

## This Week

### Dawn Mooney Digrius Craft Talk Program Host: Frank Cunningham

From a tiny 3-pound preemie baby to a recognized leader in Sustainable Development, come hear more about our newest member of the Altadena Rotary Club, Dr. Dawn Mooney Digrius.



During her Craft Talk, she will share with us some insight into her journey to become who she is today:

- Why she cares so deeply about education and
- How her experiences have shaped her life.

In her personal travelogue, Digrius will highlight the work she has done in Latin America, her partnership with the United Nations from 2011-2014, and her current role as Executive Director for STEM Advantage, a 501c3 based in Southern California, that supports women and under-represented minority students in STEM, Science, Technology, Engineering, and Math.

Digrius has been named Ms. Greeter California for 2018.

## 100-Year Old Tree Saved ... We Hope

*With that title, you're pretty sure this is not one of Sarah's columns, and your are definitely correct. She wrote and said that she was ill, and I could Hijack it ... please.*

...

This is Jacque and the story starts on June 21 when the arborist was finally able to schedule us in. You see, he knew that what we wanted him to do would only take about half a day, so he had to pair us with another job that would take about half a day. Otherwise he is paying his crew for a full day's work, but he is only bringing in money for a half day's work.

So this was late in the year – or too early, depending on how you are counting – for pruning a fruiting tree like the loquat tree. Directly after he pruned the tree, it was gorgeous. It had been opened up and topped a bit because it had become so tall that only the green parrots and other birds could reach the top fruit. And we would have to have him come out again this year to lower it still again ... lowering its height little-by-little so as not to injure the tree, but to keep it out of the wires and have the fruit more obtainable. The first

two photos you see were

taken by Bruce so he would have a record of the tree before and after pruning. I have cropped them as close to the same area as possible, so you can easily see the difference before and after pruning. All was well until



July, when we had four or five days of 116+ °F with low humidity. Then one day – late July – I went out to pick up the papers so I wouldn't drive over them when I went to an early-morning meeting, and I was *horrified*. The tree looked **DEAD** ... And I mean **DEAD**. There wasn't a green leaf to be seen. All the leaves were brown and hanging limp on the branches. And there were lots of dead leaves on the ground – enough to fill the yard-waste barrel and then some.

As I mentioned in the headline, this tree has to be somewhere around 100 years old. We've

**Please turn to In Tune p. 4**



*In Tune*

by Sarah O'Brien, President

## Greeter of the Week

August 23  
Mike Zoeller

August 30  
Ruben Alvarado

September 06  
Sue Applegate

# Program Review

## Alzheimers: A Health Problem That strikes the Whole Family



Last week's program regarding Alzheimers and Dementia was presented by Lisa Bricker. Bricker is an Alzheimer's and Dementia Placement Specialist who clearly knows of what she speaks. Even though there was no known history of the

disease in his family, her husband Gary was diagnosed with Early Onset Alzheimer's in 2013 at the age of 63. He is now 69. Since as yet there is no cure for this debilitating illness, his Alzheimers disease has unfortunately steadily progressed, and he currently resides in a board and care facility here in Altadena.

She also told us about her grandfather who suffered a major stroke at the age of 59, and lived for another 30 years. His wife, Bricker's grandmother, had to take care of him during these many years. This is very difficult and stressful for the family care giver, and it can take its toll. Statistically, family members who are care givers have a tendency to die well before their normal life expectancy.

With our aging population, this is an ever growing problem. Bricker told us that, in 2012, call centers received approximately 250,000 calls per month, and 85 percent of those calls were related to various aspects of dementia. Now such call centers receive approximately 700,000 calls per month. Of the approximately 65 million care givers in



the US, approximately 34 million care for patients with some form of dementia.

Care givers on average suffer approximately \$659,000 in lost wages and benefits. It is not uncommon for a family member care giver in these situations to have a feeling of loss and isolation – can't see the forest for the trees. There is no time line and no cure. It is an emotional roller coaster. And this is the disease of our time with more and more patients and more and more family care givers.

