

Rotary Club of Altadena

Sparks

OFF THE ROTARY WHEEL
AN AWARD-WINNING NEWSLETTER



April 20 2017

This Week

Susan Howland Alzheimer's Greater Los Angeles Program Host: David Smith

Alzheimer's Greater Los Angeles (ALZGLA) is the only local full-service, dementia-focused nonprofit with 36 years' experience, 5 locations and a staff of 55.

ALZGLA is a leading force in Alzheimer's and dementia care, advocacy and research. The experts in Los Angeles and surrounding counties pioneered many of the programs, support groups, and educational materials now offered across the country. Services provided by Alzheimer's Greater Los Angeles include:

- 173 support groups in six different languages
- 3,000 family care consultations helping caregivers and families navigate the challenges of an Alzheimer's or dementia diagnosis
- Community outreach & education to hundreds of thousands of people, with special focus on Latino, African American, Asian Pacific Islander, and LGBT communities
- Training and education to healthcare, emergency responders, and other professionals
- Respite support
- MedicAlert/Safe Return



Scout's Honor
by Charlie Wilson,
President



Helping Children Handle Homework

From an article by Richard Romney, October 2003 issue of Scouting Magazine

You may think you're just a mild-mannered mom or dad. But here are some tips that can turn you into a superhero when your children need assistance with difficult homework assignments.

Whether your child is 5 or 18, as a parent you have a role to play. That role is to foster a love of learning. But remembering your role can be tough when schedules are tight, the television is blaring, and you're already tired from a long day. Take courage, just the same — the feat is not impossible. In fact, it can be fulfilling.

The Setup

Fourteen-year-old Brittany is in tears because of homework. "I just don't get it," she says, over and over again. < Math can do that to people. > Her brother Miles, a high school senior studying calculus, steps in to help, but that only makes matters worse. "When he explains it, it just gets more complicated," Brittany moans. And a frustrated Miles stomps from the room as Brittany's younger brother and sister eye their mother.

"Don't look at me," Mom says. "I don't understand math at all." So everybody turns to Dad. And Dad doesn't get it either. "All right," he says, in SuperDad fashion. "Let's take a time-out." OK, we'll take a time-out,

too. What should this father do? How can he help his daughter get through a learning/school challenge that evokes a strong emotional reaction? And remember, Dad is ... well, he's not really SuperDad.

Time in.

*Let's join Dad
and Brittany again.*

"Feeling a little better?" Dad says. "A little," Brittany says, dabbing her eyes. "OK," he says. "I don't understand this either, but maybe you could explain it to me. Let's start by figuring out what you do understand."

It takes several minutes, and there are times when the tears well up again. But then the light comes on. Miles re-enters the room and confirms that the answers are correct. Mom beams. And from Brittany — a smile! A hug! Hey, maybe there is a SuperDad after all. You've just had two lessons at

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Greeters

April 20

Julius Johnson

April 27

Steve Kerekes

May 04

Mindy Kittay

Program Review

PCC Veterans receive Awards



The program was Pasadena City College Veterans' Scholarship Awards. Patricia D'Orange Martin, Coordinator of Veterans Services at PCC, gave us an overview of the Veterans' program at PCC, and was the primary staff member to help us select the scholarship recipients. Martin explained that there are over 700 veterans

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Rotary Club of Altadena - #7183

Chartered: February 14, 1949
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626-794-7163

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at PCC, of which 170 are women. Each scholarship recipient received an award of \$1,500. The recipients were:

Alex Argulliez, who grew up in South Los Angeles – He is a 9+-year Army veteran who served in both Iraq and Afghanistan as a signal support specialist. The Army provided a way for this first-generation college student to major in Information Management Systems.

Christopher Villalobos, who is a local boy who graduated from Marshall Fundamental High School in Pasadena and entered the Army at age 19 – He was an Armor Crewman (tanks) and served in Kuwait. He'd like to transfer to USC and obtain a Ph.D and

April

Mom & Child Health

Program Chair, David Smith

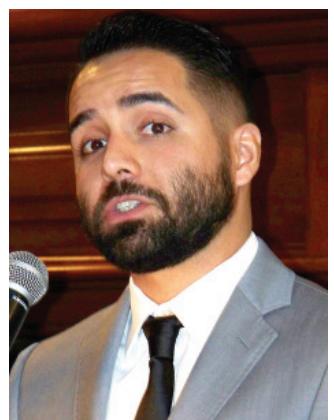
April 20 - Kimiko Kelly and Susan Howland, Directors of Community Education, Alzheimer's, Greater Los Angeles area



work for an NGO organization.

