

## This Week

**Linda Nishio**  
**Certified Iyengar**  
**Yoga Instructor &**  
**Therapist**  
**Program Host:**  
**Sarah O'Brien**

Linda Nishio is a Certified Iyengar Yoga Instructor and a Certified Yoga Therapist who has practiced Yoga for over 24 years and has taught for 15 years.

Her interest in yoga began with a search for a practice that would alleviate her back and neck pains. That is when she discovered she had a condition called scoliosis (curvature of the spine), which she continues to correct with the daily practice of yoga.

Since those early days, she has studied with yoga master, B.K.S. Iyengar, his daughter Geeta and son Prashant, in India on seven occasions and currently, with many senior teachers on an ongoing basis.

She teaches in her home studio in Altadena and also at YogaWorks in Pasadena. She teaches students of all ages, experience and conditions in small group classes as well as in private classes. She has an MFA in fine arts from Rutgers University and uses her visual acuity to help her students achieve the mental, emotional and physical well-being that they search for. ○



## Dialing In

By Steve Kerekes,  
President



## After Polio, Then What!

The theme of this Rotary month is disease prevention and cure. Rotary's attention for many years has been focused on tackling polio. Polio has now been eradicated from India and remains only in the world's poorest and most underserved areas. According to the Center for Disease Control, 80 percent of the world's people now live in polio-free areas. While no polio cases have been detected in India for more than three years, poliovirus transmission is ongoing in two endemic countries – Afghanistan and Pakistan, although, even in these places, the cases are few. As of December 5, *Polio Today* stated that there were just five cases reported in Pakistan and eleven in Afghanistan during the current year. Speaking at Rotary International's World Polio Day event this year (October 24, 2017), Dr. Jay Wenger, the director of the polio eradication program for the Bill and Melinda Gates Foundation, said that humanity had successfully reached "the endgame of polio eradication." "We are closer than ever, and we're optimistic that we can see the end of wild poliovirus disease by as early as this year or next," Dr. Wenger said. (*The Huffington Post*, 10/31/2017, <https://www.huffingtonpost.com/entry/>

[polio-eradication-2017-gates-foundation-us\\_59f006cae4b0bf1f8836b550](https://www.gatesfoundation.org/polio-eradication-2017-gates-foundation-us_59f006cae4b0bf1f8836b550)).

This being the case, what are the leading communicable diseases which continue to plague humanity and which need to be addressed?

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Christopher Dye, the Director of Strategy in the Office of the World Health Organization had the following things to say in his 2013 article *WHO and the Future of Disease Control Programmes* ([http://www.who.int/neglected\\_diseases/WHO\\_future\\_of\\_disease\\_control\\_prgs.pdf](http://www.who.int/neglected_diseases/WHO_future_of_disease_control_prgs.pdf)):

"AIDS, tuberculosis, and malaria are together responsible for 4 million deaths annually. AIDS and tuberculosis are, respectively, the first and third leading killers of women of reproductive age. The incidence of HIV infection and AIDS-related deaths have

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## Greeter of the Week

December 14  
**Sarah O'Brien**

December 21  
**Christmas Party - Evening Event**

December 28  
**Dark – No Meeting**

# Program Review

## To the Rescue!!!!



That's what our speakers, Bill Dawson and Dan Paige, talked about. Specifically, they told us everything we wanted to know about the Altadena Mountain Rescue Team. Dawson stated that an offhand comment to his wife at Altadena Heritage got him started on researching the

history of the team. One of the reasons for the need for such a team is the geology of the San Gabriel Mountains. They are among North America's highest mountain ranges, and from base to summit, they are 3,000 feet higher than the Rockies.

Gold was discovered in these mountains in 1842, seven years before the discoveries in northern California. Then, the tourists started to come, and this was increased by the construction of the Mt. Lowe Railroad. Today, 15,000,000 people live within 90 minutes of the mountains, and they provide 30 percent of the region's water.

