



BE THE INSPIRATION

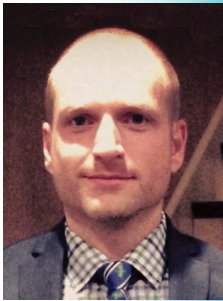
August 30, 2018

This Week

Mark Waterson
Executive Director
Convalescent Aid
Society

Program Host:
Frank Cunningham

Born in upstate New York, Mark Waterson grew up in various suburbs in the Midwest, including Birmingham, MI, West County, St. Louis,



and Barrington, IL He has called southern California home since 2000 with stops in Santa Monica, Westwood and Downtown before settling down in Pasadena.

By his own admission, the most interesting thing about Mark Waterson is that he has been adopted twice – experiences that pushed him toward a career in the nonprofit world.

He was hired as the Executive Director for the Convalescent Aid Society (CAS) in February 2014. Prior to CAS, Mark ran operations at Broadview, a private, nonprofit nursing home for Christian Scientists in Montecito Heights. While at Broadview, Mark was instrumental in working to nearly double the number of patients served while simultaneously

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Seeing Stonehenge Started Me Thinking ...

After finishing my teaching in picturesque but sleepy Dorset last week, I headed back to Nottingham via the only route available. It is a long drive, and, at this time of year, the roads are congested with families traveling home, towing caravans with roof-racks stacked with camping gear. A few roadside stands sell strawberries,



but otherwise, there is nothing to stop for.

The highlight is always a glimpse of Stonehenge from the car window. Since the vacation period is drawing to a close and we will soon be immersed in our modern, high-tech lives and activities I thought this week's *In Tune* could take us back to the time of the Druids and the mystery of Stonehenge – one of the Ancient Wonders of the World and certainly one of the most mysterious!

Stonehenge is a prehistoric monument on Salisbury Plain in Wiltshire, England, two miles west of Amesbury, dating from 2000BC. It consists of a ring of standing stones, with each standing stone around 13 feet high, 7 feet wide and weighing around

25 tons. The stones are set within earthworks in the middle of the most dense complex of Neolithic and Bronze Age monuments in England, including several hundred burial mounds.

Stonehenge has often been at the forefront of the development of archaeology. It



In Tune

by Sarah O'Brien, President

has also (perhaps) been the focus of more theories about its origin and purpose than any other prehistoric monument. These have included a coronation place for Danish kings, a Druid temple, an astronomical computer for predicting eclipses and solar events, a place where ancestors were worshipped or a cult centre for healing.

Today, the interpretation of Stonehenge

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Greeter of the Week

August 30
Ruben Alvarado
 September 06
Sue Applegate
 September 13
David Campbell

Program Review

The Village of Mirge Nepal Good Things are happening There Thanks to Wollaton Park Rotary and Others



Chris O'Brien and Dorothy, his wife, of the Wollaton Park

Rotary Club, Nottingham, UK, presented an overview of their club sponsorship of the village of Mirge, Nepal. A village of about six thousand inhabitants, Mirge is located at an altitude of 2500 feet about six hours

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Rotary Club of Altadena - #7183

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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



by road east of Katmandu. Travel to Mirge is restricted by primitive roads that, at best, are virtually impassable.

Because of road conditions, Mirge is inaccessible in the monsoon season. Its inhabitants are subsistence farmers who follow a syncretic religion that combines elements of Buddhism and Hinduism. Their beliefs are shamanistic. Their shaman is, in effect, the village chief and physician. Students and teachers walk two miles each way through jungle to school.

Until Wollaton Rotary was able to raise money by matching grants, there was no



health care in the village. Thanks to the efforts of Wollaton Rotary, there is now a health post. Ultimately, it is hoped, by continued efforts, a hospital will be built. To this end, \$35,000 has already been raised, and \$10,000 has been raised for the purchase of an ambulance.

