

This Week

Water: The Sine Qua Non of All Life Program Host: Theo Clarke

With the drought behind us, many of us will go about our business without giving a second thought to water. We simply take it for granted. However, consider this: Water is the essential ingredient – the sine qua non – of all life as we know it. Global water resources are being stretched thin. This Thursday's program: *California's Drought Emergency and how it has impacted the State, Regional and Local Water Purveyors* will address this critical issue.

The program will be presented by the President John Clairday, and the General Manager Bob Hayward, of the Lincoln Avenue Water Company.

Clairday, a graduate of USC and Loyola Law School, has served on the Lincoln Avenue Water Co. Board since 1993. He recently retired from the Metropolitan Water District of Southern California, after serving them for 27 years. In addition to serving as President of the Lincoln Avenue Water Co. Board of Directors, Clairday is a member of the San Gabriel Valley Habitat for Humanity's Board of Directors

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Helping Children get the Sleep They Need

Taken from an article by Kris Imherr, Scouting Magazine, May/June 2007

The rising numbers of first graders through high school seniors who fail to get adequate rest are a wake-up call for parents to become more proactive in promoting healthy slumber.

Sometimes teacher Debbie Welch can tell from yawns or heads down on desks that her students didn't get enough sleep the previous night. Other times, they volunteer the information.

Her first graders at Highlander School in Dallas, Tex., "love to come in and tell me what they've done," Welch says. "So if I'm hearing a lot of, 'Did you go to the junior high volleyball game last night?' that means 9 or 9:30 [was their earliest possible bedtime]."

That also means that many did not get a full night's sleep.

School starts at 8:30a at Highlander. The 9:30 night owls would have had to have fallen asleep in 15 minutes, sleep until 7:45 the next morning (and still make it to school on time), to get 10 hours of rest, the minimum experts recommend for first through fifth

graders to function at their healthy best.

"Sleep is an important part of a child's life," the American Academy of Sleep Medicine notes in *Sleep and Children*, a fact sheet posted on its Web site, "and a lack of sleep can impair a child's performance in the classroom, hinder physical abilities, shorten attention span, and stunt social growth."

Not to mention the negative ripple effects created in families by a sleep-deprived child whose wakefulness, or crankiness, or both, rob parents—and possibly other siblings—of their sleep and good humor, too.

According to a 2004 Sleep in America poll by the National Sleep Foundation (NSF),

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Greeters

March 16

Kimmie Haggins

March 23

Tony Hill

March 30

Mendel Hill

Program Review

The Rotary Four-Way Test From Four different Angles

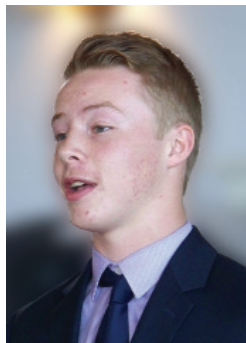


That's what we got from last week's program: the Four-Way Test Speech Competition.

Three students from Maranatha High School and one from La Salle High School gave their very different interpretations of Rotary's Four-Way Test.

Speaker No. 1

The first speaker was Max Blessinger, a senior from Maranatha. He is a competitive athlete, and sometimes his competitiveness hurts his relationships with his peers.



Fortunately, maturity and friends helped him to become a better person. He began to realize that he could only overcome his lack of initiative with competition, and that the really valuable trait was leadership.

His best example of leadership was Derek Jeter, the outstanding shortstop for the New York Yankees. With Derek on the team, the Yankees won five World Series titles. Since he's retired, they haven't even won a playoff game.

Is it the truth? Yes, the Four-Way Test Speech Contest encourages leadership. Plato said, "No one is hated more than he who speaks the truth."

Is it fair to all concerned? Yes, the encouragement of true leadership promotes fairness.

Will it build good will and better friendships? Yes, good, fair leadership promotes good will among all.

Will it be beneficial to all concerned? Yes, becoming a good leader will be beneficial both professionally and personally.

Speaker No. 2

The second speaker was Joshua Daniel, a senior from Maranatha. He started with the first three words of the Constitution, "We the People."



