

Rotary Club of Altadena

Sparks

OFF THE ROTARY WHEEL
AN AWARD-WINNING NEWSLETTER



August 13, 2015



Quietly Quick

by Steve Cunningham, President

The Law of Vibration

Everything in our universe constantly vibrates and moves. Both the non-physical and the physical aspects of our universe are made up of energy and intelligence that vibrates or — in other words—oscillates, pulsates. Nothing rests. The difference between the physical and nonphysical is the rate of vibration. This law is responsible for the difference between what we can see with our naked eye, like our hands, for example, and that which we cannot see but is there ... like a radio wave.

A table appears to be solid and stationary; however, if you looked through a powerful microscope, you would actually see movement with lots of space between the molecules. With the help of a microscope, you are able to perceive the slowest vibratory rate of the table's molecules. The same is true with your body. As I've mentioned before, although your body looks the same from day to day, it isn't the same body. You are shedding millions of cells all the time and replacing them with new ones. Even though you cannot see it happening, it is.

Thoughts and feelings are sensitive to

someone else's feeling, whenever you become aware of your own feelings, this is conscious perception of a vibration. Whenever you say, "I feel good," or "I feel bad," you are commenting on whether your vibration is positive or negative in your own mind. You can also decide to send and receive. If you choose negative thoughts, you emit a *negative* vibration or frequency and therefore align yourself with that frequency. On the other hand, when you choose a *positive* frequency of intelligence and energy, you align yourself with that frequency. Whether vibrations are good or bad depends on your brain, as that is the instrument you use to move your entire being into the vibration you

Please turn to Quietly, p. 4

This Week

David Alimi
Craft Talk
Program Host:
Tom McCurry

David Alimi is the President/CEO of Household Financial Corporation. Alimi was introduced to our club by Dennis Mehringer. He is the new owner of the building in which Dennis has his offices. Alimi will give us his Craft Talk, and he is excited to explain to us some of his current plans and businesses. Please join us on Thursday as we all get to know David Alimi in more detail. ○

August Team

David Smith • Kimmit Haggins
Craig Cox • Mike Zoeller
Sue Applegate

Meeting Responsibilities

- Setup • Greeter •
- Flag Salute • Song •
- Inspirational Presentation •
- Happy Bucks •
- 4-Way Test • Takedown •

Program Review



Tom McCurry, program chair for this month, gave club members an update on what

a six figure income would look like in an equivalent lifestyle from 1980 to 2014.

Average income in 1980 was \$17,710. Today it is \$53,891. Average home price was \$62,900. Today - \$280,900 (kind of low for Southern California). Only a 346 percent increase! Overall cost of living is

Entrepreneurship Today

up about 204 percent.

Cost of raising children has gone through the roof; 3 kids = \$736,000 [I have 4 kids].

Bottom line for various professions today is startling: A software engineer spends average of 8 years in higher education getting needed certifications at an average cost of \$500,000. A doctor spends 12 years in higher education at an average cost of \$60,000 per year = \$700,000 education.

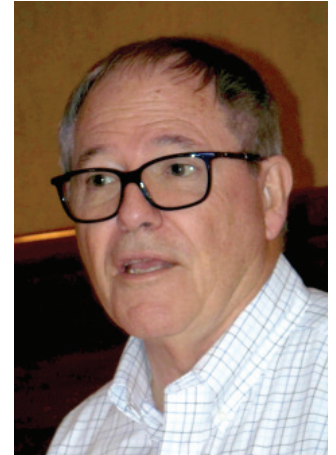
A financial product broker on the other hand can obtain his/ her license for about \$300 to \$2000 for an average salary of between \$100,000 - \$300,000 with only a few years of experience.

Only 1 in 5 families today makes in excess of \$100,000/year. 1 in 50 households make more than \$250,000 and 1 in 1000 make a \$1,000,000 or more.

The most disturbing figures given to us by McCurry?

- 83 percent of college students today do not have a job lined up before graduating.
- 66 percent of Americans earn less than \$41,200 / year.
- 65 percent of new jobs since 1995 have

been generated by small business [not surprising]. These



are all things to think about for folks seeking to make a living and pay their bills today. We know, for example, that Los Angeles County has the least affordable (based upon average income) housing in the US today. So ... maybe this is a good time to *Make a Job*, go into business for yourself or become an entrepreneur. The odds are in your favor in terms of making a good living [no surprise to Rotarians].

Thanks Tom McCurry for your insights and reminders that a dollar will not buy what it once did, and that a six-figure income today has less meaning than it used to unless you are making \$300,000 +/- year.

John Frykenberg ○

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

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626-794-7163

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Dist 5300 Gov. Randy T. Pote

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Tony Hill Youth Contests/Awards

Mike Zoeller Youth Projects

Ray Carlson Vocational

Tom McCurry Asst. Vocational

Craig Cox Membership

Editor, Design & Typesetting Foreman Graphics

Photography Jacque Foreman

August Membership & Extension

Program Chair, Tom McCurry

August 13 - To be Announced

August 20 - To be Announced

August 27 - To be Announced

September New Generations

Program Chair, Ray Carlson

September 03 - To be Announced

Congratulations



Birthdays



08/02 - Phyllis Merrill

08/08 - Joesph McMullin

08/10 - Don Applegate

08/24 - Hal Yorke

08-21 - George Buehler

08/27 - Elaine Klock

08/31 - Bruce Conroy (Jacque Foreman)

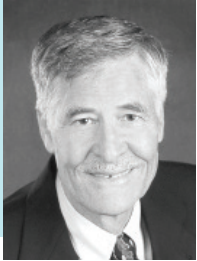


Anniversaries



08/23 - Gary & Dotty Clark

Our Youth Projects for 2015-2016



Our Club is kicking off the 2015-16 year with a slate of Youth Projects that have become both familiar and exciting activities over the years. For our Club, Youth projects are organized into Youth Projects Activities, Youth Awards and Youth Contests, under the chairmanship of Tony Hill and me. Here is the slate of Youth projects for this Rotary Year:

Youth Activities—Altadena will continue to engage our community youth in the Rotary Youth Leadership Awards (RYLA) program this year. In District 5300, the RYLA program seeks to provide young high school juniors with an opportunity to develop their skills and character while exposing them to Rotary's values of service, high ethical standards, and peace. Through RYLA, you can help develop the qualities of leadership, citizenship, and personal development among young people in your community. The Club is also continuing to revive the Rotary Interact project at Pasadena High School.

