

This Week

**Chanel Wen
Boutakidis, MA,
LMFT**

**Executive Director,
Pasadena Mental Health
Center (PMHC)**

**Program Host:
Regina Bette**

The Pasadena Mental Health Center (PMHC) serves the Pasadena and Altadena area. In addition to being the executive Director, Chanel Wen Boutakidis She is also the Director of the Permanency Program at Five Acres the Boys & Girls Aid Society of Los Angeles County. Boutakidis has worked in administration and direct services for the child welfare and health care fields for over seventeen years. She has extensive experience in programming and strengths based leadership in agencies and programs serving children and families.

This week she is coming to tell us about the many changes that have

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THE Construction CREW

by Theo Clarke
for President David Smith



After the Fire, the Rain

As you know, I escaped by the skin of my teeth from losing my home to the Station Fire. I thought that was the end of the drama. But Mother Nature dealt a 1-2-3-4-5 blow with the heavy rains last week. My main concern was not with my house, or even the dirt road that skirts my house, but rather with my reservoir up the hill behind my house.

I had noticed recently that dirt had piled up on the uphill side of the reservoir. It was putting a huge pressure on the uphill facing reservoir wall, and was threatening to either fracture the wall or slop over the top of the wall and into the water basin.

You may have seen on TV how some homeowners' pools had become large basins of mud when the run off from the hill behind them just runs into the pool. That was my fear. So, around a month ago, I had my gardener, Jesus, clear out all the dirt adjacent to the uphill facing wall. He did a good job. But then, with the forecast of heavy rains, I worried again.

Not to worry. Here is where Central Casting stepped in. In this case the Deus

ex Machina was one Harold James Bissner III (aka Jamie), an expert witness used by the contract litigation firm I had hired to deal with the failed retaining wall in front of my house. Jamie also happens to be a friend of President Dave's.



Double row of sandbags protecting the reservoir

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Greeters

January 28
John Frykenberg
February 04
Jim Gorton
February 11
John Guerrini



Program Review

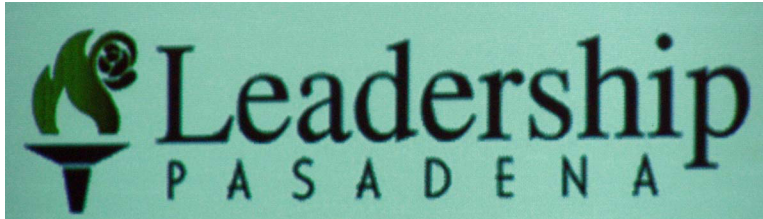
Leadership Pasadena Participants work to Encourage Students

We had an opportunity to hear from several current participants in Leadership Pasadena (LP) about the work they are doing with students at Eliot Middle School. LP is a leadership development organization designed to foster relationships and to create opportunities for people to work together toward common goals. It was originally formed in 1999 and has graduated ten classes of participants. Approximately two hundred men and women

have completed the Leadership Pasadena program since it was established.

Leadership Pasadena is an eight-month

District to reduce the dropout rate in the District. Each student who drops out costs the district approximately \$5000 in lost funds from the state of California. This specific project is with Eliot Middle School — right in our backyard of Altadena. Along with the principal of Eliot, they have identified twenty-five to thirty middle



series of workshops, retreats and group projects designed to enhance awareness of how Pasadena is governed, its key decision-making entities and the way they work. The workshops are designed to provide the participants with the tools to be a stronger member of one's own organization and one's community. Participants have the opportunity to develop their skills, confidence and know-how in tackling community challenges or attaining issue-based objectives.

On Thursday, four current participants of LP spoke about EmPower YOUth. As part of their project, these four adults are working with Pasadena Unified School

school students with which they are working. These students could be classified as



Peter Pannell

high-risk in that, if they are unable to improve their academic performance, they would likely drop out of school in the next few years.

In other words, they are not the best and the brightest.

