

Rotary Club of Altadena

Sparks

OFF THE ROTARY WHEEL
AN AWARD-WINNING NEWSLETTER



April 25, 2019

This Week's Program

Altadena Rotary
Presents
Pasadena City
College Veterans'
Scholarships
Guest Program Host:
Craig Cox

This week it will be our pleasure to honor four Pasadena City College Veteran-Scholars. This is made possible by an endowment created by the Altadena American Legion through Altadena Rotary Charities.

These \$1250 scholarships will go to four veterans now studying at PCC to help them with their education expenses. The students are selected by the Pasadena City College Veterans' Resource Center (VRC).

The VRC helps veteran-scholars with orientation, counseling, priority registration, academic support, health and psychological services, employment training, housing services and more.

Each scholarship recipient will have a chance to tell a little of their story and share how this award will help further their studies.

Bunnies and Easter

Brought to You by Jacque Foreman for Sarah O'Brien

Ever wonder how that bunny got connected to Easter – Even to the point that – for many – it is the symbol of Easter. and the season of spring. So I looked online and found several articles, but this one looked like it would fit the room I have to fill.

If you have worried about the effects of including a pagan symbol into your celebrations of Easter and the Resurrection story, you can relax and Rejoice! It seems that the beloved Easter Bunny may, indeed, have very Christian origins. What follows are highlights from an article by Marshall Connolly (California Network), Catholic Online <www.catholic.org>

Rabbits are common and found on every continent except Antarctica. Rabbits are also prolific breeders, especially in the spring when they are most commonly seen interacting with one another. As a result of their fertility, rabbits have long been associated with spring and with new life.

Even the Greeks pointed out this connection. The ancient Greeks thought rabbits could reproduce as virgins. Such a belief persisted until early medieval times when the rabbit became associated with the Virgin Mary, who we know became pregnant without knowing man.

During the medieval period, rabbits began appearing



in illuminated manuscripts and paintings where the Virgin Mary was depicted, serving as an allegorical illustration of her virginity.

The Easter Bunny was first popularized as a symbol of the season by the German Protestants. It is likely they were the ones to invent the myth of the Easter Bunny for their children.

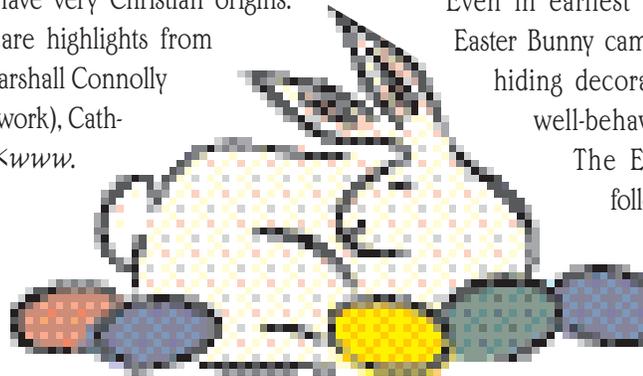
Even in earliest folklore, the Easter Bunny came as a judge, hiding decorated eggs for well-behaved children.

The Easter Bunny followed German immigrants to the American colonies in the 18th century, and the

folklore spread across the United States.

The notion that the Easter Bunny is a pagan symbol developed in the 19th century. In 1835, Jacob Grimm, the popular collector of fairy tales, suggested that the

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Greeter of the Week

April 25
Frank Cunningham
May 02
Dawn Digrius
May 09
Freddie Figueroa

Program Review

Community First: Taking Rural Cambodia from Subsistence to Selling



On Thursday, April 18, the Rotary Club of Altadena hosted Pierre Mainguy of **Community First**. Mainguy divides his time between Pasadena and northwestern rural Cambodia where he spends up to six

months at a time each year. His endeavors there are centered on economic empowerment of poor rice farmers.

The first step to empowerment is enhancement of public health. This depends on the availability of water and food. The vehicle to that goal is hydroponic farming.

Despite the presence of the country's great natural wonder, the mighty Mekong River, water is scarce when the monsoon rains depart and the long dry season endures for six to eight months. Then the earth is too hard to till, and water for rice cultivation is not obtainable.

