

This Week

Nat Read
A Public Relations Practitioner, Author, Song-writer and Stand-up Comic
Program Host:
Sarah O'Brien

Nat Read is a long-time member of Pasadena Rotary and has served on the boards of 27 non-profit organisations. His articles and humor have appeared in *The Wall Street Journal*, *Reader's Digest*, *Good Housekeeping*, *Saturday Evening Post*, *Los Angeles Times* and dozens of other national and regional publications.

Among his non-fiction books is *Don Benito Wilson: From Mountain Man to Mayor*, the story of early Los Angeles. Read was a US exchange student to the USSR during the U-2 spy aftermath and was arrested briefly by the KGB. He was cast in a rock 'n roll movie and appeared in two productions of the NY Metropolitan Opera.

After retiring as a Naval Reserve Captain, Read was a reserve LAPD cop, working gang suppression in Watts and undercover vice in Hollywood. He is one of fewer than 100 people in history to

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When the Blues Just Won't Go Away . . . Helping Children deal with Depression

Taken from Parenting Solutions by Victor M. Parachin – Scouting Magazine, October 1998

At age 8, Daniel was often on the verge of tears, especially during the school day. Even at his young age he understood the social stigma attached to boys who cry, so he did his best not to let anyone see his tears. Normally a motivated student, his schoolwork was now suffering. One morning during recess, his teacher noticed Daniel quietly crying at a classroom table. Asked what was wrong, the boy said: "My parents have separated, and I'm very sad."

...

Lisa is a 15-year-old high school freshman. She is also on the school junior varsity volleyball team. At the beginning of the season, Lisa was so skilled, the coach had considered moving her up to the varsity. More recently, however, the coach became alarmed because Lisa's interest and enthusiasm for the sport was waning. She frequently missed practices and was late for a game. The coach also noticed she had

lost some weight and was moody. When he asked if something was troubling her, Lisa said: "I feel lonely. Other girls have lots of friends and things to do, but I don't really have even one good, close friend."

Lisa and Daniel both exhibit signs of depression and contradict the popular concept that children have a joyful, carefree life.

Research indicates that children, like adults, experience depression in varying intensity. According to Dr. Michael Sorter, a psychiatrist at the Children's Hospital Medical Center in Cincinnati, Ohio, approximately five percent of adolescents

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Greeters

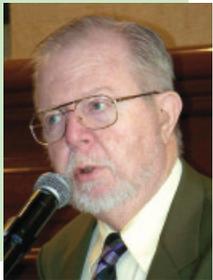
January 19
Ray Carlson

January 26
Gary Clark

February 02
Theo Clarke

Program Review

Benedikt Brydern From Ambassadorial Scholar to Rotarian

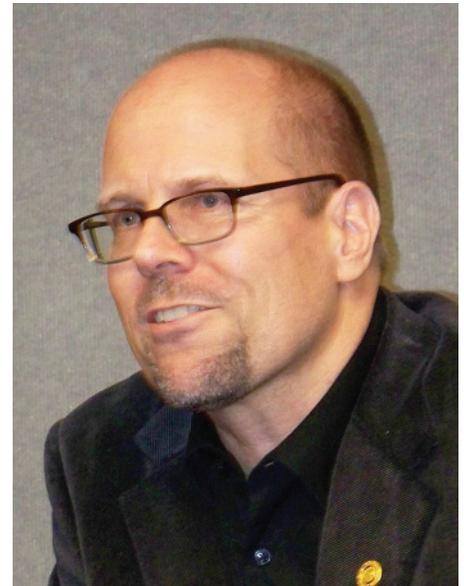


From the age of nine years, Benedikt Brydern trained as a classical violinist. But at some point he became enamored with the genre of contemporary American popular composition. He fell in love with Star Wars, Henri Mancini, and the score of the American

movie Patton. Wanting to hone his ability in this musical art, he decided he had to relocate from the high culture of his Bavarian homeland to an American center of musical excellence. He applied to and was accepted at the Thornton School of Music at the University of Southern California.

