

March 19, 2015

This Week

**Ed Imlay,
 Chairman
 Pasadena Lapidary
 Society Education/
 Schools Committee**

**Program Host:
 Charles Wilson**

A well-known collector and seller of rocks, fossils and unique items — Edwin Howard Vose II (widely known as Chuckawalla Slim) made his summer home in Pasadena in the 1940s and 1950s. This self-proclaimed *Rockologist* was so popular that he attracted a number of other collectors from the Pasadena area wherever he spoke.

The Pasadena Lapidary Society (PLS) was one of the first clubs that formed the California Federation of Mineralogical Societies (CFMS) in 1947. Slim, C.D. Gibson, Clarence Chittenden and Vic Armstrong formed the PLS in the mid-1940s and incorporated it as a California non-profit corporation on May 19, 1949. For years their gatherings were informal affairs — tailgate swapping and meetings in local parks.

The Pasadena Lapidary Society serves to educate its members and the

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REFLECTIONS

by Hal Yorke, President

BEEFLECTIONS?

on . . . Sugar

Sugar is a generic term for sweet-tasting chemical compounds composed of atoms of hydrogen, carbon and oxygen, which are soluble in water. Almost all plants contain sugar in one form or another and, because of sugar's importance as an energy source, mammals have developed taste buds that send pleasurable signals to the brain, whenever foods with sugar are consumed.

Because human taste buds can only distinguish between four types of taste: sweet, sour, bitter, and salty, evolution through natural selection has apparently concentrated on the most important taste signals for food consumption. In particular, our body tells us that sweet and salty in low concentrations is good and bitter and sour is bad. Sugar's importance is also evident in the fact that lactose, a particular type of sugar, is a crucial ingredient of mammalian milk, which nourishes the young.

For millennia, humans relied on honey for additional sweetening of foods. Otherwise, the necessary sugars were already contained in the foods they ate.

Certain plants that contained higher concentrations of sugar were cultivated and genetically modified by deliberate human selection. The result of this selection process — in the case of grasses — was sugar cane.

How to convert the sugar in sugar cane into crystalline sugar was discovered on the Indian subcontinent sometime around the 5th century and eventually spread across all of Eurasia. These crystals were called *khanda* in the local Indian language, which is the source of the English term *candy*. Because of the difficulty of raising sugar cane and of extracting sugar crystals, this form of additional sweetening was reserved for the rich (i.e., nobility).

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Greeters

March 19

Charles Wilson

March 26

Mike Zoeller

April 02

Sue Applegate

Program Review



One of the major benefits of living in Pasadena is the number of outstanding museums located here. The Norton Simon, the Huntington Library, and the Pasadena Museum of California Art are examples of great art museums located here. There is another type of museum — one devoted entirely to the growth, education and nourishing

of children, also found in Pasadena. It is the Kidspace Museum, located in the Arroyo, near the Rose Bowl. Last Thursday (March 12), we were privileged to hear from Dr. Peter Crabbe, a senior architect for Kidspace Museum. Crabbe spoke of the new exhibits and plans at the museum.

For a number of years, Kidspace was located near the Pasadena Unified School District office near the intersection of Del Mar and El Molino. When the PUSD started the redevelopment of their campus, Kidspace moved to land near the Rose Bowl Aquatics Center in the Arroyo. Kidspace is now located on almost 4 acres just north of the Aquatics Center. After it moved, the museum developed a strategic plan followed by a master plan for the future development and operation of the museum in its new location.

The thrust of the plan is to make kids adapt and make them think on their feet. The idea was to set the environment right. The kids will come to the museum and to its projects and exhibits at their own pace.



The museum is *kid-driven*. Everything starts with the child. The museum is trying to establish educational experiences that stretch the minds of the children and that are risky, while still being safe for the kids. The new location allows children to stay outside and play outside.

