

This Week
Tom McCurry
Update on the
Health Care
Situation
Program Host:
Tom McCurry

Your speaker this week will be Tom McCurry, and the subject will be an insurance update. We have all witnessed the protracted debate to repeal *Obamacare*, which did not happen. Now the issue becomes what to do with the *Obamacare* that's left.

The insurance carriers are having major issues with how to price their policies, since there is so much uncertainty regarding the cost-sharing reductions and risk corridor payments.

Anthem Blue Cross has withdrawn coverage from all but three (3) counties in Northern California. Covered California has announced that there will be an average 12.5 percent rate increase in the state, but that this increase will be doubled if the cost-sharing reductions and risk corridors are discontinued.

So, what does all of this mean to those of us with employer group coverage and Medicare? It is unlikely that these issues will be resolved by our meeting, but come for a lively session. ○



Dialing In

By Steve Kerekes,
 President



BELIEVING . . .
The most Mental Thing We Do?

This week's selection discusses widely-held beliefs which are used to benefit society at large, but may not lead to personal happiness. This selection is taken from Daniel Gilbert's book Stumbling on Happiness (Knopf Doubleday Publishing Group. Kindle Edition at pps. 236-241).



The philosopher Bertrand Russell once claimed that believing is "the most mental thing we do." Perhaps, but it is also the most social thing we do. Just as we pass along our genes in an effort to create people whose faces look like ours, so too do we pass along our beliefs in an effort to create people whose minds think like ours. Almost any time we tell anyone anything, we are attempting to change the way their brain operates – attempting to change the way they see the world so that their view of it more closely resembles our own. Just about every assertion – from the sublime (" God has a plan for you") to the mundane (" Turn left at the light, go two miles, and you'll see the Dunkin' Donuts on your right") – is meant to bring the listener's beliefs about the world into har-

mony with the speaker's. Sometimes these attempts succeed and sometimes they fail. So what determines whether a belief will be successfully transmitted from one mind to another? The principles that explain why some genes are transmitted more successfully than others also explain why some beliefs are transmitted more successfully than others. . . .

If a particular belief has some property that facilitates its own transmission, then that belief tends to be held by an increasing number of minds. As it turns out, there are several such properties that increase a belief's transmissional success, the most obvious of which is accuracy. When someone tells us where to find a parking space downtown or how to bake a cake at high altitude, we adopt that belief and pass it

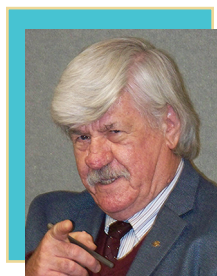
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Greeter of the Week

- August 17
Steve Cunningham
- August 24
Roger Fennell
- August 31
Freddy Figueroa

Program Review

You are getting Sleepy . . .



“**Y**ou are getting sleepy ... very, very sleepy.” Our speaker this past week did not actually say these words, but this may have been close to what we all expected a clinical hypnotherapist to say. Our speaker, Carmela

Tunzi, actually did her best to correct our preconceived notions as to what a hypnotherapist such as herself actually does.

Carmela is a member of the National Guild of Hypnotists (NGH). She is certified as a Master Hypnotist. She teaches self-hypnosis at Glendale College. She helps clients overcome stress, stop smoking, overcome disabling fears and mental blocks, and she guarantees her work. As an example, Carmela told us that she had developed a fear of driving on highways – a serious problem for one who lives in the greater Los Angeles region. When she would enter a highway she would get a panic attack and be unable to proceed. She attended the program of a well known hypnotherapist while in Hawaii who helped her overcome this problem. It was then that Carmela realized that this was the profession for her.

She told us that mind and body need to work together. To help us understand this concept she had us stand, look upward and raise our arms and hands upward, smile and visualize a happy thought and then frown and visualize a sad thought. Then she had us sit down and look down and repeat the same visualizations. She also gave us the a real life example of the intense look on



Michael Phelps' face at the Olympics just before he dove into the water. She said he was visualizing the whole race and his performance, and this helped him to compete at his optimal peak.

