

## This Week

**Sam Alibrando,  
 PhD  
 President, APC, Inc.**  
**Program Hosts:  
 Doug Colliflower &  
 Tom Surnock**

Among other things Sam Alibrando will be talking about his most recent book *Three Dimensions of Emotional Intelligence*, as well as our theme for the month of February: *Peace & Conflict Resolution*.



He is president of APC, Inc. his own psychological consulting firm and senior consultant and associate at WJM Associates, Beckett Advisors and The Impact Group.

Alibrando's experience and interests are diverse as an organizational consultant, psychotherapist, author, teacher/workshop facilitator, collaborative mediator and executive coach. For over 30 years, he has dedicated his time and

*Please turn to This Week p. 3*



## Dialing In

By Steve Kerekes,  
 President



## Waging Peace

February is *Peace and Conflict Prevention/Resolution month* on the Rotary Calendar. Millions of people are presently displaced by armed conflict or persecution through-out the world. Ninety percent of armed-conflict casualties are civilians, half of them children. Through service projects, fellowships, and other Rotary-sponsored campaigns, members train adults and young leaders to prevent and mediate conflict, and aid refugees who have fled dangerous areas. Rotarians also pursue projects to address the underlying structural causes of conflict, including poverty, inequality, ethnic tension, lack of access to education, and unequal distribution of resources. Here are some of the ways that Rotary is working in this field.

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**The District 5300 Peace Conference.** Each year in the Fall, our District sponsors an annual Peace Conference devoted to an aspect of peace-building or peaceful resolution. This past year it was held in October at the Huntington Library. Five Rotary Youth Ambassadors for Peace were honored at the last Peace Conference. Rotary clubs nominated and appointed five Rotary Youth Ambassadors for Peace who

were selected for demonstrating an overall concern for peace in society, being sensitive to promoting justice and compassion, effectively dealing with conflict among peers, and leading or participating in outreach programs that address sexual harassment, LGBTQ rights, cultural understanding, and promote the well-being of others. More information can be found at <http://district5300.org/peace-conference/>.

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**The Rotarian Action Group (RAG)** is a Rotary International approved autonomous, international group which provides assistance and support to Rotary clubs and districts in planning and implementing service projects in their respective areas of expertise, including projects which qualify for global grants from Rotary International. Recent international projects have included

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## Greeter of the Week

February 01  
 Ruben Alvarado  
 February 08  
 Susan Applegate  
 February 15  
 David Campbell

# Program Review

## A Mission to Teach the Teachers



**J**ohn Frykenberg, Tami DeVine, and Raul Pascual gave us the update on the Altadena Rotary 2017 Global Grant Report. They talked to us about their most recent adventures in Nigeria. DeVine is both a

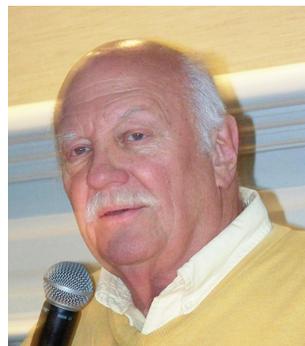
videographer and television producer, currently President of Crown City Networks, providing broadcast training to would-be anchors and reporters alike from across the nation and around the world, and is a native of Sierra Leone, with an incredible story of survival and later prosperity.

All three were team members of Altadena Rotary's Global Grant to Teach the Teachers *How to Make a Job ... Essential Skills* at Tai Solarin University in Ijebu-Ode, Ogun State, Nigeria. The entire presentation was highlighted with a video trailer of the documentary currently in production on our Club's mission to Nigeria. A general review of the December 2017 trip to Africa will follow with emphasis upon the Global Focus of RI to provide job skills to the best and brightest in Africa and future strategies to utilize trained teachers (90) to replicate *How to Make a Job* skills training throughout Nigeria. Entrepreneurial training in Ogun, Niger, Kaduna, Nassarawa, Oyo, Imo States and in the Capital, Abuja, has certified over 12,000 Nigerian College stu-

dents to date with skills in writing and preparing business plans and in providing basic job skills training guidelines to employ those graduates who might otherwise go without work in a country and continent plagued with unemployment despite a rapidly expanding economy – now the largest in Africa.