But he did not have the financial resources to move and enroll at USC. USC was where he needed to be, but he could not afford to go until he was advised to apply to Rotary. As is characteristic of Rotary in Germany, there is a character of subtlety and exclusiveness. The Starnberger Rotary to which he had applied advised him that they had a long record of sponsoring students in science, technology, engineering, and mathematics, what in America is termed STEM but that they had never sponsored a student of the arts. But Starnberger Rotary had the foresight to ask why not. And so the German Rotary district provided him with an ambassadorial scholarship and, shortly thereafter, Benedict was pursuing his professional development in Southern California.

That was 1992. Over the past twenty-five



years his professional development was nourished in our American culture that values less one's prestige but more what is in his heart. Bryden has become an American, joined Rotary and, for the third time, is president of the Hollywood Rotary Club. He performs with Yani's orchestra on tour as well as at local venues. His life and career are testimony to how Rotary reaches out to the deserving and, and by that outreach to a single person enhances the life of the community at large. Roger Fennell ☉

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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Mike Zoeller.....Youth Projects
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Tom McCurry.....Asst. Vocational

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

January Vocational Service

Program Chair, Sarah O'Brien

January 19 - Nat Read - Possibly discussing one of his books

January 26 - To be Announced

February

Peace: Conflict Prevention & Reduction

Program Chair, Steve Cunningham

February 02 - To be Announced

Congratulations



Birthdays



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

Youth Programs — January 2017



This past Friday, January 13, 2017, there was a coming together of the two primary programs that I oversee as co-director of youth activities – Interact and RYLA.

This year – through the efforts of Steve Cunningham and hard work of Carina Jacobs from the Muir Alumni Association – we have sponsored a new Interact Club at Muir High School, which is thriving. Cunningham is our Altadena Rotary Chair for this Interact Club. For many years previously, we had sponsored an Interact Club at Pasadena High School. That Club fizzled out, which unfortunately can happen when younger members do not continue to be recruited into the Club.

Establishing their own style, the Muir Interact Club chose to have two Presidents, one for the first half of the school year (Danielle Obregon), and the other for the second half of the school year (Drew Escobedo).

The Muir High School Interact Club is now meeting on the second Friday of each month. Jacobs, who sets the agenda for the monthly meetings, asked if I could speak to the Interactors at their meeting last Friday regarding Rotary's RYLA program. This is what triggered the intersection for me of Interact with RYLA, the second youth program that I am in charge of this year. RYLA stands for *Rotary Youth Leadership*

Awards. It is a Rotary District 5300 program that takes place in the spring of each year – this year it will take place at Camp Cedar Crest in Running Springs on the weekend of April 28 to 30.

In RYLA, various Rotary Clubs throughout our District 5300 sponsor high school juniors, who show a potential for leadership, to attend a weekend camp. The District has space for approximately 288 students each year, an equal number of boys and girls. At the camp, the attendees listen to motivational speakers and participate in challenging personal activities and group activities all geared to help develop the students' leadership skills.

Rotary used to have a similar program in the fall each year just for Interact members called the Interact Symposium. However, that seems to have been dropped as a District program – at least for the time being. Therefore, the Interact members are now interested more than ever in participating in the RYLA program, so I was happy to talk to them about it. Jacobs had also arranged to show a short film about Interact.

Although RYLA is a fantastic program, it is very costly, so only a limited number of high school juniors can attend. Our Altadena Rotary Club sponsors two boys and two girls to attend. In addition, we choose another two boys and two girls as alternates who may be able to attend if our primary candidates are unable to make it on that day.

A panel of members from our Club will soon be meeting with the candidates selected by the school to interview them and select the four primary candidates and the four alternates. This is always a difficult job as there are so many excellent, qualified candidates who show up for interviews. This year I hope there will be some members of the Muir Interact Club who will have an opportunity to participate in this outstanding Rotary program. ○

This Week

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stand at both poles. Read may talk about his first novel *Speed Bumps on the Yellow Brick Road* – the improbable tale of a homeless man operating at the top of local society by day but sleeping in a homeless camp at night. A tale of growth and fairytale romance in our challenging world. ○

**The January 19
Meeting
Will be at
The Altadena
Town & Country
Club**

Scout's

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experience depression. "We're talking about a big number of kids," he notes.