Carmela told us there are only 3 types of persons that cannot be helped by hypnosis:

- Those with an IQ below 70,
- Those who are convinced that hypnosis is a scam and refuse to participate, and

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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

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www.altadenarotary.com

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August

Membership - New Club Development

Program Chair, Tom McCurry

August 24 - To be Announced

August 31 - To be Announced

September

Education & Literacy

Program Chair, Mark Mariscal

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

Coming in September Another Opportunity to do Individual Community Service



OK, I know your smirking. You already know what I'm talking about – at least those who are the longer-time members. And you are absolutely correct! I'm talking about the opportunity to help Christmas Tree Lane put up the lights.

September isn't very far off, and we'll be starting on our labor-intensive effort most likely on the first or second weekend in September.

You don't have to climb ladders, though, if you are willing, that would be great. Most of the hands will be tightening the sockets on the lines and screwing in light bulbs.

This year should be our first year with 100 percent LED bulbs. But that brings its own piece of intensive labor. Each bulb comes in an individual box. The box must be opened, the bulb taken out and a gasket put on each bulb to help keep rain and other moisture from getting into the socket and shorting out the bulb.

And, there's a specific order to the bulbs: that's two colors and a clear (white in LED bulbs.) So you will want to do something like:

- red then green then clear and then
 - blue then yellow then clear
- and continue that for the length of the line on which you are working.

If you can screw in a light bulb and know your colors, we can use your help. The work isn't hard; it goes from 8 or 9am until noon, and then we feed you lunch. ○

Program

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- Those with severe mental disorders.

To illustrate this she asked if there was anyone at the meeting who was currently experiencing pain. Kimmet Haggins put up his hand. As a close to her presentation, she had him come up and sit in a chair facing the group. In response to questions he told her that, for the past 70 or so days, he has been experiencing pain in both of his knees, which on a scale of 1 to 10, ten being highest pain level, he described his pain level as a 6.

Carmela had Kimmet take a deep breath and let it out slowly. She asked him to assign a color to his pain – he said “red.” She asked him to close his eyes and visualize the pain in his knees in red, then visualize slowly drawing the pain out of his knees. When he felt the pain was out, she had him visualize



the drawn-out red pain as a slowly spinning ball. Then she had him visualize the red ball spinning in the opposite direction and finally visualize sending it away.

She then asked him to assign a color to how the pain in his knees now felt, and Kimmet said “blue.” Carmela had him visualize putting the blue from a blue colored

ball back into his knees. Once he indicated he had finished replacing the red color with the blue color, she announced he was done. When asked, Kimmet said he would now describe the pain level he was experiencing as a 2.5, and clearly looked to be in less pain as he returned to his seat.

This was a very impressive demonstration. Carmela however cautioned us that hypnosis is about repetition and that this would need to be repeated several times over the course of several weeks or months. She said it was not meant to diminish the importance of pain in letting us know there is a problem going on with our bodies. Rather it is to show the interactivity of mind and body and to help those who sometimes are feeling a greater level of pain than they need to be experiencing. Tony Hill ○

Dialing

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along because it helps us and our friends do the things we want to do, such as parking and baking. As one philosopher noted, "The faculty of communication would not gain ground in evolution unless it was by and large the faculty of transmitting true beliefs." Accurate beliefs give us power, which makes it easy to understand why they are so readily transmitted from one mind to another.

It is a bit more difficult to understand why inaccurate beliefs are so readily transmitted from one mind to another – but they are. False beliefs, like bad genes, can and do become super-replicators, and a thought experiment illustrates how this can happen. Imagine a game that is played by two teams, each of which has a thousand players, each of whom is linked to teammates by a telephone. The object of the game is to get one's team to share as many accurate beliefs as possible. When players receive a message that they believe to be accurate, they call a teammate and pass it along. When they receive a message that they believe to be inaccurate, they don't. At the end of the game, the referee blows a whistle and awards each team a point for every accurate belief that the entire team shares and subtracts one point for every inaccurate belief the entire team shares. Now, consider a contest played one sunny day between a team called the Perfects (whose members always transmit accurate beliefs) and a team called the Imperfects (whose members occasionally transmit an inaccurate belief). We should expect the Perfects to win, right?

