

Rotary Club of Altadena

# Sparks

OFF THE ROTARY WHEEL  
AN AWARD-WINNING NEWSLETTER



October 27, 2016

## This Week

**Rosa Valdez,  
Project Director,  
CTEIG Technical  
Assistance, LA  
County Office of  
Education**

**Program Host:  
C. Ray Carlson**

Until last April, Rosa Valdez was the director of the Career Technical Education program of the Pasadena Unified School District. In that capacity, she visited our club each year at least 10 years during our Dewey Merrill Business Plan Competitions that started in 1999.

She was a key person in introducing me to the LACOE back in 2006 when I trained 155 teachers how to teach the *Making A Job* curriculum. One of those teachers of the four I have stayed in touch with, teaches entrepreneurship to 180 students at San Marino HS each year.

The California Career Technical Education Incentive Grant (CTEIG) is a state education, economic, and workforce development initiative with the goal of providing pupils with the knowledge and skills necessary to transition to employment and postsecondary education.

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**Scout's Honor**  
by Charlie  
Wilson,  
President



## Help Children Stop Procrastinating

*Taken from Parenting Solutions by Victor M. Parachin – Scouting Magazine, May/June, 2003*

**W**hen the Spanish composer Manuel de Falla (1876-1946) received news of the death of the painter Ignacio Zuloaga (1870-1945), he was visibly distressed and lamented to a friend: "What a pity. He died before I answered his letter, which he sent me five years ago!"

That incident is a drastic example of procrastination – delaying doing something habitually. It is a character defect that plagues many adults and one that usually begins in childhood. Ask children to mow the lawn, make the bed, complete their homework, or clean their room, and they will find all sorts of reasons to delay the task. At one time or another, every parent has heard his child say, "I'll do it later!" ... only to discover afterward that the task had not been done.

Although procrastination can be viewed charitably as a small and harmless human weakness, left unchallenged it can grow into a habit and major liability eroding the quality of life. As William J. Knaus, Ed.D., observes in his book *Do It Now: How to Stop Procrastinating* (Prentice Hall PTR, 1979): "Time lost in procrastinating can take years out of a person's life. It saps enormous amounts of energy, emotion, and time. But

worse yet, the fears, self-doubts, and low tolerance for the unpleasant that are part of the procrastination pattern can lead to alcoholism, depression, and anxiety."

Study your child's behavior patterns for the reason(s) s/he procrastinates. Generally, there are five basic issues:

1. Difficulty – the task appears hard, and there is a natural tendency to avoid it in favor of doing something more pleasant.
2. Time consumption – the task requires a large block of time that can be found *later*, as on the weekend.
3. Lack of knowledge – there is hesitation to begin until one has gained more information.
4. Fear – if the project requires a child to do something different and move out of his/her comfort zone, the very thought

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## Greeters

October 27  
**Julius Johnson**  
November 03  
**Mindy Kittay**  
November 10  
**Sterling Louviere**

# Program Review

## Past District Governor talks Rotary Growth



It is always a special occasion when there is a presentation at the Rotary Club of Altadena from a Past District Governor of District 5300. This last Thursday we were graced with the presence of Steve Garrett and he did not disappoint. Garrett has been a member of several Rotary clubs in our neighborhood, including the Sierra Madre

club, the San Marino club and the Arcadia club. And of course, he is a past district governor, having served in 1994-1995. He had a message on how to grow Rotary clubs in the current environment.

Garrett has been involved with the Boys Scouts for several years, including serving as a merit badge counselor for three merit badges: the badge for Personal Management, the badge for American Business, and the badge for Entrepreneurship. He counsels current scouts across the country on how to obtain these badges. He speaks to these scouts by phone and on-line. For Garrett, an effective way of telling scouts about these merit badges, is to post videos on YouTube. These videos – none of which is longer than five minutes – give guidance to the scouts. Garrett is quite pleased with the results these videos are having in helping scouts. There is a message here for Rotarians.

Garrett believes that a Rotary Club *has to be where people are looking*. Potential members are daily on their computers, their laptops, and their mobile phones. That is where they get their information. If Rotary wants to grow, it needs to market effectively to the current generation through technology. Rotary Clubs need to market themselves through their websites, blogs, Google and YouTube.