One of the exciting exhibits at Kidspace is the Galvin Physics Forest. The forest offers thirteen hands-on exhibits created to inspire children to be innovators. There is

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Rotary Club of Altadena - #7183

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 Mike Zoeller Youth Projects
 Ray Carlson Vocational
 Tom McCurry Asst. Vocational
 Craig Cox Membership

Editor, Design & Typesetting Foreman Graphics
 Photography Jacque Foreman

March Literacy Month

Program Chair, Charlie Wilson

Mar 19 - Ed Imlay, Chairman, Pasadena
 Lapidary Society Education/Schools
 Committee

Mar 26 - Craig Snodgrass, Scoutmaster,
 Boy Scout Troop 1

April Magazine Month

Program Chair, David Smith

April 02 - To be Announced
 April 09 - To be Announced
 April 16 - To be Announced
 April 23 - To be Announced
 April 30 - To be Announced

Congratulations



Birthdays



03/08 - Jeri Cunningham
 03/14 - Steve Cunningham
 03/15 - Trish Robinson
 03/15 - David Smith
 05/24 - Ed Soza

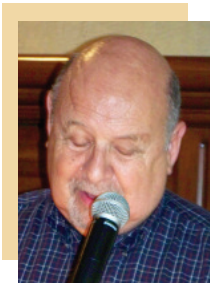


Anniversaries



03/01 - Tom & Etta McCurry
 03/30 - Dennis & Noriko Suzuki Mehringer

An Opportunity to Help



An article in the current issue of *The Rotarian* discusses the first year of the new grant model, and offers an opportunity to directly assist in the distribution of grants. The article is by John Kenney, Foundation Trustee Chair, and says, in part:

"Now that the first year of the new grant model has been completed, it's time to see how it's working...[The] Rotary Foundation funded 488 district grants worth a total of \$23.5 million and 868 global grants worth \$47.3 million.

"The Trustees are mindful of their fiduciary duty to ensure that Foundation funds are spent wisely. To help achieve this, clubs and districts have the support of the Rotary Foundation Cadre of Technical Advisers.

These are Rotarian volunteers who have been vetted as specialists in one or more areas of focus, or in financial audits. Last year, on behalf of the Trustees, these volunteers carried out more than 153 assignments. Forty-four were technical (desk) reviews prior to funding approval, and 68 were mandatory on-site screenings for larger projects, either before approval

or during the projects' implementation. The cadre also conducted 41 audits of projects and districts.

"... We are looking to add volunteers to our cadre in all areas of focus and auditing. If you are interested in joining, email cadre@rotary.org for more information ..."

So, there it is — an opportunity to serve the Rotary Foundation directly by volunteering to help clubs and districts manage their grants.

If you think you can help, go to the email site and sign up. It's an opportunity to help on a large scale. ○

Committee Assignments Out for Community Projects

Locate your name and the committee on which you will be serving

Craig Cox, who is both Membership and Community Service Chair, has announced the assignments for the Spring, Fall and Winter project committees.

Please remember that the club's Summer project is the consession stand at the Summer Concert Series, and we are all *invited* to be part of that committee. You will note that the name Craig Cox does not appear on any specific committee, this is because he has stated that he will be participating on all committees.

SPRING

Charlie Wilson & Steve Kerekes
(co-leaders)

Mike Zoeller

Theo Clarke
Steve Cunningham
Boyd Hudson
Jim Gorton
Sterling Louviere
Gary Clark
George Buehler

FALL

Mike Noll (Leader)

Dave Smith
Tony Hill
John Frykenberg
Dennis Mehringer
Sue Applegate
Julius Johnson
Fred Figueroa

Kevin Moore

WINTER

John Casci (Leader)

Kimmit Haggins
Tom McCurry
Jacque Foreman
Gordon Seyffert
Ed Jasnow
Hal Yorke
Ray Carlson
Rodger Fennell

If for some reason you cannot serve on the committee to which you have been assigned, please contact Craig Cox so he can arrange for you to exchange places with another member. ○

