

February 04, 2010



This Week SURPRISE SURPRISE SURPRISE

Program Host: John Frykenberg

John Frykenberg has told your editor that a program is planned. And we can tell you what it isn't.

It isn't a Valentine's Day event. It isn't a President's Day event. It isn't even a celebration of the full moon that will come some time in February.

Frykenberg made arrangements for a representative from one of our local water districts to speak to us. Our speaker promised to send his bio, topic, and, perhaps, even a picture.

Did the information arrive? No. At least Frykenberg thinks it hasn't. Was the information sent? Same answer. You see, Frykenberg's email program has been suffering intermittent gastrointestinal upset and memory loss. It can't remember what came in and what it ate or destroyed.

BUT NEVER FEAR. There is an alternate program waiting in the wings just in case that which has been so carefully planned disappears in a puff of memory disfunction. So ... we'll all just have to wait and see what Frykenberg can pull out of his admiral's cap. ☉

THE Construction by John Frykenberg *CREW* for President David Smith

Trust Deficit

The headline in the local press hit me hard. It sounded like bankruptcy; a huge loss in faith in our fellow man. Can this be true? What has happened?

Social progressives have held to the belief that we are all perfectible, that social engineering has played a significant role in improving the lot of men and women everywhere and that the past is no more than prologue and not essential to the evolution of society.

The ideas are not new. History is replete with examples of well-intentioned demagogues bent upon improving the race through one world governance, collectivization, imposition of power and control over the subservient. No surprise. In America, we have long since learned that freedom has been purchased in blood in almost every generation.

It has been said that, if you can read this, thank a teacher. If you can read this in English, thank a soldier.

Discussions of the *Fairness Doctrine* in the past year seemingly argue in favor of everyone's right to freedom of speech and freedom to the airwaves, guaranteed by the *Bill of Rights* as a defense against the emergence of totalitarianism in all its forms. The cherished right, however, is under attack today. Obfuscation, spinning

the truth, burying the facts, demonizing the messenger, selective interpretation and release of information has become the norm in the political arena.

Otherwise, the *Fairness Doctrine* means equal time for the enemies of the state: Islamic terrorists, Nigerian bombers who are thoroughly interrogated in 50 minutes, Marxists like Van Jones recently resigned from the Administration or Cabinet members like Anita Dunn, cheerleader for Mao Zedong who was responsible for the murders of 65 million people.

Apparently, it no longer matters what the American people think or say. Promises of transparency are just that: empty promises. What about all the promises for live coverage of debates on CNN and change we can believe in? The atmosphere in Washington is poison to the core.

Please turn to Crew, p.3

Greeters

February 04

Jim Gorton

February 11

John Guerrini

February 18

Carlton Gustafson



Program Review

Serving the Mental Health Needs of Our Community since 1965



One of the unique features of Pasadena and Altadena is the depth of organizations that provide resources to the community like medical care, medical equipment, vocational training, youth services, and much more. Chanel Boutakidis is the Executive Director of an amazing organization that seeks to provide mental health services to those who cannot afford care — the Pasadena Mental Health Center (PMHC). The Center was threatened with closure unless the organization could find a way to cover its costs. Boutakidis rose to the challenge and

was able to bring the Center back into the black over a relatively short period of time.

PMHC was founded in 1965. It is the only provider of affordable, non-acute mental health services in the Pasadena/Altadena area for low income individuals and families who are uninsured and do not qualify for Medi-Cal. They currently serve over 700 clients.

The Center recently moved toward a professional model with seven masters level therapists and four clinical supervisors instead of lay counselors. They have focused on good data collection so they can identify what is working and what is not working for their clients.

One of the new initiatives is a gang diversion program that uses digital story making. At risk youth collect snapshots and video clips of themselves and add poetry or music to the images under the supervision of a case manager. At the end of the program, the participants have a 5-minute video where they can see positive changes in their self-image. The kids

find it a powerful lesson. Currently, two rival gang members are in the same program and have agreed to set aside their hostilities. Three of the case managers were former gang members themselves.

PMHC also works with a Youth Accountability program for first time crime offenders. Referrals are made by the Pasadena Police department. This 15-week program is designed to redirect kids early — before crime becomes a way of life.