There is no physician in Mirge. Obstetric care consists solely in midwifery. The government has sponsored the education of a medical student in China. After completing a six-year course of study, he has done an internship in Katmandu. His return to the village will enable others, students and

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August

Membership & New Club Development

Program Chairs: Doug Colliflower & Frank Cunningham

23 - Chris & Dorothy O'Brien -- Special Program

30 - Mark Waterson - Convalescent Aid Society

Congratulations



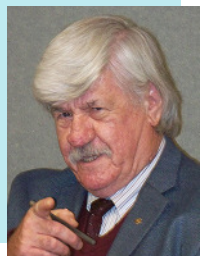
Birthdays



02 - Phyllis Merrill
10 - Don Applegate
27 - Elaine Klock
30 - Paula Mariscal

31 Bruce Conroy (Jacque Foreman)

John Muir Interact on Track for Another Great Year



First an update. The Interact Club at John Muir High School, sponsored by our Rotary Club of Altadena, will have its first meeting of the 2018/2019 school year on Friday September 7th at 1:00 PM.

The Interact teacher liaison last year who was good enough to fill this roll, Ms. Janet Ho, has received a promotion with PUSD which has resulted in her no longer having a classroom at Muir. As a result, the first Interact meeting for this school year was delayed by the necessity to find a new teacher who would be willing to make their classroom available for Interact meetings, and be willing to volunteer his or her time in being present for each of those monthly meetings. We are very grateful to Carina Jacob who, after much effort, was able to find such a teacher, Ms. Stechel, who has graciously offered to assist Rotary by providing her classroom (Room A184) and her time to ensure the Interact members will

have a place to meet for this school year. Without such selflessness of teachers such as Ms. Ho and now Ms. Stechel, who are willing to oversee our Interact program at the school, and willing to work through her lunch break once a month, we could not have an Interact Club.

At our August 9 meeting, some of you may have had the opportunity to meet Carina Jacob, who was in attendance and was introduced to the members. Jacob has been volunteering her time for three years now to help the Interactors run their meetings and plan their projects. In addition to each of the monthly meetings, Carina attends each of those Interact projects as well as many of our projects when she brings some of the Interactors to help us out. At that same 8/9 meeting part of the new Interact Executive Committee also attended and was introduced to us. They were, Natalie Noyola Govez (Muir Interact President); Jennifer Cuevas (Interact Treasurer) and Felisha Davis (Interact Projects Director). Very impressive young ladies.

We are looking forward to working with Carina, Natalie, Jennifer, Felisha and the other members of this year's Muir High School Interact Club throughout our new Rotary year. This year's Interact Chair is Steve Kerekes. Kerekes will do his best to attend each of the monthly Interact meetings, as a representative of the Rotary Club of Altadena to offer Jacob and the Interactors our support and guidance whenever needed. Kerekes will be ably backed up by Kimmit Haggins, a graduate of Muir High School, who has graciously volunteered to support the Muir Interact Club in any way he can. Haggins, as a successful Muir graduate, will be an inspiration to this year's Muir Interact Club members.

On behalf of the Rotary Club of Altadena, I know we all extend our sincere appreciation to Carina Jacob, to Ms. Stechel and of course to our Interact Chair, Steve Kerekes and his backup Kimmit Haggins for all of their hard work in striving to make the Interact Club at John Muir High School a roaring success again this year. ○

Program

Continued from p.2

residents, to follow.

Because the earthquake of April, 2015 occurred at noon on a Saturday, there were only four fatalities in Mirge. But for months, inhabitants had to cope with living in the open air with the support of the Chinese Red Cross. Rotary assisted in the restoration of the availability of clean water.

Routine care of common but serious

medical illnesses does not exist. In Mirge it would not be unheard of to perish from appendicitis or dental abscess. Death in childbirth is not rare. Infant mortality is high.

Chris O'Brien continues to reach out for volunteerism. Who will go with him?

◀ ▶ ▶ ▶

***A Note from their Daughter,
President Sarah***

My parents had a wonderful time meeting Altadena Rotary members and were thrilled to have the opportunity to talk about their work in Nepal. They are grateful to the members of Altadena Rotary for supporting their Hospital project. There is a video with more images of the village of Mirge at <https://youtu.be/62CyWEWxFI>.

Roger Fennell ○

In Tune

Continued from p. 1

— which is most generally accepted — is that of a prehistoric temple aligned with the movements of the sun. Ancient folklore holds that Stonehenge was created by King Arthur's wizard, Merlin, out of massive stones from Ireland that had been assembled there by giants. Others believe the stones were erected thousands of years ago by invaders from Denmark. Still others believe the stones are the ruins of an ancient Roman temple. Could Stonehenge have been intended as a cemetery dedicated to an ancient ruling dynasty? A popular modern theory is that Stonehenge is a landing site for alien spacecraft!

