

## This Week

### Jr. ROTC Awards Ceremony

Guest Program Host:  
**Tom McCurry**

It's that time of the year to honor the top cadets in the Junior ROTC programs in the Pasadena Unified School District. Due to generous grants and gifts from American Legion Post 470 in Altadena — which no longer exists — Altadena Rotary is able to provide ROTC scholarships of \$2,000 each for three Junior ROTC students at Blair High School.

You may note that we are not giving JROTC awards to students at Pasadena High School and Muir High School. Unfortunately, the JROTC programs at these schools have been discontinued. This endowment allows us to provide two scholarships of \$1,000 each to two graduating seniors at John Muir High School, and two scholarships of \$500 apiece to two graduating students at Eliot Middle School for the qualities of courage, honor and leadership.

These scholarships provide valuable support to these students and for their future academic endeavors. They bring parents and supporters with them to celebrate this event. ○



## Quietly Quick

by Steve Cunningham, *President*

### The True Nature of Space and Time

from  
*The Power of Now*  
 by *Eckhart Tolle*

**N**ow consider this: If there were nothing but silence, it wouldn't exist for you: you wouldn't know what it is. Only when sound appears does silence come into being. Similarly, if there were only space without any objects in space, it wouldn't exist for you. Imagine yourself as a point of consciousness floating in the vastness of space — no stars, no galaxies, just emptiness. Suddenly, space wouldn't be vast anymore; it would not be there at all. There would be no speed, no movement from here to there. At least two points of reference are needed for distance and space to come into being. Space comes into being the moment the One becomes two, and as "two" become the "ten thousand things," as Lao Tse calls the manifested world, space becomes more and more vast. So world and space arise simultaneously.

Nothing could *be* without space, yet space is nothing. Before the universe came into being, before the "big bang," if

you like, there wasn't a vast empty space waiting to be filled. There was no space, as there was no thing. There was only the Un-manifested — the One. When the One became "ten thousand things," suddenly space seemed to be there and enabled the many to be. Where did it come from? Of course not. Space is no-thing, so it was never created.

Go out on a clear night and look up at the sky. The thousands of stars you can see with the naked eye are no more than an infinitesimal fraction of what is there.

*Please turn to Quietly, p. 3*

## May Team

Dennis Mehringer • David Campbell  
 Boyd Hudson • Steve Kerekes  
 Roger Fennell

### Meeting Responsibilities

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

# Program Review

## Mini-Grants make a Major Impact



What can you do with \$400 that will have the greatest impact on the most children? The answer for the Rotary Club of Altadena is to identify teachers in the Pasadena Unified School District who are ready and willing to answer that question.

requests from our local schools. He and his stalwart committee sift through the stacks of proposals to identify the most worthy. This year we awarded twenty five \$400 grants. The schools who participated were Altadena, Pasadena High School, Webster, Muir High School, Jackson, Eliot, and Roosevelt.

creation of a rock band are all examples of how these funds were put to use in this school year.

Mini-grant funds are made available through the unrestricted charity account of the Altadena Rotary Charities (ARC). Tax deductible contributions can be made to ARC through the Altadena Rotary website [www.altadenarotary.com](http://www.altadenarotary.com). Go to the "make a donation through Altadena Rotary Charities" link at the bottom of the page.

Craig Cox ☉

Starting in the fall, Ed Jasnow asks for 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](http://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

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 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

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 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

## Those who came to tell Us how They Used Their Mini-Grants



Please turn to Program, p.4

### May No Designation

Program Chair, Ed Jasnow

May 12 - ROTC Scholarship Awards - Tom McCurry, Guest Host  
 May 19 - Bill Toone, Executive Director, EcoLife Foundation  
 May 26 - PCC Vocational Awards - Dennis Mehringer, Guest Host

### Congratulations



#### Birthdays



5/15 - Elsa Smith  
 5/18 - Craig Cox



5/30 - Susan Applegate

#### Anniversaries



5/18 - Tony & Ann Rider Hill  
 5/19 - Roger & Kathleen Fennell

## Thanks for the Referrals



The close of our Rotary year is quickly approaching. So I'm taking this opportunity as Chair of Membership to thank all of our members who brought a guest to our meetings or service projects. Rotary is made stronger when members share who we are with their friends and neighbors. Our ability to do service deepens as our membership re-

flects the many communities in Altadena. Our ability to do more will grow as our membership grows. Your willingness to encourage your friends and colleagues to *check us out* is truly appreciated.

We will have more opportunities to invite the community to join us in helping over the next few months:

- The benches and decorative trash can have been ordered for the Altadena Water Conservation Demonstration Garden. We will have a work day to

install the footings and one to install the benches and trash can.

