

January 27, 2011

**This Week**  
**Cathy Clement**  
*Director of*  
**Philanthropy**  
**Five Acres**  
**Program Host:**  
**Regina Bette**

Cathy Clement is the director of philanthropy at Five Acres, where she has been responsible for the agency's private fund raising and public relations since 1988. Previously she was an associate director of development at Fuller Theological Seminary.

Clement received her BA from Pepperdine College and her MA from Fuller Theological Seminary. She is a Certified Specialist in Planned Giving, past president of the Pepperdine Alumni Association and served twice on the vestry of All Saints Church in Pasadena.

She currently serves on the board of directors of The Episcopal Home Communities and as vice chair of the Sophie Miller Foundation.

Clement will be presenting a broad overview of the programs at Five Acres, the impact these services have on our community and discussing ways Rotarians can get involved and support Five Acres.



**Hayes**  
*by President Brian Hayes*  
**Stack**

**Yes, In My Backyard**

In the late 1990s, Gloria and I lived in a rented house in Altadena on a secluded road off Chaney Trail. Our backyard abutted the boundary of the Angeles National Forest. During the first night in the house, we were awakened by the piercing howls of a pack of coyotes canvassing the neighborhood. During my daily walks with my trusty terrier Shemp along canyon trails, I used to imagine how bandits might have created secret hideaways in these hills. One day while driving home from work, I saw an urban cowboy tie his horse to a post outside a Lincoln Avenue liquor store as he swaggered inside. In my mind, Altadena was and remained the Wild West.

I was disheartened to learn that Danny's Farm, a nonprofit petting zoo for kids with autism, was forced to close its Altadena facility. Where else but Altadena would one expect to find such a menagerie of goats, ponies, pigs and bunnies? I've been assured by Cathy Gott, the organization's founder, that Danny's Farm will continue its mission, albeit in a much smaller facility at the Almansor Center in South Pasadena.

According to an article in *The Los Angeles Times*, the reason for the closure was because of neighborhood complaints about noise, traffic and barnyard smells. I

realize that the facility was located in a residential neighborhood, but they did lease space from a long-established horse stable, so farm scents could not have been unfamiliar. Those working at Danny's Farm did their best to be good neighbors, and it would be rather cold-hearted for neighbors to reject the presence of autistic children.

It all seems to come down to a violation of regulations, which begs the question: When in Altadena are regulations ever enforced? To me, the community has always seemed an unincorporated outpost of lawlessness—or at least a bastion of *live and let live*.

I wish head farmer Danny Gott, along with his friends (furry and otherwise!) the best of luck in their transition. It's a shame that our community couldn't embrace a facility that fits so well in the Wild, Wild West.

**Greeters**

January 27  
**Gary Clark**

February 03  
**Theo Clarke**

February 10  
**Craig Cox**



# Program Review

## Buckling Them Up ... Correctly

That's what our speaker, John Stubbs, was trying to teach us. Stubbs is a member of the Rotary Club of Sierra Madre, and he has been involved in the field of child passenger safety since 1999. As President-Elect of the Sierra Madre Club, he attended a District function and heard the District Governor say that he was sitting on \$30,000 worth of matching funds that no one was applying for, so he got his club to come up with \$1500. The club is going to use that money, plus the matching funds in a program with Webster Elementary School to provide

proper car seats and boosters for underprivileged families who can't afford them.

Stubbs talked about the value of seat belts in our cars, and the ways in which they save our lives in the event of an accident. First of all, they keep you in the car. You are much more likely to be killed or injured if you are ejected from the car. Additionally, they keep you from slamming into other people and becoming an instrument of death yourself. It takes 6,000 pounds of force to hold a 200-pound man in place in a 30-mph collision. Without seat belts, that 6,000 pounds of force would be slamming into another passenger.

Seat belts also help slow you down in a crash. If you stopped suddenly in an accident, the seat belts would crush some of your organs. Instead, the seat belts can elongate up to seven inches to let you come to a stop without damage. And, seat belts contact the strongest bones in your body to minimize damage — your hip bones.