Like adults who are depressed, children need loving support from others in order to manage and overcome feelings of depression. There are several effective ways for adults to help:

Understand depression triggers.

Specific events and family history are predictors of depression in children.

"Often there's a strong familial connection," says Dr. A. Reese Albright, chief of St. Vincent's Hospital and Medical Center in New York City. "A child who is depressed is more likely to have parents or other close relatives who have suffered from depression."

Other factors which can trigger depression in a child include:

- Parental separation or divorce.
- Children with a chronic medical condition or disability.
- Death of a family member, friend, or even a pet.
- Remarriage and adjustment to a blended family.
- A move to a new neighborhood.
- Starting in a different school.
- Children with histories of abuse, either physical or sexual.

Recognize the symptoms of depression.

Even the best parents can sometimes fail to notice signs of depression in children because they are so distracted and preoccupied with their own careers, marriages, and daily parenting tasks.

To avoid missing important clues about depression, train yourself to recognize its signs. The National Institute of Mental Health (NIMH) lists the following as symptoms of depression:

- A persistent sad, *empty*, or anxious mood.
- Loss of interest or pleasure in ordinary

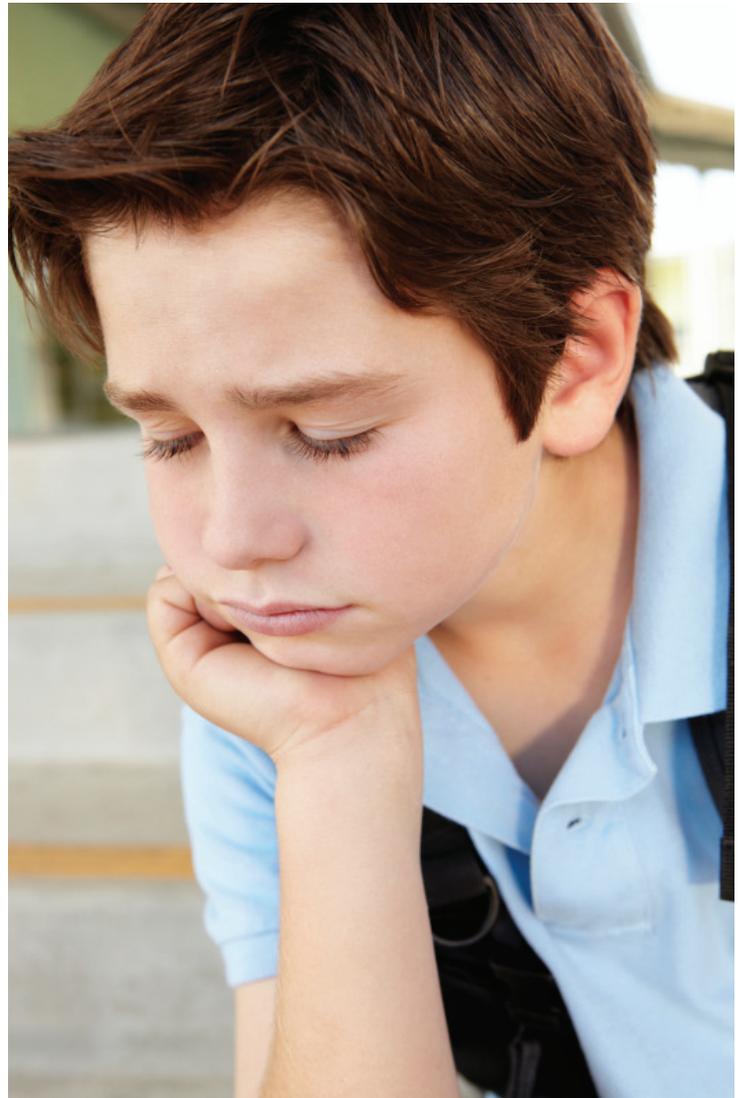
activities.

