

This Week

Tom Surnock Craft Talk Program Host: Tom McCurry

Tom Surnock was a normal kid, involved in sports: skateboarding and jumping into pools off fences that he shouldn't have, leading to a lot of injuries during his childhood. In his craft talk, he'll be telling us about some of his more substantial injuries and how they relate to body structure.

He was raised in Studio City and played piano from age 3 to 15. As a kid, baseball was his main sport because his mom loved that sport. Then he learned about football. Everything changed! He stopped playing the piano so he could get more time in the weight room, leading to some very severe injuries, which eventually led to his becoming a chiropractor – which you will hear about in his craft talk.

Tom went to Cleveland Chiropractic College to get my bachelor's degree in human biology and then Southern California University of Health Sciences to obtain his chiropractic doctorate.

In his craft talk, Tom will tell us about the relative changes to the body that happen with injuries as big as his and as minor as sneezing in the wrong biome-

Please turn to This Week p. 3



Dialing In

By Steve Kerekes,
 President



Just Imagine that You . . .

This week's column is about how the human psyche is at work in making decisions -- how we often overvalue possible adverse consequences, how we over-emphasize our desire to avoid regrets in making a decision, and how we feel about a bad decision after we have made it. Taken from the book, Stumbling on Happiness by psychologist Daniel Gilbert (Knopf/Doubleday Publishing Group, Kindle Edition, pps. 194-197)

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Just imagine that you've applied for a job as a swimsuit model, which requires that you don something skimpy and parade back and forth in front of some gimlet-eyed twit in a three-dollar suit. If the twit looked you over, shook his head, and said, "Sorry, but you're not model material," you'd probably feel bad ... for a minute or two. But this is the sort of interpersonal rejection that everyone experiences from time to time, and, after a few minutes, most of us get over it and on with our lives. We do this quickly because our psychological immune systems have no trouble finding ways to exploit the ambiguity of this experience and soften its sting: "The guy wasn't paying attention to my extraordinary pivot" or "He's

one of those weirdos who prefers height to weight" or "I'm supposed to take fashion advice from a guy with a suit like that?"

But now imagine that you've just modeled the skimpy thing for a whole roomful of people – some men, some women, some old, some young – and they all look you over and shake their heads in unison. You'd probably feel bad. Truly bad. Humiliated, hurt, and confused. You'd probably hurry offstage with a warm feeling in your ears, a tight feeling in your throat, and a wet feeling in your eyes. Being rejected by a large and diverse group of people is a demoralizing experience because it is so thoroughly unambiguous, and hence it is difficult for the psychological immune system to find a way to think about it that is both positive and credible. It's easy to blame failure on the eccentricities of a judge, but it's much more difficult to blame failure

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Greeter of the Week

August 03

Theo Clarke

August 10

Craig Cox

August 17

Steve Cunningham

Program Review

District Governor Raghada Khoury addresses Rotarians about Community Service At a Combined Meeting of Four Clubs



The beginning of Rotary year is a great time to renew our commitment to our community and our world through our

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membership in Rotary. Hearing from Rotary leadership can be a jump start to our commitment. Last Thursday the members of the Rotary Club of Altadena had such an opportunity when we heard from Raghada Khoury, the new District Governor for District 5300 for the year 2017-2018. It was a special day as it was a joint meeting of

four clubs: Altadena, South Pasadena, San Marino and Pasadena After Hours.

Governor Khoury told the gathering about her journey in Rotary. She joined the Apple Valley Rotary Club in early 2002. After a year of membership, she still did not understand Rotary and what it stood for. She was ready to quit the Club, but the club president at the time encouraged to stay in and get involved at the board level. Once she got involved as a board member, she developed a deep understanding of Rotary. She gave gifts to under privileged children at Christmas; she did Rotary Youth Leadership [RYLA] and Team Leadership Camp [TLC]. She rose in the board to eventually become president of her club. From there, she became involved in many district committees.

Governor Khoury stays in Rotary because she is selfish. She loves the way her membership makes her feel.