Some people believe Stonehenge may have been an ancient healing site, since the people at that time may have believed the stones used had magical powers. Others think it was a site used for ancestor worship, since it has also been linked to a nearby wooden circle at Durrington Walls.

Stonehenge was first studied in the 1660s by John Aubrey. Since that time, thousands of scientists have studied the rock formations. Experts believe Stonehenge was

formed in stages over 1,000 years or more. Some estimates place construction time at over 20 million hours!

What fascinates visitors to Stonehenge is how ancient peoples could have transported the huge sandstone blocks (each weighing about 50,000 pounds) over 19 miles to their current location. And how did they place them on top of one another? Without all the benefits of modern engineering and technology, how did they accomplish such an impressive feat?

Today, the most serious debate about the purpose of Stonehenge revolves around two main theories. Some believe Stonehenge was a Holy site, while others believe it was a scientific observatory. Experts who support these theories point to the fact that Stonehenge aligns with the Sun and the Moon. They believe this supports the view that Stonehenge was used as part of rituals related to the changing seasons. Others point to alignment with certain stars, which could support Stonehenge's use to predict certain astronomical events.

Only one thing is certain about Stone-

henge: it's an architectural marvel that will fascinate people for thousands of years to come. Regardless of whether we learn who built it and why, it will continue to spark curiosity and imagination for centuries in the future. And it will continue to add a moment's magic for holiday makers in England, sparking interest in ancient mysteries that continue to intrigue even if glimpsed from a car window on a drive back to a modern age.

• • •

And now, I'm off to China ... see you in a couple of weeks!



This Week

Continued from p. 1

streamlining operations and reducing expenses amid rising health care costs.

In addition to growing Broadview's reach, Waterson oversaw the design and installation of a large solar panel array on the property behind Broadview. Located above the 110 freeway, the project was the first large-scale hillside solar installation in Los Angeles County and instrumental in shaping regulations and guidelines for this emerging technology. (You can see the solar panels on the eastern hillside around Avenue 43 as you drive north toward Pasadena.)

His interest in conservation and sustainability is well-suited to CAS's ethos of refurbishing donated medical equipment

(DME) and placing these items back into service. Currently, CAS is the largest organization of its kind in the United States. Under Waterson's leadership, CAS has increased its annual reach by more than 40 percent and now records over 30,000 pieces of medical equipment out on loan to area residents.

Before settling in his current career in the nonprofit world, Waterson spent time in the Media Relations Department with the Los Angeles Clippers, as well as stints with Time Warner Cable, AIG/Sun America and several boutique accounting firms in Los Angeles.

He has an undergraduate degree from Principia College in Elsah, IL and a Masters

in Public & Nonprofit Management from Cal State LA. He has travelled around the world exploring remote locations in Africa, Southeast Asia, Central America and Eastern Europe. Waterson's most recent international adventure took him to French Polynesia and New Zealand. He has visited nearly 40 countries on six continents, but currently keeps most of his adventures stateside.

His wife Ashley is a former Junior High English teacher at Berkeley Hall, a private school located off Mulholland Drive north of Brentwood. She is now heavily involved in various volunteer activities. Mark, Ashley and their four year-old son live in the San Rafael area of Pasadena. ○



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 Sherriff's Support Group of Altadena, the LA Department of Parks and Recreation and LA County Supervisor Katheryn 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 th at 7PM
Susie Hansen Latin Band	Saturday, July 14 th at 7PM
Lisa Haley & the Zydekats (Americana/Cajun)	Saturday, July 21 st at 7PM
Mary Jane's Last Dance (Tom Petty Tribute)	Saturday, July 28 th at 7PM
déjà vu (Rock & Roll Dance)	Saturday, August 4 th at 7PM
Upstream (Steel Drum Reggae and Soca)	Saturday, August 11 th at 7Pm
Greg and the Gallows (Country/Americana)	Saturday, August 18 th at 7PM
The Blue Breeze Band (Motown, R&B, Funk)	Saturday August 25 th 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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