Marie Maramb who grew up in an orphanage in Rosemead – She

and her disabled brother lost their parents and were sent to an orphanage. Marie joined the Navy and served 4 years on the USS Ronald Reagan as an aviation ordnanceman for three deployments. She is in the nursing program at PCC and plans to transfer to a university nursing program to complete a Masters degree in nursing.



Please turn to Program, p. 3

Congratulations



Birthdays

04/06 - Candace Colliflower

04/13 - Alice Hudson

04/18 - John Frykenberg

04/29 - Mike Noll



Anniversaries

04/27 - Sterling & Olga Louviere



Chairmen's Corner

by Toni Hill, Youth Services Co-Chair

A Chance to Serve Two Ways this Spring



The Rotary Club of Altadena is working on two service projects. One will take place late April – early May and the other early June.

For the April/May project, we are working with Amigos de los Rios on the remodel of Triangle Park (*Southwest corner of Lake and Altadena Drive*). Our part of the project is to design a plan and put in conduit to bring lighting to the park when it is finished. Craig Cox and David Smith have been attending meetings to

coordinate our work with Amigo de los Rios' contractor. Craig has also reached out to a contact with Vista Lighting in Simi Valley who has indicated that they may be willing to donate the state of the art LED fixtures. Tom McCurry has helped us find a landscape electrician, Martin Rodriguez of MR Electric, who is willing to consult with us on the project. When we are done, our hope is to relight the 60-foot flag pole and have the infrastructure in place to light the new stairs, Altadena sign, *freedom* tree, and maybe an additional area.

For the early June project, we will be

helping the Altadena Library celebrate its 50th anniversary by providing lunch at 1967 prices. Mindy Kittay and her committee have already begun their planning as we need to find food donations from local merchants and organize our teams to set up, serve, and take down.

Announcements will be made soon for additional organizing meetings and work days.

Your support of these projects is a real benefit to the community and makes being a member of the Rotary Club rewarding and fun!



Program

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Robert Denam joined the Marines in 2010 when he was 21 years old. He spent 5 years in the Marines and deployed to Afghanistan. He's had a difficult time transitioning back into civilian life, but



he has a 4.0 GPA, with a major in Business and plans to transfer to Cal State LA.

Evelyn Trinidad-Rokitski grew up in Long Island. In 2004 at 19 years of age, she decided to join the



Navy and see the world. She spent 9 months of her 3 years in the Navy on deployments in support of Operation Enduring Freedom and Iraqi Freedom as an air-launched weapons technician. She is majoring in psychology and wants to transfer to Cal State Northridge. Her goal is to continue to serve her fellow veterans and work for the VA as a therapist.

All five scholarship recipients gave great praise for the support that the Veterans Center has given them, both academically and personally.

Tom McCurry ○



Job Creation & Entrepreneurship

by C. Ray Carlson, District Chair, Job Creation

Israel's Success as a Technology Hub

Israel's minister of education, Naftali Bennett, a former high tech CEO and a member of the Inner Security Cabinet, revealed in the Wall Street Journal of March 21 that "although Israel's schools are good, our secret weapon is a parallel education system that operates alongside the formal one. This is where our children learn to become entrepreneurs."

He goes on to extol three components of Israel's shadow education system:

- The heritage of debate over the Talmud's legal codes by pairs of students;
- The peer-to-peer model of Jewish youth organizations whereby teenagers work closely with younger children to give them experience in excursions and hikes;
- The drafting of 18-year old boys and girls into the military for two- to three-year stints to defend the nation, which requires them to:
 - Mobilize people and equipment,
 - Build contingency plans, and
 - Function under immense physical and mental pressure.

Bennet concludes: 'Two qualities are needed to change the world: Innovation, to think of new ideas, and entrepreneurship, to turn these ideas into reality. That is the essence of today's economy. The way to create citizens steeped in both is to give children, at a young age, the room to try.'

