



This Week

Su Falcon
 Editor-in-Chief,
The Dirt on
Organic Gardening
 Magazine
 Program Host:
Maria Perez-Anton

As editor-in-chief for *The Dirt on Organic Gardening Magazine*, backyard chickens seemed like the next logical step in



urban homesteading for Su Falcon. She had no idea that she was stepping into a world where chickens rule not only their roosts but also our hearts – even as they destroy our gardens.

Falcon is the author of *How I Survived My First Year with Chickens*. She will share her experiences – pro and con – on keeping a backyard flock in an urban area.

As she says, “When you have chickens, poop happens. Sometimes it’s funny.” ○

Our World: Mother of Invention

*Brought to you by Jacque Foreman
 for President Sarah; Text from Rotary International*

Ann Moore is a nurse who was an early volunteer with the Peace Corps. She’s also an inventor – recognized by the Wall Street Journal as one of the nation’s most influential – whose best-known product is the Snugli, a contraption that lets parents carry their infants against their chests or backs. Moore is quick to acknowledge that the Snugli was inspired by an age-old practice of mothers in Togo.

“Anything that we can do to get babies and parents closer together to contribute to trust and bonding is so important for emotional health,” says Moore, who along with her husband, Mike, is a member of the Rotary Club of Evergreen, Colorado.

In 1962, Moore was teaching pediatric nursing at Columbia University’s Babies Hospital in New York. The chief residents at the hospital were organizing the first Peace Corps team to go to Togo and recruited her to join. “I was so excited. I thought, ‘The more we can get Americans out into other cultures, the healthier we’ll be as a country,’” she says.

On the first day of training, which took place at Howard University in Washington, D.C., she met another volunteer, Mike Moore. “He was my French teacher,” she says. “I was from a farm in Ohio – we didn’t speak much French there.”

Six weeks later, they were engaged, and they married two weeks after that. They

went to Togo, where Ann was part of a medical team working in preventive medicine and hygiene. She recalls visiting crowded marketplaces in Togo and never hearing a baby cry. The reason the infants were so content, she realized, was that they were being held close to their mothers – either being breast-fed or carried securely on the mother’s back – by means of a fabric sling.

“When we came back from our Peace Corps assignment in 1964, I was very pregnant,” Moore says. “About a month later, our baby was born, and I wanted to carry her the way we had observed with the Togolese mothers.”

The alignment of Moore’s professional work in pediatrics and her personal experience resulted in her most famous invention. She enlisted her mother to help fashion what later became the Snugli, a sort of pouch with leg holes, padding, and adjustable straps. Friends who saw Moore carrying her infant daughter in it immediately wanted one, and then their friends wanted one, and the idea took off. ○



by Sarah O'Brien, President

Greeter of the Week

September 13
 David Campbell

September 20
 Theo Clarke

September 27
 Doug Colliflower

Program Review

Can You Dig It? (I Knew You Could)



New member Dawn Digrius uses this question (from the movie

Animal House) as a play on her last name and a description of the work she does with S.T.E.M. Advantage to encourage students to pursue education/careers in science, technology, engineering and math.

Born 2 months early and thanks to advances in medical science, Digrius spent her

early years in Sayreville, New Jersey (Bon Jovi's hometown). Her father spent time in the Navy (on the USS. Kittyhawk) and her mother was a secretary at Johnson & Johnson. She has two siblings (a sister and a brother) each 1 ½ years different in age from her (giving her mother the distinction of having 3 children in 3 years!).

In 1973, her parents decided they would throw a dart at a map and move. The dart picked McAlester, Oklahoma. Her Dad enjoyed giving back to community by serving in the Optimist Club and Knights of Columbus. She has fond memories of the Italian Festival each year. She also enjoyed playing baseball with the McAlester Penitentiary Angels – the state penitentiary being one of the league's sponsors. As she entered middle and high school, the family moved to Huntington Beach, California. Digrius was very active in high school and still goes to homecoming events. She graduated in 1982.

