

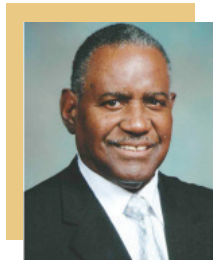
This Week
John David Duncan
Craft Talk
Program Host:
Dennis Mehringer

John David Duncan, one of our newest members will be giving his craft talk this week.

Duncan is a financial consultant and is president of Duncan Group & Associates. In addition to recommending specific solutions to problems they discover and recommending short- and long-range strategies for efficient operation of their clients' companies, they administer overall management and operation procedures, and review and analyze their clients' business operations.

Previous to this, Duncan was the president of Panama Glove Company, Incorporated. While there he directed management and supervised the staff in the manufacture, design and distribution of multi-use glove products and expanded their marketing base to include international distribution and sales. As a result, the company was selected as an Official Licensee for the 1984 Olympics.

Come to the meeting and learn even more about one of our newest members.



Quietly Quick

by Steve Cunningham, *President*

The Key of Love
from
The Power
 by **Rhonda Byrne**

Your most precious possession and your greatest powers are invisible and intangible. No one can take them. You, and you alone, can give them. You will receive abundance for your giving."

The keys to power are the most powerful ways to harness the force of love and receive the life you are meant to live. They are so simple and easy any child can follow them. Each key will unlock the immense power within you.

To use love as the ultimate power in your life, you must love like you have never loved in your life, double that feeling, multiply that feeling by ten times, multiply it by hundred times, and a million times, because that is the level of love you are capable of feeling! You are made of love. It is the very substance and nature of you, life, and the universe, and you can love far more than you've ever loved before, and far more than you have imagined.

When you fall in love with life, every limitation disappears. You break the limitations on money, health, happiness,

and the limits of joy in your relationships. When you fall in love with life, you have no resistance, and whatever you love appears in your life almost instantaneously. Your presence will be felt when you walk into a room. Opportunities will pour into your life, and your slightest touch will dissolve negativity. You will feel better than you thought it was possible to feel. You will be filled with unlimited energy, excitement, and an unquenchable zest for life. You will feel as light as a feather, like you're floating on air, and everything you love will just seem to fall at your feet. Fall in love with life, unleash the power within

Please turn to Quietly, p. 4

March Team

John Frykenberg • Tom McCurry
Charlie Wilson • Ray Carlson
Theo Clarke • Logan Drew
Meeting Responsibilities

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

Program Review

Making a Difference One Person at a Time



While wandering a deserted beach at dawn, stagnant in my work, I saw a man in the distance bending and throwing as he walked the endless stretch toward me. As he came near, I could see that he was throwing starfish, abandoned on the

sand by the tide, back into the sea. When he was close enough, I asked him why he was working so hard at this strange task. He said that the sun would dry the starfish and they would die. I said to him that I thought he was foolish. There were thousands of starfish on miles and miles of beach. One man alone could never make a difference. He smiled as he picked up the next starfish. Hurling it far into the sea he said, "It makes a difference for this one." I abandoned my writing and spent the morning throwing starfish

...Loren Eiseley

As Donna Byrns the Executive Director and Richard Cheung the Board Chair of Friends in Deed presented to the club on Thursday, I could not help but think of the starfish story. It is so easy to get overwhelmed by people in need and end up doing nothing. For 121 years Friends in Deed has figured out a way to rally the community through their small but dedicated staff and many volunteers to meet the many needs of the most vulnerable



residents of greater Pasadena — homeless and at-risk individuals including women and children.

Donna Byrns had retired after serving as a pastor in Pasadena when she was asked if she could *help a bit*. One thing led to another, and she has been serving as the Executive Director for the last two years.

