

This Week

Carmela Tunzi Stress & Pain Relief Specialist Guest Program Host: Jacque Foreman



Carmela Tunzi, owner of *Mind Flow Hypnosis*, has been helping clients and students interested in changing different areas of

their lives since 2011. She helps clients relieve overwhelming stress, lose or manage weight, quit smoking, and overcome fears and mental blocks. Carmela also leads classes and support groups to facilitate lasting change in a community atmosphere.

Carmela is a life-long entrepreneur with a natural gift for working with people, making her an expert in communication. She positively impacts everyone around her and is highly sought after for her intuitive healing abilities.

Her solutions direct her clients to their highest wellness and needs. Because of this superior solution-oriented approach, she has been granted years of success in healing with positive outcomes.

During her presentation, Carmela

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Dialing In

By Steve Kerekes,
President



Immune to Reality?

Upon my back, to defend my belly;
Upon my wit, to defend my wiles;
Upon my secrecy, to defend mine honesty;
My mask, to defend my beauty.

*Shakespeare,
Troilus and Cressida,
Act I, Scene 2.*

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This week's selection is taken from Daniel Gilbert's book, Stumbling on Happiness (Knopf Doubleday Publishing Group. Kindle Edition, pps. 197-199 and 201-204) It discusses what triggers our psychological immune system to protect our happiness, and how that immune system influences happiness. This selection also has several concepts applicable to Rotary.

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The Intensity Trigger

Civilized people have learned the hard way that a handful of iniquitous individuals can often cause more death and destruction than an invading army. If an enemy were to launch hundreds of airplanes and missiles against the United States, the odds are that none would reach its target because an offensive strike of that magnitude would trigger America's

defensive systems, which are presumably adequate to quash the threat. On the other hand, were an enemy to launch seven guys with baggy pants and baseball caps, those men might well reach their targets and detonate bombs, release toxins, or fly hijacked airplanes into tall buildings. Terrorism is a strategy based on the idea that the best offense is the one that fails to trigger the best defense, and small-scale incursions are less likely to set off the alarm bells than are large-scale assaults. Although it is possible to design a defensive system that counters even the smallest threat (e.g., electrified borders, a travel ban, electronic surveillance, random searches), such systems are extraordinarily costly, in terms of both the resources required to run them and the number of false alarms they produce. A system like that would be an exercise in overkill. To be effective, a defensive system

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Greeter of the Week

August 10
Craig Cox

August 17

Steve Cunningham

August 24

Roger Fennell

Program Review

The Well-Adjusted Life of Tom Surnock



New member Tom Surnock provided some personal history and how it

influenced his decision to pursue chiropractic. At 30 years of age, Tom is the youngest

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www.altadenarotary.com

Meets: Thursday, 12:10p

Altadena Town & Country Club

2290 Country Club Drive • Altadena, CA

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Photography Jacque Foreman



member of the club. He graduated in 2014 and works with Dr. Budnichich at his Pasadena office. He was raised by grandparents (his mother was 18 when he was born) and has 4 siblings. He cares for his 2-year old daughter.

He was introduced to the benefits of chiropractic as a kid. As a teenager, he cracked his 5th lumbar vertebrae when he was lifting 350 pounds (!). His doctor recommended spinal fusion. This meant reduced range of motion, and he decided against it.

Instead he pursued a remedy through chiropractic in spite of the fact that it took him 4 doctors before he found one that was able to give him the help he wanted and needed.

Most patients come in to see Tom with low back or neck pain but typically have other problems that need to be addressed as well. Pain is usually a last symptom. Surnock believes in *specificity* – that for any misalignment there is a specific push vector that will remedy the situation. For this reason he uses X-rays to make sure he can see the problem and apply the right treatment. Typically there is an area of the body that has moved *backwards*. When this happens the body tries to compensate – in many cases by adding bone (degenerative arthritis). The earlier treatment can be applied the better. By producing motion in a frozen joint, the body does not have to compensate.