- We will once again be serving breakfast and lunch to the *Relay for Life* participants.
- The Summer Concerts in the Park will begin as well.

Each of these projects is a chance to increase our presence in the community and grow our members.

Plan to invite a friend to serve along with you. ○

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## Quietly

*Continued from p. 1*

Over 100 billion galaxies can already be detected with the most powerful telescopes, each galaxy an "island universe" with billions of stars. Yet what is even more awe-inspiring is the infinity of space itself, the depth and stillness that allows all of that magnificence to be. Nothing could be more awe-inspiring and majestic than the inconceivable vastness and stillness of space, and yet what is it? Emptiness, vast emptiness.

What appears to us as space in our universe perceived through the mind and the senses is the Un-manifested itself, externalized. It is the "body" of God. And the greatest miracle is this: That stillness and vastness that enables the universe to be is not just out there in space – it is also within you. When you are utterly and totally present, you encounter it as the still inner space of no-mind. Within you, it is vast in dept, not in extension. Spacious

extension is ultimately a misperception of infinite depth --- an attribute of the one transcendental reality.

• • •

***According to Einstein, space and time are not separate. I don't really understand it, but I think he is saying that time is the fourth dimension of space. He calls it the "Space-time continuum."***

• • •

Yes. What you perceive externally as space and time are ultimately illusory, but they contain a core of truth. They are the two essential attributes of God, infinity and external existence outside you. Within you, both space and time have an inner equivalent that reveals their true nature, as well as your own. Whereas space is the still, infinitely deep realm of no-mind, the inner equivalent of time is presence, awareness of the eternal Now. Remember

that there is no distinction between them. When space and time are realized within as the Unmanifested — no-mind and presence — external space and time continue to exist for you but they become much less important. The world, too, continues to exist for you, but it will not bind you anymore.

Hence, the ultimate purpose of the world lies not within the world but in transcendence of the world. Just as you would not be conscious of space if there were no objects in space, the world is needed for the Un-manifested to be realized. You may have heard the Buddhist saying: "If there were no illusion, there would be no enlightenment." It is through the world and ultimately through you that the Un-manifested knows itself. You are here to enable the divine purpose of the universe to unfold. That is how important you are! ○



# Fighting Cavities could one day be as easy as Taking a Pill — Research Shows

***University of Florida Health researchers have identified a new strain of bacteria in the mouth that may keep bad bacteria in check — and could lead to a way to prevent cavities using probiotics.***

University of Florida Health researchers have identified a new strain of bacteria in the mouth that may keep bad bacteria in check -- and could lead to a way to prevent cavities using probiotics.

The researchers say the findings could lead to the development of a supplement that patients could take orally to prevent cavities.

While developing an effective oral probiotic will require more research, a possible candidate organism has been identified: a previously unidentified strain of *Streptococcus*, currently called A12. Robert Burne, PhD, associate dean for research and chair of the UF College of Dentistry's department of oral biology, and Marcelle Nascimento, DDS, PhD, an associate professor in the UF College of Dentistry's department of restorative dental sciences, published the findings in late January in the journal *Applied and Environmental Microbiology*.

To maintain a healthy mouth, the oral environment must have a relatively neutral chemical makeup, or a neutral pH. When the environment in the mouth becomes more acidic, dental cavities or other disorders can develop, according to Burne.

"At that point, bacteria on the teeth make acid and acid dissolves the teeth. It's straightforward chemistry," Burne said. "We got interested in what activities keep the pH elevated."

Previous research by Burne, Nascimento and others found two main compounds that are broken down into ammonia, which helps neutralize acid in the mouth. These compounds are urea, which everyone secretes in the mouth, and arginine, an amino acid. Burne and Nascimento had also previously found that both adults and children with few or no cavities were better at breaking down arginine than people with cavities. Researchers knew bacteria were responsible for breaking down these compounds but needed to investigate which bacteria do this best, and how this inhibits cavities. Part of the answer is A12.

"Like a probiotic approach to the gut

to promote health, what if a probiotic formulation could be developed from natural beneficial bacteria from humans who had a very high capacity to break down arginine?" said Burne. "You would implant this probiotic in a healthy child or adult who might be at risk for developing cavities. However many times you have to do that — once in a lifetime or once a week, the idea is that you could prevent a decline in oral health by populating the patient with natural beneficial organisms."