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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
P.O. Box 414, Altadena, CA 91003
www.altadenarotary.com
Meets: Thursday, 12:10p
Altadena Town & Country Club
2290 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 Cunningham • John Casci
Hal Yorke • Gary Clark • Charles Wilson

Chairmen

Charles Wilson Administration
David Smith Foundation
Craig Cox Membership
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

Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

**March
Literacy**

Program Chair, Dennis Mehringer
March 31 - John David Duncan -- Craft Talk

**April
Magazine Month**

Program Chair, David Smith
April 07 - To be Announced
April 14 - To be Announced
April 21 - To be Announced
April 28 - To be Announced

Congratulations



Birthdays



03/08 - Jeri Cunningham
03/14 - Steve Cunningham
03/15 - Trish Robinson
03/15 - David Smith



Anniversaries



03/24 - Ed Soza
03/01 - Tom & Etta McCurry
03/13 - Steve Kerekes & Sunny Wu
03/30 - Dennis Mehringer & Noriko Suzuki

Helping New Members *Understand Rotary*



At the end of each induction of a new member, Altadena Rotarians are asked to stand and agree to help the new member better understand what it means to be a Rotarian. How to get their service ideas before the board. How to do this *Rotary thing*.

The first person in this process is the new member's sponsor. This is the Rotarian who recommended the new member to the board. Sponsors should take the

initiative to make sure the new member understands the process to get their permanent badge (complete five tasks which can include: craft talk, attend a board meeting, complete an organization chart, attend a district function, participate in a service project, recommend a new member, and others).

Sponsors can also make sure that the new member has checked into ClubRunner (CR) and personalized their information. Since we use CR for all our project and fellowship signups, this is an important piece of *infrastructure* to help

new members get connected to the club.

Other members also play an important role in assimilating a new member to Rotary. Inviting a new member to your table, sharing club history, learning about their business and family, encouraging them to participate in a service/fellowship/district event all help to make a new member feel welcome.

There is a learning curve when joining an organization like Rotary. Your coming along side new members will go a long way to help them quickly feel like they belong. ○

Program

Continued from p.2

A patient of Richard Cheung's asked him to get involved with a bad weather shelter. This led to getting involved with some fund raisers, joining the board and now serving as the board chairman.

Every program is designed to lift people up with dignity. Their food pantry — which assists 2400 people each month — is set up like a grocery store. People can pick those items that they would like, giving them a feeling of control. The Women's Room provides a living room and kitchen for over 80 homeless and at-risk women and provides them with laundry services, food, health and hygiene services, and safety. Norma's Nook provides clothing, including under garments — laundered



and ready for wear. Their Bad Weather Shelter set up cots for over 900 people in the winter to provide safety, food and shelter.

The motto of the organization since its founding is *Doing together what we cannot do alone*. For more information, contact Friends in Deed at 626-797-2402 or at <www.friendsindeedpas.org>

Craig Cox ○

April Meeting Team

Jim Gorton • Mindy Kittay
Julius Johnson • Gary Clark
Mike Noll • Sterling Louviere

Quietly

Continued from p. 1

you, and you will become unlimited and invincible!

How to Fall in Love with Life

So how do you fall in love with life? The same way you fall in love with another person — you adore everything about them! You fall in love with another person by seeing only love, hearing only love, speaking only love, and by feeling love with all your heart! And that is exactly how you use the ultimate power of love to fall in love with life.

Whatever you're doing, wherever you are in your day, look for the things you love. Look for buildings you love, cars and roads love, cafes and restaurants you love, stores you love. Walk down a street or through a store with the intention of finding as many things as you can that you love. Look for things you love about other people. Look for everything you love in nature -- birds, trees, flowers, perfumes and the colors of nature. See what you love. Hear what you love. Speak about what you love.

☆☆☆

"Knowing that you have working with you a force, which never yet has failed in anything it has undertaken, you can go ahead in the confident knowledge that it will not fail in your case, either."

Robert Collier (1885 - 1950)

New Thought Author

☆☆☆

Think about what you love. Talk about what you love. Do what you love to do. Because when you're doing all of these things, you are feeling love.

Talk about the things you love about your home, your family, your spouse, and children. Talk about the things you love about your friends. Tell them what love about them. Talk about the things

you touch, smell, and taste that you love.