However, there is enough available water to sustain fish farming. This water, in turn, with its detritus of excrement can be nutritiously diverted to hard ground, even



patches of gravel, to cultivate a variety of vegetables. Both traditional vegetables and vegetables and fruits exotic to Cambodia can be produced in this way in abundance. Both the fish and the vegetables are available for local consumption as well as for sale in the local markets and the hotels of the capitol city.

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Congratulations



Birthdays



06 - Candace Colliflower
09 Judy Cunningham
13 - Alice Hudson
18 - John Frykenberg
19 - Kimmet Haggins
24 - Frank Cunningham
29 - Mike Noll



Anniversaries



27 - Sterling & Olga Louviere

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

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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



Aquaponics in Cambodia

Governor's International Project of Choice
2019-2020, Rotary District 5300



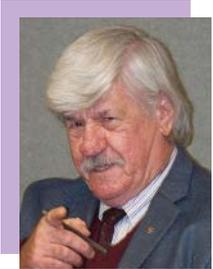

April Mom & Child Health

Program Chair: David Smith

April 18 - Pierre Mainguy - Community First Land Mine Clearing & School Building

April 25 - PCC Veterans Scholarships

A Discussion of Two of My Favorite Youth Programs



This month I'm going to discuss the two programs with which I am involved and the individuals, – both Rotarians and non-Rotarians – without whom these programs would not be as successful as they are.

Interact

Interact is a program that we sponsor at Muir High School. This is one of many many extracurricular programs at Muir that students have an opportunity to join, and many do. The members of the John Muir High School Interact Club meet once a month over their lunch period in a classroom of a teacher who volunteers his or her room for this meeting. Each year the Interact members elect their own executive board, including President, Vice President, Treasurer, and Secretary. They also organize their own fund raising programs, and plan their own programs to help their local community and the world community

In my opinion, Interact has never been as successful as it now is. This is a result in part through the hard work of our Interact Chair, Steve Kerekes, with the able support of Kimmit Haggins, a graduate of John Muir High School. Kerekes and Haggins do their best to attend every Interact meeting, to offer their expertise and support and to act as a liaison between the Interact Club and the Altadena Rotary Club. This year Kerekes has been able to obtain a Rotary Interact banner for the Interact Club along with Interact tee shirts for all of the members. Interactors have assisted us with many of our community programs such as the bike building program, plus they work on community programs on their own such as helping with Christmas Tree Lane.

But we are also indebted to Carina Jacob for the Interact Club's success. Those of you who have met Jacob know what a dynamo she is. She is a member of the John Muir Alumni Association and is very dedicated to helping her former school. She attends

every meeting and helps the students stay organized and successfully accomplish all of the projects they take on. At the same time she brings snacks for the kids and makes sure they have fun.

RYLA

The second program I'm going to discuss is **Rotary Youth Leadership Awards** (RYLA). This is another youth activity Altadena Rotary has sponsored at Muir High School for at least the last ten years. Each spring our Rotary District 5300 sends outstanding high school Sophomores and Juniors who show a potential for leadership to Camp Cedar Crest in Running Springs, California, where they attend an outstanding leadership training program. This year Dawn Digrius provided invaluable assistance in interviewing the students whom we selected to attend the RYLA weekend of March 29-31.

We cannot thank John Muir High School counselor Dr. Nancy Gonzalez Heusser often enough for her assistance each year with this program. Heuser gathers the students to be interviewed for this program every year and insures that each applicant properly completes and returns their Rotary application forms (a big job). In addition, she kindly allows us to use her office to carry out our interviews.

You can look forward to meeting her and the students very soon, as she is tentatively scheduled to bring the seven students who attended this year's RYLA to our meeting on May 9. when each of the attendees will have the opportunity to briefly tell us about their RYLA experience.

In Tune

Continued from p. 1

Easter Bunny came from primitive German pagan traditions.

