

This Week Business Plan Competition Rose City High School Guest Program Host: C. Ray Carlson

This competition between student-written Business Plans is returning to our club.

It was initiated in 1999 and continued every year until the Rotary District-wide competition began six years ago, which will be held May 4 at Huntington Middle School, San Marino. The two best plans will advance to the District event.

Four students of Rose City HS (PUSD) will each present a business plan based on his/her own ideas. Their teachers are Michael Slominski and Jennifer Pringle.

This competition continues in commemoration of Duane 'Dewey' Merrill, a much loved member of our club who died of a heart attack in 1998 immediately after teaching two classes at Muir HS. His wife Phyllis suffered a stroke last year and is no longer able to attend, but continues to support this program along with their son.

Invite a friend or business associate to witness an exciting outreach of our club to local children who face enormous odds in finding jobs after graduation. ○



Scout's Honor
 by Charlie
 Wilson,
 President



Ways to Advance Your Child's Spiritual Life

From an article by Victor Parachin, Mar./Apr. 2003 issue of Scouting Magazine

Three times a year, a father and his two sons, aged 9 and 11, go through their closets with the goal of giving away clothing items they no longer need. They deliver their donations to a nearby charity that makes the items available to low-income families.

Several years ago, a single mother taught her two daughters to light a small candle on a table in the hallway of their apartment whenever a friend was sick, in trouble, or hurting in any way. The glowing candle is a reminder to family members to pause to say a brief prayer for the person it represents. "My children are now teenagers, and they still routinely light that candle whenever someone they know needs help from a higher power," she says.

That father and mother are effectively helping their children develop a spiritual life. For children to live balanced lives, they need to grow not only physically, emotionally, and intellectually, but spiritually as well. Here are some ways for parents to help advance

a child's spiritual life.

Accept Your Responsibility As a Parent to Provide Spiritual Formation

Many new parents become aware of this when their children are born. After the birth of her first child, medical doctor and parenting writer Marianne Neifert, MD, discovered that the miracle of new life motivated her to turn to a higher power. "For myself, I can't imagine having taken the plunge into parenthood without the comfort of my beliefs," she writes. "My first baby was born when I was barely 20 and living 5,000 miles away from my own parents. I needed

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Greeters

April 27
Steve Kerekes

May 04
Mindy Kittay

May 11
Sterling Louviere

Program Review

Oh, NO!!!! . . . Do I have Alzheimer's???



That's the question Susan Howland of Alzheimer's Greater Los Angeles put in all of our minds at last week's meeting. Her first slide showed a woman asking, "Why did I come into the kitchen?" When she asked how many of us had asked this question, we all raised our hands. She said this is natural. As we get older, changes occur which

affect many areas of our bodies, including our brain. You can choose what you wish to remember.

She then went into a discussion of Dementia versus Alzheimer's. Dementia is an umbrella term for a set of symptoms concerning the impairment of thinking and memory. There are multiple reasons for dementia, many of which have nothing to do with disease. Many dementia cases are caused by strokes.

Alzheimer's is the 6th leading cause of death in the United States ... the 5th leading cause in California. The youngest person to be diagnosed in California with Alzheimer's was 38 years old. It is caused by the build-up of plaques and tangles that damage the way the brain works. Unlike other diseases, there is no known means to prevent or cure Alzheimer's. Part of the difficulty in treating Alzheimer's is the social stigma of many groups in revealing that a family member has Alzheimer's. Many families prefer to handle the problem themselves. This lack of diagnosis delays treatment and increases health issues for the caregiver. Many caregivers often die before their Alzheimer patients.

Alzheimer's Greater Los Angeles offers a 24/7 helpline (844-435-7259). It offers several services, including support groups, increased awareness, and others.

There are several risk factors related to Alzheimer's that we should be aware of.



They include age, gender, genetics, high blood pressure, diabetes, high cholesterol, head injury, and Down's Syndrome. Some of the strategies that can be used to reduce the risk is to have a healthy heart. 25 percent of the blood pumped by the heart goes to the brain. Exercise brings more blood to the brain. Keeping track of the risk numbers is important. Keeping Vitamin D levels high, and managing habits such as alcohol and drugs also helps.

Many of us left the meeting promising to do better to try to reduce our chances of getting Alzheimer's. Great talk, Susan Howland!

