised in that case there would be no charge. I then made him aware that the flags were each 3 feet by 5 feet and there were 46 of them. Scott's reply was "no problem," there would still

be no charge.

Although I know this was not Scott's motivation for such public spiritedness, I hope that you will take my suggestion, and, if you live or work in Altadena or Pasadena, that the next time you need dry cleaning services, that you consider using the services of Bryan's Cleaners & Laundry at one of their three locations: 2336 N. Lake Ave., Altadena, 544 S. Arroyo Parkway, Paadena or 2446 E. Foothill Blvd., Pasadena. And thank you very much Scott Bell and Bryan's Cleaners & Laundry for personifying our Rotary motto of *Service Above Self*. ○