Having personally taught Entrepreneurial Literacy to over one thousand children since 1995 in the Pasadena Unified School District at grades 2, 7, 10 and 12, this affirmation is exciting indeed. I started with the Junior Achievement curriculum because I had participated in a JA Company program

many years earlier. That experience led me to several leadership roles in extracurricular activities during my years studying Chemical Engineering at Northwestern University.

Then again in my 20-year career in the petroleum industry where I had to write business plans to justify to management the addition of new process units. My final eight years in petroleum was as project design manager for Sweden's largest oil refinery, which required successive business plans as their product sales soared. Thus, an entrepreneurship skill-set can be valuable as an employee as well as an actual entrepreneur. That refinery created over 1,000 jobs in a seacoast village of only 8,600 residents that was struggling to survive.

In the late 90s, Altadena and San Marino Rotary Clubs helped – with funding from the Rotary Foundation and, together with the Rotary Club of Nazareth – start a JA program in a Catholic Israeli-Arab (Palestinian) high school in Nazareth. At the end of the school year, this school competed with 25 Hebrew schools throughout Israel. The Nazareth school won! "Beginners luck" was the outcry of the Hebrew schools. But the next year they won again! In the third year we asked the Rotary Club of Jerusalem to help with a school in East Jerusalem (Palestinian), but they objected, insisting that we also get involved with the West Jerusalem (Hebrew) school. We didn't have funds to do both, so we moved on to Uganda in a collaboration with the World

Bank group. Then to Zambia with funding from the US Department of State's cultural exchange program. Now in Nigeria – under leadership of Dr Sarah Philips and John Frykenberg – we are focused on every university – with 12 thousand students in 8 universities impacted to date. Our Mission:

- Change the world by stimulating Innovation and Entrepreneurship
- Create Jobs. With jobs, their other needs can eventually be satisfied by the people themselves.

Give a person a fish, and she'll eat for a day; teach her How to fish and she'll eat for a lifetime. Empowered, she will have fewer children, will care for them better, will have no reason to offer her body to gain money to care for them, and will thereby be less prone to contract HIV/AIDS and other sexually transmitted diseases. That was the objective of the grant from the State Department for our Zambia project. ○



The winning product of Nazareth's St.Joseph school - a CD rom tour guide with local choir music

Scout's

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Homework School:

- LESSON ONE: LET THEM TALK UNTIL THEIR LIGHT COMES ON.
- LESSON TWO: THE REWARDS ARE WORTH THE EFFORT.

You're ready for the next lesson:

LESSON THREE: RALLY YOUR FORCES

On many subjects, SuperMoms may know more than SuperDads. And don't forget SuperGrandmas, -Grandpas, -Brothers, -Sisters, -Aunts, and -Uncles – you get the idea. Seek reinforcements. "Often, teaching and learning are easier if more people are involved," says Cecilia Jabakumar, an elementary school principal in Salt Lake City, Utah.

Marguerite C. Radencich and Jeanne Shay Schumm put it this way in their book, *How to Help Your Child With Homework* (Free Spirit Publishing, 1997): "Helping with homework doesn't have to be solely your responsibility as a parent. You may discover that more than one family member is willing and able to lend a hand." Look to others, too. One young woman, searching for a science project, studied bridge construction with a neighbor who's an engineer. A Cub Scout developed a geology display for a school class after talking with his Cubmaster, who works for a refinery.

You have other allies, too. How about *Terrific Teacher*, the one who assigned the homework in the first place? Judy Caragher, an elementary school teacher from Auburndale, Mass., suggests in an article, "Knowing When to Contact Your Child's Teacher," on *Discovery.com* that you should not only check in at conferences but work all year with the teacher to form a *united front* to guide and encourage your student. "In this wonderful technology age, e-mail is a great way to solidify the home-school connection without having to work around both your

schedules," she says.

Other superheroes are also at your service: *Learned Librarian* and *Internet Man*. There are volumes and volumes, sites and sites with tips for parents to help children develop valuable study habits and homework skills.

At the local library, my wife and I found a little book our children love, *How to Do Homework Without Throwing Up* (Free Spirit Publishing, 1997), by Trevor Romain. An insightful read for parents, too, Romain's book offers homework truths to students in language with which they can identify.