Bricker's advice to family care givers is  
**Please turn to Program, p. 3**

### Congratulations

### Birthdays

02 - Phyllis Merrill  
10 - Don Applegate  
27 - Elaine Klock  
30 - Paula Mariscal  
31 Bruce Conroy (Jacque Foreman)

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

P.O. Box 414, Altadena, CA 91003

www.altadenarotary.com

Meets: Thursday, 12:10p

Altadena Town & Country Club

2290 Country Club Drive • Altadena, CA

626-794-7163

Rotary Int. Pres..... Ian H.S. Riseley  
Dist 5300 Gov..... John Chase

#### Officers

Sarah O'Brien, Pres.....Bus. 626-796-5000  
Mark Mariscal, Pres. Elec.....Bus. 310-902-6547  
Steve Kerekes, V. Pres.....Bus. 626-351-8815  
Jim Gorton, Sec.....Bus. 323-816-6713  
Mike Noll, Treas.....Bus. 626-683-0515

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Mark Mariscal • Ed Jasnow  
John Frykenberg • Dennis Mehringer  
David Campbell • Sarah O'Brien • Mike Zoeller

#### Chairmen

Mark Mariscal.....Administration  
David Smith.....Foundation  
Charlie Wilson.....Asst. Foundation  
Frank Cunningham.....Membership  
Jacque Foreman.....Public Awareness  
Jacque Foreman.....Acting Publicity  
Jacque Foreman.....Sparks/Website  
Mike Zoeller.....Club Projects  
Doug Colliflower.....Community  
David Smith.....International  
To be Announced.....Asst. International  
Tony Hill.....Youth Contests/Awards  
Mike Zoeller.....Youth Projects  
John Frykenberg.....Vocational  
Editor, Design & Typesetting.....Foreman Graphics  
Photography.....Jacque Foreman

### August

#### Membership & New Club Development

*Program Chairs: Doug Colliflower & Frank Cunningham*

16 - Lisa Bricker - Insights into Alzheimer's

23 - Dawn Digrius - Craft Talk

30 - To be Announced

### September

#### Education & Literacy

*Program Chair: Maria Perez-Anton*

## Suggestion: You can be an Altadena Rotary Ambassador of One *Find a Place to Volunteer and Be there as a Member of Altadena Rotary*



**M**any times I hear from the members of the club that

we need to be more visible in the community ... we need more projects involving the whole club or at least many members. That may be true, however, we can each accomplish a lot of community awareness by deciding to volunteer doing something we like doing at a place that makes a difference.

While there doing your good work, let it be known that you are a member of the Altadena Rotary Club. Become aware of what the club is doing and has done in the community and a bit about what Rotary International is doing. In conversation you can tell others about how Altadena Rotary is helping to make Altadena an even better place to live, work and bring up a family.

Be open with those with whom you are a fellow volunteer about what Rotary International is doing to make the world a better place. Invite a fellow volunteer to a meeting.

Altadena Rotary helped plant Triangle Park on the corner of Lake and Altadena Drive. We are now the main energy behind the summer concerts in Farnsworth Park. Each year we give Mini-Grants to teachers to help them make learning more fun.

*Eradicating Polio* is a big thing for Rotarians around the world. And some of the older volunteers with whom you are working may remember when polio was a normal summer happening here in the US, closing public pools, recreation areas, parks, etc. There are now only three countries where this disease has not been eradicated: Afghanistan, Nigeria and Pakistan.

You can mention the *Rotary Youth*

*Exchange Program*. We recently had two members of the short-term exchange visit our club. You can mention that children of Rotarians and those not in a Rotary home can take part in this program.