Tell the law of attraction what you love every day by singling out the things you love and feeling them. Just think about how much love you can give in one day by feeling the things you love. When you walk down the street, look for the things you love in other people. When you look in stores, look for the things you love. Say, "I love that outfit," "I love those shoes," "I love the color of that person's eyes," "I love that person's hair," "I love that person's smile," "I love the smell of summer," "I love the trees in the fall," "I love this city."

Look for the things you love in situations, events, and circumstances, and feel those things. If you're not feeling good and you want to change the way you feel, or if you want to live life feeling good, feeling higher, then take a minute or two and go through a mental list of everything you love and adore. You can do it while getting dressed in the morning, walking, driving, or traveling anywhere. It's such a simple thing to do, but the effect in your life will be amazing.

Make a written list of everything you love, which I urge you to do every month in the beginning, and then at least every three months. Include the places you love, the cities, the countries, the people you love, colors you love, styles you love, qualities in people you love, companies you love, services you love, sports

you love, athletes you love, music you love, animals you love, flowers, plants, and trees you love. List all the material things you love, from all the different types of clothes you love. Think about the things you love to do and list them all, such as dancing, playing a sport, going to galleries, concerts, parties, shopping, list the movies you love, vacation and restaurants you love. Your job is to love as much as possible every day. If you can just love and adore everything you possibly can today, look for and feel the things you love, and turn away from the things you don't love, your tomorrows will overflow with the untold happiness of everything you want and love.

*Love is the master key
that opens the
gates of happiness.*



You might decide to love these apple blossoms and the fruit that follows.



**Altadena
Libraries**

*IN THE MAIN
LIBRARY READING
COURT!*

SECOND SATURDAY WITH VERDUGO SWING SOCIETY

Saturday

April 9 @ 6:30PM



The Verdugo Swing Society has been bringing back Big Band memories since 1986.

Come see a trombone slide and a bass walk!

Dance ~ Eat ~ Drink

Browse our Books, Music & Movies!

Food & Drink available for purchase by El Patron, Sweeter Than Honey, The Altadena Ale & Wine House and others!

The Library is honored to present the April Art Exhibit that will feature paintings of Marilyn Monroe by local artist Chuka Susan Chesney. Chesney's paintings of Marilyn Monroe are in the same pose, but every painting is different! Something you don't want to miss! Chesney will be donating 30% of her sales to Kitten Rescue, an L.A. based corporation that rescues and fosters cats and kittens.



Free!

600 East Mariposa Street / Altadena, California 91001 / 626-798-0833

www.altadenalibrary.org

JOIN MAYOR TORNEK, COMMUNITY MEMBERS, PASADENA RESIDENTS, CIVIC, BUSINESS, STUDENT, EDUCATIONAL LEADERS AND THE INTERFAITH COMMUNITY FOR THE

43rd Annual Pasadena Mayor's INTERFAITH PRAYER BREAKFAST

“Community Service:
**Soul of
the City**”

Thursday, May 5
7:30 - 9:00 am

...

PRESENTED BY
FRIENDS IN DEED

DOORS OPEN **6:45 AM**
PROGRAM STARTS
PROMPTLY AT **7:30 AM**

FOR MORE INFORMATION:
WWW.FRIENDSINDEEDPAS.ORG

PASADENA CONVENTION
CENTER BALLROOM

PURCHASE YOUR TICKETS TODAY!

Advance Ticket Sales Only
Deadline April 28th

Online Ticket Sales:
www.friendsindeedpas.org

Individual Tickets: \$35
Sponsorships and
Table Sponsors: \$500 - \$1,500

For sponsorship information, call (626) 398-3838
or email friendsindeedpas@gmail.com

Questions:

Call (626) 797-2402 or email
friendsindeedpas@gmail.com

Vegetarian Option:

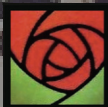
email friendsindeedpas@gmail.com

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**FRIENDS
IN
DEED** *



Keynote Speaker:
Rabbi Marvin Gross
CEO, Union Station
Homeless Services