Welcome to the club, Tom! We look forward to your many years of service with the Rotary Club of Altadena. Craig Cox ☺

August

Membership - New Club Development

Program Chair, Tom McCurry

August 10 - Carmela Tunzi, Guest Program Chair, Jacque Foreman

August 17 - To be Announced

August 24 - To be Announced

August 31 - To be Announced

September

Congratulations



Birthdays



08/08 - Joseph McMullin

08/10 - Don Applegate

08/30 - Paula Mariscal

08/31 - Bruce Conroy (Jacque Foreman)

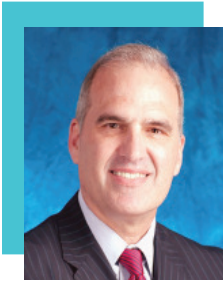


Anniversaries



08/23 - Dotty & Gary Clark

The Benefits of Membership



The Object of Rotary is to encourage and foster the *ideals of service* as a basis of worthy enterprise and, in particular, to encourage and foster the following:

First

- *The development of acquaintance as an opportunity for service* – In other words we make friends in Rotary. This is one reason we meet weekly. By being a member of a Rotary club you get to hang out with fun loving and service-minded people. In addition the Altadena Rotary Club has access to resources through Al-

tadena Rotary Charities to allow service ideas to become service realities. Also, there is a level of community legitimacy that comes with being a member of the club.

Second

- *High ethical standards in business and professions*. – Rotarians are great as part of your business and great to do business with. People that follow the 4-Way Test are a pleasure to know!

Third

- *The application of the ideal of service in each Rotarian's personal, business, and community life* – In addition to their businesses/organizations, Rotarians

bring the idea of service into their homes and neighborhoods. This has a positive influence on our children, significant others, friends and neighbors.

Fourth

- *The advancement of international understanding, goodwill and peace* – We become more world aware through Rotary. In addition to increased awareness, we have a platform to project service into any part of the world that interests us.



If you know someone who would like to benefit from Rotary, invite him/her to lunch or to help with one of our Community Service Projects

This Week

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will bring us some exercises and examples of how to release stress in an interactive and fun way. She will take this opportunity to verbally paint pictures of the process by which hypnosis works to relieve stress and pain.

Carmela is a member of the NGH (National Guild of Hypnotists, Inc.), CV-BNI (the Crescenta Valley Chapter of Business Network International) and a Contributing Publisher in *LA Community News*. She is also a frequent guest on LA Talk Radio,

Channel 13 Allen M. Best Buys. She holds certificates in Master Hypnosis, NLP, MER, Reiki and Jin Shin Jytsu.

Come ready to learn how hypnosis can help you and may even aid you in the release stress and pain.



ROTARIANS ON THE ROAD

Do You Travel for Business or Vacations?

You've probably seen pictures and text sent by Sarah O'Brien on her travels. Well! The next time you take a trip for business or pleasure, why not share a bit of your experience with the rest of us right here in our *Rotarians on the Road* column? Send a bit of text and a couple of photographs, and we will be sharing your travels.

Dialing

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must respond to threats; but to be practical, it must respond only to threats that exceed some critical threshold – which means that threats that fall short of the critical threshold may have a destructive potential that belies their diminutive size. Unlike large threats, small threats can sneak in under the radar.

The psychological immune system is a defensive system, and it obeys this same principle. When experiences make us feel sufficiently unhappy, the psychological immune system cooks facts and shifts blame in order to offer us a more positive view. But it doesn't do this every time we feel the slightest tingle of sadness, jealousy, anger, or frustration. Failed marriages and lost jobs are the kinds of large-scale assaults on our happiness that trigger our psychological defenses, but these defenses are not triggered by broken pencils, stubbed toes, or slow elevators. Broken pencils may be annoying, but they do not pose a grave threat to our psychological well-being and hence do not trigger our psychological defenses. The paradoxical consequence of this fact is that it is sometimes more difficult to achieve a positive view of a bad experience than of a very bad experience.

For example, volunteers in one study were students who were invited to join an extracurricular club whose initiation ritual required that they receive three electric shocks. Some of the volunteers had a truly dreadful experience because the shocks they received were quite severe (severe-initiation group), and others had a slightly unpleasant experience because the shocks they received were relatively mild (mild-initiation group). Although you might expect people to dislike anything associated with physical pain, the volunteers in the severe-initiation group actually liked the club more. Because these volunteers suffered greatly, the intensity of their suffering triggered their defensive systems, which

immediately began working to help them achieve a credible and positive view of their experience. It isn't easy to find such a view, but it can be done. For example, physical suffering is bad ("Oh my God, that really hurt!"), but it isn't entirely bad if the thing one suffers for is extremely valuable ("But I'm joining a very elite group of very special people"). Indeed, research shows that, when people are given electric shocks, they actually feel less pain when they believe they are suffering for something of great value. The intense shocks were unpleasant enough to trigger the volunteers' psychological defenses, but the mild shocks were not, hence the volunteers valued the club most when its initiation was most painful. If you've managed to forgive your spouse for some egregious transgression but still find yourself miffed about the dent in the garage door or the trail of dirty socks on the staircase, then you have experienced this paradox. Intense suffering triggers the very processes that eradicate it, while mild suffering does not, and this counterintuitive fact can make it difficult for us to predict our emotional futures. . . .

