

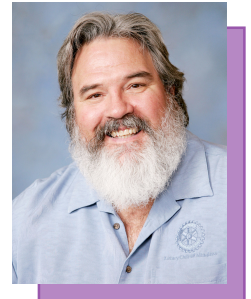
**This Week**  
**Jeanine Gilvaher**  
**How Lady's**  
**Underwear shaped**  
**the Victorian**  
**Silhouette and**  
**today influences**  
**Politics and drives**  
**Technology**  
**Program Host:**  
**Theo Clarke**

Ms. Jeanine Gilvaher, M.F.A., C. Ht., CD & PCD (DONA), is a hypnotherapist and doula. She received a Master of Fine Arts degree in Theatrical Design and Technology, with a special emphasis in Costuming.

Gilvaher is the founder of SpiralCentric & Earth Mother Doula Services. She is a multitalented lady who will entertain us with her personal journey from Theatre to Personal Development, and then regale us with her knowledge of Costume History. In the process, she will enlighten us as to how lady's undergarments shaped the Victorian silhouette, and will intrigue us with her observations that erogenous zones and clothing influence politics, religion, social roles, architecture, and even drive

*Please turn to This Week, p.3*

**THE**  
**Construction**  
by Julius Johnson **CREW**  
for President David Smith



**Keep watchin' the Son**

**W**hen I was really young, my grandmother, Mama Tina, used to live with us. I remember one day I walked into the kitchen and she was sitting at the table snapping string beans and crying.

I went to her all concerned and asked what was wrong. She looked down at me with her tender, loving eyes and said "Honey these are tears of Joy. Nothing's wrong at all." I must of had a look of confusion on my face because she went on to add: "Child, God is good, and he has filled me with so much Joy. You may not understand now, but you just keep watchin' the Sun."

I must have been watchin' the Sun long enough now because I sometimes find myself alone yet feeling the presents of God so deeply that my eyes begin to sweaaaaaaat as the love of the Son radiates to and though me, and I am overwhelmed with the love of God.

My brother Jonathan was seventeen months older than me. We were really close, and I so looked up to him as we were growing up. At six he was diagnosed with sugar diabetics. I would watch as he gave himself shots of insulin every day.

We would be walking home from

school or be *kicking it* in the park, and he would all of a sudden stop, look up to the sky and point out a cloud formation and say "that looks like a Clipper Ship sailing across the sky."

With his infectious excitement and his sheer force of will, he could get us to see it also. I'd be able to see the ship with my own eyes. John passed away several years ago now, but he left me with the ability to see beauty in many ordinary things.

As I keep watchin' the Sun, I find myself really enjoying some of the most simple things in life: a phone from my kids, feeding baby Joshua or hearing one of my Bible students share his or her insight they gain from some part of the Word that we had recently studied.

As Rotarians, we get many opportunities to share some of the best thing in life

*Please turn to Crew, p.3*

**Greeters**

April 15

**Dennis Mehringer**

April 22

**Kevin Moore**

April 29

**Ron Morris**



# Program Review

## There's a New Sheriff in Town

Yes, there is indeed a new Sheriff in town, and he means business when it comes to fighting crime in Altadena. He's Captain Steve McLean, the new commander of the Altadena Sheriff's Station, and he honored our club by accepting our invitation as the first since he became Captain. McLean has thirty years of experience with the Los Angeles County Sheriff's Office, and, over that period, he has formulated a set of goals that he is bringing to his new position. He believes that crime is a community issue, not just a law enforcement issue, and that the com-

munity has to take the lead in fighting crime.

To that end, McLean believes that it is critical to form partnerships between the Sheriff's office and several elements of the Altadena community. He considers Rotary to be one of those elements, and he offered to partner with us to assist the community in fighting crime.

McLean characterized his approach to fighting crime as *hardball*, but he strongly emphasized that this includes treating all people with respect and in a highly professional manner. He emphasized, however, that his approach is aggressive and that criminals will be pursued, captured, and convicted, if guilty.

He then spoke about the current rash of thefts, burglaries and break-ins in Altadena. He indicated that these are crimes of opportunity, occurring when people leave doors or windows unlocked in their homes, or leave cars unlocked, or valuables visible in their cars. He said that the Sheriffs have increased their patrols, and have made some arrests in these cases.

He then turned to the subject of gangs. McLean stated that he has no tolerance when it comes to gangs. One gangbanger in Altadena is one too many. He indicated that the gang problem in Altadena is not as bad as other places. In fact, gang activity has decreased 50 percent over the last year. The last gang-related shooting was in July 2009. He said he used to work in



East LA, where the violence was epidemic. He said that, while they usually have three cars per shift, the previous night, 40 gang specialists worked with them to arrest a large number of gang members, some of whom are believed to have committed the burglaries, thefts and break-ins that have occurred in Altadena recently.