Youth Awards—Altadena's Youth Award projects will again host the JROTC/Americanism Awards, granting scholarship awards to deserving members of the Pasadena Unified School District's High School JROTC programs. We will also be continuing the PCC Veteran Awards project, which awards scholarships to US Military veterans attending

Pasadena City College. Both of these award projects are well established and continue to bond the Altadena Club to both PUSD and PCC.

Youth Contests—Altadena will continue to support District 5300's Youth Contests by looking for contestants for the Dan Stover Musical Contest and the District 4-Way Speech Contest. The Dan Stover Musical Contest has been an annual District event since 1987 and a whole generation of talented, young musicians has had the opportunity — in the name of Dan Stover — to

compete against their peers and earn funds to further their musical education. The District 4-Way Speech Contest celebrates Rotary's famous 4-Way Test which asks of the things we think, say or do: Is it the **Truth**? Is it **Fair** to all concerned? Will it build **Goodwill** and **Better Friendships**? Will it be **Beneficial** to all concerned?

We are all looking forward to these great Club Youth projects for the 2015-16 Rotary year and expect that the Altadena Club will continue to enjoy working with youth throughout our community. ○



Virginia White presented President Steve Cunningham with an award for the participation of Altadena Rotary in Altadena's Relay for Life. We provided a free breakfast and lunch for participants. ○

>> **NEXT BOARD MEETING** <<
TUESDAY, SEPTEMBER 01, at 6:30p
260 S. Los Robles, Pasadena
3rd Floor Conference Room

Quietly

Continued from p. 1

choose. It is your vibration switching station.

Your brain is the most powerful electromagnetic processing tool ever created, and, if you use it wisely — to choose positive thoughts, everything you desire will start to move your way until it materializes in its physical counterpart. The more you focus and concentrate, the faster and more potent the frequency gets. This is no different than using a magnifying glass outside to start a fire using the sun's energy.

Another way of stating this law is *like attracts like*, meaning that people will attract energies like themselves. In rela-

tionships, this meaning that people who are similar to each other (especially those who share the same or complementary beliefs) tend to be attracted to one another. It happens in business, romance, and social circles.

Keep in mind that you can be creative or competitive. However, there is no need to compete when you can provide a new and innovative product, service, or other ideas. There is plenty to go around, and new ideas help people to become more effective, live life better, and improve the world.

Overall, creating a specific and measurable goal or ideal of what you desire,

can allow you to devote your attention to bringing it about. I am sure you have seen somebody who loves his or her work. They do their craft without interruption and with intense focus. They finish one task at a time, and they do it RIGHT the first time. You cannot worry about doing it wrong; you must do it until you become a skillful master at a task.

Engaging action with boldness and single-mindedness of purpose will result in efficient exercise and tasks. In general, if you are a creative person, you may seek through trial and error to engage a task effectively. In any event, your pointed efforts can lead to great discoveries and innovations. ○

by Jacquie Foreman

Playing IN THE Mud

Share your gardening triumphs and tragedies.

Do you have either of these weeds in your garden/yard. Both are known as *Spurge*. However, the plant in the upper right is apparently more properly known as *Purslane*. According to *Abraham's Blog, Suburban survival for the simple*, *Purslane* is very nutritious. It contains high levels of omega-3 fatty acids, like seafood. *Purslane* may remind you of the Jade plant that

This is Purslane



This is Spurge



Spurge & Purslane Spurge

is also a succulent. Again according to the blog, *Purslane* used to be cultivated as a garden plant, but has escaped the confines of the garden and now grows almost everywhere, including in cracks in the sidewalk. You may wish to give this little succulent a second thought before you pull it up, but you will want to rid your garden and other areas of this *Spurge*. *Spurge* has a milky white sap that is quite often a warning that the plant is poisonous.. ○



All FREE Concerts start at 7:00 PM in the Amphitheater at Farnsworth Park.
 568 East Mt. Curve Ave., Altadena, CA 91001 for information: 626-798-6335
 Visit: <http://www.altadenasheriffs.blogspot.com>

19th Annual Summer Concert Series Schedule - 2015

Downbeat Express (Big Band with Jennifer Gates)	Saturday, July 11th
The Brian Hughes Band (Ultimate Jazz)	Saturday, July 18th
The Manning Brothers & Friends (Irish Music & Dance)	Saturday, July 25th
The Mighty Burnt Bacon (Stax Style Soul Band)	Saturday, August 1st
Upstream (Reggae, Calypso, Soca & Steel Drum Music)	Saturday, August 8th
Kings of 88 (The Ultimate Tribute to Piano Rock)	Saturday, August 15th
Whiskey Hayride (Country Music and Much More)	Saturday, August 22nd
Floyd & The Flyboys (R & B Soul & Funk)	Saturday August 29th

And... For Our Grand Finale... Saturday, Sept. 12th
Back by Popular Demand...Sgt. Pepper in their tribute to the Beatles!

Presented by United Support Group & SSGA

Thank You to our generous sponsors



Rotary Club
Of Altadena



Georgia Rutherford
In Memory of
Don Rutherford

