

## This Week

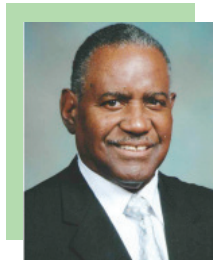
### Sarah O'Brien Craft Talk Program Host: John Frykenberg

Sarah grew up in Nottingham, England and trained at London's Guildhall School of Music and Drama, and City University where she was awarded her Master's Degree.

On graduation she won a Fulbright Scholarship to pursue Advanced Studies with Eleonore Schoenfeld at the University of Southern California.

Currently a studio musician in Hollywood, Sarah has performed/recorded with numerous artists including The Electric Light Orchestra (ELO), Yanni, Celine Dion, Andrea Bocelli, Ozzie Osbourne and Whitney Houston in addition to albums, TV and film scores such as Star Trek, Naked Gun 33.3, Beverly Hills Cop III and on-screen appearances with Jim Carrey, Liza Minelli, 'Weird' Al Jankovic and others.

She is the composer of the new musical *Winds of Angkor* inspired by love letters that survived Cambodia's Killing Fields. 'Winds of Angkor' was the first Broadway-style musical ever performed in Cambodia and became the subject of a music documentary (currently in post production)



## Quietly Quick

by Steve Cunningham, *President*

### Realities of Life

from *The Masterkey System, Part Seventeen(?)*

by *Charles F. Haanel*

**W**e should be interested in causes, rather than effects. He who concentrates on the realities of life, will then not be disappointed in the results.

All mental discovery and attainment are the result of desire plus concentration; desire is the strongest mode of action; the more persistent the desire, the more authoritative the revelation. Desire added to concentration will wrench any secret from nature. The intensity of one moment's earnest concentration and the intense longing to become and to attain may take you further than years of slow normal and forced effort; it will unfasten the prison bars of unbelief, weakness, impotence and a realization of the joy of overcoming.

If you wish to eliminate fear, concentrate on courage. If you wish to eliminate lack, concentrate on abundance. If you wish to eliminate disease, concentrate on health and gratitude for a perfect and harmonious body. Always concentrate on the ideal circumstances as already existing fact; this is the life principle which goes forth and sets in motion those causes

which guide, direct and bring about the necessary relations, which eventually manifest in your life and mind.

See the source of your supply as a loving universe. Believe that all is possible with your partnership with the supreme. Combine this emotion and feeling with your desires, concentration and ideals.

In order to grow we must obtain what is necessary for our growth. This is brought about through the Law of Attraction. This principle is the sole means by which the individual is differentiated from the Universal.

Think for a moment, what would a man be if he were not a husband, father, or

Please turn to Quietly, p3

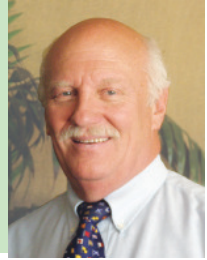
## January Team

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

## The Unseen Impact of Sexual Assault on Our Society



Laurie Frykenberg, BSN, RN, SANE discussed the impact of sexual assault on our society

which is often under appreciated or even unrecognized. The effects have far reaching and long lasting implications not only for the individuals involved but also for the families and communities involved.

Primary prevention and a change in

cultural attitudes toward rape and the *rape culture* in which we live are the most important steps we can take to combat this crippling social epidemic. And understanding the societal implications can be a powerful mechanism toward encouraging the political, environmental and social changes essential to implement this necessary evolution:

- 1 in 5 women in America has experienced attempted or consummated rape. [US Department of Justice, 2004]
- From 1995-2010, 9 percent of sexual assault victims were men (RAINN.org)
- 44 percent of American women have experienced some form of sexual violence other than rape. (Tjaden & Thoennes, 2000).
- Every 2.5 minutes someone in the US is sexually assaulted (Catalano, 2005)
- According to the US Department of Justice National Crime Victimization Survey, there are just under 300,000 victims of rape or sexual assault each year (Breiding et al., 2014).
- It is estimated that 79 percent of women who are raped are raped before the age of 25 (Tjaden & Thoennes, 2000).