The *Teaching the Teacher* Grant was geared specifically to the spread of entrepreneurial training beyond the capacity of

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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. .... Raghada Khoury

#### Officers

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

#### Directors

Mindy Kittay • Anthony Hill  
Charlie Wilson • Dennis Mehringer  
James Gorton • Sarah O'Brien • Mark Mariscal

#### Chairmen

Sarah O'Brien ..... Administration  
David Smith ..... Foundation  
Steve Cunningham ..... Asst. Foundation  
Craig Cox ..... Membership  
Jacque Foreman ..... Public Awareness  
Jacque Foreman ..... Acting Publicity  
Jacque Foreman ..... Sparks/Website  
Mike Zoeller ..... Club Projects  
Craig Cox ..... Community  
Doug Colliflower ..... Asst. Community  
John Frykenberg ..... International  
Tony Hill ..... Youth Contests/Awards  
Mike Zoeller ..... Youth Projects  
Ray Carlson ..... Vocational  
Editor, Design & Typesetting ..... Foreman Graphics  
Photography ..... Jacque Foreman

### February

Peace: Conflict Prevention & Reduction  
Program Chair, Tom Surnock &  
Doug Colliflower

Feb 01 - Sam Alibrando, PhD - Discussing his book - *Three Dimensions of Emotional Intelligence*  
Feb 08 - To be Announced  
Feb 15 - To be Announced  
Feb 22 - To be Announced

### March

### Congratulations



#### Birthdays



02/07 - Freddy Figueroa  
0208 - Mike Zoeller  
02/10 - Julius Johnson  
02/16 - Joan Frykenberg  
02/16 - Sunny Wu Kerekes  
02/27 - Mark Mariscal



#### Anniversaries



02/03 - Susan & Don Applegate  
02/17 - Ed & Mona Jasnow

## Fundraising for the Summer Concerts



The Fundraising Committee for the Summer Concerts is now up and running. Committee Chair Doug Colliflower has had several meetings to coordinate our efforts in reaching out to the community. The cost to produce the concerts is \$20,000. This comes from donations we receive from local businesses, organizations, and the County of Los Angeles.

Because contributions are made to Altadena Rotary Charities, they are tax

deductible. Donors will be recognized in our promotional materials, posters, and programs.

As a member of the Altadena Rotary Club, how can you help? If you have a relationship with a good local business or organization either ask them if they would like to support the summer concerts – or, let Doug know, and he will assign a member of his committee to contact them. Also, if you would like to support the concerts with your business, feel free to talk to Doug.

Bob Klomburg – on behalf of the Sher-

iff's Support Group of Altadena (SSGA) – used to do this on his own. We have the people power to complete the job quite easily. We just need to know who to contact. So your input is very helpful.

We are hoping to have all our donors in place by the end of February. This will allow our production committee to go out and book the acts.

The summer concerts in Farnsworth Park will be in its 22nd season in 2018. It has become a great community event and we are excited about our new role. ○

## This Week

*Continued from p. 1*

energy toward helping individuals and organizations breakthrough blocks and achieve their fullest potential.

Alibrando started his career over 30 years ago as a psychotherapist seeing clients and families on any number of issues, including relationship challenges, depression, self-esteem, addiction recovery (esp. sex & love addiction), marriage & family, divorce and career concerns.

In his roles as associate clinical professor, adjunct professor and clinical supervisor, he has helped train both graduate students, new psychological interns and seasoned therapists.

For much of his career, Alibrando has worked with organizations and senior executives coping with critical business

and change management challenges, interpersonal challenges and transitions. As an organizational consultant/business psychologist, he has worked with companies of all sizes on a range of assignments: all focused on diminishing conflict, enriching communication, improving performance, enhancing engagement and accelerating sound decision-making..

### ***Ba a Part of the Presentation***

Alibrando suggested that interested members take the *Interpersonal Triangle Inventory* on line prior to his presentation.

A link to the *Interpersonal Triangle Inventory* is on his website: <http://power-heart-mindfulness.com/itbi/> He will discuss the results during his presentation. ○

## Program

*Continued from p.2*

our international team and efforts to date; the initial goal to replicate and carry out at least 90 training



sessions in How to Make a Job skills to a wide geographic area under the supervision of Tai Solarin University in cooperation with the Sagamu Central Rotary Club and Rotary District 9110. John Frykenberg informed us that this was his 10<sup>th</sup> trip to Nigeria to teach entrepreneurship education. We salute him for his devotion, bravery, and passion for this mission. **Tom McCurry** ○

# Dialing

Continued from p. 1

ed helping children who have suffered trauma-related events in Turkey, resolving inter-tribal conflicts in Kenya, a program to build trust and understanding among Turkish and Greek residents of Cyprus and helping vulnerable communities in Columbia. Read more about these and other recent peace projects at <https://www.rotarianactiongroupforpeace.org/projects/>.