As part of his efforts to form partnerships with the community, the Sheriff's station sponsored its first-ever Neighborhood Watch Conference on February 27. Over 100 people attended at Loma Alta Park, where the Deputies instructed the attendees on how to make their Neighborhood Watch programs more effective. And, this Saturday, the station will host the first Community Advisory Board Regional meeting in Farnsworth Park. This will be a meeting of all of the citizen advisory boards in the area, and will be a forum to exchange ideas among communities to effectively fight crime.

All of us who live in Altadena should feel a lot safer knowing that the new Sheriff in town is tough on crime. *Ed Jasnow* 🍷

**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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Meets: Thursday, 12:10p  
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626-794-7163

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Editor, Design & Typesetting ..... Foreman Graphics  
Photography ..... Jacque Foreman

## April Programs

*Program Chair, Theo Clarke*

- Apr 15 - Jeanine Galvagher - How does dress influence social mores and etiquette
- Apr 22 - Voices of Blair IB School for the Performing Arts
- Apr 29 - Stephanie Bettman (country western violinist/singer) and her group

## Congratulations



### Birthdays



04/13 - Alice Hudson

04/18 - John Frykenberg

04/29 - Mike Noll

04/30 - Rose Steinbacher



### Anniversaries



04/26 - Ed & Marcia Guth

04/27 - Sterling & Olga Louviere

# Chairmen's Corner A Reflection on the Placement of Sardines in a Can

by Hal Yorke, International Chair



Over the past few weeks I have had to make a series of back-to-back business trips, during which I have painfully discovered that

international travel in the twenty-first century has definitely become more tedious than what we were accustomed to in the final two or three decades of the twentieth.

We now accept the fact that we have to be our own travel agent, surfing the web for hours to find the cheapest fares or the most accommodating schedule. We have also learned to deal with long, slowly moving lines and silly questions at the airport, cleverly worded to trip up stupid terrorists.

Taking off our shoes, coat, watch, belt, glasses, pen, cell phone, wallet, emptying our pockets of loose change and candy wrapped in metal-foil, removing a laptop from its case before sending our carry-on through X-ray screening, and limiting our fluids, hand cremes and tooth paste to minuscule amounts have become the norm. Some airports have installed apparatuses that can perform *full body scans*, which is techno-speak for *it undresses you without taking off your clothing*. The only reason that these machines may not become the norm in the future is our country's very strict ruling against child pornography.

We tolerate closest packing of passengers in our airplanes, carefully designed to maximize the density of *average* adults, whereas, it is abundantly clear to those of *average* or *above average* intelligence that a large percentage of travelers are actually significantly taller or wider than the average.

We put up with food that makes the 1960s' TV-dinners seem like gourmet

meals, but for which we must sometimes pay exorbitant prices. Adding insult to injury, we must endure a barrage of video advertisements onboard and overworked flight attendants who have basically given up or lost the battle to keep their cool.

Dear reader, don't get me wrong. I do not want to berate today's flight attendants, just because they as a group do not measure up to their counterparts of yore. These unfortunate souls have to endure everything mentioned above plus the whiny passengers — and they have to do this several times a week.

You may think that the limit of indignity, insolence, and contempt for today's travelers has been reached. You may think that it is high time to invoke the Eighth Amendment to the United States Constitution. However, I, a frequent flyer,

fear that airlines could legally do more. For example, they could charge an additional fee for both checked luggage and carry-ons and install pay toilets in their lounges and on the plane. Indeed, some forward-thinking airlines have already begun doing this.

An additional fee could be levied whenever a passenger leaves his or her seat. Some passengers like to push the call button to summon the flight attendant to their seat, just to ask a silly question or ask for a drink of water. Should airlines continue to allow this to go on for free?

Speaking of seats: In my travels I have noted that currently employed airplane seats do not permit efficient closest packing. I believe that there is much to be learned by studying the placement of sardines in a can. ○

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## Crew

*Continued from p. 1*

with one another and the rest of the world: *Service above Self*. "Lord make me an instrument of Love."

My grandmother knew some things that I surely did not know, and she could not tell me nor make me understand. So she simply said "Keep watchin' the Sun."

My fellow Rotarians, as a long time Sun watcher, I want to encourage you not to

just *watch the Sun*, but to get involved with Life. Share the love of life with others.

In so doing, you will open yourself up to receiving the warmth of the Sun radiate throughout your life to your inward you. Who knows, you may one day find yourself seated alone — but not alone and your eyes filling with tears of Joy. ○

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## This Week

*Continued from p. 1*

technology.

Victorian women's undergarments were baggy, soggy, stiff, and literally deformed the skeleton! Today women enjoy undergarments that are light weight, free of wood and bone reinforcements, fit the body comfortably, keep ladies dry, and use synthetic fiber technology to meet

specialized needs and activities while providing full free range of motion.