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August Membership - New Club Development

Program Chair, Tom McCurry
August 03 - Tom Surnock, Craft Talk
August 10 - To be Announced
August 17 - To be Announced
August 24 - To be Announced
August 31 - To be Announced

September Education & Literacy

Congratulations



Birthdays



08/08 - Joseph McMullin
08/10 - Don Applegate
08/30 - Paula Mariscal
08/31 - Bruce Conroy (Jacque Foreman)

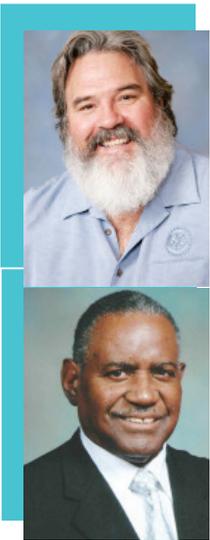


Anniversaries



08/23 - Dotty & Gary Clark

In Celebration of the Rotary Foundation Centennial



Rotary Foundation Trustee Chair Ray Klingensmith asked district governors in training at the International Assembly to lead the celebration of the Foundation's

centennial year, 2016-17.

You are the primary contacts between the Foundation and our 34,000 Rotary clubs in the world. The success of the centennial celebration is largely in your hands," said Klingensmith at a 19 January general session. "Catch the spirit and spread the world about the importance of celebrating our success."

Since the Foundation was established in 1917, it has spent more than \$ 3 billion on programs and projects to improve the lives of millions worldwide, said Klingensmith.

The centennial celebration officially kicked off in May 2016 at the Rotary Convention in Korea and culminated at the 2017 convention in Atlanta.

At that time, Governor-elect Tom James Markos of District 5100 in Oregon, USA, said that he is proud to be serving during such an historic year. He planned to promote the centennial not only to his district's members, but also through local media.

We need the public to be aware of what we've accomplished," said Markos, who set a district goal of raising \$1 million for the Foundation during the centennial year.

Bill Proctor, at that time incoming governor of District 7080 in Ontario, Canada, believes the centennial year is an opportunity to *refocus and reeducate* members on the importance the Foundation's work.

"We have so many accomplishments to celebrate," said Proctor. "We need to use the momentum of the celebration to strengthen the Foundation's future."



At the 1917 convention, outgoing Rotary president Arch Klumph proposed setting up an endowment "for the purpose of doing good in the world."

That one idea, and an initial contribution of \$26.50, set in motion a powerful force that has transformed millions of lives around the globe. ○

Program

Continued from p. 2

She was very excited that there were members from four prominent Rotary clubs in attendance to hear her speak. She stressed the importance of clubs working together, putting their resources and their members to better serve the community. Governor Khoury invited the members to get involved in their club and their com-

munity. She recommended that we invite prospective members not only to a club meeting for lunch, but to a club project. That way the prospect can really understand what Rotary is all about.

Governor Khoury impressed us with her enthusiasm for Rotary and her commitment to "Service Above Self." Boyd Hudson ○

This Week

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chanical position and how that can impact our lives. He may also discuss some of the different mentalities in chiropractic and how he saw five (5) different chiropractors before he found one who could help him after his catastrophic injury in the weight room. It's no surprise that this is the chiropractor he has chosen to emulate. ○

Dialing

Continued from p. 1

on the eccentricities of a unanimous jury. Claims such as “a synchronized mass blink caused ninety-four people to miss my pivot at precisely the same moment” are just not credible. Similarly, volunteers in this study found it easier to blame their rejection on an idiosyncratic judge than on a panel of jurors, which is why they felt worse when they were rejected by a jury.

Now, all this may seem painfully obvious to you as you contemplate the results of this study from the comfort of your sofa, but allow me to suggest that it is painfully obvious only after someone has taken pains to point it out to you. Indeed, if it were really painfully obvious, then why were a bunch of smart volunteers unable to predict that it would happen just a few minutes before it did? Why didn't the volunteers realize that they would have more success blaming a judge than a jury? Because when volunteers were asked to predict their emotional reactions to rejection, they imagined its sharp sting. *Period.* They did not go on to imagine how their brains might try to relieve that sting. Because they were unaware that they would alleviate their suffering by blaming those who caused it, it never occurred to them that they would be more successful if a single person were to blame rather than an entire group. Other studies have confirmed this general finding. For example, people expect to feel equally bad when a tragic accident is the result of human negligence as when it is the result of dumb luck, but they actually feel worse when luck is dumb and no one is blameworthy.