Once Grimm started the rumor, it began to spread, refined to suggest the Easter Bunny comes from the Saxon Goddess Eostre. However, there is no direct evidence of a pagan correlation. The first intimation of a connection arose from Jacob Grimm, and although he was a folklorist, he had no hard evidence other than his own speculation.

Conversely, there is considerable documentation that the rabbit was once associated with virginity, the Virgin Mary, and with the season itself, in a Christian context.

As a result, we must conclude, the Easter Bunny is a distinctly Christian symbol, and does not have pagan origins as occasionally claimed by those who despise the popular children's myth.



Program

Continued from p. 2

Using a United Nations Food and Agriculture Organization (UNFAO) paradigm for this endeavor, poor farmers have been able to double their income and provide necessary sustenance to alleviate the endemic malnutrition of their youth. The

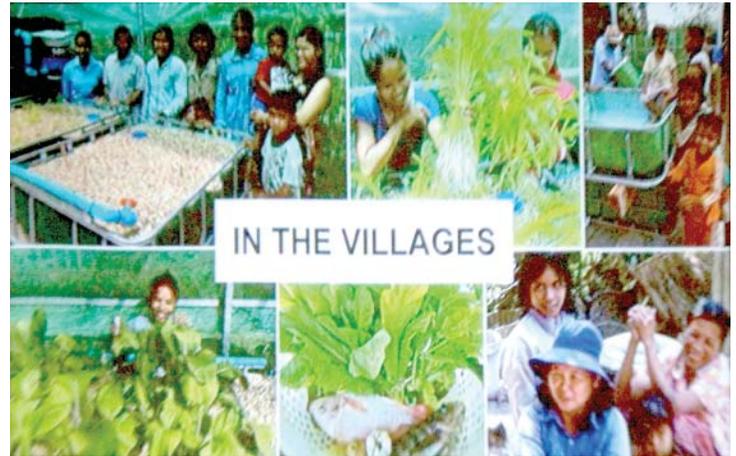
back-breaking labor of rice cultivation has been reduced. Women have been able to assume a large role in this process. In this manner, farming has been transformed from subsistence to a business, and the people have become economically empowered.

A campus demonstration and training site has been established to educate the people. Rotary has made a mighty effort to eradicate polio. Shall we not make a similar effort to support this kind of endeavor?

Roger Fennell ☉

Overview & background

- 2009-2013: training center and sewing program
- 2009-2013: mosquito nets, malnutrition
- 2011-2012: bringing water to the villages
- 2012-2014: permaculture training, biogas & fish farming
- 2015-now: aquaponics and more



Case Study: Ms. Tay

- 50 yo widow, limited literacy
- Five children & three grandchildren
- Five acres of rice paddy only
- Primary school education only
- Economic reliance on wages

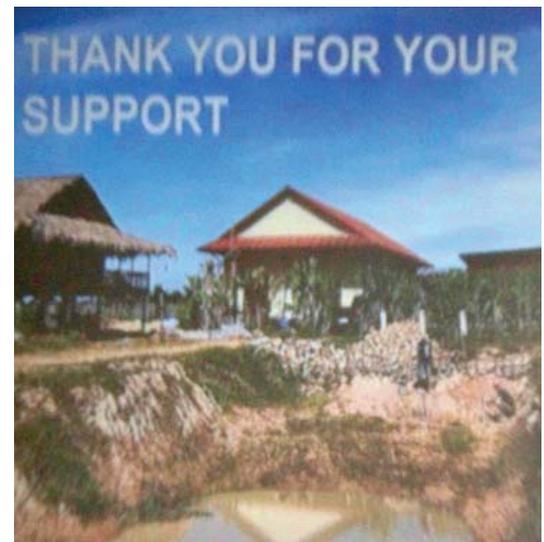
The magic of aquaponics

- All-natural
- Drought resistant
- Off-soil
- Animal protein & vegetables

HOW IT WORKS

- Well-fed fish produce waste (ammonia)
- Naturally-occurring bacteria turns ammonia into nitrite, and then nitrite into nitrate

System Surface area: 4m² / 44 sq ft



Join us at the Altadena Chamber's Premiere Mix and Mingle Evening

Thursday, April 25, 2019
5:00 - 7:00 p.m.

