

Rotary Club of Altadena

Sparks

OFF THE ROTARY WHEEL
AN AWARD-WINNING NEWSLETTER



April 21, 2016

This Week

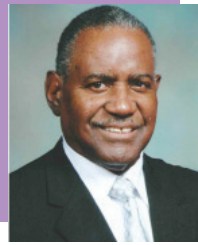
The Altadena Rotary PCC Veterans' Awards Guest Program Host: Craig Cox

When the Altadena American Legion post disbanded, they provided an endowment through Altadena Rotary Charities to provide scholarships to veterans attending Pasadena City College.

Pasadena City College has many resources to help veterans succeed in their studies. The admissions and records department employs a GI Certifying Official to help students receive their benefits from the Federal Government. The counseling department provides course, career, health and employment services.

The Veterans' Club and Resource Center brings like-minded students together for access to fellowship, tutoring, legal services, mentoring, study groups and more.

This year we will be awarding three veterans a \$2500 scholarship each. This is a meaningful way to thank them for their service and encourage them in their studies. ○



Quietly Quick

by Steve Cunningham, *President*

Never Worry about Ingratitude

from

How to Stop Worrying and Start Living

by *Dale Carnegie*

I recently met a businessman in Texas who was burned up with indignation. I was warned that he would tell me about it within fifteen minutes after I met him. He did. The incident he was angry about had occurred eleven months previously, but he was still burned up about it. He couldn't talk of anything else. He had given his thirty-four employees ten thousand dollars in Christmas bonuses — approximately three hundred dollars each — and no one had thanked him. "I am sorry," he complained bitterly, "that I ever gave them a penny!"

"An angry man," said Confucius, "is always full of poison." This man was so full of poison that I honestly pitied him. He was about sixty years old. Now, life-insurance companies figure that, on the average, we will live slightly more than two thirds of the difference between our present age and eighty. So this man — if he was lucky — probably had about fourteen or fifteen years to live. Yet he had already wasted almost one of his few remaining years by his bitterness and resentment over an event that was past and gone. I pitied him.

Instead of wallowing in resentment and self-pity, he might have asked himself why he didn't get any appreciation. Maybe he had underpaid and overworked his employees. Maybe they considered a Christmas bonus not a gift, but something they had earned. Maybe he was so critical and unapproachable that no one dared or cared to thank him. Maybe they felt he gave the bonus because most of the profits were going for taxes, anyway.

On the other hand, maybe the employees were selfish, mean, and ill-mannered. Maybe this. Maybe that. I don't know any more about it than you do. But I do know

Please turn to Quietly, p. 3

April Team

Jim Gorton • Mindy Kittay
Julius Johnson • Gary Clark
Mike Noll • Sterling Louviere

Meeting Responsibilities

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

Program Review

Tickled Silly



The Rotarians in attendance were tickled silly by Roger Fennell, MD who shared the history of Anesthesiology and some of his own personal experiences as an Anesthesiologist.

Attempts at producing a state of *general anesthesia* can be traced throughout recorded history.

Fennell shared with us a few of the

more significant individuals who contributed to the advancement of modern day anesthesiology throughout his talk.

He began by referencing the alchemist Paracelsus (1493-1541) who is credited as the founder of toxicology. He was a Swiss German philosopher, physician, botanist, astrologer, and general occultist. He is credited for giving zinc its name, calling it *zincum*. Paracelsus' most important legacy is his critique of scholastic methods in medicine, science and theology. Although none of his methods are currently used today, his insights laid the foundation for a more dynamic approach in medical sciences. It was in the 18th century that the use of nitrous oxide (aka: laughing gas) in dentistry was pioneered by Gardner Quincy Colton. On December 10, 1844, he gave a performance in Hartford, Connecticut, at which one of his audience volunteers injured his leg, but did not feel the pain because of the effects of the gas.

Next Fennell jumped forward to the first public demonstration of general anesthesia, which occurred in October 1846 administered by an American dentist by the name of William T.G. Morton. In September 1846, he successfully performed a painless tooth extraction after administering ether to his patient. It was after reading a favorable newspaper review



that Dr. Henry Bigelow arranged for the now-famous demonstration of ether in the operating theater of Massachusetts General Hospital by painlessly removing a tumor from the neck of one of his patients. The theater would come to be known as the Ether Dome and still exists today.

It should also be noted that Fennell mentioned that Crawford Williamson Long is credited for being the first to use inhaled ether as an anesthetic in surgery on March 30, 1842. However, his accounts of these trials were not published until 1849 in the *Southern Medical and Surgical Journal*.