Rotary has a wonderful message of service to the community, the nation and the world. Rotarians participate in Rotary to achieve self-actualization. There are many

potential members in our community who are interested in achieving self-actualization and self-esteem. As Rotarians, we need to spread the message of *Service Above Self* to these potential members, through technology.

The second message Garrett delivered was to encourage the formation of Interact and Rotaract Clubs. For example, in Taipei, Taiwan, there are more Rotaract Clubs than Rotary Clubs. Young people need to hear the message of Rotary and the best way is to encourage new clubs at high schools and colleges. He encouraged all Rotarians to attend RYLA as a way to meet and mentor students.

Steve Garrett is an inspiring ambassador for Rotary and its principles. We are grateful that he was able to deliver his message to the club. Boyd Hudson ○



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.....John F. Germ  
Dist 5300 Gov.....Luciano "Lu" de Sylva

#### Officers

Charles Wilson, Pres.....Bus. 626-351-8815  
Steve Kerekes, Pres. Elec.....Bus. 626-796-5000  
Steve Cunningham, V. Pres.....Bus. 626-786-1937  
John Frykenberg, Sec.....Bus. 323-810-0651  
Mike Noll, Trea.....Bus. 626-683-0515

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Mindy Kittay • Anthony Hill  
James Gorton • Steve Kerekes

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Steve Cunningham.....Asst. Foundation  
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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

### October

Economic & Community Development  
Program Chair, Ray Carlson

October 27 - Rosa Valdez, Project Director - LACOE

### Congratulations



#### Birthdays



10/08 - Susan Cox  
10/17 - Noriko Suzuki Mehninger  
10/20 - Charles Wilson  
10/24 - Jim Gorton

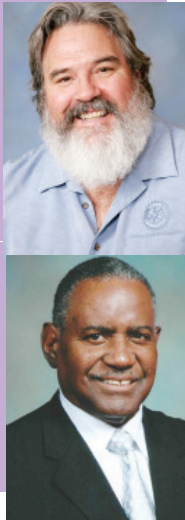


#### Anniversaries



10/01 - Freddy & Margarita Figueroa  
10/19 - David & Elsa Smith

## Foundation Annual Fund



**Y**our gift to the Annual Fund helps Rotary clubs take action today to create change in communities at home and around the world. Your contributions help us strengthen peace efforts, provide clean water and sanitation, support education, grow local

economies, save mothers and children, and fight disease.

The *Every Rotarian Every Year* initiative asks every Rotarian to support The Rotary Foundation every year. In addition to contributing to the Annual Fund on a

regular basis, members are encouraged to get involved in a Foundation project or program.

Through the Share system, contributions to The Rotary Foundation are transformed into grants that fund local and international humanitarian projects, scholarships and activities, such as vocational training teams. At the end of every Rotary year, contribution directed to the Annual Fund SHARE from all Rotary clubs in the district are divided between the World Fund and the District Designated Fund, or DDF.

At the end of three years, your district can use the DDF to pay for Foundation, club, and others in the district choose. Districts may use up to half of their DDF to fund district grants. The remaining DDF may be used for global grants or donated

to PolioPlus, the Rotary Peace Centers, or another district.

District officers are encouraged to monitor their district's DDF availability and activity by viewing the SHARE Contribution Detail Report and Available DDF by District Report via their My Rotary account.

The World Fund provides the necessary funding for our highest priority activities around the globe. While 50 percent of SHARE-designated contributions are applied to the World Fund, you can also direct your entire gift to the fund. The Foundation uses the money to pay for grant and program opportunities available to all Rotary districts.

The Annual Fund is the primary source of funding for all Foundation activities. Support our efforts year round by making a recurring gift. You choose how often and how you want to give – it's a simple and secure way to make a big impact.

A monthly, quarterly, or annual gift option is available for all online contributions. If you prefer, you may return the completed Rotary Direct enrollment form or enroll by phone at +1-866-976-8279. You can direct your Annual Fund contributions to SHARE, the World Fund, or one of Rotary's areas of focus funds, and all contributions are spent wisely on quality Rotary projects. ○

## This Week

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The California Department of Education will provide \$900 million over the next three years to local educational agencies – like the Pasadena Unified School District – through a competitive process. ○

## Scout's

*Continued from p. 1*

of doing it can freeze the youngster into immobility.