Sexual assault may be defined as any type of sexual activity to which the victim does not agree. This definition may include: inappropriate touching, rape, attempted rape, penetration or intercourse to which you did not agree and child molestation ["SA fact sheet," 2012]. Victims of sexual assault are:

- 3 times more likely to suffer depression
- 4 times more likely to contemplate

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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 - #7185

Chartered: February 14, 1949  
 P.O. Box 414, Altadena, CA 91003  
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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

### January Rotary Awareness

Program Chair, John Frykenberg  
 January 28 - Sarah O'Brien, Craft Talk

### 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.

## Congratulations



**Birthdays**

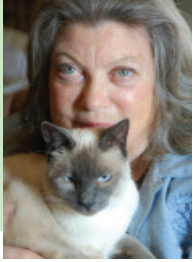
01/03 - Betty Ferris  
 01/14 - Bill Reeder  
 01/16 - Sarah O'Brien  
 01/27 - Ann Rider Hill  
 01/27 - Barbara Yorke



**Anniversaries**

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

## New Activity on our FaceBook Page



A couple of weeks ago at our Mid-Year Club Assembly, I asked for help with our FaceBook page, and David Campbell said that he could and would help. After a couple of false steps, I finally got him

listed as an editor, and he has been adding information to our page. So, for the first time in a long time, we have new information appearing on our FaceBook page. It would be nice if some of us would visit our FaceBook page now and then and comment on his contributions — a *Like* is good enough if that is all you can do. Let's

show David that we appreciate the effort he is putting in on our behalf.

I'm sending him the information on our upcoming programs, and, if you could send him information on your projects, that would be wonderful. This is one of our contacts with the rest of our community and a bit beyond. Thanks David. ○

## Program

Continued from p.2

- suicide
- 6 times more likely to suffer PTSD
- 26 times more likely to abuse drugs and have
- Mental/Behavioral Health Issues: PTSD, depression, anxiety, negative coping mechanisms such as smoking/drinking/drugs
- Physical Health Issues: physical injury, STDs, unintended pregnancy, insomnia other stress related conditions persist among sexual assault victims.
- Employment issues: lack of productivity, time off work/school, unemployment
- Increased needs: legal, mental health, medical, relocation services continue to escalate.

While sexual assault (SA) occurs at all socioeconomic levels, those with substantial financial and social support mechanisms are better equipped to manage. They are more likely to seek help, take advantage of resources and are less vulnerable to becoming impoverished or homeless as a result of their assault. Rates of re-victimization for the impoverished

and otherwise marginalized (including minorities and those with disabilities) are markedly higher.

Resources for SA include:

- The Violence Against Women Act (1994)
- Victims of Crime Act (1984)
- (State) Crime Victim Compensation Funds

- Over 1300 rape crisis centers nationally which receive federal funding.

Thank you Lauralie Frykenberg for updating us on the nature of sexual assault crimes and victimization and resources available to victims and the community at large for dealing with the problem.

John Frykenberg ○

## Quietly

Continued from p. 1

brother, if he were not interested in social, economical, political or religious world. He would be nothing but an abstract theoretical ego. He exists, therefore, only in his relation to the whole, in his relation to other human beings, in his relation to society. This relation constitutes his environment and harmonious interaction with the world.

It is evident, therefore, that the individual is simply a part of the one Universal Mind "which enlightens every man that cometh into the world," and his so-called individuality or personality consists of nothing but the manner in which he relates with the whole.

The Law of attraction is impersonal and operates for all in a very effective manner. It is clear, therefore, that thoughts of abundance will respond only to similar thoughts; the wealth of the individual is seen to be what he or she inherently is. Affluence within is found to be the secret of attraction for affluence without. The ability to produce is found to be the real source that the person who has their heart in their work and entertaining right livelihood "as the Buddhists say" is certain to meet with unbounded success.

The person will give and continually give; and the more that's given, the more received. ○