Then he quoted the Declaration of Independence which said that "we" were "...entitled to Life, Liberty, and the Pursuit of Happiness." Then he asked, Who are 'We'?" In our current state of divisiveness, it is hard to tell. It is estimated that by the year

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Rotary Club of Altadena - #7183

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Photography.....Jacque Foreman

March

Water & Sanitation

Program Chair, Theo Clarke

March 16 - Bob Hayward, General Manager, and John Clairdon, President of the Lincoln Avenue Water Company -Innovation in Water Management in the Foothills of the San Gabriels

March 23 - Jay Weiss, Internet Security & a bit of Magic

March 30 - Amy Hale, Unlocking Jupiter's Secrets

Congratulations



Birthdays



03/08 - Jeri Cunningham
03/14 - Steve Cunningham
03/15 - Trish Robinson
03/15 - David Smith

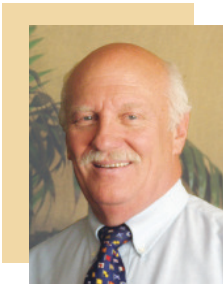


Anniversaries



03/01 - Tom & Etta McCurry
03/13 - Steve & Sunny Wu Kerekes
Dennis & Noriko Suzuki Mehringer

A Rotarian asks, “Is it the Truth?” *Links between Administrations and the Russian Government?* *Excerpted from Multiple News Sources*



The spotlight is now on President Barack Obama and his administration's alleged surveillance of the Trump campaign, as well as aides' reported efforts to spread damaging information about Trump throughout government agencies to facilitate later investigations and, possibly, leaks to the media.

In response, the White House indicated that the president would ask the congressional committees investigating Russian hacking theories to add the question of whether executive branch investigative powers were abused in 2016.

Main Stream Media (MSM) outlets continued to repeat that the story was based on no evidence, though the evidence was plain.

Radio host Mark Levin called the surveillance a *silent coup* to undermine the new administration. Levin's claims were in turn based on information largely from mainstream outlets, including the *New York Times* and the *Washington Post*. The *BBC* also reported similar information in January along with the *Guardian*.

Obama aide Valerie Jarrett tweeted:

A cardinal rule of the Obama Administration was that no White House official ever interfered with any independent investigation led by the Department of Justice. As part of that practice, neither

President Obama nor any White House official ever ordered surveillance on any US citizen. Any suggestion otherwise is simply false.

Reporter Matthew Boyle notes, however: it was a non-denial denial. It is worth examining the statement in detail.

“A cardinal rule of the Obama Administration was that no White House official ever interfered with any independent investigation led by the Department of Justice.” Note that this sentence does not dispute any of the key factual allegations at issue: that the DOJ approached the FISA court for permission to spy on Trump aides; that surveillance, once granted, continued after no evidence was found of wrong doing; that the National Security Agency rules to facilitate the dissemination of evidence through the government; and that staffers allegedly did so – the better to leak damaging (and partial) information to the media.

There is reason to doubt the claim that the White House never *interfered*. The *New York Times* reported that intelligence reports based on some of the wiretapped communications had been provided to the White House.

Moreover, the first part of the sentence raises doubts about Jarrett's entire tweet. She could simply have said: “No White House official ever interfered with any independent investigation led by the DOJ.”

That would have been a clear denial. Instead, she referred to a *cardinal rule* that supposedly existed.

All that does is create deniability for the rest of the White House in the event that evidence turns up that someone was, in fact, involved with a Department of Justice probe. (*No doubt Obama will be outraged to find out that someone broke the cardinal rule, and will claim to have found out through the media, rather than directly.*) The administration's communications operation is notoriously careful with the way denials are phrased ... “what the meaning of is is?”

This is a meaningless denial, since the FISA court deals with communications with foreigners and with US citizens potentially swept up in the investigation. It would have been possible for the DOJ to approach the FISA court with a request to monitor foreign entities allegedly communicating with the Trump campaign, using those intercepts as a way to monitor the Trump campaign itself. According to news reports, that could have been precisely what happened.

