



January 12, 2017

This Week

Benedikt Brydern
A musical protege
at the age of 10
who first came to
the US as a Rotary
Ambassadorial
Scholar
Program Host:
Sarah O'Brien

Benedikt Brydern started as a musical protege on the violin, giving his first public concerts in Europe at the age of 10. He currently lives in



Los Angeles and composes for film and the concert hall.

Brydern has won numerous awards and competitions. He studied composition at the USC Thornton School of Music.

He will will be talking about his journey to the USA as a Rotary Ambassadorial Scholar, the Rotary Foundation and giving back to the community as a member of the Rotary Club of Hollywood.





Helping Children know When It's Important to Fit In . . . and When it's Not

Taken from Parenting Solutions by Victor M. Parachin – Scouting Magazine, October 2002

14-year-old recently wrote advice columnist "Dear Abby" (Abigail Van Buren) asking for help. "I have friends who like to drink and do drugs. While I have no interest in getting caught up in that stuff, I don't want to lose their friendship. They know I won't hang with them when they're drunk or high on something ... Abby, I've grown up with these kids. They mean a lot to me."

That young person knows when it's important to *fit in* and when it's not. The letter writer is aware of the vital distinction between wanting to retain friendships and engaging in inappropriate activities in order to do so.

For children, — particularly those of middle-school age (11-14), — fitting in is a balancing act. Some may be naturally blessed with solid common sense, but most need help to know when it's important to adjust and when it's not. Here are ways parents and other significant adults can guide young

people to fit in with peers while knowing where to draw the line.

Cultivate a child's willingness to express feelings, thoughts, and opinions

A vital aspect of healthy parenting is working to keep open lines of communication so that a young person will have the willingness, courage, and integrity to express feelings, thoughts, and opinions. "What kind of environment produces children who have the courage to express themselves? Nonjudgmental parents who do not cen-

Please turn to Scout's p. 4

Greeters

January 12 **David Campbell**January 19 **Ray Carlson**January 26 **Gary Clark**

Program Review

Mid-Year Club Assembly



ur program last Thurswas our mid-year Club Assembly. At this

semi-annual meeting each year, officers and committee chairs, who oversee various programs of our Club, address the members to bring them up to date on what has been accomplished in these programs over the first 6 months of the Rotary year, and what

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Rotary Club of Altadena - #7183

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Jacque Foreman	Acting Publicity
Jacque Foreman	
Mike Zoeller	Club Projects
Craig Cox	Community
John Frykenberg	
Tony Hill	
Mike Zoeller	
Ray Carlson	
Tom McCurry	
Editor, Design & Typesetting Foreman Graphics PhotographyJacque Foreman	

to expect for the remaining 6 months.

Mike Noll, the Club Treasurer gave the first report, advising us in summary that the Club has money in the bank and all bills have been paid. He advised that



our Club's bank account had a current balance of in excess of \$20,000 and our Vanguard fund held another approximately \$20,000. We will be presenting 28 minigrants of \$400 each to local teachers, chaired by Ed Jasnow. In addition, our Club is contributing \$6,000 toward Dave Smith's trip to India and Rotary's dam project in that country. There will be more costs to come with our various competition and award programs in the new year. Mike has caught up with the billing that had fallen behind, and he asks that members do their best to pay the balances now due on their accounts.

President Charlie presented the Club Administration report for Steve Kerekes, who was unable to attend the meeting. Steve, our incoming President as



lanuarv Vocational Service

Program Chair, Sarah O'Brien

January 12 - Benedikt Brydern - Ambassadorial Scholar, RI Foundation, Giving Back through Rotary Membership January 19 - To be Announced January 26 - To be Announced

February

Peace: Conflict Prevention & Reduction

of July 1, will be attending PETS (President Elect Training Seminar) in February. The following members have volunteered as speaker chairs for the new year: Sarah (Jan.), Steve C. (Feb.), Tom (Mar.), David C. (Apr.), Ed (May) and Dennis (Jun.). The District Assembly this year will be in Apple Valley, the District Conference will be in Palm Springs, and the Rotary International Conference will be in Atlanta.