An excellent Web site for parents to reference is www.nea.org, which reflects the point of view of teachers who, in working with children at school every day, know firsthand kids' concerns about school, homework, and studying. And remember, most schools now have telephone hotlines or Web sites where you can – among other things – check on assignments given and those turned in. It's a great way to keep in contact with teachers and avoid surprises.

For Scouting families, here are two action figures you may not have thought of: *Mighty Merit Badge* and *Amazing Activity Badge*. The Scholarship merit badge pamphlet offers lots of good suggestions, both for children and parents, on completing assignments for school; and the requirements for the Scholar activity badge can be used with younger children as a way to get a conversation started about homework and grades. Maybe your child can learn good study habits and earn a merit or activity badge at the same time!

LESSON FOUR: STRENGTHEN YOUR FORTRESS

Every superhero has a place of refuge. In your case, it's your home. In that sanctuary, establish an environment where learning is revered. Eat dinner together, and in addition to your normal conversation, select one

academic subject for discussion each night. Give it 5 or 10 minutes. You'll be surprised how – over time – this will sharpen thought processes and skills of self-expression.

Another great idea is to read together as a family. "Let your kids see you reading and they're more likely to pick up the habit," offers a National Education Association report. One mother from California explains that she used to read to her two children, "but now that they are older, I read with them. We set aside a half hour each night, and we really enjoy just being together, knowing we're each absorbed in our own book."

You can also strengthen your fortress by making it a place of praise. The honest effort children put into their studies is more important than grades. Tell your children often that you admire them for doing their best. Reward them when they do.

LESSON FIVE: OFTEN THE BEST SUPERHERO IS A SIDEKICK

A few lines from the lyrics of a children's song plead: "Lead me, guide me, walk beside me, help me find the way." That's excellent advice for parents. Resist the following temptations:

- Doing more than you need to,
- Helping when help isn't wanted or needed, or
- Becoming part of an argument rather than part of a solution.

Remember, the goal is to prepare children for life, not just to help them finish an assignment or outshine their classmates. "A teacher can tell when parents do homework for their children," says Dennis Larsen, a ninth-grade teacher in Sandy, Utah. "There's nothing wrong with proofreading or checking. But if you do the work for them, you take away their opportunity to learn." Encourage children to look things

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Scout's

Continued from p. 5

up. Try saying: "One of the answers is on page 33. Can you find it?" If they don't understand a word, send them to a glossary or a dictionary. It's an exercise that builds study muscles.

"If your child is one who needs individual support and attention both at school and at home, tackle the assignments one at a time," says elementary school teacher Judy Caragher, in her *DiscoverySchool.com* article "Getting Kids to Do Their Own Homework." "Go over the directions and materials with your child, making sure he is clear about what needs to be done," she advises. "Talk about what needs to be completed – even if it is only a portion of

the assignment –and then disappear." This forces the child to think on his or her own, and to become a more confident student.

LESSON SIX:

TEACH FROM EXPERIENCE

Karla Ballard, a past president of the National Urban League Young Professionals, is quoted in Hugh B. Price's book *Achievement Matters: Getting Your Child the Best Education Possible* (Kensington Publishing Corporation, 2002) as saying: "A parent often asks: 'Who am I to be a teacher? I don't have a college degree. I can't understand math, etc.' Yet the value of your life is what's critical," she points out. "Parents must see themselves as educators and their

own lives as educational experiences."

When you bake a cake, show how fractions apply in measurements. Have a contest to see who can find the most geometric shapes in buildings. If your child is studying French, go to a French restaurant. If he or she is studying science, go to a museum. Again, remember, you're not just getting a student through school. You're preparing a child for life.

So there you have it. You've completed your first course in Homework School, "Superhero 101."

Sure, there's still a lot to learn. But just remember Lesson Two: *The rewards are worth the effort.*



Altadena Dan Stover Winner Scores First Runner-Up in West Regional Finals

Article and Photo supplied by Sarah O'Brien

Congratulations to Altadena Rotary Club winner - Coleman Theodore Bryant who competed Tuesday night, April 11 in the 2017 Dan Stover Music Contest CA West Regional Finals and was awarded the prize of First Runner-Up.

The contest was very close, and judges had a hard time deliberating and choosing the winner. Nine students competed including pianists, a violinist, cellist, drummer and flautist.