And, again, this sentence does not deny that someone in the Obama administration may have ordered such surveillance.

Here is a blanket denial crafted to protect President Barack Obama himself, but allowing him to admit later – once the facts emerge – that his administration was,

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Scout's

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a majority (54 percent) of school-age children regularly failed to reach that healthy sleep level that the experts recommend. The poll, which queried parents and adult caregivers about youngsters' sleep behaviors, revealed that first through fifth graders were getting an average of nine and a half hours of sleep a night.

"They really need between 10 and 11 hours," Jodi A. Mindell, Ph.D., a psychology professor and associate director of the Sleep Center at The Children's Hospital of Philadelphia, says.

A subsequent survey last year by NSF, an independent nonprofit that supports sleep-related education, research, and advocacy, showed that adolescents age 11 to 17 fared worse. Just 20 percent of those youngsters slept the recommended nine hours on school nights.

Among children, "we have an incredible amount of sleep deprivation," says Dr. Mindell, who chaired the NSF task force for the 2004 poll.

Parents in the dark

Parents often either don't recognize this slumber deficit or fail to see that it can be fixed.

If she sees her students acting lethargic or sleepy, Debbie Welch says, "I certainly mention it to their parents." Sometimes, she says, "[the parents] are not even aware of it."

Other parents may be aware but believe their child "is by nature a poor sleeper or doesn't need as much sleep as other children of the same age," Richard A. Ferber, MD, director of the Center for Pediatric Sleep Disorders at Children's Hospital Boston, writes in *Solve Your Child's Sleep Problems* (Simon & Schuster, revised edition, 2006).

"These beliefs are almost never true," he adds. "Virtually all children without major medical or neurological disorders have the ability to sleep well."

Here are some suggestions for parents and caregivers who want to ensure their children are getting enough sleep:

Ask Questions

"You need to talk to the children, and you also need to talk to their teachers," Dr. Mindell, co-author with Judy A. Owens, MD, of *Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens* (Marlowe & Company, 2005), says.

Ask the Children

"How do you sleep at night?" she says. At parent-teacher conferences, make such inquiries as "Does my child seem tired to you?"

Debbie Welch says that sleep has become enough of an issue over the past decade that she addresses it at parent orientation each year. She won't "impose what time I think [their child] should go to bed," she says. But she does "tell them that we feel the children need a nice long sleep time."

Know the signs of inadequate sleep.

Some children may not tell their parents they have trouble falling or staying asleep. Others may be unaware they snore or have other disorders that contribute to insufficient rest. For such reasons, Dr. Mindell asks, "Do you have to wake your child for school in the morning?" If you do, she says, he or she "didn't get enough sleep."

If your kids routinely sleep longer on weekends or vacation days, "that will give you an indication of how much sleep they really need," Dr. Mindell says.

Conduct may be a third indicator of sleep adequacy. If a child behaves better on days he gets more sleep, Dr. Mindell says, if "he attends better — he pays attention, he sits still," then parents should pay attention, too.

Bedtime Schedules and Routines

Developing a set sleep schedule, "which is the same bedtime every night, and, sim-

ilarly, the same wake time every morning," Dr. Mindell says, is a first step toward sleep sufficiency.

Also, a routine for working their way toward sleep is as essential to kids as a regular bedtime. "They need a wind-down time," Dr. Mindell says. "They can't just go from after-school and evening activities to getting home, grabbing dinner, doing homework, and turning out the light."

Debbie Welch encourages her students' parents to read to their children when they get in bed. "We encourage closeness, the physical part of it as well as the reading practice," she says. But "keeping the ritual" is most important.

She has noticed, Welch says, "that those kids whose parent can keep them on some kind of routine have fewer times during the day that they're tired than those who don't seem quite as structured."

Deal with the Disrupters

The NSF 2004 poll revealed that the 43 percent of school-age children with TVs in their bedrooms went to sleep an average of 20 minutes later and slept more than two hours less per week than their counterparts without televisions.

The poll also showed caffeinated beverages accounted for a sleep loss of about 3.5 hours a week in this group.