Ed Jasnow ○

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Rotary Club of Altadena - #7183

Chartered: February 14, 1949

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www.altadenarotary.com

Meets: Thursday, 12:10p

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April

Mom & Child Health

Program Chair, David Smth

April 27 Dewey Merrill Business Plan

Competition - Guest Program Chair Ray

Carlson

Congratulations



Birthdays



04/06 - Candace Colliflower

04/13 - Alice Hudson

04/18 - John Frykenberg

04/29 - Mike Noll

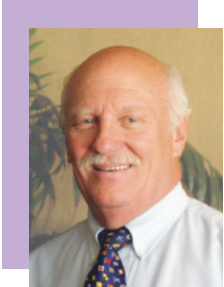


Anniversaries



04/27 - Sterling & Olga Louviere

Identifying Our Enemies



Egyptian President Abdel Fattah el-Sisi's recent visit to the White House was of paramount importance to combatting radical Islamic terrorism.

As evidenced by the recent Palm Sunday church bombings by radical Islamists, Egypt finds itself on the front lines in the battle against Islamic radicalism, and more specifically, the Muslim Brotherhood.

It was the Muslim Brotherhood that started the Islamic revolution in 2011, creating a domino effect that extended into Syria and across the globe.

The Syrian Muslim Brotherhood — empowered by the revolution in Egypt — rose to establish an Islamic order in Syria, attempting to eliminate Assad, as they had done to Mubarak in Egypt.

Assad's loyal ally Russia came to his defense, while our government threw Mubarak under the bus and blocked billions in aid to

Egypt after El-Sisi deposed Morsi in 2014.

El-Sisi understands the nature of the Muslim Brotherhood, and the threat it poses to both Egypt and the United States. It was the Muslim Brotherhood that assassinated Anwar Sadat, the former Egyptian president who signed a peace treaty with Israel. The Brotherhood killed him in cold blood because he was a peace maker.

Osama Bin Laden, 9/11 ringleader Muhammad Atta, the head of Al-Qaeda Ayman al-Zawahiri, and Al-Baghdadi the head of ISIS were all members of the Brotherhood. The two most powerful countries in the Middle East — Egypt and Saudi Arabia — have designated the Muslim Brotherhood as a terrorist organization.

Egypt is the largest Islamic country in the Middle East, with 80 million Muslims, and the most powerful Arabic army, while Saudi Arabia is the home of the prophet Mohammed. Both of these countries understand the threat the Brotherhood poses. Unfortunately, our government still has not

designated the Brotherhood as a terrorist entity.

Egypt has been plagued by the Brotherhood for almost a century. In 1982, the Brotherhood wrote a 100-year plan for radical Islam to infiltrate and dominate the West. The plan identifies the Brotherhood's intentions to destroy America from within by infiltrating the media, government, and educational system.

The Brotherhood has already established successful front groups within the US, including CAIR (Council on American-Islamic Relations) and ISNA (Islamic Society of North America).

Now is the time to reverse the damage done to date. The enemy is no longer at our doorstep, but in our house. We must heed El-Sisi and other middle east allies and designate the Muslim Brotherhood as our enemy.

Every day that passes without such a designation, the tentacles of Islamic terror wrap tighter around us. ○

Scout's

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the reassuring safety net of God's love and example to bolster my own inadequacies. As I had four more children and watched them grow, I made it my goal to pass on to them all the things I valued most in life, including my Christian faith."

***Tell Yourself,
"It's Never too Early"***

In the religion of Islam it is customary for a father to whisper this prayer into a baby's ear even before the umbilical cord is cut:

"There is no god but the one God..." Among some Christians it is common to recite the Lord's Prayer to a child before it is an hour old. Other spiritually oriented parents quietly offer this simple prayer-affirmation to their children in the earliest moments and months: "God made you. God loves you. God keeps you." Because children begin life with an internal sense of wonder and awe about their world and because they are naturally intuitive and open to life, a child's

spiritual education ought to begin at the earliest stages.

Participate in a House of Worship

Children's spiritual growth is greatly enhanced when they and their parents regularly take part in a house of worship.

This idea is sometimes a tough sell for adults who have had harsh and negative experiences with their own past religious

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Scout's

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involvements. Yet, such an experience should not be the norm. Most churches, synagogues, and temples are healthy, vibrant spiritual communities that are open, welcoming, and nonjudgmental. Also, some people are of the opinion that organized religion has nothing to do with an authentic spiritual journey, that the structured trappings of religion—mantras, rosaries, symbols—have nothing to do with true spirituality as exemplified in acts of kindness, compassion, respect, and reverence for life. If this is your view, then be open to this observation from educator David Carroll, author of *Spiritual Parenting*: “The inner contemplative process and the outer religious form are both necessary if a child is to develop a sense of the sacred. ‘Without faith,’ one astute writer remarked, ‘ritual is dry and empty; but without ritual, faith is scattered and uncontained.’”