Co-Sponsored by Grocery Outlet
and the Rotary Club of Altadena



**GROCERY
OUTLET**
bargain market™

2270 Lake Ave.
Altadena, CA 9100
(626) 314-2700



Appetizers and drinks
will be served



Drawings for door prizes

DRAWING

Name: _____

Phone: _____

Email: _____

Get to know
our local chamber!
And don't forget
your business cards!



Bring a raffle prize to
promote your business!



730 E Altadena Drive
Altadena, CA 91001
626.794.3988
altadenachamber.org

Free for members to attend
\$5 for non-members

All non-member fees will be donated to
The Marion Lee Wullschlager Scholarship Fund



And pick up a copy
of the 2018 Business Directory

Join the Altadena Chamber at the Mix and Mingle and your \$5 entrance fee will be applied to your Membership AND you can take 10% off your first year membership, tonight only.

Pancake Breakfast

\$5 per ticket

**TO SUPPORT THE ALTADENA
MOUNTAIN RESCUE TEAM**



Community Celebration and Fundraiser

**Saturday, May 11
from 8 to 10:30 AM**

**In the GROCERY OUTLET parking lot
2270 N. Lake Avenue in Altadena**

**Tickets can be purchased at the Altadena Sheriff Station,
Hoopla!, Grocery Outlet, El Patron Restaurant or by calling
Deputy Dan Paige at 213-264-5239 or 626-798-1131**

Proceeds go to Sheriff AMRT Program

**SPONSORED BY THE ROTARY CLUB OF ALTADENA
with volunteers from the Sheriff's Youth Explorer Program**

Please make checks payable to AMRT or Rotary Club of Altadena

THE Campbell Center

Empowering Adults With Developmental Disabilities

An Invitation from Nick Santangelo whose band is performing at this event

April 1, 2019

Dear Friend,

The Campbell Center is pleased to announce a new fundraiser, "Bubbles & Blues," to benefit The Campbell Arts Academy (TCAA).

The Campbell Arts Academy provides an option for integrated services through life enriching arts-based experiences, events and gallery shows. The goal of TCAA is to:

- Discover upcoming Artists, maximize their talent and support self-employment as an outcome.
- Provide a creative environment to promote personal growth and community integration for our Artists

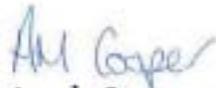
"Bubbles & Blues" will be held on Saturday, May 18, 2018 at the Fickwick Banquet Center in Burbank. This event will feature an Art Exhibit and Art for sale by our TCAA artists, spectacular mix performances of Blues, Jump and Swing provided by *The Blues Channel*, a complimentary champagne reception, dancing, and opportunities to dedicate songs played by the band for a small contribution.

This event would not be possible without the support of friends like you. We hope you will consider participating in this year's event as a Sponsor. Your participation will make it possible for us to reach our ultimate goal.

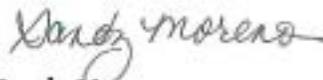
Attached, you will find a Sponsorship Opportunities form which lists the various benefits of each level. Please let us know if you have any questions or need additional information.

Thank you in advance for your consideration. We look forward to a great evening of art, music and dancing in support of our talented artists.

Warmly,



Angela Cooper
Director of Employment



Sandy Moreno
Chief Executive Officer (CEO)

Attachment



**Altadena
Libraries**

**Second Saturdays, 6:30pm
at the Altadena Main Library
600 E. Mariposa Avenue**

Second Saturdays



October 13*

Upstream
Reggae, Soca, Caribbean

November 10

Past Action Heroes
80s & 90s Covers

January 12

Pasadena Playboys
Country

February 9

JazzZone
Smooth Jazz, R&B

March 9

**The Allan Wasserman
Jazz Ensemble**
Jazz

April 13

Sangre Nueva
Salsa

May 11

The Leapin' Lizards
Rockabilly, Blues, Swing

June 8

Harbor Groove
Latin Rock

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**October 13th's Second Saturday Concert is sponsored by the office of Los Angeles County Supervisor Kathryn Barger.*