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**Sponsor an application for a Peace Fellow.** Local Rotary clubs sponsor candidates who apply to Rotary International to become Peace Fellows. Rotary Foundation awards up to fifty fellowships for master's degrees and fifty for certificate studies at premier universities around the world each year. Through academic training, practice, and global networking opportunities, the Rotary Peace Center program develops leaders who become catalysts for peace and conflict prevention and resolution. These fellowships cover tuition and all expenses. There are two separate programs: the Master's Degree Program lasts 15 to 24 months and requires a practical internship of two to three months during the academic break. The Professional De-

velopment Certificate Program lasts three months with two to three weeks of field study. The Peace Centers in the United States are at Duke University (my alma mater) and the University of North Carolina at Chapel Hill. Fellows can earn either a Master's Degree in International Development Policy from Duke or a Master's Degree in various departments from the University of North Carolina. Other peace centers are located at International Christian University in Tokyo, University of Bradford, U.K., University of Queensland in Brisbane, Australia, Uppsala University in Sweden, and Chululungkorn University in Bangkok. The application process begins online at <https://my.rotary.org/en/peace-fellowship-application>. The deadline for a candidate's submission of an application to a local club varies, generally March-June, but the deadline for submitting to Rotary International is July 1. More information can be found at <https://www.rotary.org/en/our-programs/peace-fellowships>. There is also a link to a Rotary peace map to see where Rotary organizations are currently sponsoring peace projects.

• • •

**Work in cooperation with the**

**Peace Corps.** In 2015, Rotary International and the Peace Corps formalized a service partnership to promote collaboration on issues that both organizations care about, including education, health, community economic development, environmental management, youth, and agriculture. For Rotary Club projects in countries where Peace Corps volunteers serve, the Peace Corps office is able to point to volunteers with the right skills or living in communities of interest. He or she may like to present about his/her experiences and community needs at a luncheon meeting. Past and present Peace Corps volunteers often belong to regional groups (Peace Corps Volunteers of Washington DC, Columbus, Boise, etc.) as well as alumni groups for the countries where they served. There are many alumni who remain engaged with countries where there is no longer a Peace Corps program such as Iran, Russia, Eritrea, the Democratic Republic of the Congo, etc. Any Club can invite these folks to a meeting or social event and consider taking part in one of theirs. You can read more about this collaborative effort at <https://www.peacecorpsconnect.org/articles/peace-corps-and-rotary-a-match-made-in-heaven>. ○

## An Offer from Tom Surnock, DC Do some Good, Get some Good Can you ask for More?

The true flyer that you see in miniature to the right is **available for printing on p. 6**. Print out as many copies as you wish. Give them to family and friends.

Be sure to put your name and *Altadena Rotary* on the back of the flyer **BECAUSE ...** Tom Surnock will be donating a percentage of what that person pays for future treatment to Altadena Rotary in *Your Name*. So, if you do the good deed of introducing a friendly or relative to Budincich Chiropractic Clinic, Inc. you will have good donated in your name.

This is a very generous offer and goes from February 14 to March 14, 2018. Also applies to Altadena Rotary members who are new clients.

## DOCTORS WITH A HEART FEB. 14 – MARCH 14, 2018



Dear Patients and Friends,

Flowers and chocolates can express how much you care for someone, but showing someone how much you **deeply care about their good health** can speak volumes. We have a program that can help with improving the health of your family and friends.

Attached you will find two gift certificates for family members or friends, good for a Free Complete Chiropractic or Chinese Acupuncture Assessment Examination and any needed X-rays, from February 14 through March 14, 2018. This includes examination of the spine, posture, muscles, joints, nerves, or this may be used for a complete new patient acupuncture/Chinese medicine examination. This is a total of up to \$250.00 of services we will provide for each person you send us.

I am sure that you know of someone who would appreciate the opportunity to take this step toward better health. In fact, it could be the most important gift anyone has ever given them.

So, why not give a gift certificate to someone suffering to have the opportunity to find out that **they don't have to live with pain anymore**. I ask you one favor, please don't let this go to waste. **These certificates expire on March 14, 2018**. The best gift you could give for Valentine's Day is the gift of good health. This certificate is void without your name on them as the referring patient.

Sincerely,

Michael N. Budincich, D.C.



Budincich Chiropractic Clinic, Inc.  
Michael N. Budincich, D.C. & Associates

MADE POSSIBLE BY FUNDING FROM THE FRIENDS OF THE ALTADENA LIBRARY

# Second Saturday

**SATURDAY  
FEBRUARY 10  
6:30 - 8:30PM  
MAIN LIBRARY**



## **FEATURING THE GERRY ROTHSCHILD BAND**

This Second Saturday Concert featuring The Gerry Rothschild Band is supported in part by funds from the Pasadena Tournament of Roses Foundation.

Free live music, delicious food and drink, and good friends... all right around the corner!



# DOCTORS WITH A HEART

FEB. 14 – MARCH 14, 2018



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Michael N. Budincich, D.C. & Associates



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Michael N. Budincich, D.C. & Associates

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Michael N. Budincich, D.C.  
Tom Surnock, D.C.  
Polin Togi, LAc

## CERTIFICATE FOR EXAMINATION AND X-RAYS



*This gift certificate is good for a Complete Chiropractic or Acupuncture Examination, including examination of the spine, posture, muscles, joints, nerves, and even spinal x-rays if they are needed.*

*This offer is for new patients only and expires on March 14, 2018.*

Name \_\_\_\_\_

Referred by \_\_\_\_\_

**This certificate is void unless referred by a current patient.**



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