Ignorance of our psychological immune systems causes us to mispredict the circumstances under which we will blame others, but it also causes us to mispredict the circumstances under which we will blame ourselves. Who can forget the scene at the end of the 1942 film *Casablanca* in

which Humphrey Bogart and Ingrid Bergman are standing on the tarmac as she tries to decide whether to stay in *Casablanca* with the man she loves or board the plane and leave with her husband? Bogey turns to Bergman and says: ‘Inside we both know you belong with Victor. You’re part of his work, the thing that keeps him going. If that plane leaves the ground and you’re not with him, you’ll regret it. Maybe not today. Maybe not tomorrow. But soon and for the rest of your life.’ This thin slice of melodrama is among the most memorable scenes in the history of cinema – not because it is particularly well acted or particularly well written but because most of us have stood on that same runway from time to time. Our most consequential choices – whether to marry, have children, buy a house, enter a profession, move abroad – are often shaped by how we imagine our future regrets (“Oh no, I forgot to have a baby!”). Regret is an emotion we feel when we blame ourselves for unfortunate outcomes that might have been prevented had we only behaved differently in the past, and because that emotion is decidedly unpleasant, our behavior in the present is often designed to preclude it. Indeed, most of us have elaborate theories about when and why people feel regret, and these theories allow us to avoid the experience. For instance, we expect to feel more regret when we learn about alternatives to our choices than when we don't, when we accept bad advice than when we reject good advice, when our bad choices are unusual rather than conventional, and when we fail by a narrow margin rather than by a wide margin.

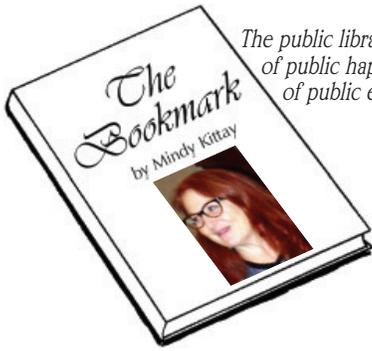
But sometimes these theories are wrong. Consider this scenario: You own shares in Company A. During the past year you considered switching to stock in Company B but decided against it. You now

find that you would have been better off by \$1,200 if you had switched to the stock of Company B. You also owned shares in Company C. During the past year you switched to stock in Company D. You now find out that you'd have been better off by \$1,200 if you kept your stock in Company C. Which error causes you more regret? Studies show that about nine out of ten people expect to feel more regret when they foolishly switch stocks than when they foolishly fail to switch stocks, because most people think they will regret foolish actions more than foolish inactions. But studies also show that nine out of ten people are wrong. Indeed, in the long run, people of every age and in every walk of life seem to regret not having done things much more than they regret things they did, which is why the most popular regrets include not going to college, not grasping profitable business opportunities, and not spending enough time with family and friends.

But why do people regret inactions more than actions? One reason is that the psychological immune system has a more difficult time manufacturing positive and credible views of inactions than of actions. When our action causes us to accept a marriage proposal from someone who later becomes an axe murderer, we can console ourselves by thinking of all the things we learned from the experience (‘Collecting hatchets is not a healthy hobby’). But when our inaction causes us to reject a marriage proposal from someone who later becomes a movie star, we can't console ourselves by thinking of all the things we learned from the experience because . . . well, there wasn't one. The irony is all too clear: Because we do not realize that our psychological immune systems can rationalize an excess of courage more easily than an excess of cowardice, we hedge our

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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

Live Music returns to Altadena Library District

After a busy summer of storytelling and wildcrafting and a variety of other exciting activities, we are ready to rock and roll once again! At Altadena Library District, we understand the power of music in spreading joy and connecting people with fresh ideas and creativity. Thus, we have handpicked talented musicians to end our summer on a musical note and to launch into fall with our esteemed Second Saturday Concerts!

First, our Adult Summer Reading programming will continue into August with Songwriters Serve Up Farm-Fresh, Organic

Music on Tuesday, August 8 at 6:30pm. Then, Summer Reading is set to conclude on Friday, August 25 with a special Grand Finale Concert, featuring world-renowned El Twanguero and his talented band.