She has two children – a daughter, Heather and a son, Andrew. Heather was also born prematurely (1 month early). Heather lives with her mother and is finishing her Masters Degree in Education and plans to teach. Andrew is a musician (trumpet is his primary instrument) and teaches music in New York.

Because of her father's influence, Digrius enjoys volunteerism. She has been a Girl Scout leader, volunteered at the library (she



is running for a seat on the Altadena Library Board), been part of the historical society, worked at the Midnight Mission and looks forward to her time in the Rotary Club.

Digrius also enjoys participating in pageants. She likes the promotion of philanthropic causes possible through pageants. When she was younger, she was 4th runner up for Miss Huntington Beach. She currently competes in the Ms. America Pageant.

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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

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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

September

Education & Literacy

Program Chair: Maria Perez-Anton

13 - Su Falcon, Precision Wordage -
Back Yard Chickens

20 - Reggie Wilkins, Celestial Glories

27 - Deborah Lewis - Audio Books

Congratulations



Birthdays



- 07 - Robert Smith (Dawn Digrius)
- 13 - Boyd Hudson
- 17 - Dennis Mehringer
- 19 - Bob Collinge
- 21 - Doug Colliflower
- 22 - Etta McCurry



Anniversaries



- 01 - Mark & Paula Mariscal
- 13 - Boyd & Alice Hudson

September 26 Meeting Planned to Discuss our Fall and Spring Community Service Projects



In a recent issue of Sparks, it was reported that our Board had approved our Charities Budget. Within that budget, \$16,900 was approved for Community Service Special Projects, which I am pleased to Chair. A good amount of money to be sure, but please know that most of that money has been committed:

- Teacher Mini-Grants: \$3400,
- Americanism Mini-Grants: \$5,000,
- Summer Concert Series: \$3,500,
- Bike Assembly: \$1,500, and
- Taste of Dena: \$500.

This leaves \$3,000 – which has typically been divided equally between a fall and spring project – both to be determined!

I have scheduled a meeting for Wednesday, September 26 at 6:00 pm at my office:

482 N. Rosemead Blvd., Suite 101
Pasadena 91107

to discuss possible projects. All are wel-

come.

Please let me know by phone or email if you plan to attend, so I may plan accordingly.

626-524-4158 - cell

doug.colliflower@gmail.com

As you might imagine, Community Service Projects encompass a broad range of possibilities, and I have compiled a partial list to assist in provoking some thought and inspiration:

- Improvements to Farnsworth Park at the amphitheater to enhance the Summer Concert Series,
- Help cook/serve meals at a homeless shelter,
- Community clean up: local outdoor space, vacant lot, business district, or local park,
- Organize a hike or nature walk with friends and bring bags to collect trash along the trails,
- Update the signs along a nature trail,

- Host and Organize a community blood drive,
 - Decorate and donate Christmas trees to nursing homes, hospitals, or to families who can't afford to buy their own,
 - Organize a car wash and donate the profits to charity,
 - Organize an Easter egg hunt for neighborhood children,
 - Plant a tree (or trees) for Arbor Day and/or refurbish a public landscape area,
 - Participate in the cleanup of a local river, pond, or lake,
 - Plant native flowers or plants along highways,
 - Paint park benches,
 - Repaint community fences
 - Help fix or raise funds to repair a run-down playground in a local park or school
- Hope to see you on Wednesday, September 26 at 6p, at my office. I look forward to hearing your ideas. ○

Program

Continued from p.2

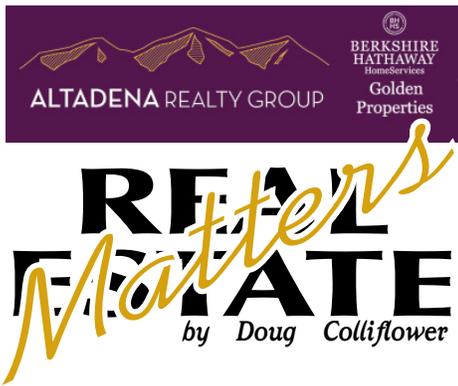
In 1985, it was back to New Jersey and back to school. Starting in community college where she made the *USA Today* All Academic Team for New Jersey – she received her Bachelors Degree in Archeology in 1999 – enjoying her field work in Mexico and Latin America. Later she earned a PhD

in the History of Science and Technology. She has used her education to work in the areas of sustainable development and education. She has a passion with helping people deal with the impact of science/technology on communities.

