

This Week

George Falardeau
*Executive Director/
 Ceo, Pasadena
 Media*

**Program Host:
 Steve Cunningham**



George Falardeau, a long-time community leader and former Senior Vice President of Pasadena's Art Center College of Design,

has been appointed Executive Director/CEO of Pasadena Media, also known as Pasadena Community Access Corporation (PCAC).

PCAC/ Pasadena Media Board Chair and President Gail Schaper-Gordon announced Falardeau's appointment following a nationwide search by the PCAC Board of Directors from approximately 150 applicants. He brings a wealth of experience to the role as community leader, former Senior Vice President, Art Center College of Design and a former Vice President at NBC Burbank.

The PCAC Board approved Falardeau's contract at its regular board meeting Oct. 4, 2016. He began his new duties effective
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How to Ground Helicopter-Style Parenting Methods ... Fast

by Mark Ray – Scouting Magazine, May-June 2013

When they first took flight a decade or so ago, helicopter parents made an easy target for criticism. After all, what kind of parent would call a college professor to dispute his child's grade or submit a job application on her child's behalf?

The picture became murkier, though, when academic researchers got involved. Depending on which study you read, the children of helicopter parents receive poorer grades in college, or they report better psychological adjustment, or they take more medications for anxiety and depression, or they have stronger relationships with their parents.

What to believe? How can you support your children – something Scout parents do especially well – without smothering them? To find out, we talked with two experts in the field: Laura Padilla-Walker, PhD, an associate professor in Brigham Young University's College of Family, Home, and Social Sciences, and Peter Love, PhD, an educator and professional learning-disabilities coach

in East Hampton, Conn.

A Question of Balance

According to decades of research, parenting has three key dimensions:

- Support shown to the child (acceptance, nurturance, etc.)
- Behavioral control (supervision, consequences, etc.)
- Autonomy granting (giving choices, involving the child in setting rules, etc.)

"How parents balance these three aspects of parenting really depends on the age of the child," Padilla-Walker says. "When children are young, behavioral control is higher and autonomy lower."

With college students, on the other

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Greeters

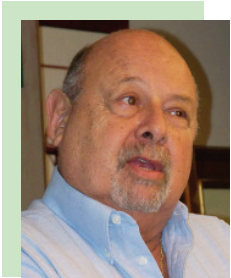
February 02
Theo Clarke

February 09
Steve Cunningham

February 16
John David Duncan

Program Review

Making Beautiful Altadena Even more Beautiful



That's the goal of the two speakers last week, Claire Robinson and Michele Zack. Robinson is the president of Amigos de los Rios, an organization dedicated to increas-



suitable for butterflies and hummingbirds, the organization created a park that was friendly to Monarch butterflies. They recognized the need for signs in



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Congratulations

Birthdays

02/02 - Julie Gustafson
 02/07 - Freddy Fugueroa
 02/08 - Mike Zoeller
 02/10 - Julius Johnson
 02/14 - Ruth Reeded
 02/16 - Joan Frykenberg
 02/16 - Sunny Wu Kerekes
 02/28 - Wendy Davis Noll

Anniversaries

Don & Sue Applegate
 Ed & Mona Jasnow

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
 Meets: Thursday, 12:10p
 Altadena Town & Country Club
 2290 Country Club Drive • Altadena, CA
 626-794-7163

Rotary Int. Pres.....John F. Germ
 Dist 5300 Gov.....Luciano "Lu" de Sylva

Officers

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 Steve Kerekes, Pres. Elec.....Bus. 626-796-5000
 Steve Cunningham, V. Pres.....Bus. 626-786-1937
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 Mike Noll, Trea.....Bus. 626-683-0515

Directors

Gary Clark • John Casci
 Mindy Kittay • Anthony Hill
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Chairmen

Steve KerekesAdministration
 David SmithFoundation
 Steve CunninghamAsst. Foundation
 Craig Cox.....Membership
 Jacque ForemanPublic Awareness
 Jacque Foreman.....Acting Publicity
 Jacque Foreman.....Sparks/Website
 Mike ZoellerClub Projects
 Craig CoxCommunity
 John FrykenbergInternational
 Tony Hill.....Youth Contests/Awards
 Mike Zoeller.....Youth Projects
 Ray CarlsonVocational
 Tom McCurryAsst. Vocational