Eleven universities currently partner with the center to provide their students with the 3,000 hours they need for licensing purposes. These partnerships provide a major source of revenue for the center.

The good news is that PHMC is on sound financial footing with a dynamic director and motivated staff. May it continue to serve the community for another 45 years.

Craig Cox ☉

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. John Kenny
Dist 5300 Gov. Thomas B. Novotny

Officers

David Smith, Pres. Bus. 626-398-2010
Brian Hayes, Pres. Elec. Bus. 626-398-6300
John Frykenberg, VPRES. . Cell: 323-810-0651
Jim Gorton, Sec. Bus. 626-793-6215
Mike Noll, Treas. Bus. 683-0515

Directors

Sue Applegate • Craig Cox • Jim Gorton
Brian Hayes • Ed Jasnow
Tom McCurry • Mike Zoeller

Chairmen

Brian Hayes Administration
Craig Cox Foundation.
Tom McCurry Public Affairs
Brian Hayes/Ron Morris Publicity
Jacque Foreman Sparks/Website
Mike Zoeller Service Projects
Ed Jasnow Community.
Hal Yorke International
Mike Noll Youth Contests/Awards
Tony Hill Vocational/Youth Projects
John Guerrini Membership
Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

February Programs

Program Chair, John Frykenberg

Feb 04 - Surprise
Feb 11 - Captain Steven Morgan, United States Navy, Senior Chaplain for 7-State Western Region for Chaplain Corps overseeing all Chaplains going to Iraq and Afghanistan
Feb 18 - John Frykenberg -- his trip to Nigeria as part of a medical mission
Feb 25 - Club Level Dan Stover Contest - Theo Clarke, Guest Host

March Programs

Program Chair, Paul Sirois

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

Congratulations



Birthdays

02/02 - Julie Gustafson
02/07 - Freddy Figueroa
02/07 - Marcia Guth
02/08 - Mike Zoeller
02/10 - Julius Johnson
02/14 - Ruth Reeder
02/25 - Brian Hayes
02/28 - Wendy Davis (Noll)





Anniversaries

02/03 - Sue & Don Applegate
02/03 - Mike & Cynthis Amerio
02/17 - Ed & Mona Jasnow



Chairmen's And so the Hunt began ...

Corner

by John Guerrini, Membership Chair



(or "Where Did We Put Those New Member Applications?")

As a testament to how long it's been since Altadena Rotary has received a new member application, your Membership Chair is much chagrined to report that no one in this club could find a blank membership application that I could give to Alex Matsumura.

As you all know, Alex Matsumura has visited the club three times. Last week Paul Sirois and I took him out to lunch to further discuss Rotary particulars and to get to know him a bit better.

So we were all thrilled when, last Thursday, Matsumura said that he wanted

to join Altadena Rotary. I promptly dusted off the *new member* packets that I had inherited from John Frykenberg, only to find that they were all missing the requisite application. "What kind of Membership Chair am I if I can't even give a prospective member an application?" "Try Theo," Frykenberg said.

Surely Theo Clarke, last year's Membership Chair, would have some, yes? "Nope." Clarke said that I might try John Frykenburg.

President Dave? "Nope."

Linda Wilkes? "Nope."

Jim Gorton? "I have one that's already been filled out," he volunteered. No, that wouldn't do. I need a *blank* application.

Seconds before I was about to email

the entire club membership, Jacque Foreman came to the rescue. As usual, she used her creativity and whipped up a new application form, and, *voila*, Altadena Rotary now has its very own new member application. Foreman emailed us that, within the week, she would upload her 1-page form to the website so that it would be available for future use.

In the mean time, Gorton braved the Rotary International website and found what looks to be an 8-page, 4.25- x 11-inch booklet application. Foreman said that it would also be uploaded in its current PDF, 5-page format.

Perhaps the moral of this little hunt is that we need to start *using* the new member application a bit more often. ☉

Crew

Continued from p. 1

And the American people are fed up.

Some deny the recent election of Scott Brown to the Senate from Massachusetts was a reaction to — and repudiation of — current Administration policies. Yet the *Tea Party* movement, composed in large of Independent voters who are fed up are simply ignored with a shrug and a dismissal.

Does it concern anyone then that the national deficit is projected at \$14 trillion and that the Chinese (*People's Republic of China*) now owns a larger slice of our national debt than the people of the United States?