EmPower YOUth is a ten-week program held on Saturdays. The idea is to work with these students and their parents in personal and communication skills, career goals, self-esteem and other ar-

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Rotary Club of Altadena - #7183

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Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

January Programs

Program Chair, Regina Bette

Jan 28 - Chanel Boutakidis-Pasadena Mental Health Center-Meeting Community Needs

Febuary Programs

Program Chair, John Frykenberg

Feb 04 - To be Announced
Feb 11 - To be Announced
Feb 18 - To be Announced
Feb 25 - Club Level Dan Stover Contest

March Programs

Program Chair, To be Announced

Mar 04 - To be Announced
Mar 11 - To be Announced
Mar 18 - To be Announced
Mar 25 - To be Announced

Congratulations



Birthdays

01/03 - Betty Ferris
01/09 - Gloria Hayes
01/14 - Bill Reeder
01/27 - Ann Rider (Hill)
01/27 - Barbara Yorke





Anniversaries

01/03 - Jim & Karen Gorton
01/22 - John & Joan Frykenberg



Chairmen's Rotary Foundation Annual Report: Corner 2008 - 09

by Craig Cox, Foundation Chair



The Rotary International Foundation recently sent out the 2008 – 2009 Annual Report. The Rotary year had just begun when, in September 2008, the financial crisis shook the world. For the Rotary Foundation, the crisis had the dual effect of intensifying the need for Rotarian service and reducing the resources available to meet that need. Fortunately, Rotary's most important resource remained secure: 1.2 million Rotarians worked steadfastly to help communities worldwide *weather the storm*.

Rotarian contributions to the Founda-

tion were generous even in a difficult global economy. The Annual Programs Fund received \$99.3 million. Permanent Fund contributions were \$11.6 million, a decrease of 16.4 percent from the prior year. PolioPlus received \$109.7 million to support the Global Polio Eradication Initiative, including \$80 million from the Bill & Melinda Gates Foundation.

Program spending decreased by \$59.9 million from the previous year, primarily due to a decrease in PolioPlus program awards of \$38.9 million. Humanitarian program spending decreased by \$18.5 Million due to Trustee-approved budget reductions for Matching Grant awards. Total program spending was \$167.6 million, which included \$90 million for

PolioPlus program awards, \$47.6 million for humanitarian programs, \$28.6 million for educational programs, and \$1.4 million for other programs.

Fund development expenses were \$14.5 million. Over the last ten years, 87 percent of the Foundation's total spending was for programs, 9 percent for fund development and recognition and 4 percent for general administration. Forty percent of program spending was for polio eradication, 36 percent for humanitarian programs, 23 percent for educational programs, and 1 percent for other programs.

You can feel good knowing that your contributions to the Rotary Foundation are making a real difference in the lives of people around the world.

(The Haiti Earthquake Relief Fund—a donor advised fund within The Rotary Foundation of Rotary International—has been established to streamline the flow of contributions from Rotarians looking to assist victims of the earthquake in Haiti. You can designate contributions to this fund through ARC by indicating the funds are for Haiti relief.)

Program

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Cynthia Cohn

as. The students are encouraged to create a Vision Board to articulate their vision of their life and future. An important part of the

EmPower YOUth curricula is educating the students in business concepts and entrepreneurship. They will be taught to write a business plan. The team members hope to recruit business people who will volunteer their time to speak to the students and allow these stu-



Ernest Montoya

dents to observe them in their work environment, an activity they call *Job Shadowing*.

EmPower YOUth is a first-year pilot program. It is the hope that, if this year's program is successful with the students at Eliot Middle School, it can be continued in subsequent years at schools where there are at-risk youth.

We had the opportunity to not only learn about Leadership Pasa-



Ashley Phillips



Dyanna Henderson

This Week

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occurred at PMHC and the type of services and programs this vital community resource offers. The Pasadena Mental Health Center serves everyday people in the Pasadena/Altadena area and surrounding communities who need emotional support and guidance during difficult periods in their lives.

dena, but also their program that has the potential to provide great benefits to the students in the Pasadena school district both now and in the future.

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Another Visit to Vertical Wine Bistro — Pasadena

After we left the somewhat disappointing Wine Detective (in the South Lake District, Pasadena), we were craving some *real food*. The Two Guys decided that the short ribs at Vertical Wine Bistro were just what the doctor ordered. This is our third post about this amazing little wine bar, but wow, each time Nick and I go there, it just gets better and better.

Tonight, the *wine dude* David Haskell was off, so his second-in-command Akili was in charge of pairing our wines. We told him that we would pick the food, and he would pick the wines. He gladly accepted the chal-



the wine is very ripe, it doesn't explode all at once, like many big wines. The tannins are firm, and the finish is full of the same spice as the first whiff. This wine was born to be drunk with the pappardelle.

Next up was the reason we came tonight. Yes, the shortribs over braised red cabbage, with braising jus and parsnip puree. These were the best shortribs ever. Last time we were here, Akili brought out



the 2006 *Dark Horse Cabernet*.