(Local singles, remember to RSVP for the Speed Dating event right before our Grand Finale concert...)

Then, we have listened to your feedback and are bringing an Open Mic Night back to Altadena! In celebration of all the local talent in our area, the Library is opening its doors (and its microphone!) to musicians, storytellers, and poets on the last Tuesday

of every month.

Upstream Will Launch the 2017/2018

Second Saturday Concerts in October!

Looking ahead to one of Altadena Library's most popular programs, the monthly Second Saturday Concerts will begin again after a brief summer hiatus on Saturday, October 14 featuring Southern California's premiere live Reggae, Soca, and Caribbean band, **Upstream!**

Save the date and keep an eye out for more information coming soon! ○



ROTARIANS ON THE ROAD

Sarah O'Brien is in Great Britain visiting family and friends and sends greetings and photos from the Rotary Club of Wollaton



Park in Nottingham (President Rosalie Hanotte), and the Governor of District 1220 (Michael Longdon). ○



Dialing

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... bets when we should blunder forward. As students of the silver screen recall, Bogart's admonition about future regret led Bergman to board the plane and fly away with

her husband. Had she stayed with Bogey in Casablanca, she would probably have felt just fine. Not right away, perhaps, but soon, and for the rest of her life." ○



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

Thank You to our generous sponsors



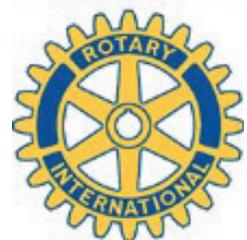
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ALTADENA LIBRARY DISTRICT PRESENTS THE

Second Saturday

2017-18 CONCERT SERIES*

October 14	<i>Upstream*</i>	March 10	<i>DeRumba</i>
November 11	<i>The Tone Brothers</i>	April 14	<i>Kenny Sara and the Sounds of New Orleans</i>
December 2	<i>TBA</i>	May 12	<i>Eli Locke Band</i>
January 13	<i>Kai Clark with special guests John York & Carla Olson</i>	June 9	<i>TBA</i>
February 10	<i>Gerry Rothschild Band</i>		

*October 14th's Second Saturday Concert featuring Upstream is sponsored by the office of Los Angeles County Supervisor Kathryn Barger.

All other Second Saturday Concerts are supported in part by funds received from the Pasadena Tournament of Roses Foundation.

Free live music, delicious food and drink, and good friends... all right around the corner!





TASTE - of - 'DENA

Benefiting Altadena Library District

Dear Friends and Supporters of Altadena Library,

Now that Growing Up 'Dena has past (and was a great success!), the 50th Anniversary Committee and I are turning our attention to the remainder of 2017 and our upcoming efforts to continue celebrating this important milestone in the Library's history. It seems appropriate to take full advantage of this historic anniversary by garnering the support of potential donors in the community and cultivating ongoing donor relationships to help achieve the Library's ongoing goals. Thus was born the inspiration for an upcoming fundraising event -- Taste of 'Dena!

Taste of 'Dena will be held on Saturday, September 23rd at the Library, featuring tastings from local restaurants and caterers, alcohol selections from local wineries and breweries, and a diverse assortment of exciting raffle and auction items. All ticket sales and proceeds will benefit specific initiatives at the Altadena Library to be announced shortly.

"Why," you may ask, "are you telling me all this?" It's simple -- we need your help! The 50th Anniversary Committee will need the support of several more dedicated volunteers to put on this event and manage all the various pieces of the event planning including, but not limited to, sponsorship and donation solicitations, event logistics, raffle coordination, and vendor relationship management.

Will you answer our call and join our team? I would be happy to discuss with you in more detail the scope of responsibilities for these volunteer positions and an early, approximate timeline for the event planning. If you are interested in joining the planning committee for this unique event, please email me at cynthia.reed@gmail.com or contact Mindy Kittay at mkittay@altadenalibrary.org.

Thank you for your consideration!

Sincerely,

Cynthia Carmona

Cynthia Carmona
President, 50th Anniversary Committee