In order to assure the benefits of seat belts for children from six to eight years old, however, some adjustments need to be made. The seat belt on an adult fits correctly, over the shoulder, across the

chest, and properly across the lap. The contact points are designed to minimize injuries. In a young child, however, who is too big for a car seat, the contact points are all wrong. The belt is up on the cheek, high across the chest, and up across the stomach. In order to work effectively, the contact points for the seat belt on a child must be identical to the contact points on an adult. This is accomplished through the use of a booster seat. This simply raises the child about four inches so he sits up in the seat at the same size as an adult, and the seat belt contact points are at their optimal position.

Stubbs indicated that the safest location in a car for a child is in the middle of the rear seat, facing backwards in a car seat. After a child grows out of a car seat, he/she should go into a booster, and only come out of the booster if the seat belt on the child fits the same way as it does on the parent.

The Sierra Madre Club is participating  
*Please turn to Program, p. 3*



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### Rotary Club of Altadena - #7183

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John Frykenberg ..... International

Regina Bette ..... Youth Contests/Awards

Tony Hill ..... Vocational/Youth Projects

John Guerrini ..... Membership

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

Photography ..... Jacque Foreman

## January Programs

### Rotary Foundation Month

Program Chair, Regina Bette

January 27 - Cathy Clement

## February Programs

### World Understanding Month

Program Chair, John Frykenberg

February 03 - To be Announced

February 10 - 4-Way Speech contest - Kevin

Moore, Guest Host

February 17 - To be Announced

February 24 - Dan Stover Competition -

Theo Clarke, Guest Host

**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

01-04 - Mike & Carol Zoeller

01-22 - John & Joan Frykenberg



# Chairmen's Winds of Change in Africa

by John Frykenberg, International Chair



Maria comes, Maria goes. The Santa Annas and El Nino stir up hot breezes and the threat of fire. But the

Harmattan sweeps off the Sahara bringing with it clouds of dust, gently covering every living thing, every building, penetrating every crack, every fissure, chocking, parching every throat. The Harmattan dust clouds give voice to the ever growing Sahara which already covers 25 percent of the African continent and is growing.

The Harmattan winds bring haze, low visibility, result in cancelled airline schedules and even spawn tornadoes when



Julius with Fatima, Mero and Sarah in Kaduna

## Program

Continued from p.2

in an event at Webster Elementary to teach parents the proper use of car seats and boosters, and to weigh and measure students to determine which is best for them. This is truly a life-saving project, and Stubbs' talk was filled with life-saving information.

Ed Jasnow



Students at Federal Ploytech Kaduna in "Making a Job" 4 day seminar

fronts move in against spring monsoons. The winds threaten food supplies for those living on the margins of civilization including northern Nigeria, Niger, Benin, the Cameroons and virtually all of West Africa and are said to make people irritable ... even angry. An ill wind blows in Africa.

Fortunately for Nigeria, food-stuffs are not in short supply providing itinerant farmers can continue to grow rice, plantains, ground nuts, casaba and yams the size of 5-inch mortar shells.

Malnutrition,

lack of balanced diets, however, are a problem ... along with inadequate health care. A commission for National Health Care (NHC) exists and is a gov-

ernment priority, but lacking in means to support such a system, it has little meaning.

Roads are improving, and the Nigerian National Police do respond to the endemic corruption found everywhere. The Economic & Financial Crime Commission (EFCC) actively solicits public support in reporting misappropriation, embezzlement and theft of government resources. And the success of local crime fighting is dramatized on local television, but begs credulity when judges can be bought or sold by the highest bidder.

Politics are the same. The PDP (Peoples



From the back of the classroom

Please turn to Corner p. 4

# Corner

Continued from p. 3

Democratic Party), the largest of 63 political parties, just completed its primaries, electing Goodluck Jonathan and Sambou (Goodluck's runningmate) over rival Atiku Abubakar.



Behind the elections

stand a dozen king makers who, governor-by-governor (36 in all), have parlayed favors for votes in getting Goodluck elected. These kingmakers control the outcome of elections in Nigeria, and so the people pray for change and improvement in the economy.