5. Perfectionism – many children fear falling short of their own very high and often unrealistic standards. For example, a child may not audition because "I'm not talented enough to be picked."

The cure for these five issues begins in a relatively simple way as parent's help children respond positively and optimistically to the issues. As a parent, you need to become your child's most important cheerleader.

If the issue is *difficulty*, tell him it isn't so hard, that he can do it. If the issue is *time*, tell her it won't take that long and she has the time. If the problem is a *lack of knowledge*, remind him that he can find

the information and you will guide him.

If the issue is *fear*, remind him this is an opportunity to expand his comfort zone and move in a new direction. If the issue is that of *perfectionism*, remind your child that seldom is anything accomplished that is completely perfect, and that completing a task is far more preferable than leaving it undone.

There are many benefits that come from overcoming procrastination, and they include peace of mind, a feeling of personal power, more freedom, and the pleasure of knowing that one is in control of his/her life. On the other hand, procrastinators often feel weak, helpless, incapable, anxious, frustrated, and depressed. ○



# Sarah Philips

## A Profile in Excellence

by C. Ray Carlson

My first meeting with Sarah Philips was in her living room in Rancho Cucamonga in 2004.

Her husband and seven other Nigerians were there to hear about a plan to stimulate *Job Creation* in their homeland. This assembly of Nigerians happened as a result of an earlier chance meeting on the campus of William Carey International University in Pasadena.

I crossed paths with Sunday Agang, a Nigerian student at Fuller Theological Seminary, who asked if I could help him with the financial needs of an orphanage back home. I replied, "I don't do orphanages; I do job creation." "You can achieve that?" He asked. "Well, we teach entrepreneurship and how to write Business Plans based on a person's own ideas that can lead to a business start-up that creates jobs," I replied. His interest caused me to ask, "Can you assemble a group of Nigerians living here to whom I can explain this, and see if a team can be assembled to carry out this mission,

with the help of Altadena Rotary Club." "Yes, we'll do that," they all agreed.

The first effort to recruit others to join this venture was when Sarah and Sunday spoke at the Rotary District 5300 Peace Conference at the Travis Auditorium of the School of Psychology at Fuller in 2004. Nine months after we first met,

Sarah asked if funds could be provided for her to fly to Nigeria, print copies of the



*Sarah Philips accepting the award*

curriculum, recruit secondary schools that

*Please turn to Sarah, p. 5*



*Nigerian and American flags wave*

# Sarah

*Continued from p.4*

would participate, and find a competent person to manage the venture. Altadena Rotary provided the funds, and Sarah flew home [Nigeria], and, within 30 days, had a launching ceremony with high level dignitaries, local [Nigerian] Rotarians, and educational leaders.

When she returned home to the US, she showed me a videocassette of an interview with Nigerian National Television, audio of National Public Radio, and pages from newspapers.

I asked "What did you do before you migrated to America?" "I was chief legislative officer of the Parliament of Kaduna State." The media was fascinated by her unusual mission as a Nigerian woman in diaspora returning home to try and create jobs when the government had been so unsuccessful.

Several hundred children in four schools were taught entrepreneurship; a government school, a Muslim school, a Catholic school, and a Protestant school. This program has been repeated in succeeding years.

Then John Frykenberg and his wife

Joan went to Nigeria on a medical mission organized by his niece in Illinois. They met a local doctor – also a Rotarian – who suggested that Frykenberg give a presentation on entrepreneurship in a local university. About one thousand students filled the auditorium, which amazed the administration and faculty, as did the enthusiastic interest of the students. Could he return and carry out a complete training with a team of four?

With this amazing experience and invitation, Frykenberg did return with Phipps and two others to teach a weeklong, all-day class. The success of that outreach led to year-after-year vocational trips to universities in other States, financed by Altadena Rotary and the Rotary Foundation. A Swedish Rotary Club of Skovde-Billingham joined the financial sponsorship of several trips. Again, an average of one thousand students filled each auditorium. Philips became project manager for all in-country activities and strategic planning for future ventures in Africa. To date, 11,500 students have been trained. The best 20 business plans – selected by

faculty and local Rotarians in Nigeria – are sent for review and selection of the best three by Altadena Rotarians. Each of the writers of these top three business plans is awarded a lap-top computer.