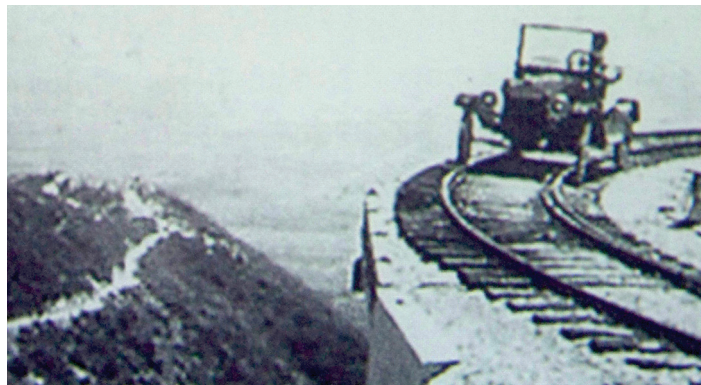
The tourists come to hike the mountains, and very often, they have to be rescued to



Department. At the time of its formation,

there was no 911 to call, it wasn't a fire, so the fire department wasn't appropriate, so it wound up in the hands of the Sheriff's Department.

Dawson related several stories of early mountain rescues, in-



come down off the mountains. Dawson raised the question of why the Altadena Mountain Rescue Team is under the aegis of the Los Angeles County Sheriff's

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### Rotary Club of Altadena - #7183

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## December

### Disease Prevention & Treatment

### Program Chair, Sarah O'Brien

Dec. 14 - Linds Nshio - Lyengar Yoga Practitioner

Dec. 21 - Christmas Party - Evening Event

Dec. 28 - Dark - No Meeting

## Congratulations



### Birthdays



12/12 - Karen Gorton

12/15 - Jacque Foreman

12/18 - Olga Louviere

12/26 - Mona Jasnow

12/26 - Carol Zoeller

12/29 - Mendel Hill



### Anniversaries



No Anniversaries

## The Rotary Foundation 100 Years of Investing in Community Racine Wisconsin is just One Example



**R**ACINE — The birthplace of Paul Harris — Every Friday morning begins somewhat the same. One by one, people line up in front of a large, glass vase.

They spend about half a minute to ap-

plaud their favorite sports team, tell of a significant anniversary or birthday, share in an occupational accomplishment, simply gush over something they find fantastic or lament over some tragedy. The mini speech is followed by the toss of a dollar or more into the vase.

Rotarians call this *proud money*, contributions they make every week via an excuse to brag or call attention to an important fact or event. It's a way that the Racine Founders Rotary Club, and every Rotary Club around the world, humbly raises money for its foundation that will eventually be funneled into

the community and international projects.

The proud money segment of the weekly Rotary meeting is followed by a *fine*. One member of the group selects a sometimes comical or occasional serious reason for every Rotarian to throw a dollar on the table. That, too, finds its way into the Racine Founders Rotary Foundation.

It may sound insignificant — a few bucks catapulted every week into a vase or onto the table. No one gets a receipt for tax purposes. No one individually is calculating their charitable contribution.

It's just expected of a member of the Rotary Club. But these *proud dollars*, these *humble fines*, add up to hundreds of thousands over the years. They pay for the Rotary Post Prom every spring and about a dozen projects both here and around the world that are aimed at making life better ... particularly for children.

In this 100<sup>th</sup> year of Rotary in Racine, the Foundation made a significant contribution to the City of Racine — \$100,000 — to create a permanent stage structure and rename

Festival Park after Paul Harris, the Racine native who founded Rotary International, which has more than 1.2 million members worldwide

Every year, these dollars and those raised in Rotary fundraising efforts — such as the traditional Vegas Night in February — add up to an average \$50,000 annually.

Rotary Foundation money has supported the Racine Food Bank, Salvation Army, Camp Anokijig, Boy Scouts, Girl Scouts, and dozens of other local community organizations and efforts.

