

This Week

Vernon Baptiste Past President, Altadena Rotary Program Host: Tom McCurry

Vernon Baptiste, Altadena Rotary's 2004-2005 president, has recently returned to this area after living the past 6 years in Trinidad.

Baptiste will give us an updated *craft talk* on his experience living in Trinidad while also maintaining his CPA practice in Pasadena.

He will also update us on his family changes. ○

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What do You Want to be When You Grow Up?

Taken from Family Talk by Lori Murray — January, February 2000

To help a child achieve happiness in the world of work, one should start exposing him or her to a variety of career possibilities at an early age. The things they love to do now — their hobbies and interests — could play a large role in deciding a future vocation.

Naturally, a child can't be certain about their ultimate career, but those who are given the opportunity to explore a variety of interests and hobbies are more likely to get involved in a job they love. Such experiences should begin early.

Elementary guidance counselors know just how important it is for students to be exposed to classroom speakers and field trips that introduce them to the world of work. It helps students build an awareness of their own skills and interests.

It is important that they have that awareness before introducing them to the world of work. Here are some ways par-

ents and other significant adults can help children identify and apply their talents.

- Brainstorm about career possibilities with a child
- Expose a child to jobs that interest them
- Look beyond high-visibility jobs
- Keep dreams alive
- Encourage a variety of extracurricular activities
- Encourage an entrepreneurial spirit
- Try not to talk about your job in a negative way
- Teach children to consider a career for the right reasons ○

Greeters

August 25
John David Duncan
 September 01
Roger Fennell
 August 18
Freddy Figueroa

Program Review

A Visit from District Governor Luciano "Lu" de Sylva



We were honored to have our new District

Governor Luciano "Lu" de Sylva and his lovely wife Hazel visit our club. Governor Lu and Hazel met with the Board of Directors and Committee chairmen prior

to the regular club meeting, and received an extensive rundown of the activities in our club. Governor Lu expressed his appreciation of the extent and participation of our various projects, and, especially, the financial management of our club (thanks, Mike Noll, Treasurer).

At our club meeting, Governor Lu told us of the *ins and outs* of Rotary membership worldwide (the worldwide membership seems to stay at 1.2 million, but we lose 1.2 million and gain 1.2 million every 4 years), and his encouragement that our District had a 4 percent increase last year (tops in our Zone). He told us of our new Rotary President, John Germ, and his energy and enthusiasm, and his determination to help us with member retention.

Governor Lu challenged us to have 4 percent growth in this Rotary year. He told us of the District's emphasis on Youth Services (TLC, RYLA, Interact, and Rotaract), and the expansion of the number of attendees by 25 percent at TLC and RYLA,

and a plan to expand the Interact Symposia to regional events so that



more can attend. We learned that there will be no Hensel Ethics competition this year. We also learned that this is the 100th-year celebration of the Rotary Foundation, and that there will be emphasis to get everyone participating in it this year.

Governor Lu told us of his passion for Rotoplast and his experience with helping children get surgery for their cleft palates. Finally, he gave Rotary Stars to Ray Carlson, Dave Smith, and Craig Cox for their outstanding efforts this past year.

Tom McCurry ☉

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Rotary Club of Altadena - #7183

Chartered: February 14, 1949
 P.O. Box 414, Altadena, CA 91003
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 Altadena Town & Country Club
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 626-794-7163

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 Mike Zoeller Club Projects
 Craig Cox..... Community
 John Frykenberg International
 Tony Hill Youth Contests/Awards
 Mike Zoeller Youth Projects
 Ray Carlson..... Vocational
 Tom McCurry..... Asst. Vocational

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


August
Membership/New Club Development

Program Chair, Tom McCurry
 August 25 - To be Announced


September
Education & Literacy

Program Chair, David Campbell
 September 01 - Sophie Miller, Monte Cedro Retirement Home Representative
 September 08 - Debbie Unruh, Elizabeth House Founder & Director
 September 15 - Steve Lubanski, Open Road Bike Shop Owner


Congratulations




Birthdays



08/08 - Joseph McMullin
 08/10 - Don Applegate
 08/21 - George Buehler
 08/23 - Hal Yorke
 08-27 - Elaine Klock
 08/31 - Bruce Conroy (Jacque)



Anniversaries



08/23 - Gary & Dotty Clark

Joint Rotary Club Community Service Opportunity: Fulfilling 2-Wheeler Dreams for Needy Kids



Many years ago we would organize a bike safety day for kids at a local elementary school. We would set up a safety course with our local sheriffs, tune up bikes, give away reflectors and bike helmets, show a safety video and let kids get autographs from McGruff – the *take a bite out of crime* mascot.

This year our local Rotary clubs want

to come together to do a large hands-on project.

The project for 2016 will be the distribution of bikes (with helmets donated by Target) to needy children in our communities for Christmas.

Last year Pasadena Rotary was able to help 120 children fulfill their two-wheeler dreams with the presentation of a brand new bike.

We are looking for a Rotarian or two

who will want to join the planning committee on behalf of Altadena Rotary.

As we look to serve more children the logistics get more complicated. The biggest person-power need will happen in November when we will come together to assemble the bikes so they are safe and ready for delivery.

This will be our Winter project for President Charlie's year. If you are interested contact me at craigcox@charter.net.

The Meeting before the Meeting

Before our regular meeting, the Board, Officers and Committee Chairs met with District Governor Lucianno "Lu" de Sylva for a round-table discussion about club projects, funding and the challenging of all members to participate. Since some came in after the start of the meeting, it's hoped that all who participated are represented in the photographs.