National free education, free health care, alleviation from poverty all exist on paper. If you want an education, better find a private school. Want medical care? Find a private hospital and cross your fingers. Want a job? Make one!

### **This is reality**

Eleven innocents were blown away on the street outside the Presidential residence in time for Christmas (Muslim extremists). I drove over the spot in Abuja ... Sobering.

*The national government openly supports and encourages entrepreneurial enterprises. Merchantilism in the sense of 19<sup>th</sup> century America is alive and well in Nigeria. Having so stated, 70 percent of those working in Kaduna province, work for the government. A slightly smaller percentage work for the government in Owerri. The hiring scheme is antithetical*

*Traditional ruler of Kagoro, Kaduna State*



*Shopping anyone?*

to a self-sustaining market due to the fact that 90 percent of government revenues are derived from oil, and oil will run out one day. The government cannot employ everyone and still maintain free markets and sustain itself indefinitely. There is recognition of this fact and positive change appears to be in the offing.

Ghana is faced with a similar challenges since the recent discovery of oil off-shore. Blessing or curse? It depends on how the revenues are expended on behalf of the people ... infrastructure,

roads, utilities, education and health care ... or lining someone's pocket?

Africa has not done well with its new found wealth. Enlightened Nigerians know this and are fighting for positive change. With 36 billion barrels of light sweet crude available, prospects for solving the nation's problems should be within grasp, but only \$300 million in oil reserve revenues remain in the treasury because of bribes paid to "Delta" gangsters who have siphoned off millions of barrels of oil in black market sales. Bribes for security cannot provide the stability required for Nigeria to survive over time, and leadership is acutely aware of the problem.

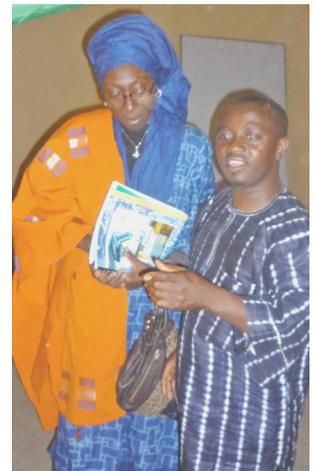
Nigeria is the giant of Africa: 2x the size of California with half the population of the United States (150 million souls). As Nigeria goes, so goes Africa.

Christianity, it is said, is a mile wide and an inch deep in Nigeria. The gospel is everywhere, but so is the great Nigerian scam. And everyone knows it. Corruption must stop!

And the good news? Police check points and barb wire appear to be less today than a year ago and significantly less than

two years ago. My perception is one of progress. ☺

*Dean of the college graduates from "Making a Job" Entrepreneurial Training course*



# Spicy Orange Shrimp in Just 21 Minutes ... Really!



Yes, Nick and I hear you — 21 minutes to make this meal? And yes, you heard us correctly. We timed this one. We started at 9p and plated up at 9:21p. If our math is good, then that's 21 minutes from start to finish. That means you can do it too!

Let's go.

This one feeds two (and calls for one pound of shrimp). If you have more than two in your litter, it's ok to double or triple, but just keep in mind that you have to stir fry the shrimp in batches of one third to one half pound each.

First, put into a bowl, the following:

- 2 TBSP chili garlic sauce (Vietnamese sauce, found in ethnic stores)
- 2 TBSP soy sauce
- 2 TBSP sesame oil
- ¼ cup fresh orange juice



Whisk:



Pat dry a pound of raw shrimp:



The reason why you want them dry is so that as little extra moisture gets into the mix as possible. Put the shrimp into the whisked chili/soy mixture:



Toss well:



Let sit and *marinate* for a few minutes. Make sure you have soy sauce, oranges, and some cornstarch mix ready to go:



Heat up a stir fry pan, and, when very hot, yes, we mean the hottest possible, put in just a squirt or two of peanut oil (or any oil with a high smokepoint):

We prefer the All Clad 14-inch. Grab



one third to one half a pound of the shrimp and shake off the marinade, then throw (yes, throw) on to the very hot pan. Then cover for one minute:

Add a few oranges, juice and all, as



well as a shake of soy sauce. If you want some *sauce* from the stir fry, add as little or as much of the cornstarch mixture as you desire:

A minute or two longer, and then get



ready to plate up. Grab some roasted sesame seeds: Then toss onto a plate:



Are you checking the clock? 21 minutes. Right? Now. Until next time . . .





