

This Week

Ben Green Craft Talk Program Host: Sue Applegate

Ben Green retired from the San Gabriel Pomona Chapter of the Red Cross as CEO in June 2016 after 10 years of service. His experience includes 18 years in non-profit management, having served as Executive Director of the Pasadena Senior Center (2002-2006) and the Mizell Senior Center in Palm Springs, California (1988-2002). Green had previously managed community programs, facilities and events as a Recreation Professional for 15 years.

Throughout his management career, Green has received recognition for excellence and awards for community service, including Coachella Valley's Newsmaker of the Year and the Illinois Jaycees' Top 10 Outstanding Young Persons.

Past community leadership included: Chair of the Desert Regional Medical Center, VP of the Palm Springs International Film Festival, Chair of the Pasadena Senior Commission, Chair of the Palm Springs Healthy City Project, Chair of the Pasadena Chamber of Commerce. Member of the California Governor's Council on Health and Fitness, Board Member of the Levitt Pavilion, Chair

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Dialing In

By Steve Kerekes,
 President



This is Vocational Service Month Part I

During this month, Rotarians are asked to focus on the recognition of the worthiness of all useful occupations, not just those that are pursued by Rotarians, and the contribution of your vocational talents to alleviating the problems in the community as well as the greater society at large.

In this week's article, I focus on the recognition of the worth in all productive occupations. This week's selection draws on the article *Why Pursue a Vocation* written by Brett and Kate McKay and published online at <https://www.artofmanliness.com/2010/06/06/finding-your-calling-part-iii-why-pursue-a-vocation/>

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“Why should a man pursue a vocation? Is it really a worthwhile endeavor? Shouldn't a man be satisfied to work any job that supports his family and allows him to earn a living? Is striving to find your vocation a selfish pursuit?

Today, I will set out to answer those questions and make a case for why the pursuit of one's vocation should be absolutely paramount in every [person's] life. In doing so, I will really be arguing for a broader

philosophy of life, of which vocation is one vital part.

Self-Actualization and the Purpose of Life

What is the purpose of life? This is a question as old as time and one that has been answered in too many ways to list. I suggest one answer to which I strongly subscribe.

I believe that one of the greatest purposes of this life is to grow and develop to the greatest extent possible, to be tested, to stretch your capabilities to the limit, to maximize all of your potential, in short – and please excuse the clichéd phrase – to *become all that you can be*. . . .

Famous psychologist Abraham Maslow called this maximizing of our potential *self-actualization*, the process by which a

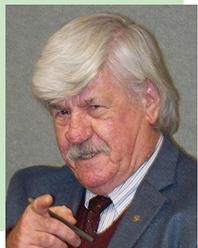
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Greeter of the Week

January 18
 Charles Wilson
 January 25
 Mike Zoeller
 February 01
 Ruben Alvarado

Program Review

Caution! ... He reads Minds!



Last week's speaker was Steven Nicholas who enthralled us with examples and

tricks to develop our memories as well providing an amazing demonstration of mind reading.

Steven began his presentation by talking about memory development. He explained



how he never had a great memory as a younger man. Then he began working at a hotel and looked for ways to remember the names of the many people he was interacting with. To show us one simple trick, he suggested giving each word in a phrase or sentence a number corresponding with the number of letters in each word. To demonstrate this he suggested thinking of the phrase: "Yes, I need a drink." Using this number system, you would have the sequence: "3 1 4 1 5" which the math experts in the audience knew as the formula for "Pi".

President Steve volunteered to help with a demonstration. Steven had Steve pick a

page in a book of about 200 pages in length with each page containing only lines and lines of numbers. Steve picked page 66 and selected a random sequence of 5 digits. Steven told us he had memorized approximately 3/4's of this book. From Steve's sequence Steven was able to determine from his memory the page that this sequence came from and where the chosen numbers appeared on that page. He also then stated in ever quickening speed approximately 20 digits that followed these 5 digits selected by Steve. Finally he had Steve give the day of the month and the number of the month of his birthday, which was 2011. Steven was then able to tell Steve where in the book that this sequence appeared. Steve located this sequence on that page.

Steven gave us an neat trick to help remember a sequence of words such as a grocery list. To do this he provided each of us a list of words called the "rhyming peg system", numbered one through ten with each word rhyming with its matching number; e.g. 1 - gun, 4 - door, 10 - hen. He then had those present call out ten random words such as ice cream, wig, poodle and

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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

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John Frykenberg International
Tony Hill Youth Contests/Awards
Mike Zoeller Youth Projects
Ray Carlson Vocational
Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

January

Vocational Service

Program Chair, Sue Applegate

Jan 18 - Ben Green - Craft Talk

Jan 25 - John Frykenberg - His Latest Excursion to Nigeria

Congratulations



Birthdays



01/07 - Helen Zivkovic Hill
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

New, Preliminary Website Preview scheduled for February 4, 5 or 6



Several of you have asked that we consider creating a new website, one that looks

more like every one else's, one that has a slide show across the top, one that has drop-down menus, one that has a calendar in which a limited number of committee chairs could enter important dates, perhaps one that somehow works with DACdb.