Dave Smith reported on the Rotary Foundation, advising that our relatively small Club has received contributions of \$4,550 so far this year, with

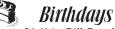


another 6 months still left. Dave will be participating again this year with Rotary International's program in India. Dave advised that the program starts with administering polio immunization drops, and then moves on to assisting with the building of a dam that will be tremendously beneficial to the inhabitants of the area.

Craig Cox updated us on Membership, advising that we currently have 33 members. Craig is in the process of reaching out

Please turn to Program, p. 5





01/14 - Bill Reeder 01/16 - Sarah O'Brien 01/27 - Ann Rider-Hill

Anniversaries

01/03 - Jim & Karen Gorton 01/04 - Mike & Carol Zoeller 01/22 - John & Joan Frykenberg

Chairmen's orner by Jacob

by Jacque Foreman, Public Awareness Chair

Check out the New Branded Back of the Greeting Cards I send You And, Help needed with Publicity



mentioned at our mid-year club

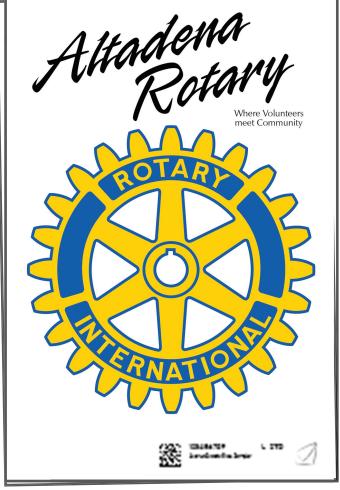
assembly, SendOutCards now has the facility to brand the back of their cards. It's a licensed privilege with an annual renewal fee.

The first branding back that I created is the one you see here. I am now be using it in my function as the *rememberance person*. You will be seeing it on your birthday, anniversary, and get well cards. The only part of the back that I cannot fill is the lower right which has become their way to match cards with envelopes and any gift that is sent.

You will notice that *ID portion* of the graphic is blured. This is because I had to take that off the computer screen, which has a much lower resolution than the rest of the graphic.

A few of you have already seen the graphic on the back of the birthday and anniversary cards that I sent this past week. The rest of you will get a chance to see it as your birthday comes around, but if and only if I have the correct date and a current address.

The next branded card back will be for



Foreman Graphics. If you are interested in learning more about *SendOutCards*, *just ask*.

Let's work on Publicity Together!

Contrary to what some seem to think, I am not magic, and I don't read minds. I do listen, however.

If you will email me about your community projects, I will work to get us publicized

in Altadena Now at the very least. Pictures are always a good thing to ad if you have them.

Getting mention in the *Star News* is harder. They have a larger area to cover.

I didn't know aout *Altadena Now* until I was looking for places to publicize our part in the bicycle giveaway. As with other publications, there is no guarantee that everything we send will get published, but the more we send, the more chances we have. It may or may not be a way to attract new members, we'll have to wait and see, but it can't hurt.

And, don't wait for me to ask for the information, I can forget, and it is your project, after all. And I can't always act at the last minute, so give me a bit of lead time.

We might be able to get a bit of publicity on the following projects if the person whose project it is will give me the information:

- David Smith's trip to India
- Selling of refreshments at the Altadena summer concerts
- John Frykenberg's trip to Nigeria, if he is doing that this year
- The name and short bio of our *Rotarian* of the Year
- Teacher Mini-Grants, as soon as the schools and teachers have been chosen So, if you want publicity, help me get it.O

Scout's

Continued from p. 1

sure every thought," says Dr. Beverly Neuer Feldman, Ed.D., in her book Kids Who Succeed. "Show respect and appreciation for what your children contribute to family conversations. Avoid ridicule, teasing, and overcorrecting as responses ... your children won't feel free to share their thoughts with you if they feel they are always being graded by you."

Listen with your eyes and see with your ears.

In her book Raising Confident Boys, Elizabeth Hartley-Brewer stresses that adults who want to respond effectively must fully engage both their eyes and ears in their effort to understand what a young person is communicating. "Listening involves looking just as much as hearing," she writes. When you "listen with both eyes," you direct your full attention at a youth. The eye contact facilitates a greater awareness of what is being said and enables you "to read his body language and facial expressions, which will help you interpret any thoughts he may be unable or unwilling to express."