In the rush to provide national health care reform, is no one other than Everett Koop, former Surgeon General of the US, concerned about \$550 billion in planned cuts from Medicare ... only to still leave 10 million people without health care?

What are we witnessing on every front

— foreign policy failures in Afghanistan, job creation of 1.5 million jobs while we loose 7 million, 9000 pet-project-earmarks in the federal budget, outright bribery of Mary Landrieu in Louisiana and Ben Nelson in Nebraska and special deals for Florida and other states, Nancy Pelosi spending \$2.5 million on travel and entertainment? Are we all crazy? Are we witnessing some form of insanity? A meltdown? This is the kind of corruption you find in Nigeria and Zimbabwe!

We have come to realize that some in our society are more equal than others in voicing their opinions. I am currently a member of the American Federation of Teachers (*AFT is not quite as bad as the SEIU*). They purport to speak for me and many others in gaining employment rights and privileges, sometimes at the expense of our free speech. Then of course there is ACORN. Does anyone

truly believe ACORN does not traffic in everything from the sex trade to payola?

When the Supreme Court rules in favor of US corporations' right to free political speech, unlike the media which has had an exclusive corner on corporate free speech for some time now, the Administration squeals about the loss of our liberties, chiding the Justices in a State of the Union speech when individual Justices cannot possibly defend themselves. This constitutes intimidation and harassment of the first order. And it must stop!

Recent democratic poles suggest the nation has never been more divided. Congress may never have had a lower approval rating than it does now. Legislation is brought to the floor in the dead of night with few having read the bills that are being railroaded into passage. Maybe the loss of the super-majority in Congress will

Please turn to Crew, p.7

Lemon Shrimp with Pasta



The January/February 2010 edition of the Food Network Magazine had an intriguing recipe by Ina Garten, entitled "Lemon Pasta with Roasted Shrimp." Ina "Barefoot Contessa" Garten suggests roasting the shrimp in the oven (as opposed to the stove) and then serving over pasta tossed with lemon juice.

As usual, John and Nick tweaked the recipe just a tad.

First things first: Here's the recipe as it originally appeared in the *Food Network Magazine*:

- 2 pounds shrimp, peeled and deveined
- Olive oil
- Kosher salt and freshly ground black pepper
- 1 pound angel hair pasta
- 4 tablespoons (1/2 stick) unsalted butter, melted
- Zest and juice of 2 lemons

Preheat the oven to 400 degrees F. Place the shrimp on a sheet pan with 1 tablespoon olive oil, 1/2 teaspoon salt and 1/2 teaspoon pepper. Toss well, spread them in one layer and roast for 6 to 8 minutes, just until they're pink and cooked through.

Meanwhile, drizzle some olive oil in a large pot of boiling salted water, add the angel hair and cook until al dente, about 3 minutes. Drain the pasta, reserving some of the cooking liquid. Quickly toss the angel hair with the melted butter, 1/4 cup ol-

ive oil, the lemon zest, lemon juice, 2 teaspoons salt, 1 teaspoon pepper and about 1/2 cup of the reserved cooking liquid. Add the shrimp and serve hot.

John and Nick's version:

- 6 cloves garlic, minced
- Handful of parsley, minced
- 6 Tablespoons olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black

pepper

- 1/4 teaspoon red pepper flakes
- 1 pound shrimp, peeled and deveined, tails on
- Juice from 2 lemons
- Zest from 1 lemon
- 12 ounces angel hair pasta
- Orange & lemon zest for garnish

Make the pasta as you normally would. While it's cooking, the rest of the recipe can be made. Mix the first six ingredients in a food processor for a few seconds. Coat the shrimp well:



Juice two lemons into a bowl. Strain. Add zest from one lemon. Put the shrimp mixture into a very hot saute pan:



Stir constantly for one to two minutes, and then remove from heat:



Add pasta:



Add the lemon juice/zest mixture:



Plate up. Garnish with lemon and orange zest:



Please turn to Wine, p. 7



MONEY by Linda Wilkes MATTERS

Last Week in the News

The index of leading economic indicators — designed to forecast economic activity in the next three to six months — rose a better-than-expected 1.1 percent in December after a revised 1 percent gain in November. It was the ninth straight monthly increase.