The event was held at Ramona Convent Secondary School and was attended by family members, judges and Rotarians. Program Chair, Sarah O'Brien, represented Altadena Rotary Club and helped with set-up and the timing of contestants' performances.

William Suh, winner of Pasadena Rotary Club's contest will advance to the next round on cello. Bryant is currently a stu-

dent at Blair and will continue his music studies at UCLA in the fall. He plays drums in several jazz ensembles locally and arranges his own music. We have not heard the last of him! Both Bryant and Suh clearly enjoyed the camaraderie of the contest.

Congratulations to all who participated and helped with the event. The next round will be in Palm Springs at the District Conference in May.



BOB LUCAS MEMORIAL BRANCH

Extended Hours During Phase I Renovation

If you've been at either of Altadena Library District's branches recently, you have likely seen the poster to the right outlining the upcoming Phase I Renovation at the district's main building. As exciting as this much-needed renovation is, we will be putting some temporary measures into effect, including extended hours at the Bob Lucas Branch and limited options for item drop-off and hold pick-ups at the main library, to diminish any inconvenience caused by the library's brief closure.

During the renovation books can be returned at the Branch Library on the corner of Lincoln and Ventura or in the drop boxes located on Mariposa at the Main Library. Also during the hours of 10 a.m. to 5 p.m., Monday through Friday, a staff member will be stationed at the South Entrance of the Main library to answer questions, renew books, retrieve your items on Hold and assist with any questions you may have about your account. A small selection of new books, movies, audio books and music will be available to browse. ANY LATE FEES incurred during this period will be forgiven.



Extended Bob Lucas Branch Hours 2659 Lincoln Avenue, Altadena

Monday through Thursday
10 a.m. to 8 p.m.

Friday through Saturday
10 a.m. to 6 p.m.

Sunday
12 p.m. to 4 p.m.



Altadena Library District's Main Library will be closed from Monday, March 13th to the end of April 2017 for the Phase I Renovation.

MARK YOUR CALENDARS FOR FUTURE SECOND SATURDAYS

Louis Van Taylor Quintet



**Saturday, April 8, 2017
6:30 - 8:30 p.m.**

The Michael Haggins Band



**Saturday, May 13, 2017
6:30 - 8:30 p.m.**

Stay tuned for the next season of Second Saturdays with Upstream in October and the Tone Brothers in November!

Second Saturday CONCERTS



Listen to great music as you sip craft beer and fine wine from The Ale House; savor wonderful dishes from El Patron and Guerrilla Chef Mateo; and sample delectable desserts from Sweeter Than Honey

UPCOMING EVENTS

Todd Washington Trio

Blues, Folk, Rock, Soul and Gospel
January 14, 2017

Splash Splash Band

Rock, Jazz and Blues
February 11

DeRumba

Spanish Guitar to the beat of the Gypsy Rumba
March 11

Louis Van Taylor Quintet

Jazz
April 8

Michael Haggins Band

Funk and Smooth Jazz
May 13

The Satisfaction Band

Dance music Top 40, Latin Rock, R&B, Cumbias and Oldies
June 10



SECOND SATURDAYS
[mostly]
FROM 6:30 TO 8:30 PM
AT THE
ALTADENA
LIBRARY



Altadena Libraries

600 East Mariposa

Altadena | 626 798 0833

www.AltadenaLibrary.org



All concerts are FREE and start at 7:00 PM in the Amphitheater at Farnsworth Park.

568 East Mt. Curve Ave., Altadena, CA 91001 for information: 626-798-6335

Visit: <http://www.altadenasheriffs.blogspot.com>

21st Annual Summer Concert Series Schedule - 2017

The Saline Fiddlers Philharmonic

Saturday, July 8th

The Down Beat Express

Saturday, July 15th

Bleeding Harp

Saturday, July 22nd

Whos Next

Saturday, July 29th

The Tuners

Saturday, August 5th

Upstream

Saturday, August 12th

Kings of 88

Saturday, August 19th

Nowhere Man

Saturday August 26th

*And... For Our Grand Finale... Saturday, Sept. 9th
Hot August Night in their Tribute to :*

NEIL DIAMOND

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Don Rutherford
SSGA's First President



Rotary Club
Of Altadena