Not necessarily. In fact, there are some special circumstances under which the Imperfects will beat their pants off. For example, imagine what would happen if one of the Imperfect players sent the false message "Talking on the phone all day and night will ultimately make you very happy," and imagine that other Imperfect players were gullible enough to believe it and pass it on.

This message is inaccurate and thus will cost the Imperfects a point in the end. But it may have the compensatory effect of keeping more of the Imperfects on the telephone for more of the time, thus increasing the total number of accurate messages they transmit. Under the right circumstances, the costs of this inaccurate belief would be outweighed by its benefits, namely, that it led players to behave in ways that increased the odds that they would share other accurate beliefs. The lesson to be learned from this game is that inaccurate beliefs can prevail in the belief-transmission game if they somehow facilitate their own *means of transmission*. ... False beliefs that happen to promote stable societies tend to propagate because people who hold these beliefs tend to live in stable societies, which provide the means by which false beliefs propagate.

Some of our cultural wisdom about happiness looks suspiciously like a super-replicating false belief. Consider money. If you've ever tried to sell anything, then you probably tried to sell it for as much as you possibly could, and other people probably tried to buy it for as little as they possibly could. All the parties involved in the transaction assumed that they would be better off if they ended up with more money rather than less, and this assumption is the bedrock of our economic behavior. Yet, it has far fewer scientific facts to substantiate it than you might expect. Economists and psychologists have spent decades studying the relation between wealth and happiness, and they have generally concluded that wealth increases human happiness when it lifts people out of abject poverty and into the middle class but that it does little to increase happiness thereafter. Americans who earn \$ 50,000 per year are much happier than those who earn \$ 10,000 per year, but Americans who earn \$ 5 million per year are not much happier than those who earn \$ 100,000

per year. People who live in poor nations are much less happy than people who live in moderately wealthy nations, but people who live in moderately wealthy nations are not much less happy than people who live in extremely wealthy nations.

Economists explain that wealth has *declining marginal utility*, which is a fancy way of saying that it hurts to be hungry, cold, sick, tired, and scared, but once you've bought your way out of these burdens, the rest of your money is an increasingly useless pile of paper. ...As Adam Smith, the father of modern economics, wrote in 1776: "The desire for food is limited in every man by the narrow capacity of the human stomach; but the desire of the conveniences and ornaments of building, dress, equipage, and household furniture, seems to have no limit or certain boundary." If food and money both stop pleasing us once we've had enough of them, then why do we continue to stuff our pockets when we would not continue to stuff our faces? Adam Smith had an answer. He began by acknowledging what most of us suspect anyway, which is that the production of wealth is not necessarily a source of personal happiness. "In what constitutes the real happiness of human life, [the poor] are in no respect inferior to those who would seem so much above them. In ease of body and peace of mind, all the different ranks of life are nearly upon a level, and the beggar, who suns himself by the side of the highway, possesses that security which kings are fighting for." That sounds lovely, but if it's true, then we're all in big trouble. If rich kings are no happier than poor beggars, then why should poor beggars stop sunning themselves by the roadside and work to become rich kings? . . . Like so many thinkers, Smith believed that people want just one thing – happiness – hence

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Sparks - Altadena Rotary Club Newsletter

Dialing

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economies can blossom and grow only if people are deluded into believing that the production of wealth will make them happy. If and only if people hold this false belief will they do enough producing, procuring,

and consuming to sustain their economies.”

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I think that most, if not all, Rotarians realize that this last societal belief (or *replicator*) is false. They realize that there is

declining marginal utility for themselves in earning more money rather than joining together for community service. This kind of thinking also logically leads to the last three tenets of the Four-Way Test.