Adults also should cultivate the ability to "see with both ears," Hartley-Brewer advises, because a young person's words can reveal doubts about himself. To help a youth gain a more positive view of himself, Hartley-Brewer suggests that adults

- Listen for, and rephrase, negative selftalk.
- · Keep a record of what is said and how



- often in order to see any pattern.
- Avoid the temptation to deny a child's self-criticism, which will not have much impact. Instead, repeat often and over time that you see the youth differently, using "I" statements such as: "I see you as someone who..."

Help youths identify options.

Young people tend to see things in black and white, often missing the options present in many situations. In her response to the letter mentioned earlier, "Dear Abby" wisely suggested two ways the writer could help her friends. She provided the toll-free number from which the writer could obtain the "Tips for Teens" brochure about alcohol, tobacco, and drugs from the National Clearinghouse for Alcohol and Drug Information, to help her friends understand the serious consequences of substance abuse. Abby also suggested that the student send a confidential letter to her school principal suggesting that the school sponsor an assembly about drug and alcohol addiction. Like this advice columnist, adults can help youths by pointing out options they may have overlooked.

Accept their friends.

Friendships are important to teens who want and need to be part of a social group. The quality of children's friendships is often a source of concern and irritation to parents, but "More than likely, your children will make wise choices and seek friends

who have similar values," says Dr. Neuer Feldman in Kids Who Succeed. Being openly critical, hoping your concerns will force a child to make other friends, is "a dangerous game," she says. "Your child may be left with neither her old friends nor the *right* ones. Or she may rebelliously cling to the friends you dislike as a way of asserting her right to independence."

However, parents should express

their concerns when they find something objectionable about a particular friendship, Dr. Neuer Feldman adds. "Express your opinions, but be specific about what it is you object to."

Think together about solutions for problems.

Youths can become so focused on an issue that they fail to identify possible solutions. When your child is facing a painful personal problem, try to think together about practical solutions. The idea behind the approach used by the popular youth column "Kids Helping Kids," in *US Kids* magazine, is a good one for families to follow. Youths write in with a personal problem, and several responses are provided by young people.

"I really don't have a lot of friends," one person recently wrote. "Actually, I have none. I guess it's because I'm from another country. I try to talk to others, but they walk away or make fun of me. I always worry. Sometimes I cry. It makes it hard for me to do my homework, read, or do other stuff. What should I do?"

In response, one girl shared her own experience: "When I first moved to my new neighborhood, I didn't have any friends either. The other kids talked about me, but I kept being friendly ... Now the kids on my block are really friendly to me."

"I'm from another country, too," another youth responded. "I went to a park near my home and signed up for a running club. I met many new people, and now I have lots of friends. Maybe you can join a club, too."

Build confidence in your child.

One of the best ways to do this is by letting kids know they are accepted. "Parents communicate this acceptance in words — and demonstrate it in their behavior," says author John Gray, in his book *Children Are From Heaven*. He cites these as the five

Please turn to Scouts p. 5

Program Continued from p.2

to inactive members to increase their participation. We also reach out to speakers and follow up with guests, to invite them to consider joining our happy



group. We have a new member who will be inducted into the Club next week, Mendel Hill. Craig encouraged members to review the procedure to bring in new members. It is important that the sponsoring member actually know the potential member.

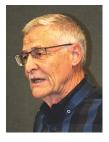


Jacque Foreman discussed her efforts in Public Awareness. She now has three regular columnists for *Sparks*: David Campbell, Mindy Kittay and most recent-

ly, Sue's husband, Don Applegate. She advised that David Campbell is doing a great job overseeing our Facebook page. Jacque is working on getting us access to previous archived copies of *Sparks*. She is arranging press coverage of our events when she can, such as our recent bike assembly event.

Jacque also has been able to create a Altadena Rotary *brand* on the *SendOut-Cards* program that she uses to send us all birthday and anniversary cards.

Mike Zoeller as co-director of youth programs spoke about our upcoming youth contest and awards programs: the 4-way test speech contest to



be chaired by himself and Mark Mariscal; the Dan Stover Music competition, to be chaired by Mike N. & Sarah; JROTC awards to be chaired by Tom; and the PCC veterans' awards to be chaired by Craig.