The Commerce Department reported that the combined construction of new single-family homes and apartments in December fell 4 percent to a seasonally adjusted annual rate of 557,000 units. However, applications for new building permits, seen as an indicator of future activity, jumped 10.9 percent to 653,000 units, the highest level since October 2008.

The Mortgage Bankers Association said its seasonally adjusted index of mortgage applications for the week ending January 15 rose 9.1 percent to 575.9. Purchase volume increased 4.4 percent to 223. Refinancing applications jumped 11 percent to 2663.8.

The National Association of Home Builders/Wells Fargo housing market index fell one point in January to 15. It was the second monthly drop in the index and the lowest reading since June. An index reading below 50 indicates negative sentiment about the housing market.

The producer price index, which tracks wholesale price inflation, rose 0.2% in December, following a 1.8 percent increase in November. Economists had expected a gain of 0.1 percent.

Initial claims for unemployment benefits rose by 36,000 to 482,000 in the week ending January 16. Continuing claims for the week ending January 9 fell by 18,000 to 4.599 million.

Upcoming on the economic calendar are reports on existing home sales on January 25, the housing price index on Janu-

ary 26, new home sales on January 27 and gross domestic product on January 29.

The Remodeling Market

During the housing boom, remodeling expenditures — including maintenance, repairs, and improvements to rental and owner-occupied homes — more than doubled to an estimated \$326 billion between 1995 and 2007.

In recent years, remodels were financed with home equity loans and cash-out refinances. Owners extracted an average of \$450 billion a year in home equity between 1999 and 2008 and reinvested more than 25 percent of extracted equity into home improvements. Because of the recent economic downturn, remodeling activity has shifted from high-end discretionary improvements to those that maintain structural integrity as well as generate cost savings.

Although residential remodeling remained relatively weak during the third quarter of 2009, remodelers are starting to report that conditions in their markets are stabilizing, according to the latest National Association of Home Builders' Remodeling Market Index.

In the most recent report, the current market conditions index rose to 39.8 from 38.1. The index of future indicators jumped to 38.7 from 34.2. An index reading below 50 indicates negative sentiment about the remodeling market. The RMI has been running below 50 since the final quarter of 2005.

As the home-remodeling market improves, the Joint Center for Housing Studies of Harvard University has identified three areas of growth:

The increasing need to upgrade the rental housing stock — almost 10 percent of rental inventory in the US was consid-

ered structurally inadequate in 2007 and in need of remodeling.

Higher energy prices and greater environmental awareness, which will increase the demand for green remodeling projects.

Continued growth in improvements spending by foreign-born homeowners — their spending levels have grown almost 13 percent per year since 2000, well in excess of the 7 percent growth by native-born households.

HUD Waives FHA Rule on Flipping

In an effort to expand access to FHA mortgage insurance and allow for the quick resale of foreclosed properties, HUD has announced a temporary waiver of the 90-day flipping rule. The waiver takes effect February 1, 2010, and lasts for one year, unless otherwise extended or withdrawn by HUD. The waiver is limited to those sales that meet the following conditions:

1. All transactions must be arms-length, with no identity of interest between the buyer and seller or any other parties participating in the sales transaction, including:
 - Seller must hold title
 - LLCs, Corporations and trusts must be established in accordance with state and federal law
 - No evidence of previous flipping within 12 months
 - Evidence that property was marketed openly, such as via MLS, auction, FSBO
 - The waiver is limited to forward mortgages and does not apply to the Home Equity Conversion Mortgage (HECM) for purchase program
2. If the sales price of the property is 20 percent or more above the seller's acquisition cost, the waiver will apply only

Please turn to Money, p. 7

Don Applegate's

HILARIOUS HISTORY

A Backward Glance At ... INVENTIONS — PART II

In disease-fraught Europe of the 1500s, many physicians pompously strutted through villages, loudly touting their wondrous healing salves. Hollanders likened them to DUCKS, who were everywhere waddling about, quacking incessantly. Thus, the Dutch came to call such noisy medicos *quacksalvers*. And — **shocker!** — lots of them were phony balonies with little or no medical knowledge. Englishmen shortened the name for these charlatans to *quacks* — an unsavory title as popular today as then.