Foundation dollars have built the Racine Rotary West Safari Base Camp, a picnic pavilion overlooking Lake Michigan at the Racine Zoo, and the Haban Park concession stand, where a number of youth sports organizations play.

The Racine Founders Rotary Foundation also has provided numerous scholarships to graduating high school seniors and college students. The annual Dennis Barry Strive Scholarship Golf Classic in September boosts foundation funds for these scholarships. ○

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## Program

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cluding one in 1928, where a car drove on the railroad tracks to rescue a child. Sierra Madre and Altadena formed professional mountain rescue teams composed of volunteers. These groups got involved with confrontations with the Sheriff's Department,

who threatened to arrest them if they went into the mountains on rescue missions. The Sheriff's Department, offered to deputize them, but they didn't want to go through all the training required, as well as having to carry guns. Eventually, a compromise was

reached whereby the volunteers were deputized as special officers who went through professional mountain rescue training, and they didn't have to carry guns.

Dan Paige has been a Deputy Sheriff

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# Dialing

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peaked in many countries, but it is not clear how rapidly infection and death rates will fall in the coming years. About half of all HIV-positive people who are eligible for antiretroviral therapy do not receive it. Millions of lives have been saved through appropriate tuberculosis care, and the number of people developing tuberculosis probably peaked in the mid-2000s, but the decline in case load is much slower than the expected: 5 to 10 percent per year. Antibiotic-resistant forms of tuberculosis (multidrug resistant and extensively drug-resistant strains) jeopardise control programs in settings where first-line and second-line drugs are misused. Most patients with multidrug-resistant tuberculosis are not given appropriate treatment.

Malaria cases and deaths have begun to fall in parts of Africa, Asia, and the Americas, partly as a result of scaling up vector control, diagnostic testing, and effective treatment with artemisinin-based combination therapy; however, conservative calculations suggest that there were still 216 (149 - 274) million malaria cases and 655,000 (537,000 - 907,000) deaths in 2010. Fourteen Malaria interventions are effective when population coverage is high, but resurgence is a threat when coverage falls.”

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According to the Rotary International website, Rotary is doing the following things:

- **Providing clean water** - Rotary has worked with partners to provide more

than 80 percent of Ghana's people with clean water to fight Guinea worm disease.

- **Reducing HIV infection** - In Liberia, Rotary members are helping women get tested for HIV early in their pregnancies. They used prenatal care to reduce new HIV infections in children by 95 percent over two years.
- **Ending polio** - Rotary members have played a key role in bringing the world to the brink of polio eradication. Their efforts have not only ended polio in 122 countries but also created a system for tackling myriad other health priorities, such as Ebola.

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As polio is on the verge of eradication, is Rotary turning its attention to help extinguish these remaining scourges? ○

## Program

*Continued from p. 3*

since 2006, and has been working at the Altadena Station since 2010. He has some medical training, so he was assigned to the Mountain Rescue Team. They rescue mostly missing hikers. Occasionally, they rescue missing Alzheimer's patients, and once had to rescue a pilot who crashed his plane in the mountains. They use helicopters, search teams, search dogs, and whatever else is

necessary to locate missing people. Because of the shadows present in mountainous terrain, helicopters can only search at dawn, noon, and dusk. They're only used as a last resort because they're too dangerous. Most rescues take between three and eight hours. The problems come when it takes more than eight hours. The team performs about 400 rescues a year.



Deputy Paige brought some of the equipment that the rescuers carry on their backs when they go in to search for a lost hiker. It's 65 pounds of equipment. With the Altadena Mountain Rescue Team on duty, you can feel safe when you hike the San Gabriel Mountains. Ed Jasnow ○

# *A Letter from Michael*

*I heard this letter read on Christmas night some time ago and decided to share it with all of you again this year. I don't know about you, but I want the letter to be true because I want to believe in miracles and angels. If you have heard it and wanted a copy, feel free to share this copy that I found on the internet. If you think the letter could not be true and do not and/or do not want to believe, that's ok, too.*