Experts advise parents to take a hard look at the place and placement of such *sleep disrupters*, not only caffeinated drinks and televisions, but also computers, cell phones, and other electronics.

Model good sleep habits and be prepared to make more changes. Parents also need to take a look at the example they set for their children. "They need to make it clear," Dr. Mindell says, "that they believe sleep is important, which means ... they need to get sufficient sleep."

Once a family establishes good sleep

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Program

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2065, the minorities will be the majority. He bemoaned the fact that we are all divided by labels: liberal-conservative, black-white, Democrat-Republican. The fact being lost is that we are all Americans.

Is it the truth? Yes, there is no limit to diversity.

Is it fair to all concerned? Yes, we should all be treated equally.

Will it build good will and better friendships? Yes, we must understand that America is not limited to one identity.

Will it be beneficial to all concerned? Yes, understanding who we are will be beneficial to all. Daniel pointed to the American model, many states equal one country. He worries about the blue-collar worker in Pennsylvania with no job, even though he's not his father; the elderly woman with no healthcare, even though she's not his grandmother; and the immigrant returned to his country, even if he's unknown. The greatness of America is that it is welcoming.

Speaker No. 3

The third speaker was Isabel Vogel, a freshman at Maranatha. She spoke about the need for adopted children to know about their biological parents. As



an example, she used the medical questionnaire you get in a doctor's office. It asks about if your parents were still alive, and, if not, when did they die? What diseases did your parents have? Adopted children who have no information about their biological parents cannot answer these questions. They need to meet their biological parents to get their health history, to get an idea of what they might look like when they

grow up. Without this meeting, they will know nothing about their background. An adopted girl named Julia was studied by a research author. When she met her biological parents, she was delighted to see that she looked like her mother. It is important for children who look different to meet their biological parents. An African-American child adopted by a white family might feel left out.

Is it the truth? Yes, adopted children should meet their biological parents.

Is it fair to all concerned? Yes, it is particularly fair that adopted children should meet his/her biological parents.

Will it build good will and better friendships? Yes, there will be much good will when the two parties meet.

Will it be beneficial to all concerned? Yes, both parties will receive benefits from such a meeting.

Vogel then revealed that she herself was adopted from BelloRusse, a closed country from which she could not get information about her biological parents. She encouraged Rotary to get behind efforts to have adopted children meet their biological parents.

Speaker No. 4

The fourth speaker was Tristan Huo, a senior at La Salle High School. He spoke about someone named Brenda, who had ice cubes in her right hand and proceeded to pelt him with them. In her left hand, she held a megaphone and used it to yell at him like a movie director at an extra. She was always there, no matter what he was doing, constantly pelting and yelling. After a while, Vogel realized that Brenda didn't really exist, but was a product of severe anxiety. Over the years, he has



learned to deal with Brenda. He confessed that even though he had overcome most of his anxiety, he was freaking out while giving his speech.

Is it the truth? Yes, anxiety is the most common form of mental illness. One out of every five people have acute anxiety.

Is it fair to all concerned? Yes, everyone experiences some form of anxiety. The response to this anxiety is the key to overcoming it.

Will it build good will and better friendships? Yes, love and respect will help those under stress.

Will it be beneficial to all concerned? Yes, by helping people with severe anxiety, they will benefit greatly. They should get professional help as soon as possible. Huo stated happily that he can deal with Brenda now.

After much deliberation, the judges returned their decision. Joshua Daniel will go on to represent our club at the group level, and the runner-up is Tristan Huo. All of the speeches were outstanding. Congratulations to all of the participants. Ed Jasnow ○

This Week

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Bob Hayward has worked at Lincoln Avenue Water Co. for the past 36 years. Upon completion of his military service (US Air Force, Vietnam Veteran) he attended Los Angeles City College and Cal State University, Los Angeles, majoring in Business Administration. He began his professional career in consumer finance before being recruited by Lincoln Avenue Water Co. as their Business and Finance Manager. As General Manager, Hayward is a State certified waterworks specialist and has served on the Board of Directors of the Association of California Water Agencies, the California Rural Water Association, and the Raymond Water Basin Management Board. ○