Dr. Digrius stays busy with her work with

S.T.E.M. Advantage (where she is the Executive Director), and her goal is to bring the program to all the Cal State University Campuses. She is also working on two books. She is looking forward to marrying Robert in 2019 (a success story for Match.com).

Craig Cox ○



What is a 55 + Community?

A 55+ community is a type of location designed to accommodate people who are at least 55 years of age or older. In general, the atmosphere, layout, and amenities are meant to provide for the needs of this age group, rather than, for example, young families. The area may have very specific stipulations on who can live within the community with the goal of keeping the residents in this upper age limit.

So why do people choose a 55+ community? The well-designed communities have all of the residents' needs in mind. You should be close to hospitals, shopping, dining, and local attractions. Some like the physical security that a community provides whether it's a gated neighborhood or on-site security patrols. Others like to live with their peers without children in the neighborhood. Many communities have conveniences (the amenities mentioned below) that seniors find irresistible. Another convenience is that all of your expenses – taxes, insurance, utilities, etc. – are wrapped up in one fee. The maintenance and care of your property is basically eliminated: no more mowing the grass, raking leaves or replacing a leaky gutter.

In general, 55+ communities are for active adults desiring to live with their peers. And while many communities offer general amenities in a suburban setting, others are more focused on a particular lifestyle or location. Here are a few examples:

Luxury communities

- College town and university communities
- RV retirement parks

- Golf and resort communities
- Religious specific communities
- Active senior communities
- Single only communities
- Gated communities

The kinds of amenities you'll find vary greatly from community to community. But in general, most will have a clubhouse and exercise facilities, indoor/outdoor pools, hobby and craft clubs, security and maintenance. Others offer golf courses, marinas, tennis courts, on-site health care, restaurants, professional entertainment, walking trails, billiards rooms, card rooms, library/media center, bocce courts, lakes for fishing, and many other lifestyle related options. For seniors needing some assistance with living, there are communities with this option.

You'll find many variations of age-restricted communities such as 55+, 62+, and 65+. The US Department of Housing & Urban Development (HUD) and the Housing for Older Persons Act, which says that housing must include at least one person who is 55 or older in at least 80 percent of the occupied units, regulates these communities. This means one spouse can be under the required age. Also, those under 19 cannot be permanent residents. These communities are usually noted as "age-qualified in their marketing brochures. Then there are those communities that are marketed to a certain age group – *age-targeted* – but are not age-restrictive. This means that younger couples with kids are permitted to live there. And, for many seniors, that's just fine.

As you research locations and community amenities, also consider other aspects that

won't be mentioned in the glossy brochures.

- What are your neighbors like? Talk to them. Do they live there all year or part-time? Are they the kind of people you'd want to have over for dinner? Do you share the same interests?
- Is the developer on solid financial ground? If there are structural issues, do they have the resources to resolve those issues? What if homeowners start to default? Can they weather that kind of storm? Ask to see a copy of their budget and profit and loss statement. This should be readily available from the homeowner's association (HOA).
- Is there a reserve fund for maintenance? This is often called a "sinking fund" and is money set aside for things like roof replacement, air conditioning replacement, etc. This is usually a line item on the HOA's budget.
- Find out who owns the land adjacent to the community. What are the plans for the land? You don't want an airport being built next door.
- What rules will you have to follow? Some communities don't allow residents to display flags of any kind, including the American flag. You can't park an RV in the street or in your driveway. You might not be able to paint your front door a different color. You may not be able to have a jungle gym in your backyard for the grandchildren. Make sure to check out the details by asking to see a copy of the HOA's bylaws.