Join costume historian and designer Jeanine Gilvagher who will talk all about your grandmother's and great grandmother's underwear, and how what they wore shaped their lives. Bring a guest. ○



# MONEY by Linda Wilkes MATTERS

## ***Last Week in the News***

The Commerce Department reported that consumer spending rose \$34.7 billion or 0.3 percent in February, matching what economists had anticipated. Personal income increased \$1.2 billion or less than 0.1 percent.

The Standard & Poor's/Case-Shiller 20-city housing price index rose a seasonally adjusted 0.3 percent in January. It was the eighth consecutive monthly gain and follows a 0.3 percent increase in December.

The consumer confidence index rose to 52.5 in March from a slightly revised 46.4 in February. Economists had anticipated a reading of 50. The index was benchmarked at 100 in 1985, a year chosen because it was neither a peak nor a trough in consumer confidence.

Factory orders rose 0.6 percent in February, slightly above the 0.5 percent increase economists had anticipated. It was the sixth straight gain and follows an upwardly revised 2.5 percent increase in January.

The Institute for Supply Management reported that the monthly index of manufacturing activity was 59.6 in March after reaching 56.5 in February. It was the eighth straight month of expansion, and the best reading since July 2004. A reading above 50 signals expansion.

Total construction spending fell 1.3 percent to \$846.23 billion in February. It was the lowest spending level since November 2002 and followed a 1.4 percent drop in January.

The unemployment rate held at 9.7 percent in March. However, employers added 162,000 jobs last month, the most since March 2007. For the week ending March 27, initial claims for unemployment benefits fell by 6,000 to 439,000. Continuing claims for the week ending March 20

fell by 6,000 to 4.6 million.

Upcoming on the economic calendar are reports on pending home sales on April 5, consumer credit on April 7 and wholesale trade on April 9.

## ***California Passes Large Tax Credit for Homebuyers***

Let your clients know that California has initiated its own homebuyer tax credit. The credit is for 5 percent of the purchase price, with a maximum credit of \$10,000. That's a dollar-for-dollar reduction against income tax payments that would otherwise be due. Homebuyers must claim the tax credit in equal installments over three consecutive years, beginning with the year of purchase. Purchasers are required to live in the home as their primary residence for two years or forfeit the credit.

To be eligible, first-time homebuyers can purchase a new or existing home. Repeat or move-up homebuyers are eligible

for the credit only if they buy a new home.

Buyers of existing homes must close escrow between May 1 and December 31, 2010. The credit is available to buyers of new homes who sign purchase agreements between May 1 and December 31, and close escrow by August 1, 2011.

Separate from the California tax credit is the federal tax credit. The federal homebuyer tax credit will expire soon. If your clients want to take advantage of this tax credit, they must act fast. The tax credit is available to buyers who sign purchase agreements on a new or existing primary residence home between December 1, 2009, and April 30, 2010. Buyers have until June 30 to close the mortgage loan on their new home.

*The above content is for informational purposes only and should not be used as a substitute for consultation with a tax advisor.*

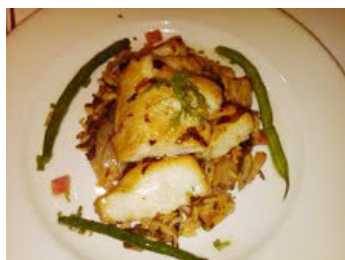


*Our newest prospective member, Dyanna Henderson, rode her new bike to our last meeting.*

# The Last Drop

by John Guerrini  
THE OCCASIONAL MUSINGS OF A ROTARIAN OBSESSED WITH FOOD AND WINE

## Maison Akira (Pasadena, CA)



Nick and I have been contemplating visiting this long-time Pasadena French/Asian restaurant for quite some time. They've drooled over the many dishes listed on the menus, and they finally decided to try a Friday lunch at the place (lunch is available on Fridays only). Sadly, we will not be back.

Consistent with our new-found philosophy of restaurants: "if we can make it at home, why go out?" And that's exactly what we got at Maison Akira. Sure, it was all good. But, in the end, we looked at each other and said, "We could make this at home." If we are going to go out (and spend our hard-earned money on someone else cooking for us), we're going to do it at restaurants that churn out a product that we can't create at home. It's that simple.

The restaurant is within walking distance from John's office. It's a cute place, near the corner of Green and Oak Knoll in Pasadena. We called first (since this was a last-minute thing) and asked if we needed reservations, and we were assured that we did not. Sure enough, once we arrived, it was obvious that reservations would have been a waste of breath — the place was empty. No, literally, empty. We arrived at Noon, and, while there were a few others that arrived after us, the place was empty when we got there.

We were seated, and the waitress brought us the menus and a wine list. We perused the menu and asked the waitress a few questions: "How's the short rib?" Waitress: "We're known for our sea bass."