I'm not one who particularly likes doing things like everyone else, just because ...

However, since one of the ways of accomplishing the changes for which many members are asking is to use DACdb, I am exploring setting up our website as one hosted by DACdb. It will take considerable time to *play* with the system to figure out how things work. Fortunately, Kenneth Stickney, the gentleman who works on Pasadena Rotary's website is willing to give direction on occasion. The current plan is to have a partial site ready for viewing by February 4, 5, or 6. We have until February 8 or 9 to decide if we want to create a new

website this way.

The disadvantages to going with a DACdb website are:

- The cost of hosting: \$259/yr is more than twice the \$120 we now pay.
- The one-time setup fee of \$197, which many, if not most, hosting companies do not charge.
- The DACdb site is NOT transferrable to any other host and would have to be reconstructed from scratch if RI goes with another system or the club becomes dissatisfied with their hosting.

A template that would accomplish much of what a DACdb site will do is approximately \$200. ○

Program

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bat. He made a list of these words numbering them 1 through 10. Then he asked us to match up the word from the first list that corresponded to the number assigned to the random list of words we had called out. Then he had us picture an image, the more bizarre the better, of an interaction between the two words. For example our word 1 was ice cream which would be paired with the word gun (rhyming with "one") on the first list. So we could envision a gun shooting a bowl of ice cream sending ice cream in all directions. When Steven asked what was word number one on our random list and it was easy - 1 rhymes with gun and you picture a gun shooting the ice cream, etc.

Finally, in an exhibition of mind reading Steven had volunteer Mindy pick a random

multi-syllable word from a page full of printing in a Time magazine. He told her to think of her word as well as the word that preceded it on the page. He asked her the first letter of the preceding word, which Mindy said was "d". Steven then predicted the preceding word was "do" and Mindy confirmed this was correct. He then wrote down the multi-syllable word he believed Mindy had chosen. He asked Mindy to reveal her word which was "economist". Steven then revealed to the audience the word he had written down which was "economists", the "s" being the only difference. Truly amazing. Contact information for anyone interested in having Steven perform for a party or for an organization is "stevennicholas.com". Tony Hill ○

This Week

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of the Executive Director's Coalition and Founding Board of the National Senior Olympics.

Green also hosted radio and television talk shows through out his career.

Green was an active member of the Pasadena Rotary from 2003 to 2015. Green's relationship with the Red Cross began early in his life. At 15, he volunteered for the organization's Lifesaving Program and continued his involvement as a Board member in several Chapters. Green lives in Pasadena since 2002 and is married to Dr. Kelley Green with 3 adult children. His hobbies include travel, golf and camping. ○

Dialing

Continued from p. 1

person can attain *full humanness*. “What a man can be, he must be,” he said. Maslow’s writings on this subject are incredibly insightful and, as I cannot hope to improve upon them, I shall quote from the good doctor extensively here.

Maslow argued that:

“In practically every human being ... there is an active will toward health, an impulse toward growth, or toward the actualization of human potentialities. But at once we are confronted with the very saddening realization that so few people make it ... even in a society like ours, which is relatively one of the most fortunate on the face of the earth. This is our great paradox ... This is our new way of approaching the problem of humanness, i.e., with an appreciation of its highest possibilities and simultaneously a deep disappointment that these possibilities are so infrequently realized. . . . [However,] Maslow cautioned:

“If you deliberately plan on being less than you are capable of being, then I warn you that you’ll be deeply unhappy for the rest of your life. You will be evading your own capacities, your own possibilities.”

Self-Actualization and Vocation

Maslow posited that attaining self-actualization: ... “proceeds inevitably via awareness of one’s identity (among other things). A very important part of this task is to become aware of what one is, biologically, temperamentally, constitutionally, as a member of a species, of one’s capacities, desires, needs, and also of one’s vocation that one is fitted for, is what one’s destiny is.”

That latter step, working at a vocation, was something Maslow observed in every single self-actualized person he encountered, without a single exception. He found that self-actualized persons were deeply devoted to a cause outside themselves, a work which they felt called to do and which brought them great joy.

Now many men have the erroneous idea that *finding your vocation* means doing something that will make you rich and famous – becoming a rock star or writing the great American novel – and the idea that self-actualization may feed into this misconception. So we should point out here that everyone’s potentialities will max out at different levels. The important thing is simply to push yourself to wherever those limits are for you personally. Self-actualization is a highly individual thing – your best is not another man’s best.

**The man in the job
he hates may
sometimes make
more money, but ...**

Remember, vocation is not your job, it is what you bring to your job ... your unique gifts and talents. So self-actualization is about finding the opportunities that will allow you to exercise your talents and use your capabilities to the fullest extent possible.

Getting More Practical

I realize that not every man is into this kind of philosophy/psychology business. So I wanted to put in a section with more practical reasons for why pursuing a vocation is important.