Tony Hill, the other co-director of youth programs, updated the members regarding

our new Interact Club at Muir High School. A debt of gratitude is owed to Steve C., our Interact Chair, for getting this program off the ground. We also



owe a sincere thank you to Carina Jacobs, the head of the Muir alumni association who worked very hard to get the program started and to keep it functioning at a high level. The second program discussed by Tony is the Rotary Youth Leadership Award Program (RYLA), to which we will again be sponsoring 4 high school juniors from Muir, 2 girls and 2 boys, with outstanding assistance of school counselor, Dr. Nancy Gonzales Heusser.

Mike Zoeller spoke about Club Projects.

Craig Cox who chairs Community Projects, advised that

we do 4 projects a year if posas the bike project, to come year.



sible, such assembly with more in the new

John Frykenberg, who chairs International Projects, told us about Dave Smith's trip to India and about Kimmit Haggins's work with the country of



Tanzania, including assisting in sending containers loaded with goods to help the poor of the country such as generators, bicycles and plumbing supplies, as well as his efforts to sell coffee harvested by indigenous Tanzanian farmers, including getting the Boy Scouts involved (with the help of President Charlie).

Ray Carlson talked about how he got interested in job creation when he first joined Altadena Rotary and spearheaded a program to bring a job creation



program to Poland shortly after the collapse of the Soviet Union. He played a thank you tape from a teacher at Rose City High School in Pasadena for the job creation program that Ray had introduced to her school.



Steve C. spoke about Fellowship. He was complimented on a great Christmas party. He said the next scheduled fellowship event is the demotion party, but he will

be working on additional fellowship events in the interim. Tony ${\sf Hill}\ {\sf O}$

Scout's Continued from p. 4

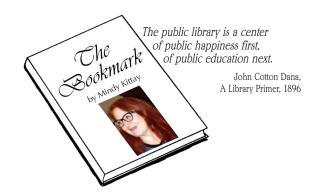
most powerful messages of acceptance. It's O.K. to

- Be different.
- · Make mistakes.
- Express emotions that are negative.
- Want more (but you don't always get it).
- Say no (but remember Mom and Dad are the bosses).

Be sensitive to the pains and perils of adolescence.

The preteen and teenage years — particularly those of young teens — are among the most difficult and confusing. Young people battle with issues of self-esteem, rejection and ridicule from peers, and adult criticism.

Adults would do well to cultivate a profound empathy and sensitivity to the plight of adolescents — who, after all, are just trying to fit in and grow up in today's competitive world.



It's all about the Flow: T-Max and the Todd Washington Trio

by Ryan Roy, Public Services Director, Altadena Library

It starts with fingers, tapping. You don't know why; you just do it. It's an impulse you have, like an electric charge travelling

through your limbs, seeking an outlet. In the end, it's all about the flow. You're banging beats on school books, on playground equipment, on the windows of the bus.

Bap-bubba-bap-bubba-bap-bap-bap. It was always with you.

This is how it began for young Todd Washington, growing up in the inner city of Boston.

"Rhythm was the source of what inspired me," says Washington, looking back on those early years.

He graduated from books to pots and pans. It was all about the flow. He was drawn to it. Headphones over his ears, Hendrix album spinning at 33 RPM, his hands would find the beat and play along. These were the moments that lit the fire. Listening to blues, to jazz, to reggae, to Motown. These were the sparks igniting inspiration. Like the time his mentor ushered him down to that dark, smoky Boston club where legendary jazz drummer Elvin Jones - sideman to titans like Davis, Mingus, and Coltrane demonstrated the meaning of artistic style with his masterful timing and polyrhythmic percussions. The mark was made early on: Todd Washington was destined to live a life of music.

After high school, he sold his prized drum set for a plane ticket *Out West*. Nothing was promised, but his talent

would find its way. In Los Angeles, he pursued a career in music through a communications degree at Loyola Marymount. Meanwhile, he honed his skill on the bass playing in bands throughout college. He

picked up the nickname T-Max, and it stuck, following him as his talent broadened and matured. In time, he developed an affinity for acoustics to compliment his electrics,

and he branched out with solo projects as a singer/ songwriter. But he never forgot his first love. He never forgot his drums.