Reflections

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Cultivating sugar cane requires a warm, moist climate. After Columbus introduced sugar cane into the West Indies in 1492, Europeans had a more abundant source of sugar. In addition, the emerging merchants and craftsmen in towns had sufficient buying power to purchase this sugar, so sugar cane rapidly became a lucrative money crop. However, raising and harvesting sugar cane is very labor intensive. Enslaving the native inhabitants of the Caribbean islands did not provide sufficient laborers to satisfy the European appetite for sweets, so they turned to Africa as a source of cheap labor, resulting in the upsurge of the scourge of slavery.

As European tastes became more refined, in particular, after Sir Walter Raleigh introduced tobacco to the English and later when the English mills needed cotton, these other lucrative money crops continued along the same beaten path: slavery.

Nowadays, sugar continues to be a source of concern. Companies that produce processed foods have slowly increased the amounts of added refined sugar (and salt) as American taste buds become accustomed to the previous high levels.

Consumption of refined sugar is linked to obesity and is implicated as a cause in the occurrence of diabetes, cardiovascu-

lar disease, dementia, macular degeneration, and tooth decay. However, finding a scientific link between these diseases and refined sugar and quantifying them, both necessary first steps to regulation, is almost impossible. In contrast to the cases of narcotics, tobacco, and other potentially harmful substances, researchers are unable to find people for use as controls that do not consume or are largely free of any sugar consumption.

The bottom line: either cook at home, starting with the basic ingredients, limiting sugar, and avoiding processed foods, or enjoy your sugar-shortened but sugar-sweetened life to it's fullest. ○

Form & Line

by Jacquie Foreman

Let's look at the word **Spinster**. Originally the word referred to a woman who spins thread. Next it referred to a woman who remained single after the normal age of marrying. So it's no big surprise that the word was quite often used to refer to women who remained single clear into menopause.

In the 1300s and well into the 1600s, a *spinster* was simply a woman who spun or worked with thread for a living. Spinning was one of the few careers available for women. Of course, in those days, most women only worked until they were *rescued* from labor by a husband.

Some women were still spinning at the *old age* of twenty-five, and some (probably male) wags began to refer to them as *spinsters*, meaning basically *old maids*. Some of these men were aghast at women working in the first place. Legal documents began to use the term *spinster* as a generic term for an unmarried woman. The word has fallen out of favor. ○

Program

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an exhibit called the Bottle Rocket, which allows a plastic bottle to be blasted into the air using water and air pressure. Another exhibit is the Wheel Roll, which allows a person to move weights on a wheel to convert potential energy into kinetic energy. The wheel then rolls down a slope. Another exhibit is the Ball Bounce which allows a child to use momentum gained from gravitational acceleration to create a transfer of energy. Children can create a raceway and experiment with gravity, centripetal force and momentum on an exhibit called the Roller Coaster.

Another set of exhibits at Kidspace is called the Digging Deeper Exhibit. One of

the exhibits is called Buggy's Diner where a child can learn about the anatomy and feeding habits of insects and bugs. Children can take down some recipe ideas. There is a Bug Inn and Dark Room, which allows a child to see the world from a bug's point of view. The Climbing Towers allow a child to climb 40 feet up for a bird's eye view of Kidspace and the Arroyo Seco.

Kidspace Museum is one of the new and exciting sites in the Pasadena area. It will appeal to kids of all ages along with their parents and grandparents. We should all make the time to check out the new exhibits at the museum.

Boyd Hudson ○

This Week

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community in mineralogy, earth sciences, and training in the lapidary and jewelry arts — while promoting sound mineral resource stewardship based on environmental awareness and ethical behavior. The Society fulfills its mission year-round which may include field trips, lapidary

workshops, outreach presentations, public mineral displays, an annual show, and our monthly informational meetings which are open to the public.

This week we will hear from their chairman of Education/Schools Committee, Ed Imlay. ○