Model the Spiritual Life for your Children

Be the best possible role model for your children. Let your values and virtues be seen by your children through your words and actions. “Children will invariably talk, eat, walk, think, respond, and act like their parents,” notes Billy Graham. “Give them a target to shoot at. Give them a goal to work toward. Give them a pattern that they can see clearly, and you give them something that gold and silver cannot buy.”

Institute Quiet Time

Children should be encouraged to cultivate silence and stillness in order to become more spiritually aware. Carroll offers these tips for introducing young minds to turning inward and to the discipline of sitting still: Institute the first sessions of quiet time when the child is very young, preferably beginning when a child nears his or her fourth birthday.

The first quiet time should run no more than thirty seconds to one minute. Even

a four-year-old can handle that length of silence. Do this four times a week and keep at it consistently. That way a child will come to expect the quiet time and eventually look forward to it. “That way the meditative habit becomes incorporated into a child’s life in a natural way,” he says.

Teach Children to Pray

As soon as children can understand language, teach them how to pray. Initially these can, and must, be brief prayer times. For example, upon seeing a new flower emerging, offer this type of prayer with your child: “Thank you, God, for this beautiful flower.” If you have a beloved family pet, pause with your child to pray: “Thank you, God, for our dog. Bless him/her.” Similarly, a child can offer a quick prayer for a sick friend: “Dear God, please be with my friend Meagan who is sick.” In order to teach children prayer, one family created its own family prayer book. In it are written many personal and individual prayers prepared by various family members. Their family prayer book also includes some traditional and favored prayers, such as the prayer “Lord, make me an instrument of thy peace...” plus Psalm 23 and the Lord’s Prayer, copied in an elegant calligraphy.

Spend Time Together in Nature

Educator and botanist George Washington Carver said, “I love to think of nature as an unlimited broadcasting station through which God speaks to us every hour if we will only tune in.” Sages from across the ages made their way into deserts, forests, and caves to encounter the spiritual. Spend time with your children in nature. Of course, it isn’t necessary that you trek off to a great wilderness area or a massive desert. Simply going out into the yard or a nearby park with your children can help them experience the rich variety of creation. Allow them to feel the grass, examine insects, and ponder the dazzling diversity

of the universe. In the book *10 Principles for Spiritual Parenting*, authors Mimi Doe and Marsha Walch report: “Programs such as Wilderness Discovery, a nature-based program for at-risk kids, have reported improved self-esteem, a stronger desire to attain goals, and improved mental well-being among the participants. Interacting with the natural world increases children’s spiritual sense of belonging, and when we believe we belong to something larger than ourselves, we feel valuable.”

Pay Attention to your Children

Be aware and observant of your children’s words, actions, and values. Pay attention to how they treat friends, adults, strangers, animals. If it appears they need help to move in a different direction, simply but promptly bring it to their attention. Another effective way to provide correction is by quietly but obviously modeling the behavior you want them to embrace. Treat animals with kindness, pick up litter when you come across it, speak courteously to everyone, show respect to people from all walks of life.

Stress the Golden Rule

Versions of the Golden Rule — doing to others what you would have them do to you — appear in all the world’s great religions. So important is this spiritual principle that David Carroll urges parents to “Write it in bold letters ... Hang it up on the child’s bedroom wall ... Say it aloud to children from an early age; explain it in detail. Whenever you see or hear your children acting unkindly, remind them that they don’t like to be treated badly themselves — so why treat others this way?”

By effectively helping youth develop a spiritual life through a commitment to their spiritual formation, parents and significant adults can contribute greatly to children living a balanced and integrated life as they grow into adulthood. ○

BOB LUCAS MEMORIAL BRANCH

Extended Hours During Phase I Renovation

If you've been at 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



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

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

Splish 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



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

Presented by B & E Promotions & Sheriff's Support Group of Altadena

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In Memory of
Don Rutherford
SSGA's First President



Join Mayor Tornek, Community Members, Pasadena Residents, Civic, Business, Student, and Educational Leaders, and the Interfaith Community for the

44th Annual Pasadena Mayor's **INTERFAITH PRAYER BREAKFAST**

"Comforting the Afflicted and Afflicting the Comfortable"
presented by **FRIENDS IN DEED**

Thursday, May 4th
7:30-9:00am

Doors open at 6:45am
Program starts promptly at 7:30am
Pasadena Convention Center

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Online Ticket Sales: www.friendsindeedpas.org

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Keynote Speaker:
John E. Kobara
Executive Vice President and
Chief Operating Officer
California Community Foundation