Health and Happiness

Ignoring your vocation can cause anxiety, restlessness, and depression. Using your talents and gifts brings a sense of satisfaction and fulfillment that cannot be duplicated. It also increases your peak experiences and opportunities for flow

Greater Success

We often associate vocations with jobs in which people barely scrape by, but still stick with it because of their love for the work. That’s surely sometimes the case, but

doing what you love can truly be the path to your greatest success. In an interview with the NYT [*New York Times*], the CEO of The Onion (now that’s a fun job) was asked what advice he would give to someone just graduating from college. He said:

“Find what you really love to do and then go after it ... relentlessly. And don’t fret about the money. Because what you love to do is quite likely what you’re good at. And what you’re good at will likely bring you financial reward eventually. I’ve seen too many people who have plotted a career, and often what’s behind it is nothing other than a stack of dollar bills. You need to be happy in order to be good, and you need to be good to succeed. And when you succeed, there’s a good chance you’ll get paid.”

Freedom and Frugality

For a man who has found his true vocation, the line between work and joy/life is completely erased. His work is his play and his play is his work. Things like money, salary, vacation, hobbies, entertainment, and amusement thus lose their meaning. . . .

The man in the job he hates may sometimes make more money, but he also spends more money, trying to buy things and experiences that will make up for how miserable he is at work. He has to do what doesn’t make him happy to earn money to pay for things that do. In contrast, the man in a vocation is the truly frugal man. He’s not living for the next vacation; he doesn’t need a big screen TV to make him happy; he’s not paying a shrink and a doctor to tend to his diminishing mental and physical health. He doesn’t need much to get by and that’s true freedom.

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Next week’s article will focus on how having self-actualization in one’s vocation can help each of us be of greater benefit in community service and the greater society at large.

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Shared Photos



Phil Miles, president of the Pasadena Rotary Club dropped by our January 11 meeting and shared some of his photographs of the bike assembly and giveaway in which Altadena was a partner in purchasing the bikes, assembling the bikes and distributing them before Christmas. Altadena also supplied their now famous pancake breakfast to those assembling the bikes.

These bike photos were copied from the screen as they were shown. While these copies are not as outstanding as the originals, Altadena Rotary thanks Miles for coming and sharing his photos.



Phil Miles with one of the Salvation Army personnel in charge of the Bike Give-away



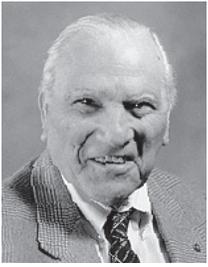
< Sarah O'Brien retrieving a bike helmet to be matched with a bike waiting to be delivered to its new owner



Younger sibling quietly waiting for her older brother to receive his bike.



Foundation Chair, David Smith presented Dr. David Campbell with his first Paul Harris Fellowship at our January 4 meeting



In Memory of Edward Soza

by Mike Zoeller

The life of Ed Soza, long time member and Past President (1990-91) of the Rotary Club of Altadena, was celebrated at a service on Saturday, January 13 at Westminster Presbyterian Church on Lake Avenue. He left the club to become an Honorary Member in about 2006 and has been in declining health for a number of years. He was 96 at the time of his death. The members of our club who attended the services included Tony Hill, Ray Carlson, Ed Jasnow, Jacque Foreman, Theo Clarke and Mike Zoeller.

Soza spend 30 years in the textile sales business and he and his wife Phyllis traveled all over the world as he plied his trade. After leaving textiles, he spent the next 15 years in the real estate business in the Pasadena area. After a second retirement in 1990, Soza devoted himself to a passionate interest

in family genealogy and Arizona history, writing a number of books on the subject and organizing large, periodic Soza family reunions in Arizona.

Ed Soza was a gregarious, humorous and enthusiastic Rotarian who loved being around people. He was absolutely fearless and no idea was too big for him – he would famously invite US President Bill Clinton to our club’s 50th anniversary celebration and was genuinely disappointed when Clinton politely declined, claiming a prior commitment.

In an open-mic session at the reception following the services, Ray Carlson described Soza’s commitment and efforts to raise \$10,000 to help Carlson fund his first international effort in Poland and then traced how that success led – over a period of years – to our multi-year projects in Nigeria which trained over 10,000

students and 800 teachers in the skills of entrepreneurship and business planning. Tony Hill followed with his story of Soza’s *Tree Project*, which was a Club Community project on Veteran’s Day for many years. Soza conceived of the project – a community distribution of live trees to be planted in honor of US veterans – and then single handedly went annually to local nurseries and convinced them to donate the trees for the project. Thousands of Crepe Myrtles populate the Altadena community today thanks to his idea and determined effort.

Ed and his wife Phyllis have been living at the Pasadena Highlands retirement community for several years. If you would like to write to Phyllis, you can reach her at:

Phyllis Soza
Pasadena Highlands
1575 E Washington Blvd., room 148
Pasadena, CA 91104



Second Saturdays

January 13	Kai Clark with special guests John York & Carla Olson	April 14	Kenny Sara and the Sounds of New Orleans
February 10	Gerry Rothschild Band	May 12	The Podunk Poets
March 10	DeRumba	June 9	Crown City Bombers

Ring in the New Year with **music** and **community!**

EVENT DETAILS ONLINE →



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