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Congratulations



Birthdays

04/13 - Alice Hudson
04/18 - John Frykenberg
04/29 - Mike Noll



Anniversaries

04/27 - Sterling & Olga Louviere

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

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Dist 5300 Gov. Randy T. Pote

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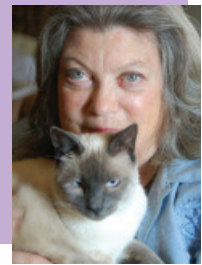
April Magazine Month

Program Chair, David Smith

April 21 - PCC Veterans' Scholarships -
Chaired by Craig Cox

April 28 - Meeting location: Altadena Library -- Tour of project area to be given by Mindy Kitta

Columnists Add Interest to *Sparks* If You'd like to be One . . . Let Me Know



This space is reserved for an article/column written by one of our six rotating Committee Chairs, and page 2

is always the beginning of the article/column written by one of our six rotating program reviewers.

In addition to our *rotating columnists*, we currently we have two *Individual*

Columnists. Dentist David Campbell and Librarian Mindy Kittay. Our columnists make *Sparks* unique and add interest and information. Individual columnists are encouraged to contribute monthly. As for length, the only requirement is — like the length of a girl's skirt — long enough to cover the subject . . . but . . . short enough to be interesting.

Looking for Additional Columnists

I'm looking for a member who is interested in reviewing one *Rotarian magazine* article each month. The columnist will pick the article. I want to replace our former mortgage lending columnist with a member who can tell us about the real estate/mortgage market. And how about a member who can discuss financial topics and/or a book reviewer.

If you already write a monthly column, just give it to us also. ○

Quietly

Continued from p. 1

that Dr. Samuel Johnson said: "Gratitude is a fruit of great cultivation. You do not find it among gross people."

Here is the point I am trying to make: this man made the human and distressing mistake of expecting gratitude. He just didn't know human nature.

If you saved a man's life, would you expect him to be grateful? You might — but Samuel Leibowitz, who was a famous criminal lawyer before he became a judge, saved seventy-eight men from going to the electric chair! How many of these men, do you suppose, stopped to thank Samuel Leibowitz, or ever took the trouble to send him a Christmas card? How many? Guess. . . . That's right — none.

Christ helped ten lepers in one afternoon—but how many of those lepers even stopped to thank Him? Only one. Look it up in Saint Luke. When Christ turned around to His disciples and asked, "Where are the other nine?" they had all run away. Disappeared without thanks! Let me ask you a question: Way should you and I — or

this businessman in Texas — expect more thanks for our small favors than was given Jesus Christ?

And when it comes to money matters! Well, that is even more hopeless. Charles Schwab told me that he had once saved a bank cashier who had speculated in the stock market with funds belonging to the bank. Schwab put up the money to save this man from going to the penitentiary. Was the cashier grateful? Oh, yes, for a little while. Then he turned against Schwab and reviled him and denounced him — the very man who had kept him out of jail!

If you gave one of your relatives a million dollars, would you expect him to be grateful? Andrew Carnegie did just that. But if Andrew Carnegie had come back from the grave a little while later, he would have been shocked to find this relative cursing him! Why? Because Old Andy had left 365 million dollars to public charities — and had "cut him off with one measly million," as he put it.

That's how it goes. Human nature

has always been human nature — and it probably won't change in your lifetime. So why not accept it?

Why not be as realistic about it as old Marcus Aurelius, one of the wisest men who ever ruled Roman Empire. He wrote in his diary one day: "I am going to meet people today who talk too much---people who are selfish, egotistical, ungrateful. But I won't be surprised or disturbed, for I couldn't imagine a world without such people." That makes sense, doesn't it? If you and I go around grumbling about ingratitude, who is to blame? Is it human nature — or is it our ignorance of human nature?

Let's not expect gratitude. Then, if we get some occasionally, it will come as a delightful surprise. If we don't get it, we won't be disturbed.

Here is the first point I am trying to make in this article: It is natural for people to forget to be grateful, so, if we go around expecting gratitude, we are headed straight for a lot of heartaches. ○



The public library is a center of public happiness first, of public education next.

John Cotton Dana, A Library Primer, 1896

What's in Your Wallet?

Wallets and purses are filled with cards: ID cards, insurance cards, credit cards, membership cards. And if you're really lucky, there's a very special card hiding in there — a card that can unlock ideas and open minds ... A card that can dig and discover, inform and inspire ... A card that is key to unlocking potential. You know the one I'm talking about.