Editor, Design & Typesetting.....Foreman Graphics
 Photography.....Jacque Foreman

ing green space in the Los Angeles basin. Established 14 years ago, it is made up of a combination of students and academics. It uses orphan spaces to create new green space. Their goal is to create areas where children can enjoy nature. When children expressed a desire for space that would be

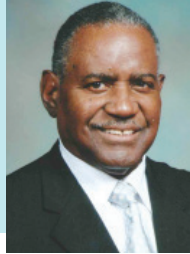
February
Peace: Conflict Prevention & Reduction
Program Chair, Steve Cunningham
 February 02 - George Falardeau
 February 09 - Gary L. Moody
 February 16 - To be Announced
 February 23 - To be Announced

March
Water & Sanitation
Program Chair, Theo Clarke
 March 02 - To be Announced

Rotary Announces: \$35 Million to support a Polio-Free World



January 17, 2017,



Rotary today announced \$35 million in grants to support the global effort to end polio, bringing the humanitarian service

organization's contribution to \$140 million since January 2016.

Nearly half of the funds Rotary announced today (\$19.15 million) will support the emergency response campaigns in Nigeria and the Lake Chad Basin (Chad, northern Cameroon, southern Niger and Central African Republic). Four cases of polio were detected in Nigeria in 2016, which had previously not seen a case since July 2014.

With these cases, funding is needed to support rapid response plans in Nigeria and surrounding countries to stop the outbreak.

While significant strides have been made against the paralyzing disease, with just 35 cases reported in 2016, polio remains a threat in hard-to-reach and underserved areas, and conflict zones. To sustain this progress, and protect all children from polio, experts say \$1.5 billion is needed.

Rotary has contributed more than \$1.6 billion, including matching funds from the Bill and Melinda Gates Foundation, and

countless volunteer hours since launching its polio immunization program, PolioPlus, in 1985. In 1988, Rotary became a spearheading partner in Global Polio Eradication Initiative with the World Health Organization (WHO), UNICEF, US Centers for Disease Control and Prevention, and was later joined by the Bill & Melinda Gates Foundation. Since the initiative launched, the incidence of polio has plummeted by more than 99.9 percent, from about 350,000 cases a year to 35 confirmed in

2016, and no cases in 2017.

About Rotary

Rotary brings together a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian challenges. Rotary connects 1.2 million members of more than 35,000 Rotary clubs in over 200 countries and geographical areas. Their work improves lives at both the local and international levels, from helping families in need in their own communities to working toward a polio-free world. ○

Program

Continued from p.2

many of the 60 languages that exist in the LA basin.

They took on the massive bureaucracy of the Army Corps of Engineers, whose first word was always "No." Little by little, they began to get permits.

Their goal is to combine many disciplines with the goal of improving the environment.

Zack is a prominent member of Altadena Heritage. She spoke of the group's plan for what was known as Monument Park, but is now Altadena Triangle Park. This is the piece of land on the southwest corner of Lake Avenue and Altadena Drive, which was left over after Altadena Drive was realigned. Their goal is to make it more people friendly.

Among the monuments currently in the park is one from Altadena Rotary honoring sheriffs and firefighters killed in the line of duty. This monument will remain, but will be moved to a different location in the park.

There will also be a monument to Owen Brown, son of John Brown, who led the raid on Harper's Ferry during the Civil War. The monument will be a duplicate of the one on his grave in the San Gabriel Mountains.

The group has received a grant of \$650,000 for the park renovation, but that is rapidly being eaten up by additional requirements. They hope they will be able to raise additional funds to complete this most worthy project. Ed Jasnow ○

Scout's

Continued from p. 1

hand, just the reverse should be true, with behavior control all but gone and autonomy very high. Middle- and high-school students fall somewhere in the middle.

The problem with helicopter parents is that they fail to make the shift, says Padilla-Walker.

Low Autonomy, High Anxiety

According to Love, anxiety keeps helicopter parents from ceding control and granting authority, and that anxiety gets communicated to the child. "If [helicoptering] is done from the parents' anxiety, then that gets communicated to the kid," he says.