*Jacque Foreman, Sparks Editor*

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*There's a story about a young Marine named Michael who wrote a letter home to his mother while he was in the hospital after having been wounded in Korea in 1950. A Navy Chaplain named Father Walter Muldy apparently was given the letter, checked the facts and concluded what was in the letter was true. A year later he read the letter in the public for the first time, to a gathering of some 5,000 Marines at the Naval Base in San Diego. Here is the letter:*

Dear Mom,

I wouldn't dare write this letter to anyone but you because no one else would believe it. Maybe even you will find it hard but I have got to tell somebody. First off, I am in a hospital. Now don't worry, ya hear me, don't worry. I was wounded but I'm okay you understand. Okay. The doctor says that I will be up and around in a month.

But that's not what I want to tell you.

Remember when I joined the Marines last year; remember when I left, how you told me to say a prayer to St. Michael every day. You really didn't have to tell me that. Ever since I can remember you always told me to pray to St. Michael the Archangel. You even named me after him. Well I always have.

When I got to Korea, I prayed even harder. Remember the prayer that you taught me? "Michael, Michael of the morning, fresh chord of Heaven adorning," you know the rest of it. Well I said it everyday. Sometimes when I was marching or sometimes resting. But always before I went to sleep. I even got some of the other fellas to say it.

Well, one day I was with an advance detail way up over the front lines. We were scouting for the Commies. I was plodding along in the bitter cold, my breath was like cigar smoke.

I thought I knew every guy in the patrol, when along side of me comes another Marine I never met before. He was bigger than any other Marine I'd ever seen. He must have been 6'4" and built in proportion. It gave me a feeling of security to have such a body near.

Anyway, there we were trudging along. The rest of the patrol spread out. Just to start conversation I said, "Cold ain't it." And then I laughed. Here I was with a good chance of getting killed any minute and I am talking about the weather.

My companion seemed to understand. I heard him laugh softly. I looked at him, "I have never seen you before, I thought I knew every man in the outfit."

"I just joined at the last minute", he replied. "The name is Michael."

"Is that so," I said surprised. "That is my name too."

"I know," he said and then went on, "Michael, Michael of the morning ..."

I was too amazed to say anything for a minute. How did he know my name, and a prayer that you had taught me? Then I smiled to myself, every guy in the outfit knew about me. Hadn't I taught the prayer to anybody who would listen. Why now and then, they even referred to me as St. Michael. Neither of us spoke for a time and then he broke the silence.

"We are going to have some trouble up ahead."

He must have been in fine physical shape or he was breathing so lightly I couldn't see his breath. Mine poured out in great clouds. There was no smile on his face now. Trouble ahead, I thought to myself, well with the Commies all around us, that is no great revelation. Snow began to fall in great thick globs. In a brief moment the whole countryside was blotted out. And I was marching in a white fog of sticky particles. My companion disappeared.

"Michael," I shouted in sudden alarm.

A Letter from Michael continues on the next page

## A Letter from Michael, continued

I felt his hand on my arm, his voice was rich and strong, "This will stop shortly."

His prophecy proved to be correct. In a few minutes the snow stopped as abruptly as it had begun. The sun was a hard shining disc. I looked back for the rest of the patrol, there was no one in sight. We lost them in that heavy fall of snow. I looked ahead as we came over a little rise.

Mom, my heart stopped. There were seven of them. Seven Commies in their padded pants and jackets and their funny hats. Only there wasn't anything funny about them now. Seven rifles were aimed at us.

"Down Michael," I screamed and hit the frozen earth.

I heard those rifles fire almost as one. I heard the bullets. There was Michael still standing. Mom, those guys couldn't have missed, not at that range. I expected to see him literally blown to bits. But there he stood, making no effort to fire himself. He was paralyzed with fear. It happens sometimes, Mom, even to the bravest. He was like a bird fascinated by a snake. At least, that was what I thought then. I jumped up to pull him down and that was when I got mine I felt a sudden flame in my chest. I often wondered what it felt like to be hit, now I know..