The Inescapability Trigger

Intense suffering is one factor that can trigger our defenses and thus influence our experiences in ways we don't anticipate. But there are others. For example, why do we forgive our siblings for behavior we would never tolerate in a friend? Why aren't we disturbed when the president does something that would have kept us from voting for him had he done it before the election? Why do we overlook an employee's chronic tardiness but refuse to hire a job seeker who is two minutes late for the interview? One possibility is that blood is thicker than water, flags were made to be rallied around, and first impressions matter most. But another possibility is that we are more likely to look for and find a positive view of the things

we're stuck with than of the things we're not. Friends come and go, and changing candidates is as easy as changing socks. But siblings and presidents are ours, for better or for worse, and there's not much we can do about it once they've been born or elected.

When the experience we are having is not the experience we want to be having, our first reaction is to go out and have a different one, which is why we return unsatisfactory rental cars, check out of bad hotels, and stop hanging around with people who pick their noses in public. It is only when we cannot change the experience that we look for ways to change our view of the experience, which is why we love the clunker in the driveway, the shabby cabin that's been in the family for years, and Uncle Sheldon despite his predilection for nasal spelunking. We find silver linings only when we must, which is why people experience an increase in happiness when genetic tests reveal that they don't have a dangerous genetic defect, or when the tests reveal that they do have a dangerous genetic defect, but not when the tests are inconclusive. We just can't make the best of a fate until it is inescapably, inevitably, and irrevocably ours. . . .

Most of us will pay a premium today for the opportunity to change our minds tomorrow, and sometimes it makes sense to do so. A few days spent test-driving a little red roadster tells us a lot about what it might be like to own one, thus it is sometimes wise to pay a modest premium for a contract that includes a short refund period. But if keeping our options open has benefits, it also has costs. Little red roadsters are naturally cramped, and while the committed owner will find positive ways to view that fact ("Wow! It feels like a fighter jet!"), the buyer whose contract includes an escape clause may not ("This car is so tiny. Maybe I

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Dialing

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should return it"). Committed owners attend to a car's virtues and overlook its flaws, thus cooking the facts to produce a banquet of satisfaction, but the buyer for whom escape is still possible (and whose defenses have not yet been triggered) is likely to evaluate the new car more critically, paying special attention to its imperfections as she tries to decide whether to keep it. The costs and benefits of freedom are clear – but alas, they are not equally clear: We have no trouble anticipating the advantages that

freedom may provide, but we seem blind to the joys it can undermine."

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Several of these concepts are applicable to Rotary. For example, at District Assembly classes, they tell us that new members who get involved in Rotary right away and take on responsibilities tend to value Rotary more and stay in the Club longer. In working at the Rotary information table at our events, people often tell me that they do not have the time to try out Rotary because

there are other things that they want to do. They are keeping their options open, even though much of the time they have no idea what else they want to do, and are, therefore, robbing themselves of the joy that commitment to Rotary provides to its members. There are other applications I could go into, but I am still on vacation. It is Monday morning here in Taiwan, and my wife has just informed me that it is time for us to get ready for a trip to the bamboo forest outside of town. ○

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The Down Beat Express

Bleeding Harp

Whos Next

The Tuners

Upstream

Kings of 88

Nowhere Man

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Saturday, July 15th

Saturday, July 22nd

Saturday, July 29th

Saturday, August 5th

Saturday, August 12th

Saturday, August 19th

Saturday August 26th

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November 11	<i>The Tone Brothers</i>
December 2	<i>TBA</i>
January 13	<i>Kai Clark with special guests John York & Carla Olson</i>
February 10	<i>Gerry Rothschild Band</i>

March 10	<i>DeRumba</i>
April 14	<i>Kenny Sara and the Sounds of New Orleans</i>
May 12	<i>Eli Locke Band</i>
June 9	<i>TBA</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.

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