It starts with

fingers, tap-

ping. You don't

know why, you

just do it.

"Drums are my mother," he says. "The bass is my wife."

"And the guitar?"

He smiles. "The guitar is my girlfriend."

Perhaps it's his personality that draws in the audience — easy-going, soulful, with a big heart. And perhaps that's why he refers to his music as "heart and soul." Because it doesn't fit into any one style — it's born of blues and jazz and pop and folk and a dozen other genres — but it's more than the sum of its influences. It's music from the heart ... Music from the soul.

T-Max formed the Todd Washington Trio in the 90s. It's a constantly evolving group whose diverse stylings can vary with each performance. The Trio has an upcoming gig at the Altadena Library on January 14 at 6:30p, as part of their popular Second Saturday concert series. The event promises big fun for all audiences, and who knows — maybe even some inspiration for young, rhythmically-inclined musicians.

"It always feels great to do what you

love," says Washington.
"And we're honored to bring some musical diversity and atmosphere to Altadena."

That the Trio is playing a loud and festive gig inside of a library is just another illustration

of their versatility and range. But hey, that's the way life is, right? Like jazz, you roll with it, and take what comes your way. Because nothing is ever promised, and in the end, it's all about the flow.

The drums are my mother. The bass is my wife. The guitar is my girlfriend.

See the new Altadena Library 2nd Saturday Schedule on page 10



The Complete Smile Courtesy of Titanium

We are so blessed these days to have such success in maintaining our dentition throughout our lives. It wasn't too long ago, that tooth loss was considered a part of aging. There was an old adage that women lost one tooth for every child they bore, or that pulling a tooth could heal arthritic elbows. Ridiculous as this sounds, it represents the frustration that generations of our forbearers dealt with as they observed their dentition slowly and mysteriously decline.

Today, we should have every expectation that our dentition can last a life time. Brushing twice a day, flossing once a day, and professional annual checkups will preserve the dentition of 90 percent of the population. If we add in any necessary adolescent orthodontics and prophylactic extraction of wisdom teeth, then the percentage of people who experience tooth loss decreases to 2 percent with adequate preventive care.

Yet, tooth loss is experienced by many, even today. The causes may be self-inflicted from a lack of preventive diligence, or more often due to extraneous causes like extreme illness, trauma or poor eruption positioning. So, replacement of teeth is still an important discipline of dentistry. The advances in implant technology has greatly simplified the ideal treatment. The advent of lightweight titanium root replacement can make the retention of a false tooth virtually excellent.

The perfection is especially notable in function. The chewing done with an implant is actually stronger, less flexible than the original tooth. This is because the natural tooth has a little flexibility due to a ligament attachment of the natural tooth to the bone in the jaws, while an implant has

a direct connection from the bone to the titanium. Titanium has an identical weight ratio to bone, and this prevents trauma to the bone while in function. The titanium bone interface is frozen with bone growing directly onto and in the threads of the titanium implant.

The titanium is used to replace the root, while the crown is still done in porcelain and cemented to the root hub. There is no need for divergent maintenance or extra preventive care. Good titanium implants can last a lifetime, except that often the implants may be necessitated by infection in the gums, which is not always fully resolved before the placement of the implant is necessary. Sometimes the titanium implants are placed in gums while some infection exists in adjacent teeth. These situations are not uncommon. Yet, new resolve in flossing and brushing can help maintain the heath of the implant while the infection is resolved.

Finally, the older disciplines of removable tooth replacement are still a large part of dentistry. Full dentures and partial dentures are adequate options for tooth replacement. Catastrophic loss of a majority of the dentition can be cost prohibitive for implant replacement. At one time, a majority of elders would have needed these types of appliances in their elder years. Thankfully, these appliances have declined in necessity through the years. Now, removable appliances are rarely necessary.

The dental schools, in fact, have found that each student is only required to treat two denture patients to be adequately educated: One under instruction and one to prove competency are the minimum necessary. A majority of students fulfill their training while only seeing two patients in the discipline.

Good dentures are impossible to observe. The cosmetic success of dentures has risen to superior levels. Clasping the remaining teeth is often accomplished with tooth colored flexible clasps. Full dentures have been cosmetically excellent for years. Functionality of dentures is more difficult. Chewing with dentures requires practice and accommodation.