It isn't that hard to be an Altadena Rotary *Ambassador of One or Two or Three*. I spend many hours on the street putting lights on trees for Christmas Tree Lane. If you like the display, bring your children and come help. The Altadena Library needs volunteers in their Read One Teach One program to help Adults learn to read and balance checkbooks. The library also needs adults to read to children. Altadena Heritage can use volunteer help. The Altadena Senior Center has room for volunteers to teach elementary computer skills to senior citizens in the area.

Look: you will find a place to help. ○

## Program

*Continued from p.2*

that they have to put themselves first. She learned this lesson personally when one day she found her resting pulse had risen to 160 beats per minute. She called 911. When the paramedics arrived she had to advise them that they also needed to tend to her Husband who was still in the home due to his Alzheimer's. She spent two nights in the hospital. Her cardiologist told her "this is your wake up call. This could be a long journey and you need to make some

changes in your life" [if you want to survive].

She learned that she had to *live in the moment* every day. Care givers have to make tough choices, create a plan and a circle of support through family and friends, and find a way to make their situation work for them. Care givers must find their own solution — their own meaning and unique style. Bricker advised us that, if we are not currently faced with this situation, to plan ahead — buy long-term care insurance

as good care is expensive, and, without adequate funds, we could be faced with substandard care provided by untrained and uncaring care providers.

Bricker now uses her experience to help others. She works with professionals, executives and entrepreneurs as a coach and consultant. Visit [www.AlzAcrossAmerica.org](http://www.AlzAcrossAmerica.org) for more information about this unfortunate health crisis that can strike any family at any time. **Tony Hill** ○



# In Tune

*Continued from p. 1*

lived in the house since September of 1972 — that's 46 years, and the tree was approximately this size then when we moved in. We have never had to do anything to or for the tree, except have it pruned now and then to keep it out of the electric and phone wires that come to the house.

The picture of the whole tree gives you an idea of what I saw. The picture was taken as I am writing, so there is now a bit of green which you may be able to see. However, I think it gives you an idea of how dead it looked.

Seeing the tree dead or dying, I decided that I would not let it die without a fight. No, I'm not a loquat fan, and it is a dirty tree, but I just couldn't let a 100-year old tree just die ... die without a fight. And it sure looked like it was going to die or was already dead.

I remembered that last year I saved the orange tree. That day and the next two I went out in the heat of the day as well as the evening and misted the tree. Our arborist says that trees take in moisture through their leaves and, sometimes, through their bark. Since then I have misted the tree every evening.

I also started deep watering the tree.

Now my deep waterer only goes about 3.5 feet down into the ground, so I couldn't



reach the tree's lower roots. The hope was that the soil would wick the water down. The soil around the tree is extremely

hard, so where to start the deep watering?

On the back side of the tree, there is what looks like ground squirrel or gopher dirt. I thought I might be able to start the deep watering there. I was fortunate. It turned out to be true. I could get the deep waterer down about 1.5



inches. It took maybe five or six days to gradually push the deep waterer down to its full length. It took a week or so before I could see some new growth appearing. I pointed it out to Bruce, but he wasn't ready to accept that my small efforts were having any effect.

Today, 2018-August 19, I can see that I might be winning. There are many places where I see green, full-size leaves and spots on the limbs where I see small, budding growth where there hasn't been growth for many years. The tree usually seems to want to grow wider and taller. But now it wants to fill in. It wants leaves, all the leaves it can get.

The tree is showing signs of life from the bottom up and the back to the front. I have taken some pictures to show you that I might be winning. I'll have to keep misting the tree until the cooler weather comes ... late September or early October or until



the tree looks healthy again.