In Love's view, the meta-message—what parents are really saying when they talk to their kids—is at least as important as the words they use. "Is that meta-message 'This may be tough, but I know you can handle it' or is it 'This is going to be tough, and I'm pretty sure you can't handle it?'" he says.

A child who hears the former message may grow up to be successful, while a child who hears the latter message may become unsure of his abilities. "The extent to which you can feel like there's a safe place in the universe is the extent to which you're willing to take risks," Love says.

The Best of Both Worlds

Fortunately, according to Padilla-Walker, parents can offer involvement and autonomy at the same time. "Rather than scheduling classes for the child, sit down with the child and schedule classes," she says. "We call it *scaffolding* – holding them up when they need it and then gradually supporting them less and less as they become more capable."

Communication is also important. "Talk to your child about what is expected of them and what your role can be," she says. "Let them know you're there to help, but that you cannot solve the problem for them." For example, a parent could offer advice on dealing with a teacher without offering

to call that teacher directly.

Love recommends asking a simple question when your kids are facing difficulties: "How can I help?" The meta-message behind that question is "You're in charge. I'm trusting you to know yourself and your own needs," he says. "It doesn't preclude you as a parent making recommendations or suggestions, but you started from a place of respect and trust. That's huge."

Message Received?

Parents also need to pay attention to the meta-messages they're receiving. "If your child is rolling her eyes or walking away

when you're trying to help, examine your behavior," Padilla-Walker says. "And communicate with your child about it."

Love agrees. "Just ask the question: 'I'm sensing that you're resenting my help here. Is it too much?'" he says.

And if your child says you're helping too much? Love recommends focusing that extra energy on planning your *retirement* from parenting. "Do some planning so that, when that separation does come, it's a matter of some joy," he says. "You should start preparing for retirement the day your kid is born." ○

This Week

Continued from p. 1

October 10, 2016.

Pasadena Media is a non-profit that manages operations for Pasadena's public access cable television station, Channel 32 (The Arroyo Channel) and Pasadena's local government Channel 3 - KPAS and also acts as an umbrella organization for the Pasadena Unified School District Education Channel - 95 (KLRN-TV) and for the Pasadena City College Education Channel 96 - PCCTV. Pasadena has a cable viewing audience of approximately 35,000 households, serving an urban Southern California area with a population of 152,000.

Falardeau is a recipient of an Emmy Award for Outstanding Technical Direction

and Camera Work – along with 11 other nominations in the same category.

A long time Pasadena resident, he has served on the PCAC Board of Directors, including time as Board Chair and President. He is the former Board Chair of the Pasadena Chamber of Commerce and currently serves on the Southern California Gas Company Community Advisory Committee. Falardeau is also a long-time community member of the Pasadena Rotary Club.

He attended USC - Managerial Policy Institute; Harvard University - Crisis Leadership, and Orange Coast College. He is a Veteran of the US Coast Guard and a member of the American Legion. ○

Paul Harris Pins & Certificates received



On January 19, Foundation Chair, David Smith presented Susan Applegate with her eighth Paul Harris pin and certificate. At the same time, Smith announced that he was receiving his fourth pin and certificate. The pins have a blue sapphire for each Paul Harris given in addition to one's own and represents \$1000 donated to the Rotary Foundation. ○

Sparks - Altadena Rotary Club Newsletter

Second Saturday CONCERTS



SECOND SATURDAYS
[mostly]
FROM 6:30 TO 8 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

Young Dempsey

Hot-rodded nostalgic Doo Wop and Country

December 3 [First Saturday]

Todd Washington Trio

Blues, Folk, Rock, Soul and Gospel

January 14, 2017

Louis Van Taylor Quintet

Jazz

February 11

DeRumba

Spanish Guitar to the beat of the Gypsy Rumba

March 11

Splish Splash Band

Acoustic Classic Rock, Folk 'n Blues

April 8

Michael Haggins Band

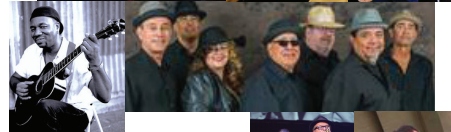
Funk and Smooth Jazz

May 13

The Satisfaction Band

Dance music Top 40, Latin Rock, R&B, Cumbias and Oldies

June 10



Altadena
Libraries

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Altadena | 626 798 0833
www.AltadenaLibrary.org