Usually, the lower denture presents the most difficulty. The upper dentures function much better because the flat palate offers a strong platform in which to spread the forces. The lower dentures are much more difficult. The lower jaw is constantly moving, and the tongue attachment often moves opposite of the jaw, so the lower dentures create much more challenge for good function.

Fortunately, special implants to support lower dentures have been developed. These mini-implants are much simpler to place in the lower jaws and leave an earring type stud on the surface of the jaw for attachment to the low dentures. With the denture fitted with o-ring retention housing, the denture can function with very little jostling.

Wallah. All replacement teeth can be successful. Given enough time and resources, anyone can be restored to full function and cosmetic success. Thus, we rarely encounter missing teeth in our communities. The advancements in prosthetic dental care has advanced as much as replacement hips, knees and shoulders. How did we live before the blessings of Titanium?



A Cool Day in January The Rose Parade & the Rotary Float



via a direct give or ask

if we would purchase a

pin, hat or shirt. For the

last few years, I did not

remember seeing any



Float Committee was

The request came at the end of a Rotary meeting in early December. Mr. Greg Jones, liaison from tribute member money to fund this endeavor. All funds are raised throughout the year by Rotarians.

Our club provided four

of the five volunteers who worked the post parade event on Tuesday, January 3rd.

> This included Sara O'Brien, Ed Jasnow, Ray Carlson and me (Mark Mariscal).

I don't hesitate to say that each of us really enjoyed our opportunity to help out and answer questions about the float and Rotary to the thousands of people who walked by that day. In return for volunteering, we each

> received a parking pass and a

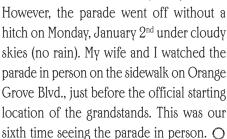
Rotary Float Committee m e m bers. However, one of the things I learned

this year

is that it is just as easy to donate via the website <www.rotaryfloat.org> instead of

> purchasing merchandise.

This year, the parade was not held on January 1 since that day fell on a Sunday. This was a good thing since the weather on the 1st was not very cooperative.





visiting our club meeting. He rose to speak about the upcoming Rotary Float being built for the Tournament of Roses Parade titled "Doing Good In The World". The request to donate some funds was talked about, but

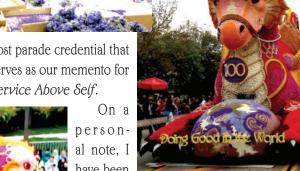
more important, he asked if any Rotary Members would be willing to work a 4- to 5-hour shift as part of the Post Parade event when thousands of people are afforded

the opportunity to get up close with each of the parade floats. It is important to note that Rotary International does not con-

post parade credential that serves as our memento for Service Above Self.

> On a person al note, I have been

a Rotarian for just over 16 (only the last 4 months with Altadena Club) years. Some years, a member of the Rotary Float Committee would visit my prior club and solicit donations





Bicycle Delivery A Fairly Organized Process

I got there a bit after 9a, and Sarah O'Brien was already there. Just observing, it looked a bit like disorganized chaos, but Sarah explained the setup, and other people there told me a few of the other nuances, and I had to admit that it was quite well organized. As you know, we helped with the assembly of 200 bicycles.

The bicycles were all arranged by size, and additionally by girl's and boy's. So, when someone shouted that a 24-inch boy's bicycle was needed, if you knew where those

cycles were, it was easy to get one and put it in the line for pickup.

200 bicycles did not mean 200 families would be picking up bicycles. Many families were picking up two bicycles. But not all the families arrived at the same time. The Salvation Army had given each family a time to arrive. Groups of families arrived at half-hour intervals and got in line.

The families brought paperwork which was matched with paperwork that the Rotarians had been given. The call went

out for the size and gender of the bicycle needed, the Rotarian with the bicycle picked up the paperwork, a helmet was matched to the bicycle, the number on the bicycle was found, entered onto the paperwork, and the Pasadena Police attached a sticker license. Then the bicycle was given to the waiting family.

I left a bit after 11a, and most of the bicycles had been given out. I was told that they expected to finish the project about 11:30a. That was, indeed a possibility.

















200 Children had a Merrier Christmas And We Helped

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 | 626 798 0833