# MONEY by Linda Wilkes MATTERS

## Last Week in the News

Wholesalers decreased their inventories 0.2 percent in November, following a revised 1.7 percent rise in October. Sales at the wholesale level rose 1.9 percent in November after a revised 2.6 percent increase in October.

The Mortgage Bankers Association said its seasonally adjusted composite index of mortgage applications for the week ending January 7 rose 2.2 percent. Refinancing applications increased 4.9 percent. Purchase volume fell 3.7 percent.

The trade deficit decreased 0.3 percent to \$38.3 billion in November from \$38.4 billion in October. Economists had expected a trade deficit of \$41 billion. Exports rose 0.8 percent to \$159.6 billion. Imports increased 0.6 percent to \$197.9 billion.

The producer price index, which tracks wholesale price inflation, rose 1.1 percent in December after a 0.8 percent increase in November. Core prices — excluding food and fuel — rose 0.2 percent in December. For the year, seasonally adjusted wholesale prices are up 4.1 percent.

Retail sales rose 0.6 percent in December after a 0.8 percent increase in November. It was the sixth straight monthly gain. For the year, retail sales rose 6.6 percent in 2010, the largest annual increase since 1999.

Industrial production at the nation's factories, mines and utilities rose 0.8 percent in December, following a revised 0.3 percent increase in November. Compared to a year ago, industrial production is up 5.9 percent. Capacity utilization rose to 76 percent in December.

Initial claims for unemployment benefits rose by 35,000 to 445,000 for the week ending January 8. Continuing claims for

the week ending January 1 fell by 248,000 to 3.8 million, the lowest level since October 25, 2008.

Upcoming on the economic calendar are reports on the housing price index on January 18, housing starts on January 19 and existing home sales on January 20.

..... You can find Linda Wilkes on line: <http://www.myprospectmortgage.com/lwilkes>

## Design the Life You Want

In this month's edition of *InsightNOW*, Prospect Mortgage's Chief Performance Officer Todd Duncan talks to Real Estate Sales Trainer Tom Ferry, author of the *New York Times* bestseller, *Life! By Design: 6 Steps to an Extraordinary You*, about his proven success strategies...

Living *life by design* means making the choice to operate at your highest level in the areas that are most meaningful to

you, including relationships, business and health. Ferry has identified the four addictions that prevent people from achieving success in key areas of their life: Addiction to

- **the opinions of others:** Don't be afraid to try something new because of what people might think.
- **drama:** Eliminate the drama. You can't focus on goals when you're involved in drama or upset.
- **the past:** Get rid of old notions about the economy, politics and technology. The business world is changing fast and success comes to those who work in the present and apply relevant strategies and solutions.
- **worry:** Be aware of your thoughts and what you say to yourself. Worry takes valuable time and energy and keeps us from reaching our goals. ○

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## Form & Line by Jacque Foreman

## Chalk One up for Persistence

There is little doubt that those to whom I have spoken over our land-line have heard and been told about my on-going argument with AT&T — STATIC — TREMENDOUS STATIC — ON THE LINE.

This slightly intermittent noise has been going on for months — probably for a bit more than a year. It's seldom quiet for more than a week and continues for days at a time. I've made several calls to 611.

Two weeks ago I called and spoke to a lady who insisted that she could not hear the static. Mmm!

This last Friday, January 21, I called again and spoke to a gentleman who at least admitted that he could hear the static.

I told him that it had rendered our land-line and my answering machine virtually useless, and was interfering with our dsl service as well.

He said he would send someone on Sunday. Instead, the field tech came on Saturday, while I was at a seminar, so Bruce got to deal with him. Unlike others who had come, he made no drama about looking for something on a meter. He actually listened to the line and admitted that, indeed, it was their problem. He found that there was another set of lines coming here from about four blocks away, hooked us up to them, and, at least for a while, we have BLESSED SILENCE! ○