Let's follow Bob for a moment. Bob visits the library twice a week. On Tuesday he relaxes in the magazine lounge. He reads *Newsweek* and *Outdoors* until it's time for the presentation to start: "Top Waterfall Hikes in the San Gabriel Valley" with author Laura Randall. He loves these kinds of opportunities to learn new things. Afterward, he checks out a couple of

movies some music CDs and places a hold on some of the newer titles, knowing he will be notified when they have arrived and will be awaiting his return visit to pick them up.

On Saturday he returns his DVDs, picks up his holds, and browses the book stacks for a fascinating weekend read. While in the library, he explores the displays and shelves of books. His imagination blooms. He loses track of time.

At closing, something strange happens. The doors remain open. The staff members move furniture. A crowd forms around the Reading Court. Folks from the Altadena Ale & Wine House set up a table next to the main desk, and cooks from El Patron fire up a grill out on the patio.

Suddenly, the lights go dim and the music begins. And then Bob realizes: it's Second Saturday at Altadena Library! Music is bumping, people are dancing, the crowd is clapping.

From behind, someone taps Bob on the shoulder. "You dropped this," a woman says. She is holding Bob's library card. "Thanks," he says, taking the card. He looks down at it and sees a swirl of colors: blues and purples against a circle of yellow, like a sunrise over the ocean. And suddenly it hits him ... the vast and wonderful potential of this amazing little card. This little card that unlocks the door to a world of information, education, inspiration, creativity and potential. The most valuable card in his wallet. ... ○

Program

Continued from p.2

You might be asking yourself, what are the requirements of an anesthetic. Well, our speaker answered that question too! To be considered an anesthetic it must cause amnesia, muscle relaxation, and alleviate the stress response in patients. He then talked briefly about the history of *regional anesthesia* mentioning that cocaine was the first drug used because it causes numbness to wherever it is applied. *Regional anesthesia* means that pain is blocked from a part of the body by using local anesthetics. Some examples of this type of anesthesia would be topical, nerve blocks, and epidurals used in child birth.

Fennell ended his talk by answering a few questions, one of which was: What was the most significant medical advance-

ment during his career. He answered by saying that kedamine, which was discovered in 1962 was the most significant advancement during his career. He told us all the story of working in the burn ward as a resident, and he remembered the patients going through excruciating pain every time their bandages were changed. When they began administering kedamine in the 1970s the burn wards became quiet because kedamine puts the patient into a trance-like state while providing pain relief, sedation, and memory loss.

He ended by stating that the anesthesiologist's job is to take away stress from their patients because pain is what you perceive, but stress is what you feel.

Charles Wilson ○

Combined New and Current Board Meeting/Vote scheduled for May 03 at 6p

Both the new board (Charlie Wilson's) and current board (Steve C.'s) need to vote on/confirm the Committee Chairs, Secretary, Treasurer, and President Elect, etc. positions for Wilson's term as president of the club (July 01 2016 - June 30 2017).

To make sure this occurs in a timely manner, Wilson has asked that the members of both BODs attend the next Altadena Rotary Board Meeting, scheduled for Tuesday, May 3, 2016 at 6p at the Altadena Library (Mindy Kittay's office). ○

CELEBRANDO RAÍCES



CELEBRATING ROOTS

Latino Cultural Festival May 14 • Noon to 8pm • FREE

JOIN MAYOR TORNEK, COMMUNITY MEMBERS, PASADENA RESIDENTS, CIVIC, BUSINESS, STUDENT, EDUCATIONAL LEADERS AND THE INTERFAITH COMMUNITY FOR THE

43rd Annual Pasadena Mayor's INTERFAITH PRAYER BREAKFAST

*“Community Service:
Soul of
the City”*

**Thursday, May 5
7:30 - 9:00 am**

PRESENTED BY
FRIENDS IN DEED

DOORS OPEN **6:45 AM**
PROGRAM STARTS
PROMPTLY AT **7:30 AM**

PASADENA CONVENTION
CENTER BALLROOM

FOR MORE INFORMATION:
WWW.FRIENDSINDEEDPAS.ORG

PURCHASE YOUR TICKETS TODAY!

Advance Ticket Sales Only
Deadline April 28th

Online Ticket Sales:
www.friendsindeedpas.org

Individual Tickets: \$35
Sponsorships and
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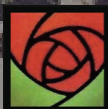
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**FRIENDS
IN
DEED** *



Keynote Speaker:
Rabbi Marvin Gross
CEO, Union Station
Homeless Services