- Decreased energy; fatigue.
- Sleep disturbances such as insomnia, early waking, or oversleeping.
- Eating disturbances indicated by either weight loss or gain.
- Difficulty concentrating, remembering.
- Feelings of pessimism.
- Feelings of guilt, worthlessness, helplessness.
- Thoughts of death or suicide.
- Irritability.
- Excessive crying.
- Chronic aches and pains which don't respond to treatment.

Respond to the symptoms you see.

"Pretending there is not a problem is not an effective response, since the problem is likely to remain. It is equally important to avoid reacting in a negative fashion to a depressed individual," advises Dr. Stephen Merson, in his book *Depression*.

"The first step must be to encourage the person to describe his situation. The most effective way of doing so is through patient and sympathetic listening, which allows painful sentiments to be voiced. Make it clear that you are available and willing to help."



Professional intervention may be necessary if depressive behavior continues for a prolonged period of time. According to NIMH, when four or more of the symptoms for depression persist for more than two weeks, an accurate diagnosis and professional treatment should be sought. Such prolonged sad feelings move from the level of normal youth moodiness into the field of a possible clinical depression. Professionals you can turn to for help include a school counselor, psychologist, physician, psychiatrist, or family therapist.

Promote physical activity.

Various studies demonstrate that regular exercisers produce greater than average

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Scout's

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amounts of beta-endorphin, the body's natural hormone which increases pain tolerance and generally improves one's mood. Enroll the child in a martial arts class or a community soccer or other sport league. At the minimum, suggest that the child engage in some form of daily exercise – bicycling, jogging, swimming, or even simply walking.

If the child is younger, you, as the caring and concerned adult, can offer to join the child in a daily exercise routine. Not only will there be the benefit of physical activity, but the time together will provide a golden opportunity to talk and explore feelings.

Encourage friendships.

Often those who are depressed withdraw from family and friends. Do whatever you can to encourage a depressed child to maintain contacts with others.

Friendship not only fills lonely hours but prevents a depressed child from feeling completely alone and different. Friendship generates healthy feelings of being loved and accepted. Additionally, friendships offer crucial support when a person is in an emotional crisis.

A recent study done by the University of Minnesota Medical School of 3,600 teens – more than a third of whom were depressed and 5.9 percent of whom had attempted suicide in the previous six months – revealed that, when young people are seriously troubled by depression, they're much more likely to turn to their friends before they would consider talking to an adult. Of 54 possible coping choices, talking with a mother was 31st; talking to dad 48th; and talking with a teacher, guidance counselor, clergy, or therapist all tied for last place – 54th.

One lesson from that study for caring adults: Encourage a child who is depressed to spend time with his or her friends. Suggest they invite companions to the house on a weekend or bring a friend home after

school.

Recommend ways of releasing feelings.

New York psychiatrist Helen De Rosis advises young people to “Cry, pound pillows, and complain to friends who can take it. This is a safe way to permit feelings of anger to surface. Anger is a very important part of depression, and, unless these feelings are released in some way, it is difficult to overcome depression.”

Another effective way for young people to alleviate depression is through the keeping of a journal or diary in which feelings can be written out.

“Write what you do and how you feel about all of this,” Dr. De Rosis urges young people. “Ask yourself what impossible expectations you were trying to meet when you began to feel depressed. If an answer doesn't occur to you right away, don't worry. You may think of it a few days later.”

Stimulate positive thinking.

“Youngsters with a tendency to become depressed think negatively,” notes Douglas H. Powell, Ed.D., in his book *Teenagers: When to Worry and What to Do*. “They obsess about what's wrong with their lives,



overestimate their flaws and underestimate their positive attributes, believe they can't do anything about them, and think that everyone is as focused on their imperfections as they are.”

Dr. Powell advises caring adults to help youths identify the positives which take place in their lives on almost a daily basis: a good grade report, a pleasant conversation with a friend, a compliment given by a teacher, a difficult task completed, and so forth.

Finally, parents don't compound youth depression by feeling guilty. Rather than blame yourself for your child's depression, commend yourself for recognizing it and for taking the steps to help correct it. ○

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



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