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7 Tooth Fairy Traditions from Around the World

by Kate Erbland of Mental Floss

August 22 is National Tooth Fairy Day, and while plenty of Americans surely celebrated the day by employing the fairy (or fairies) and her generous cash giving, the rest of the world has their own tooth-centric traditions in place to honor anyone or anything responsible for whisking their teeth away.

1. The United States & Beyond

In America (and other primarily English speaking countries), the tooth fairy is typically employed in a relatively simple transaction that sounds totally bizarre when explained to the uninitiated: In order to help ease the trauma of losing baby teeth, American kids are paid off for their toofers – lose a tooth, put it under your pillow, go to sleep. At some point, a fairy will arrive to exchange the tooth for some cash. Last year, the going rate was an average of \$4.66 per tooth. See? Losing teeth really isn't so bad.



2. India, China, Japan, Korea and Vietnam

Putting a tooth under a pillow sounds soft and sweet, but it also sounds kind of boring. What about tossing those teeth around? In some Asian countries, that's just what they do. Historically, kids who lose teeth from their lower jaw will throw their teeth onto their roof, while upper jaw teeth go on the floor or even under it (the idea is the new tooth will be pulled towards the old tooth). That's not all, though, because,

as the tooth-losing kiddo tosses their teeth, they sometimes yell out a wish that the missing tooth be replaced by the tooth of a mouse. What, is Raton Perez at it again? Nope, mice (and other rodents) just have teeth that continually grow, which sounds like a wise request when one goes missing.

3. Spain

One of Spain's (and other Hispanic cul-



tures, including Mexico, Peru, Chile, Argentina, and Colombia) most beloved myths

centers on Ratoncito Perez, a.k.a. Raton Perez, a.k.a. Perez Mouse, a.k.a. El Raton de Los Dientes, who is just what he sounds like – a mouse who collects teeth. Like the tooth fairy, Perez gets the teeth only after they've been lost and put under a child's pillow. Perez will then replace it with a gift – not always money – and leave it to be found by a happy child in the morning. Some Argentinean kids switch it up by sticking their teeth in a glass of water before bed. When Perez shows up – surely parched from all his teeth-collecting – he'll drink up the water, grab the tooth, and leave his gift in the empty glass. Want to learn more? Visit the Ratoncito Pérez museum in Madrid.

4. Iraq, Jordan, and Egypt

Asian countries aren't the only place you'll find kids throwing their teeth up in the air – in some Middle Eastern countries, kids are encouraged to toss their teeth up

toward the sky. It's possible that the tossed teeth tradition dates all the way back to the 13th century.

5. South Africa

South Africans don't use pillows as



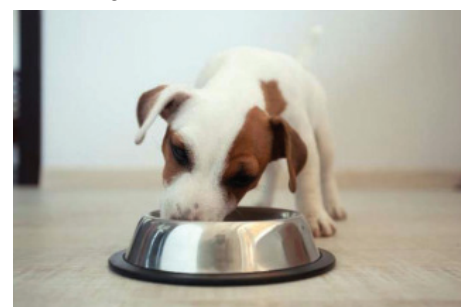
tooth holsters. Instead, their baby teeth go into slippers.

6. France

Mice aren't just big business around Spain; the French also abandon their teeth to their very own mouse: "La Bonne Petite Souris." As is so often the case, the tiny mouse will procure teeth left under pillows, replacing them with either cash or sweets (bad idea, Petite Souris).

7. Mongolia

Throughout Central Asia, it's traditional



to put the tooth into some fat and feed it to a dog (don't try this at home). This is done because they want the grown up tooth to be as strong as the dog's teeth. If there's no dog? Bury it by a tree so that the new tooth has strong roots.



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 |

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| 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.

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An illustration featuring a dark wine bottle with a red label on the left, a bunch of purple grapes in the center, and a wedge of yellow Swiss cheese with holes on the right.

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