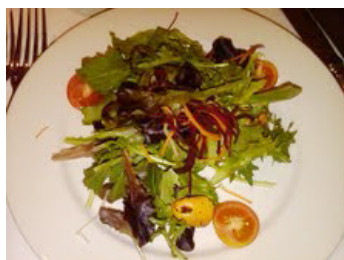
Oh. "How's the ravioli?" Waitress: "We're known for our sea bass." If you are detecting a theme here, you would be correct, astute reader. In the end, we both ordered sea bass. (Shocker!)

The bread arrived with the water. Finally! (Seriously, the water took a good 15 minutes to arrive). The bread and butter



were nice enough, but the butter was awful. First, it was rock hard — like it had been frozen. Second, it was tasteless. Literally.

The bread was ok, but certainly not anything that we'd want to waste calories on. Now, if it had been bread like we find at Napa Rose, then we'd certainly waste calories! And the butter at Napa Rose is also an excuse to break any diet — it's sourced from Vermont Creamery. But this stuff was awful — simply inedible.



Then we ordered a house salad. It was a nice enough. And the soup of the day — which that day was cream of celery.

This was awesome. The chef clearly knows how to make soup. There was no cream in this soup — we guessed (correctly) that it was thickened with potato. It was yummy.



We licked the bowl clean.

The waitress was a bit aloof. In fact, she was downright eerie — perhaps she didn't like us. It's always hard to tell. But she was neither attentive nor caring. At one point, when we indicated that we needed "just another minute," she turned away and just left. Perhaps she was having a bad day, but clearly, in this horrifically tough environment for restaurants vying for consumers' dollars, one snotty attitude is all it takes to convince a potential repeat customer to become a *never* again customer.

Anyway, she ultimately brought out the



sea bass, and then left us. To the restaurant's credit, this bass really is wonderful — delicate, but firm, and creamy, but with a nice crust. This is some really good bass. The rice underneath it is an afterthought. Seriously.

We agreed that the chef could have doubled the bass in size, omitted the rice and beans, and charged twice as much, and we'd have been happy.

Given the server's attitude, we opted for no more dishes and no dessert.

Dear Maison Akira — we love the sea bass, but your staff needs to lose the attitude. We may give you another try at some point in the future.

Maison Akira is located at 713 East Green Street, Pasadena, CA. 626-796-9501.

For more recipes and restaurant reviews, we suggest you go to John and Nick's website:

[www.TwoGuyswithanAppetite.com](http://www.TwoGuyswithanAppetite.com)



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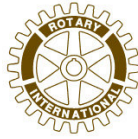
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ROTARY INTERNATIONAL  
DISTRICT 5300



15<sup>th</sup> Annual Peace Conference



MEETINGS HOUSE,  
BRETHREN HILLCREST HOMES  
2705 Mountain View Drive, La Verne, California  
**Saturday, May 22, 2010**  
9:00 A.M - 2:30 P.M. (Registration: 8:30 A.M.)

Conference Theme  
**“IS WORLD PEACE POSSIBLE?”**

**Greetings: District Governor Tom Novotny**  
Conference Chair and Moderator: PDG Dr. Garbis Der-Yeghian

**THE ROLE OF:**

**THE FAMILY - Rev. Jerry L. Ferguson**  
Los Angeles District Superintendent, Church of The Nazarene

**FAITH, ETHICS AND VALUES - Rabbi Steven Jacobs**  
President, Progressive Faith Foundation

**ECONOMIC DEMOCRACY - Mr. Mark Chenian**  
International Financial Analyst

**POLITICAL STRUCTURES - Dr. Aziz Said**  
Professor and Director, Center for Global Peace,  
American University;  
Ranking professor of international relations

**EDUCATION - Dr. Nancy Erbe**  
Professor of Negotiation, Conflict Resolution and Peace-building,  
California State University, Dominguez Hills;  
Fulbright Senior Specialist in Peace Studies and Conflict Resolution

**YOUTH - Ms. Amanda Zeidan**  
Rotary Ambassadorial Scholar

**LUNCHEON KEYNOTE SPEAKER:**  
**PDG Ken Boyd, 2011-2013 Rotary International Director**  
"The Role of Rotary International in Promoting Global Peace"

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PDG DR. GARBIS DER-YEGHIAN**



Rev. Jerry  
L. Ferguson



Rabbi Steven  
Jacobs



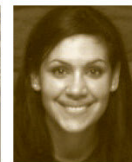
Dr. Nancy Erbe



Dr. Aziz Said



Mr. Mark  
Chenian



Ms. Amanda  
Zeidan



PDG Ken Boyd

Admission and Luncheon: \$30.00 Per Person  
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At our next Visitor Day  
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Each One bring One



# Make the Pig *fly*