Chairmen

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in fact, up to something. In addition, the Democrats have been adept at constructing elaborate chains of communication to create plausible deniability for higher-ups. That is how the *bird-dogging* scheme through which activists instigated violence at Donald Trump rallies was arranged for by the Clinton campaign. (*The organizer behind that scheme visited the White House 340 times, meeting Obama himself 45 times.*)

As the *New York Times* – supposedly the paper of record – reported recently, there is “no evidence” that the “Trump campaign was colluding with the Russians on the hacking or other efforts to influence the

election.” But there is ample evidence that the outgoing Obama administration could have used intelligence agencies to carry out a political agenda against Trump. The media, as Mark Levin pointed out again on Sunday’s *Fox and Friends*, simply refuse to report their own earlier reports.

Even without Trump’s more sensational accusations of wiretapping, it is, so far, undisputed that there have been many leaks of classified information to damage Trump, and that the Obama administration took steps that could have made such leaks more likely. (Charles Krauthammer called this the *Revenge of the Losers* on Friday.)

Those are serious allegations that the former administration is likely going to have to explain to Congress.

But if the Obama administration did order surveillance of the Trump campaign during the election; and if Obama or any other White House officials knew about it (or created a *plausible deniability* scheme to allow such surveillance while preventing themselves from knowing about it directly); then there is an even bigger problem.

It would then seem that the *Russia backing story* was concocted not just to explain away an embarrassing election defeat, but to cover up the real scandal. ○

Membership Bulletin

In accordance with Club Bylaws, the Secretary notifies the membership that the following individual has been proposed for membership in the Rotary Club of Altadena.

The proposal has been approved by the Classification and Membership committees, and the Board of Directors has ordered the name submitted to the membership for approval.

Please notify the Secretary immediately if you think the proposed candidate does not measure up to the following requirements:

1. That he/she is one of the driving forces in his/her business;

2. That the firm he represents is one of the leaders in his/her line of business;
3. That his/her reputation and character are above reproach;
4. That his/her personal credit is unquestioned;
5. That he/she is socially acceptable.

If no objections are received within seven (7) days, membership will be extended to the proposed individual. An objection must be filed in writing to the Board of Directors within the seven-day objection period.

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Scout’s

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habits, if a child still has difficulty going to sleep, staying asleep, or has daytime sleepiness, “you really want to talk to your child’s doctor and/or contact a sleep specialist in your area,” Dr. Mindell says.

The medical specialty known as sleep medicine “has just completely taken off,” Dr. Mindell adds, and “the number of sleep centers that have opened across the country is tremendous.” ○

Board of Directors Nominations 2017 — 2019

In accordance with our bylaws and the California Corporations Code, the Nominating Committee presents the following as nominees to serve on the board of directors from July 1, 2017 – June 30, 2019:

**Sarah O’Brien; Mark Mariscal
Dennis Mehringer**

The vote will take place on during our regularly scheduled meeting on Thursday, March 16, 2017.

Board Nominations by Members

Please be informed that members have the right to nominate candidates by petition as follows:

Nomination by Petition – Additional nominations to the board may be made by petition and presented to the secretary at least one week prior to the annual meeting, when bearing the signatures of ten (10) or more members. ○

Second Saturday CONCERTS



SECOND SATURDAYS
[mostly]
FROM 6:30 TO 8:30 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

Todd Washington Trio

Blues, Folk, Rock, Soul and Gospel
January 14, 2017

Splish Splash Band

Rock, Jazz and Blues
February 11

DeRumba

Spanish Guitar to the beat
of the Gypsy Rumba
March 11

Louis Van Taylor Quintet

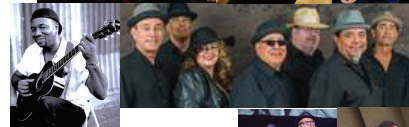
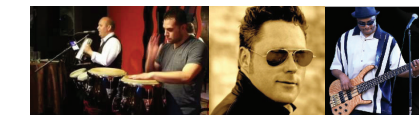
Jazz
April 8

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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