MORGAN SHERBURNE, MARCH 10, 2016 <<http://news.ufl.edu/articles/2016/03/fighting-cavities-could-one-day-be-as-easy-as-taking-a-pill-research-shows.php>> ○

## Program

Continued from p.2



## More Thankyous

Please turn to Program, p.5

Sparks - Altadena Rotary Club Newsletter



*The public library is a center of public happiness first, of public education next.*

John Cotton Dana,  
A Library Primer, 1896

# Welcome to a More Open, Innovative, and Comfortable Library Experience

If you've been to the Altadena Library recently, you've probably noticed some changes. The public spaces are evolving into a more welcoming, customer-friendly environment in which to explore, learn, and connect with your community. Look for our flyers at the main desk, and on our website as well, detailing how the Altadena Library is transforming the concept of the local library into a much more open, innovative, and comfortable experience.

### Open

You may have noticed the new reading area behind the main desk, with the gorgeous views of the outside gardens and the mountains to the north. Previously, bookshelves had blocked the much of this view. And before the two service desks were consolidated into one, the old circulation desk took up a large amount of space that can now be dedicated to custom-made shelving and displays, with more room for patrons to browse. The next step in creating a more open floor plan is to move the "New Books" shelving closer to the magazine lounge, so that the central Reading Court is now easily visible and accessible from all sides, bringing back the original design concept by the architect, Boyd Georgi.

### Innovative

Floor space is not the only part of the library receiving an upgrade. The library has recently installed lightning-fast 1G internet, as well as 12 new widescreen desktop computers, and over 20 new laptops, offering a more adaptable experience for computer users who wish to move away from the fixed PC workstations and conduct business at tables or amongst the books in the stacks. The

community room is also receiving an upgrade, with improved audio quality and video projection capabilities. Keep in mind, though, that the innovation is not limited to technology. Even the service model that provides the very foundation of the library's customer service experience is being improved, with the upcoming additions of a welcome station near the entrance (where we can answer any questions you may have and check in your books for you), roaming librarians (readily available out on the floor to help you wherever you are in the library), and an improved central information and research desk (custom-designed to provide the best possible service for all who visit the library).

### Comfortable

Aside from the wonderful Reading Court, the Altadena Library has created

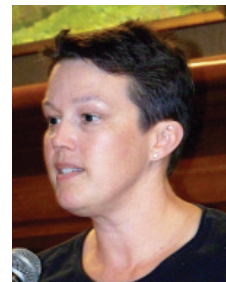
several new areas of comfortable seating, including the magazine lounge, a new area for teens, and the previously-mentioned reading area against the north windows. Next up in the plan is a new media browsing area: a comfortable space in which to sit and relax or peruse our expanding music and audiobook collections.

We hope you enjoy these latest steps toward evolving your community library experience. Perhaps OCLC librarian Megan Knapp said it best: "As libraries look to address 21st century customer needs, rethinking and reshaping indoor spaces can create welcoming, fun, and comfortable environments that keep customers visiting time and again." We hope to see you soon at the Altadena Library, relaxing and enjoying our open, innovative, and comfortable spaces. ○

## Program

Continued from p.4

## And Even More Thankyous





## Celebrity Sports Breakfast 2016

Friday, May 13, 2016 ♦ 7:00AM – 9:00AM  
1 North San Rafael Ave. Pasadena, CA 91105

*With Special Guest*

**Oliver “Chip” G. Brewer, III**

**President and CEO, Callaway Golf Company**

*JOIN THE GREATER LOS ANGELES AREA COUNCIL IN CELEBRATING  
A TRADITION OF SCOUTING SERVICES FOR YOUTH*

**Count me in as a Major Sponsor for the 2016 Sports Breakfast!  
Immediately following the event we will have a Callaway Demo Day!**

\_\_\_\_\_ **\$10,000 Event Sponsor** - (2 tables of 10 to the event, full page advertisement back or inside cover of program, 10 VIP passes to meet and greet session, acknowledgement in the annual report and a custom set of Callaway Clubs.)

\_\_\_\_\_ **\$5,000 Breakfast Sponsor** - (2 tables of 10 to the event, full page advertisement in program, 5 VIP passes to meet and greet session and a set of Drivers.)

\_\_\_\_\_ **\$2,500 Table Sponsor** - (1 table of 10 to the event, half page advertisement in program, 2 VIP passes to meet and greet session, custom Putter and Driver.)

\_\_\_\_\_ **\$1,000 Scout Sponsor** - (5 tickets to the event, 1 VIP pass to meet and greet session and a custom Putter.)