I think you will agree that there is a chance that I might be winning, and the tree may live. The other day, I showed the now obvious green and some still not so obvious green to Bruce. He is now ready to agree that I might be winning. ○



## **Save the Date Tuesday, August 28th Taste of the Terraces!**

**Stop in for a glass of wine, enjoy the relaxing music of  
Mark Cole at the keyboard and take home a dinner  
on us!**

**Where: the Terraces at Park Marino  
2587 E. Washington Blvd.  
Pasadena, CA. 91107**

**When: Tuesday, August 28, 2018  
Time: 5:00pm -6:30pm**

**RSVP'S ARE A MUST!!  
626-798-6753**

# Los Angeles County Sheriff's Department Reserve Deputy Program

Back in the 1800s, the Sheriff would look to the community to form a posse and deputize citizens to assist him in the apprehension of horse thieves, murderers, or other criminals. Thankfully, we have thousands of full-time deputies to perform those duties today, but, in 2018, just like the 1800s, the Sheriff is looking to the community to find citizens to volunteer and help by becoming reserve deputy sheriffs.

Reserve deputies undergo the same training and background checks that full-time deputies receive. It's a year-long process, but, after graduation, reserve deputies can perform a wide array of duties and service to the community.

The *Los Angeles County Sheriff's Department Reserve Program* is one of the largest in the country, with over 600 all-volunteer sworn reserve deputy sheriffs. Last year they worked 182,000 hours keeping the citizens of Los Angeles County safe. Those 182,000 hours represent millions of dollars in savings to taxpayers.

Patrolling our communities is only one of many functions performed by reserve deputies. Lifesaving search and rescue missions are performed every week by reserves as part of the Los Angeles County Sheriff's Department's Search and Rescue Program. Last year reserve deputy sheriffs performed 684 missions throughout the county, saving countless lives.

Another opportunity for reserve deputy sheriffs to serve is by becoming a member of the Sheriff's Department's Posse. Posse members work patrolling trails and various community events on horseback.

Reserve deputies also help solve crimes by working in many of the Sheriff's Department's detective units, such as Homicide Bureau, Narcotics Bureau, Fraud and Cyber Crime Bureau, and Special Victims Bureau. We also have reserves who ride street and off-road motorcycles for the Department.

Reserve deputies come from all walks of life and from a wide variety of professions. The common thread of all is a burning desire to give back to their community and assist their fellow citizens.

If you are interested in signing up – just like citizens did over a 150 years ago – there is a reserve deputy academy scheduled to start in February 2019. Please contact the Los Angeles County Sheriff's Department Reserve Forces Detail at 323-526-5100 and ask for Assistant Director Mike Leum to get started.





The annual Summer Concert Series is organized by the Rotary Club of Altadena, in association with the Sheriff's Support Group of Altadena, the LA Department of Parks and Recreation and LA County Supervisor Kathryn Barger. All Concerts are free.

Like us on Facebook at Concerts in Farnsworth Park...562 E. Mt. Curve Av.

## 22nd Annual Summer Concert Series Schedule - 2018

Kenny Sara & the Sounds of New Orleans	Saturday, July 7 <sup>th</sup> at 7PM
Susie Hansen Latin Band	Saturday, July 14 <sup>th</sup> at 7PM
Lisa Haley & the Zydekats (Americana/Cajun)	Saturday, July 21 <sup>st</sup> at 7PM
Mary Jane's Last Dance (Tom Petty Tribute)	Saturday, July 28 <sup>th</sup> at 7PM
déjà vu (Rock & Roll Dance)	Saturday, August 4 <sup>th</sup> at 7PM
Upstream (Steel Drum Reggae and Soca)	Saturday, August 11 <sup>th</sup> at 7PM
Greg and the Gallows (Country/Americana)	Saturday, August 18 <sup>th</sup> at 7PM
The Blue Breeze Band (Motown, R&B, Funk)	Saturday August 25 <sup>th</sup> at 7PM

*And... the Grand Finale... Saturday, September 8th*

*Who's Next in their Tribute to*

**THE WHO**

*Presented by B & E Promotions & the Sheriff's Support Group of Altadena*

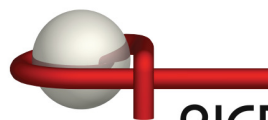


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