In the late 1800s, a tsunami of snake oil elixirs flooded over America. Countless Dr. Feelgoods (each with all the medical acumen of a garage door installer) trumpeted their tonics as being "...good fer what ails ya'." These cure-alls were usually worthless, though not always harmless.

However, by this point in today's episode of *HILARIOUS HISTORY*, you're likely thinking: "I get the *HISTORY* part, but what's *HILARIOUS* about it?" So glad you asked! The answer is that there's nothing even mildly amusing about us when we hurt. And yet, we customarily generate some lusty guffaws when watching the frantic ditherings of Laurel & Hardy, Charlie Chaplin and the Keystone Kops as they get crowned by plummeting paint cans or take butt-busting pratfalls chasing trains. Okay, but **HOW** — you probably still wonder — does all this relate to hilarity and inventions?

Just this: In those old silent movies, we don't laugh at the PAIN the actors feel (which oftentimes was genuine). What's so funny is how **IMBECILIC** they look doing their slapstick didoes. This proves we can laugh at ourselves, especially when **BEHAVING FOOLISHLY**. And, there's no better example of this than when we become the clueless dupes of those preposterous products and **INVENTIONS** of quacks and scammers. Yes friends, *homo sapiens* can be **STARTLINGLY DENSE**; and, con artists have historically relied on our appalling gullibility. So, just for grins, let's examine a few of those *artistic devices* by which we rubes have been so flagrantly flimflammed. And ... here's betting you'll emit some snickers as you read about those ludicrous contraptions!

It's the Roaring Twenties, and **SPECTRO-CHROME** suddenly *glows* to life. The nutbar who created this device claims it harnesses the healing power of colored light. For as little as \$30 (and **WAY** up) he sells different versions of it for either home or *professional* use. His premise is that light rays of specific colors can purge the body of numerous disorders and deficiencies, and so attain a *proper balance*. A wood or aluminum box mounted on a stand, **SPECTRO-CHROME'S** internals are a bright incandescent bulb and colored slides. The marks — er ... sorry, the **PATIENTS** — sit **NUDE** and gaze into an aperture (not making this up) during a precise lunar phase (that's why they're called

loonies) and wait to be healed by this pricey light show (hope they packed a **REALLY** big lunch). Meanwhile, the unrepentant bottom feeder who conceived this contrivance becomes a **MILLIONAIRE** from sales of it, as a huge number of buyers have been skillfully taken in like a sport coat three sizes too big. The jerk's sales pitch might have been: "I'll give you the red, yellow, purple and blue, and you give me the **GREEN!**" And did they ever!

By 1898, the big **BUZZ** in America centered on the beneficial uses of electricity: powering industrial machinery, providing light, recording music. So why not apply that marvelous, invisible force toward improving our health? In response to this notion, two devices were patented that year, and each was a **TOUR DE FARCE**. The first addressed concerns over a dangerous menace, the blood-sucking bed bug. How to get rid of them? Well, **DUH!** By electrocution, of course! Switches, coils, batteries and many wires criss-crossing the bed frame would theoretically kill the lowly vermin — or, **STARTLE** them into seeking less tingly picnic grounds. So claimed the inventor. The other inspired apparatus sought to remove poisons from the body by using — again — batteries, wires, blah, blah, plus a copper plate on which the subject's bare feet rested. One connection was made to that plate, while wire #2 was fastened in some manner to his **EAR**. Ideally, the current would *collect* toxic substances as it flowed from head to toes, then deposit them on the copper plate in a most secret way. And did either of these moronic creations work? Well, there's no evidence they failed to perform; but then, again, since both employed *all-sublime ELECTRICITY*, how could **ANYTHING** ever **POSSIBLY** go **WRONG?**

And finally, we go back now to the dawn of the 20th Century, when the

Please turn to History, p. 7

Sparks - Altadena Rotary Club Newsletter

History

Continued from p. 6

pseudoscience of PHRENOLOGY is singing its swan song. Since 1790, Phrenologists have maintained that the size — and especially the *SHAPE*— of a person's head reveals nearly every aspect of his/her personality. Using their fingers, *technicians* would *read* the contours and bumps of a subject's skull. And, it took an hour of such a touchy-feely procedure to render an *educated analysis*. Although, after more than one hundred years of this scalp massaging, legitimate scientists and the public too came to view all this as so much twaddle. But ... just as this practice was gasping its last, something weird occurred; it was called PSYCHOGRAPH. It made its