\_\_\_\_\_ **\$500 Sponsor** - 1 event ticket if purchased by May 12, 2016

\_\_\_\_\_ **\$100 - 1 event ticket** if purchased by May 12, 2016. (\$125 at the door)

\_\_\_\_\_ **I cannot attend, but would like to make a donation of \$** \_\_\_\_\_

Please provide ad artwork (4.5”w x 7.5”h) in JPEG or PDF (High Resolution) to [diana.bates@scouting.org](mailto:diana.bates@scouting.org). **Ad Art Deadline, May 5, 2016.** For further information or questions, please contact Diana Bates at (213) 413-4403 ext. 313 or Cecilia Nazarian at ext. 311. Seating is limited. To make your reservation, please call the above number, return this form, or visit our website at [https://www.glaacbsa.org/Sports\\_Breakfast](https://www.glaacbsa.org/Sports_Breakfast)

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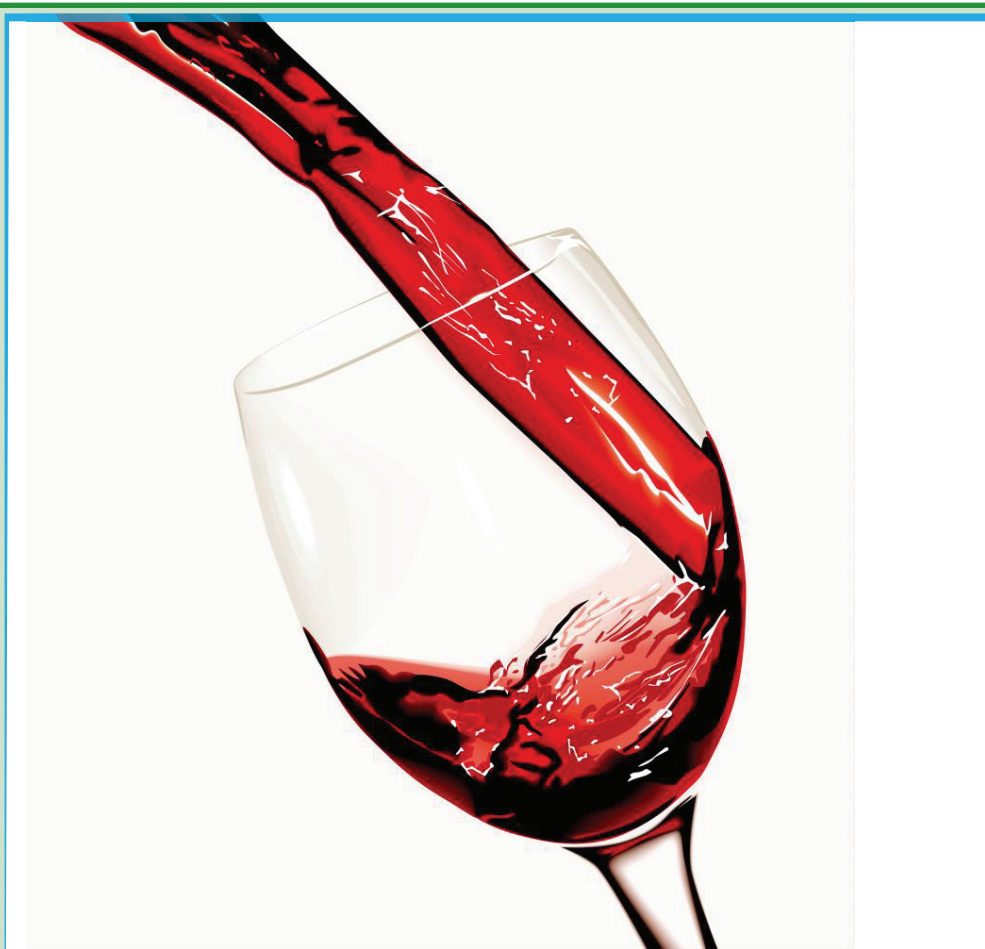
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# CELEBRANDO RAÍCES



# CELEBRATING ROOTS

Latino Cultural Festival May 14 • Noon to 8pm • FREE



## **ALTADENA ALE HOUSE**

2329 N. Fair Oaks Ave  
Pasadena, CA, 91001

Sunday, May 22, 2016

3pm – 5pm

Join us for the Rose Bowl District Wine Tasting Event!

The cost is \$25 per person and includes a tasting of six Spanish wines and snacks.

Register at:

<https://www.glaacbsa.org/Wine>

# **SAVE THE DATE!**

# **MAY 22, 2016**

# **WINE TASTING**

Proudly Sponsored by:

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For further information please contact:

Rose Bowl District Executive, Kyle Galloway at:

[kyle.galloway@scouting.org](mailto:kyle.galloway@scouting.org) or by phone at (626)351-8815 ext.247