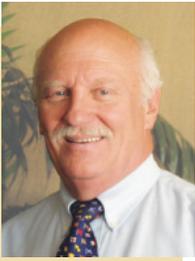
There is no limit to what they can cost.

Please turn to Real Estate, p. 5

Sparks - Altadena Rotary Club Newsletter

Program Review 2

The Source for Wheel Chairs, Walkers, and Many Other Devices the Convalescing may Need



Mark Waterson, Executive Director of the Pasadena Convalescent Aid Society (CAS) spoke to assembled Altadena Rotarians on August 30 on the topic of equipping the *handicapped* – at no cost – with the necessary mechanical and other devices to facilitate recovery or, at the very least, ease pain and suffering for those debilitated by cause and in need of assistance.

Devices available range from hospital beds to mechanical grabbing devices, shower chairs to walking canes, wheel chairs to sock stretchers and many more devices too numerous to list; 30,000 assisting devices in inventory to be exact.

How long does it take to obtain a device if you need one? About 15 minutes, an ID, a signature on a card, and you are in business. How nice is that? CAS services, while not

altogether unique, is the largest medical assistance service west of the Mississippi.

To be sure, Medicare now offers medical devices (one-time purchases), but cannot meet the needs of all convalescing patients, i.e., the need for both transport wheelchairs and wheelchairs for at home use. CAS fills in the gaps for many thousands of local patients and promises to serve mushrooming needs for convalescent support services expected to balloon to 45 million patients nationwide by 2050.

So how long has CAS been providing these critical services? Since 1923! First donations to CAS came in 1924, and the rest, they say, is history!

Our community is so very fortunate to have CAS and Mark Waterson to spearhead this invaluable service to our community, which comes thanks to the vision and generosity of Huntington Hospital staff wives who had the vision to see the desperate



need for ancillary support services and medical equipment to enable recuperating patients to regain their strength through rehabilitation and the help of some medical devices to ease their pain.

Thanks for sharing your story with us, Mark. **John Frykenberg** ○

Real Estate

Continued from p. 4

The type of community, the size of the accommodations, and the location all play a role. Generally speaking, some of the higher end locations can be just as expensive, if not more so, than owning a home. Some 55+ communities are neighborhoods with walkable streets and single-family homes. This is ideal for the active, healthy individual who still wants to have the freedom of

living in a home.

Finding 55+ communities may seem like a challenge, but now more so than ever, 55+ communities are marketing themselves. This means it is getting easier to locate these locations. It is also important to note that each location is very different. Do not assume that any one location is going to offer all of the services desired. It is strongly

recommend that you visit several locations first hand and do your homework before making any decision.

If you would like assistance in considering your options or finding a community that meets your specific needs, please feel free to contact me at 626-524.4158. I would be happy to help you with any questions you may have. ○

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.

JOIN US FOR THE 2ND ANNUAL



TICKETS
START AT \$50

To Plant a Garden

...is to believe in **tomorrow.**

Saturday, September 29

7:00PM - 9:30PM

at the Altadena Main Library

600 E. Mariposa Street, Altadena 91001

Wine & Food Tastings – Mystery Wine Pull
Silent Auction – Musical Entertainment

Benefiting the Altadena Library Foundation



Purchase tickets and sponsorships online:

TASTE OF DENA 2018.EVENTBRITE.COM

MOVING

ON UP!



FREE EXPERT
GUIDANCE!

WHEN: Tuesday, October 9th
9:00am - 10:45am

Doors open at 8:30pm (Light breakfast and coffee provided)

WHERE:

Altadena Community Center
730 E. Altadena Drive, Altadena 91001

COST: FREE

Registration is required. Seating is limited.

Topics Included:

- What to do with the equity from your home after the sale
- Taking the confusion out of finding the right senior community
- How to overcome the fear and anxiety when facing a major life change
- How to navigate and prepare for a move from your long time home



Howard Raff
Financial Planner



Frank Cunningham
CarePatrol



Karen Saliba
Psychoanalyst



C. Jake and
Doug Colliflower
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For speaker and program details and to register, visit
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