"I'm running out of choices," he confessed. But to keep us on our toes, this time, he chose the 2006 *Vieux Telegraph* "Le Crau" *Chateauneuf du Pape*. This is a blend of *Grenach*, *Syrah* and *Mourvedre*, and it may very well be on the best *Chateauneuf du Papes* we've ever tasted. It's surprisingly full bodied. Oddly, it's quite rich and muscular. The nose of licorice, black pepper, plums and cherries beckoned us to come closer. The palate is plums and figs and smoke – which meant it matched perfectly to the earthy, meaty shortribs as well as the sweet caramelized braised cabbage.

As usual, we licked the plate clean.

Dessert was the signature ice cream sandwiches— wonderfully fresh and creamy vanilla ice cream between two chocolate chip cookies that almost literally ooze warm chocolate.

It's ok to get your hands dirty eating this one. In fact, it's the only way to eat them.

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(Muller-Thurgau) from Italy. It was a perfect match to the risotto's nuttiness and

grass. The wine displayed a slight minerality, but the grass and hay on the palate brought out the asparagus, while the mineral did perk up the earthy risotto.

The wine showed just enough acidity to cut through the creamy dish.

Next up was the pappardelle with pork ragout. This dish was executed perfectly. The broad pappardelle are house-made, and,



though they were prepared al dente, they seemed to melt in our mouths. The ragout is pork-based and has a slightly sweet character to it, yet it still retains the deep rich pork flavor. We lapped it up.

With this, Akili brought out the 2007 *Chateau Musar "Cuvee Rough"* (Bekaa Valley) from Lebanon. This is a blend of *Cinsault*, *Cabernet* and *Syrah*. It is one serious wine, and Nick and I decided we just must have some of it in our cellar.

This is a big wine, with a meaty nose full of complex and spicy aromas. Though



lence.

As usual, we started with the bread with roasted red pepper puree.

Our first course was the asparagus risotto.

The risotto was a tad bit underdone, and we would



have preferred a bit more asparagus flavor in the risotto. But it was still a stellar dish.

Akili chose the 2007 *Aristos Alto Adige*



MONEY by Linda Wilkes MATTERS

Last Week In the News

The Commerce Department reported the trade deficit grew 9.7 percent to \$36.4 billion in November from a revised \$33.2 billion in October. Economists had expected the trade deficit to widen to \$34.5 billion. Exports increased 0.9%, the seventh consecutive monthly gain. The growth in U.S. exports is an indication the global economy is beginning to rebound.

The Mortgage Bankers Association said its seasonally adjusted index of mortgage applications for the week ending January 8 rose 14% to 528.1. Purchase volume increased 0.8% to 213.7. Refinancing applications jumped 21.8% to 2,407.2.

Retail sales unexpectedly fell 0.3 percent in December, following an upwardly revised 1.8 percent increase in November. Economists had anticipated retail sales to rise 0.4 percent. For the year, sales fell 6.2 percent, the largest decline since recordkeeping began in 1992.

Initial claims for unemployment benefits rose by 11,000 to 444,000 in the week ending January 9. Continuing claims for the week ending January 2 fell by 211,000 to 4.596 million.

The Commerce Department reported that total business inventories rose 0.4% in November, following an identical 0.4 percent gain in October. This was a positive sign of economic growth — the second straight monthly increase — following 13 months of declines in business inventories.

The Labor Department reported consumer prices rose 0.1 percent in December. In 2009, consumer prices increased 2.7 percent after rising 0.1 percent in 2008.

Industrial production at the nation's factories, mines and utilities increased 0.6 percent in December, following a revised

0.6 percent gain in November. The overall factory-operating rate rose to 72 percent of capacity in December from 71.5 percent in November.

Upcoming on the economic calendar are reports on the housing market index on January 19, housing starts on January 20, and the index of leading economic indicators on January 21.

Some of the best reviewed cars for 2010

Hybrid Vehicles - The 2010 Ford Fusion Hybrid racked up the most awards, including the Motor Trend Car of the Year. In every category the Fusion dominated: Great value; superior handling, suspension and braking; excellent fuel efficiency; and plenty of high-tech features like Ford's SYNC connectivity system, which provides real-time traffic alerts, 911 assistance, turn-by-turn navigation and voice-recognition for texting. Also, the National Highway Transportation Safety Administration awarded the 2010 Ford Fusion Hybrid its top ratings in all crash tests.

Sports Cars - In the category of affordable sports cars — generally priced under \$35,000 — the Hyundai Genesis Coupe and the Nissan 370Z fared very well. So did the 2010 MX-5 Miata. Edmunds described it as "a lightweight, balanced and responsive roadster that delivers the

very best in wind-in-the-hair driving at an affordable price."