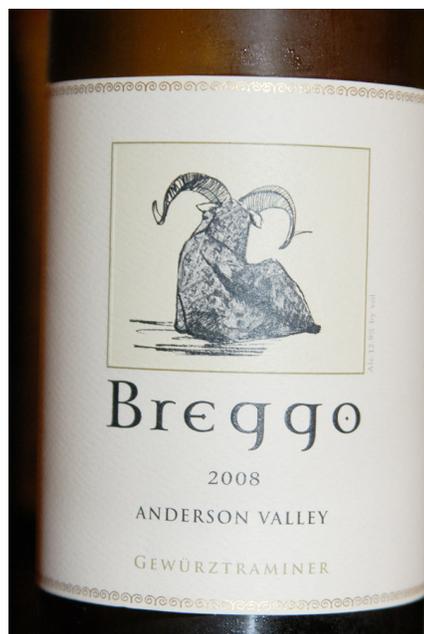
debut in 1905 and took a new, automated approach to the fingertip procedure. For the first time ever, you could get your head read by artificial means ... and, it took only five minutes! Yippee! Physically, it was truly imposing — maybe even THREATENING. This bad boy was housed in a gargantuan wooden cabinet with an open face displaying the 1,954 internal parts. Its total weight looked to be just ounces less than a '59 Merc station wagon ... loaded with camping gear. From its top jutted the TRUE business end of this mechanical mastodon — its headpiece. Connected to a swing-arm of steel screw pipe and fittings, the headpiece resembled an

overturned vegetable colander topped by a tiny scale model of an oil derrick and festooned with many fingerlike probes and wires. At first sight, one wonders if this is what you might see in a modern-day dungeon, or possibly, it's *The Hair Dryer From Hell*. In any event, this ominous apparatus was still very well received by the public who — for over 30 more years — would PAY to have the PSYCHOGRAPH analyze their gourds at locations across the country. Brother, was P.T. Barnum ever spot-on!

Well folks, time again to sign off, and invite you to join me for a conclusion to this segment on INVENTIONS in Part III. *See you in the past in the very near future!* ...

Wine

Continued from p. 4



For wine, we chose the 2008 Breggo Gewürztraminer (Anderson Valley).

The off-dry wine was a nice match to the sweet, juicy shrimp. The wine had enough pepper and spice to stand up to the garlic and lemon. The palate is pure rose and citrus fruit, and then the pepper sneaks up on you. This is a great wine for sipping or for matching to chewy, sweet, pungent shrimp.

Until next time ...

(Ed. Note: Want more info on food and wine and more recipes, read John & Nick's blog: twoguyswithanappetite.com. Many of the columns that John submits for publication in this newsletter are also found there — and much more.)

Crew

Continued from p. 3

stop the train to nowhere.

Ugly, ugly. Few of our elected representatives could pass Rotary's 4-Way Test. This is a certainty! We are faced with a particularly sad state of affairs; a sleazy and corrupt government, corrupt banking practices, very little enforcement and blame enough to go around.

A Trust Deficit? I'm afraid so. It is time

for individual citizens, Rotarians and elected officials with any remaining sense of morality to simply **Tell the Truth, Be Honest** with their constituents and *stop the BS* before it is too late and the US is reduced to the status of a third-world country where "*Blame is the name of the game*" and accountability vanishes in the mourning mist along with the coffee.

Money

Continued from p. 5

if the lender meets the following conditions:

- Significant work has been done to the home (documented by a second appraisal verifying that legitimate repairs and rehabilitation have been done to substantiate an increase of more than 20%); or,
- In cases where no work has been done, the appraiser must provide explanation to support the increase since the prior transfer; and,
- A property inspection must be provided to the buyer prior to closing. (The lender may charge the borrower for the inspection.) The inspector does not need to be FHA approved, but must have no interest in the property, must not receive compensation other than from the lender and may not be involved with the repairs recommended from inspection.

The complete text of the waiver — including what the inspection must include — is available on the HUD website at: <http://www.hud.gov/offices/hsg/sfh/waivpropflip2010.pdf>

Make the Pig *fly*

