

March 26, 2015

## This Week

**Craig Snodgrass,**  
**Scoutmaster**  
**Boy Scout Troop 1**  
**Program Host:**  
**Charles Wilson**

Chartered in 1914, Boy Scout Troop 1 is hosted by Saint Mark's Episcopal Church near the top of Lake Avenue along Altadena Drive. Celebrating its 100th anniversary last year, Troop 1 distinguishes itself as a *Backpacking Troop*, featuring annual long-range treks to the Sierra west range (including Sequoia National Park and the John Muir Wilderness) and either Philmont Scout Ranch or the Sierra east range (including Big Pine, Bishop Pass, and the John Muir Trail). In 2013, a Troop 1 crew summited Mount Whitney — at 14,500ft, the highest point in the contiguous US — as part of a 72-mile excursion along the southern third of the JMT.

Maintaining backpacking expertise for summertime high adventure requires constant training throughout the year. Troop 1 employs its fortunate location at the base of the San Gabriel mountains to launch monthly weekend backpacking trips and hikes into the

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## REFLECTIONS

by Hal Yorke, President

## BEEFLECTIONS?

### on . . . Jet Lag

The medical term for it is: *desynchronosis* or more rarely: *circadian dysrhythmia*. Anyone who has flown east to west or vice versa has experienced it. You may have also experienced it after the recent time change to Daylight Savings Time. Shift workers experience it, when they change shifts or revert to a different sleep pattern on their off-days.

Our bodies are wonderful machines, but changing one's sleeping and eating patterns suddenly can throw the delicate machinery of the body's natural rhythm out of whack. When you suffer from desynchronosis, you get hungry at the wrong times, sleepy at the wrong times, and when you get the opportunity to eat or sleep, you just don't feel in the mood.

My trip to Ringberg Castle in Southern Germany was great fun. I could reconnect with colleagues I hadn't seen for years. Four former students of mine and a former post-doc were at the conference and

I found out that the former post-doc — a widower — had remarried. But I had to pay the price of *circadian dysrhythmia*. Sleeping less than four hours a night and worrying whether the Lufthansa strike would prevent me from flying home to my natural time rhythm exhausted me. So the last night before the flight home I slept like a baby for 7 hours.

This usually means that I finally have become accustomed to the German time zone - just in time for my flight home and my preparations for my upcoming flight to Japan. ○

## Greeters

March 26

**Mike Zoeller**

April 02

**Sue Applegate**

April 09

**George Buehler**

# Program Review

## So a Lapidary walks into a Rotary Club . . .



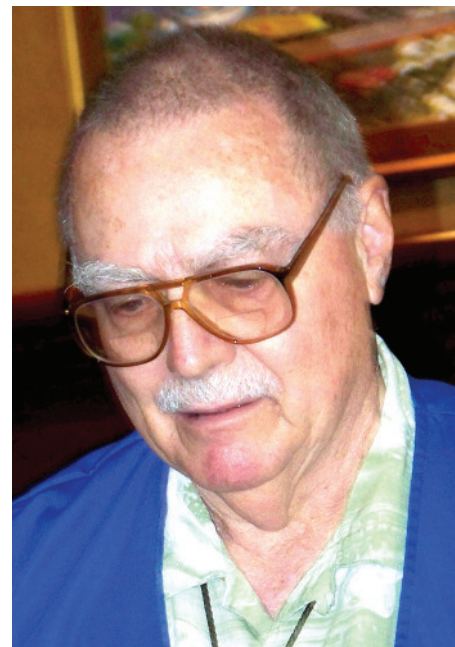
**E**d Imlay knew he needed something that could engage his interest when he

retired from JPL. The Pasadena Lapidary Society was just what he was looking for. The word *lapidary* has two meanings. It can mean the craft of working with stones or the person who practices the lapidary craft. Imlay explains that he is not a geol-

ogist but rather a *rock hound*.