Muscle Cars - The Ford Mustang dominated the muscle car category for 2010 and was a Motor Trend Car of the Year finalist. Opined Motor Trend: "Ford took a good thing — the 2005-2009 Mustang — and made it so much better. No doubt about it: Ford's newly reworked 'Stang rocks."

Minivans - The Honda Odyssey took first place in the field of minivans with the Toyota Sienna, the Kia Sedona, and the Volkswagen Routan all tied for the No. 2 slot, according to US News & World Reports.

Affordable Cars - In the category of most affordable small cars — generally priced under \$20,000 — while offering great value, the Honda Fit rolled into the No. 1 spot followed by the Honda Civic and Hyundai Elantra. The Honda Fit has won numerous accolades and is a favorite among small hatchback shoppers. Attributes include great gas mileage; a long list of standard features including innovative storage options with large, versatile cargo space; and room for five passengers. Add good ratings on reliability and safety, and you've got one of the best buys for anyone seeking an affordable small car.

Wine

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It's a testament to the chef and staff at Vertical that Nick and I have always left this place feeling 100 percent satisfied.

Vertical Wine Bistro is located "upstairs" at 70 North Raymond Avenue, Pasadena, CA 91103. 626-795-3999.

Until next time . . .



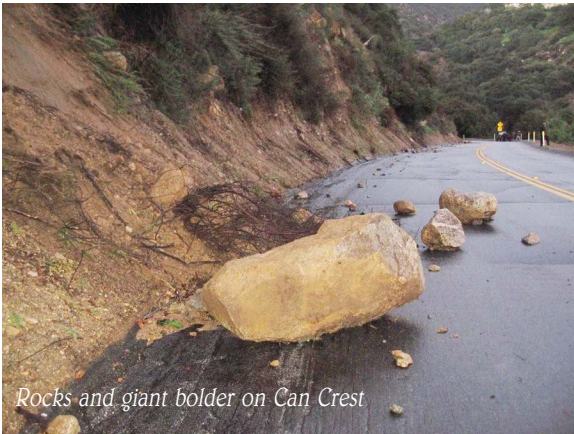
Crew

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Debris flow on Canyon Crest caused closure of the road for 12 hours

Jamie came up a week or so before the rains to survey the hillside and the failed wall. After doing his witnessing thing we chatted about the upcoming rains, and



Rocks and giant bolder on Can Crest

I asked him if he saw any threat to my place. The only threat he noted was that my reservoir should to be protected against the run off.

On the Friday before the rains, I went into my attorney's office to sign some papers pertaining to the contract litigation activity, and Jamie was there. We chatted

more about the coming rains, and again he mentioned the need to protect the reservoir. I suddenly felt a sense of urgency.

On my way home from the attorney's office I drove by the fire station on North Lincoln Avenue and pulled in. There by the front door was a pile of empty sandbags, apparently waiting for me.

I grabbed a bunch and drove home. I called Jesus and asked if he could come up with a helper to lay in a double line of sandbags above the reservoir. The dirt for the sandbags could come from the hill itself. He showed up Sunday morning, and he and his helper executed an incredible double line of sandbags consisting of close to 200 sandbags.

The rains came with a vengeance. But the sandbags did their job and my reservoir survived. The rest of the

neighborhood was not so lucky. Monday afternoon Millard Canyon Creek had become a torrent of black water from the ash washing down, carrying with it large tree limbs. The conduits that carry the creek water under Canyon Crest blocked up and

suddenly Canyon Crest was awash with all that debris and became itself the debris basin and was impassable for around 12 hours.

Huge boulders had fallen on the road I



Snow Capped Mountains

drive up and down every day. Things were a mess. And the rain kept falling.

But the County did their job and the road was cleared and my house and reservoir still stand. This morning (Saturday) the sky is clear, the sun is out, and the mountains behind me sport a beautiful crown of snow. The view south is spectacular. This is a day the Lord hath made, and I rejoice and am glad in it. ☉



Southern view

empower YOUTH
ignite a spark

Team Committees

- Curriculum & Design: Peter & Dyanna
- Non-Profit Component: LaWayne & Ashley
- Communications: Ashley & Ernest
- Data & Articulation: Ernest, Cynthia, & LaWayne
- Job Shadowing: Cynthia & Michelle
- Fundraising: Michelle & Dyanna

empower YOUTH
ignite a spark

Leadership
PASADENA

- Support Your Community.
- Support Your Employees.
- Support Your Organization.

Boyd Hudson ☉