I remember feeling strong arms around me, arms that laid me ever so gently on a pillow of snow. I opened my eyes, for one last look. I was dying. Maybe I was even dead, I remember thinking well, this is not so bad. Maybe I was looking into the sun. Maybe I was in shock. But it seemed I saw Michael standing erect again only this time his face was shining with a terrible splendor. As I say, maybe it was the sun in my eyes, but he seemed to change as I watched him. He grew bigger, his arms stretched out wide, maybe it was the snow falling again, but there was a brightness around him like the wings of an angel. In his hands was a sword. A sword that flashed with a million lights. Well, that is the last thing I remember until the rest of the fellas came up and found me. I do not know how much time had passed. Now and then I had but a moment's rest from the pain and fever. I remember telling them of the enemy just ahead.

"Where is Michael," I asked.

I saw them look at one another. "Where's who?" asked one.

"Michael, Michael the big Marine I was walking with just before the snow squall hit us."

"Kid," said the sergeant, "You weren't walking with anyone. I had my eyes on you the whole time. You were getting too far out. I was just going to call you in when you disappeared in the snow."

He looked at me, curiously. "How did you do it kid?"

"How'd I do what?" I asked half angry despite my wound. "This marine named Michael and I were just ..."

"Son," said the sergeant kindly, "I picked out this outfit myself and there just ain't another Michael in it. You are the only Mike in it."

He paused for a minute, "Just how did you do it kid? We heard shots. There hasn't been a shot fired from your rifle. And there isn't a bit of lead in them seven bodies over the hill there."

I didn't say anything, what could I say. I could only look open-mouthed with amazement.

It was then the sergeant spoke again, "Kid," he said gently, "every one of those seven Commies was killed by a sword stroke."

That is all I can tell you Mom. As I say, it may have been the sun in my eyes, it may have been the cold or the pain. But that is what happened.

Love, Michael

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*This may be the prayer referred to in the letter\**

Michael, Michael, of the morning,  
Fresh chord of Heaven adorning,  
Keep me safe today  
And in time of temptation,  
Drive the devil away.

*\*It is said that this prayer must be prayed upon rising every morning.*



*You are cordially invited  
to our  
Christmas Party*

*Thursday Evening  
December 21, 2017*

*6:00 to 9:00pm*



*Monte Cedro  
2212 El Molino Avenue  
Altadena*



*Members & Guests: No Charge  
Register on Club Runner*

*Plan to join your fellow Rotarians with  
your Significant Other  
for an evening of Fellowship and Merry Making  
as we Celebrate the Holidays*







# Entrepreneur & Small Business Workshops

**SATURDAY, DECEMBER 16<sup>TH</sup>**  
**"What Does It Take to Open  
Your Business?"**

**10:00AM - 11:00AM**

**"Permits and Licensing  
Requirements in LA County"**

**11:00AM - 12:00PM**

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**LOS ANGELES COUNTY**  
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## **ABOUT THE DEPARTMENT OF CONSUMER & BUSINESS AFFAIRS**

The mission of the Los Angeles County Department of Consumer and Business Affairs is "to create a fair and vibrant marketplace." It achieves this through educating consumers about their rights and responsibilities, mediating disputes and investigating consumer fraud complaints, assisting small business owners, and enforcing LA County's minimum wage ordinance.

**"Small businesses are really the  
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**- Karen Mills -**  
**23<sup>rd</sup> Administrator of the U.S. Small  
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# Second Saturdays

**January 13** | Kai Clark with special guests  
John York & Carla Olson  
**February 10** | Gerry Rothschild Band  
**March 10** | DeRumba

**April 14** | Kenny Sara and the  
Sounds of New Orleans  
**May 12** | The Podunk Poets  
**June 9** | Crown City Bombers

Ring in the New Year with  
**music** and **community!**

EVENT DETAILS ONLINE →



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## Rotary's Rose Parade Float *Planting the Seeds of Service*



**Waiting to be  
Dressed in Flowers**