All of this impressive effort excited the owner of the Times & Life Media Group based in Hollywood, which caters to the 175,000 Africa-born residents of California and like numbers in Texas, New York, and millions totally across the US. The CEO/publisher Chike Nweke was so impressed with Sarah Philips' efforts in Nigeria that he honored her with the 2016 Educational Excellence Award at a Pan-African fiesta in Carson Civic Center on September 17, 2016.

We of Altadena Rotary – and on behalf of Rotary District 5300 – congratulate Sarah Philips, PhD for this great award by her peers and also for her earned award of a Doctorate in Physical Health from Walden University the same day!

All photos were taken at the Life & Times Media Group banquet at Carson Civic Center, about 300 in attendance. ○



*(l to r) C. Ray Carlson. Raoul Pascual. Mary Udo, Sarah Philips, John Frykenberg, Glenn Carlson. All but Carlsons comprised the team to Nigeria in December 2015.*



GREATER LOS ANGELES AREA COUNCIL, BSA

# YOUTH EXPO



# 2016



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The members and friends of  
 the Rotary Club of Altadena,  
 and Rotary International  
 District 5300,  
 extend our warmest  
 congratulations to

**SARAH PHILIPS**

Upon her selection as  
 recipient of the  
 2016

**Educational Excellence Award**

by the  
**LIFE & TIMES MEDIA GROUP**



Charlie Wilson  
 President 2016-17  
 Rotary Club of Altadena

11,000 Nigerian university students trained to write Business Plans based  
 on their own ideas, to develop Entrepreneurs and create Jobs.

For more info on her program, contact: [sarah@trepmaker.com](mailto:sarah@trepmaker.com)



# Second Saturday Concerts

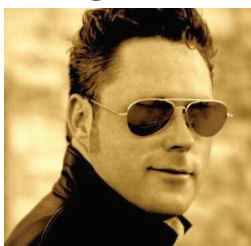
Second Saturday's *(mostly)* from 6:30 to 8:30 pm

Listen to great music as you sip beer and wine from **The Ale House**; savor grilled eats from **El Patron**; and sample delectable desserts from **Sweeter Than Honey**.



**Kenny Sara and the Sounds of New Orleans** returning to the Altadena Library playing New Orleans music along with various other styles and favorites. Raised in New Orleans, Kenny lives in Altadena with his wife.

[www.kkaremusic.com](http://www.kkaremusic.com). **November 12**



**Young Dempsey** Sprinkle in music from the 50s to 80s with dancing and you get that explosive concoction known as Young Dempsey – a band of “dudes” made up of Drewin Young, Josh Jones, Mac Lake and Marc Doten – that bring back that hot-rod nostalgic doo wop and country sound.. **December 3 (First Saturday)**

**Todd Washington Trio** will entertain with a mix of blues, folk, rock, soul and gospel. The band’s lead singer, TMax, has performed with Chaka Kahn, Katy Perry, Earth Wind & Fire, Taj Mahal, Sarah Brightman, Michelle Shocked and other top artists. **January 14, 2017**



**Louis Van Taylor Quintet.** Louis has performed with Kool and Gang Band and The Gerald Wilson Orchestra. Louis played in June with JazzZone at the Library and it was fantastic – don’t miss it! [www.plazanoir.com/louis-van-taylor-2/](http://www.plazanoir.com/louis-van-taylor-2/) **February 11**

**DeRumba** Bringing the sound of the Spanish guitar to the beat of the gypsy rumba – these musicians are AMAZING! [www.facebook.com/Derumba](http://www.facebook.com/Derumba) **March 11**



**Splish Splash Band** is an acoustic classic rock, folk ‘n blues band made up of Pierce Brochetti and Dolores D’Angelo. They take you through time playing tunes from the ‘60s to the ‘90s and all the way to the present with a few originals thrown in the mix. [www.Facebook.com/SplishSplashBand](http://www.Facebook.com/SplishSplashBand). **April 8**



**Michael Haggins Band** combines funk and smooth jazz with a taste of old school, having been inspired by Stanley Clarke, Isley Brothers, George Duke, Earth Wind & Fire, and many others. [www.MichaelHaggins.com](http://www.MichaelHaggins.com) **May 13**



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