The Pasadena Lapidary Society was founded in the 1940s. Currently, there are 111 members. They meet the third Tuesday of each month at the Pasadena Central Library in the Donald R. Wright Auditorium. They also conduct a workshop in Sierra Madre on the second Sunday of the month, where they have saws and grinders that can be used. In addition, they conduct field trips to collect stones. The Lapidary Society is structured as a 401(c)3 educational non-profit.

Imlay showed us some samples: Silver ore – ore being a mixture of valuable and non-valuable materials like “a chocolate chip cookie;” Silicon — which we use to make silicon chips; and Quartz — which



is a combination of 1 part Silicon and 2 parts Oxygen.

Imlay described three basic types of rocks: **Igneous** — which is formed from pressure and enough heat to melt the material (magma & lava); **Sedimentary** — which is formed from the sediment of rocks breaking down; and **Metamorphic** — which is formed by pressure and heat – but not enough heat to melt the material.

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### 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. .... Gary Huang  
Dist 5300 Gov. .... Larry Skaggs

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Craig Cox ..... Membership

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

### March Literacy Month

*Program Chair, Charlie Wilson*

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

### April Magazine Month

*Program Chair, David Smith*

April 02 - Greg Hattori, Marketing and Sales, MonteCedro - The new MonteCedro retirement community  
April 09 - Betsey Magdolano, Coroners Investigator, Los Angeles Coroners Office - The things we need to know and do when some one dies  
April 16 - Louise Jandura, JPL - The Mars Rover - Curiosity's sampling system and her current project  
April 23 - Adrian Ponce, JPL - Chemical and biological detectors he developed and his startup company  
April 30 - PCC Scholarship Awards - Dennis Merhinger, Guest Program Host

### 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

## Membership means Me



If we are going to grow as a club, every member must take it upon himself or herself to invite people to a meeting. **Membership means me.**

Everyone must be prepared to help those who don't know about Rotary to learn about Rotary. We need to encourage people to check out [www.rotary.org](http://www.rotary.org). Each

of us needs to carry a lunch invitation card so that he or she can hand them out at the right time — letting people know where and when we meet. **Membership means me.**

Fostering an attitude that, “when I am out in the community — whether it is running errands, shopping, doing a service project — I will run into people who should check out Rotary.” **Membership**

**means me.**

Understanding that, after good people get established in their careers or business, they are looking for something that can give them significance. Also, as people retire they want something that engages them socially and makes them feel good about contributing to the community. I will keep my antenna tuned for opportunities. **Membership means me.**

## Program

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All rocks are mixtures of crystals. The crystals form from inorganic chemical compositions and have different degrees of hardness. The hardness is measured by the Mohs scale which has talc at the softest to diamond at the hardest.

When going on a field trip any good rock hound needs a few important tools: collecting bag, water, sunscreen, insect repellent, eye protection, sturdy clothes and shoes, and a good geologist hammer. When a potential sample is found, the first step is to take a bit off the outside of the rock to remove the *desert varnish*, which is a coating that forms over time that hides the true nature of the rock. Water is used to determine if the rock is hard enough to polish. If the

water absorbs quickly the rock is too soft. The water's surface tension hides scratches, so the intrepid collector can see what the rock will look like when polished.

Imlay told us that, if you want to be a rock hound, you should join a club. Club's take the proper steps to get permission for their members to collect samples. ○



## Do you Know . . .

Our speaker and program host this week are from the Boy Scouts. Do you know that . . .

The Boy Scouts of America (BSA) is one of the largest youth organizations in the United States, with 2.7 million youth members and over 1 million adult volunteers. Since its founding in 1910 as part of the international Scout Movement, more than 110 million Americans have been members of the BSA.

The BSA's goal is to train youth in responsible citizenship, character development, and self-reliance through participation in a wide range of outdoor activities, educational programs, and, at older age levels, career-oriented programs in partnership with community organizations. For younger members, the Scout method is part of the program to inculcate typical Scouting values such as trustworthiness, good citizenship, and outdoors skills. ○



# This Week

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local wilderness.

Troop 1 balances its backpacking and hiking programs with service to our community. In fulfillment of their Eagle Scout projects, Troop 1 scouts have donated time and energy to a variety of local not-for-profit organizations including the Mothers Club of Pasadena and Altadena Library, and in addition to Saint Mark's Church and School itself.

Troop 1 supports many other local organizations with routine assistance during setup and breakdown of events. *Art on*

*Millionaires Row* and the Used Book Sale — both featured by Altadena Library — are annually supported with scout labor from Troop 1.

Since its inception, Troop 1 has seen thousands of its scouts achieve First Class rank, that which the father of Scouting — Robert Baden-Powell — saw as the mark of a fully sufficient scout. Hundreds of those have gone on to achieve Eagle Scout, the highest award in scouting. Most recently twelve Troop 1 scouts, six each in 2013 and 2014, achieved this award.

Of the many prior Troop 1 Eagle Scouts, Andrew Blackwood, completed his eagle project while undergoing treatment at City of Hope. Cancer took Andrew's life just after he received his Eagle Scout award, but his project thrives to this day as, for the past 12 years, Troop 1 has annually hosted the *Andrew Blackwood Memorial Blood Drive* at Saint Marks — the largest blood drive for City of Hope outside of its own complex. This week we will hear from their current Scoutmaster, Craig Snodgrass. ○

## Forming by Jacquie Foreman A Line

You can call it *Time Management* or you can call it *Prioritizing by Rocks*, it's all the same. If you don't decide what's important to you in your life at this time and do it first, you'll never do it — there just won't be enough time in the day, the week, the month, the year, or the years.

What are those things that are most important to you right now? Times change, and so can your priorities. But, whatever they are, whenever they are, decide ... Is it your family, and what does that mean? Is it your job, and what does that mean? Is it making money, and what does that mean? Is it your faith, and what does that mean? Is it Rotary, and what does that mean?

If you start with the water, the sand and the gravel, those **BIG ROCKS** — or what you say are your **BIG ROCKS** — will never fit into the container you call your life. My big rocks are: Bruce and the kitties — ok, maybe the other way around, Christmas Tree Lane, Rotary, doing what I say I will do, and one or two more. What are yours?

## On Time Management

*From a story about an expert on the subject of time management. One day this expert was speaking to a group of business students and, to drive home a point, used an illustration those students will never forget.*

As this man stood in front of the group of high-powered overachievers he said, "Okay, time for a quiz." Then he pulled out a one-gallon, wide-mouthed Mason jar and set it on a table in front of him. Then he produced about a dozen fist-sized rocks and carefully placed them, one at a time, into the jar. When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?"

Everyone in the class said, "Yes."

Then he said, "Really?" He reached under the table and pulled out a bucket of gravel. Then he dumped some gravel in and shook the jar causing pieces of gravel to work themselves down into the spaces between the big rocks.

Then he asked the group once more, "Is the jar full?" By this time the class was onto him. "Probably not," one of them answered.

"Good!" he replied. He reached under the table and brought out a bucket of sand. He started dumping the sand in and it went into all the spaces left between the rocks and the gravel. Once more he asked the question, "Is this jar full?"

"No!" the class shouted. Once again he said, "Good!" Then he grabbed a pitcher of water and began to pour it in until the jar was filled to the brim. Then he looked up at the class and asked, "What is the point of this illustration?"

One eager beaver raised his hand and said, "The point is, no matter how full your schedule is, if you try really hard, you can always fit some more things into it!"

"No," the speaker replied, "that's not the point. The truth this illustration teaches us is: If you don't put the big rocks in first, you'll never get them in at all."

What are the 'big rocks' in your life? A project that YOU want to accomplish? Time with your loved ones? Your faith, your education, your finances? A cause? Teaching or mentoring others? Remember to put these **BIG ROCKS** in first or you'll never get them in at all.