A Flurry of Floss Frustrations

Recently, the American Dental Association (ADA) released a study that proclaimed that flossing studies showing that flossing is an important part of oral hygiene regimens poor. Now, this proclamation was picked up by the national news media to create quite a bit of frustration for most dentists, who have been cajoling their patients to floss for their dental health.

It is important to look at the grammar in the ADA proclamation. The ADA did not declare flossing to be unnecessary. The ADA declared that the studies on flossing were poor. This detail was not widely recognized. The fact remains that flossing is vital to the health of everyone who has teeth. To emphasize this important point, please pay attention to this next statement: Flossing is important to do once a day for everyone, along with brushing with a fluoride toothpaste. This is the regimen that has proven true for generations of people since the wide promotion of flossing in the 1970s. The advancement of oral health today, has virtually put denture manufacturing in a small specialty of dentistry. The success of our current recommended regimen of dental oral hygiene is *not* being brought into question by the ADA.

The controversy is an unfortunate misunderstanding of the ADA's effort to improve the study of dental practices. Virtually, every aspect of the profession is being reviewed and judged by whether

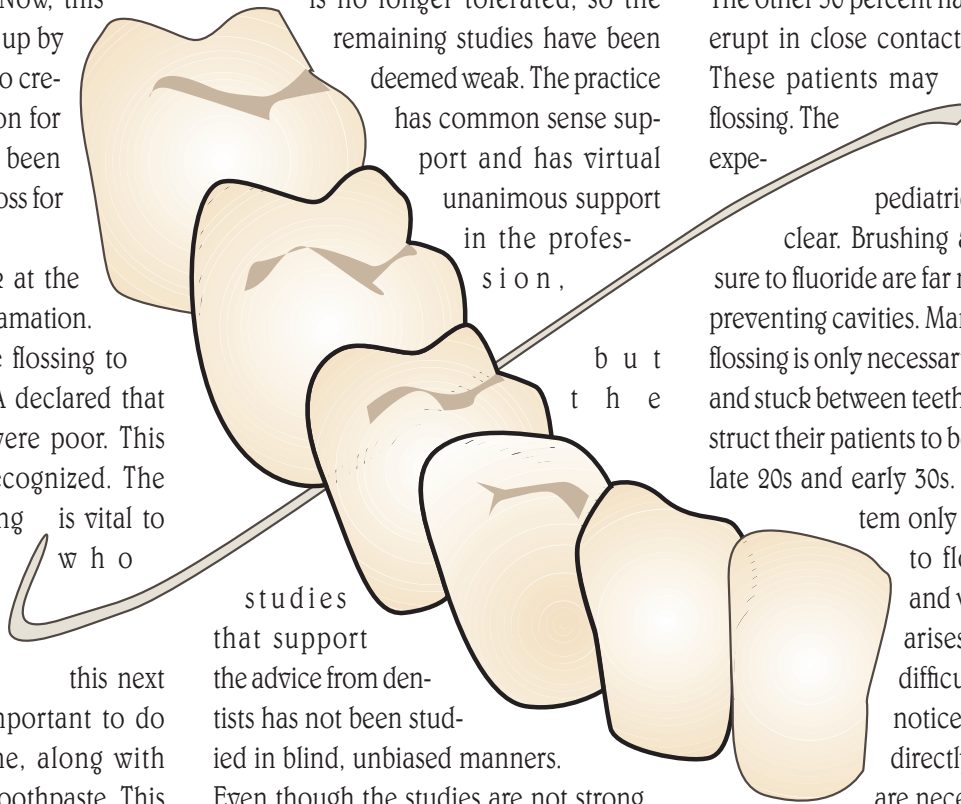
the studies that support the practice are strong. Unfortunately, most of the past studies on flossing were supported by the corporations that sell floss. This practice is no longer tolerated, so the remaining studies have been deemed weak. The practice has common sense support and has virtual unanimous support in the profession,

but the studies that support the advice from dentists has not been studied in blind, unbiased manners. Even though the studies are not strong, the practical observations are extremely strong. Every dentist has seen dental infections clear up by advising flossing.

This controversy is valuable. There are no solid studies about when a dentist should start advising flossing. Some very ardent professionals have advised that, as soon as the baby teeth come together and contact each other, flossing should be done by the parent and transitioned to the child as dexterity and reliability are developed. Baby teeth do not always erupt adjacent to each other. About 50 percent of the time the teeth erupt with a little

space between them, allowing brushing to clean between the teeth. Thus, only as the adult molars erupt at 6 years of age, is flossing needed for these individuals. The other 50 percent have baby teeth that erupt in close contact with each other. These patients may or may not need flossing. The experience of most pediatric dentists are unclear. Brushing and proper exposure to fluoride are far more important to preventing cavities. Many dentists believe flossing is only necessary if food is wedged and stuck between teeth. These dentists instruct their patients to begin flossing in the late 20s and early 30s. This regimen system only engages a patient to floss, every day, if and when gum disease arises. Gum disease is difficult for a patient to notice, thus instructions directly from the dentist are necessary.

This controversy is a valuable opportunity for our profession to communicate about the value of flossing. Even more so, now, that flossing sticks have become more acceptable and easier for patients to use. The popularity and excellence of flossing sticks that hold the floss have improved dramatically in just the last five years. So remember, brush twice a day and floss once a day and visit your dentist twice a year. No apples needed to keep the doctor away. Visiting the dentist before there are problems is always the best medicine.





All concerts are FREE and 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>

20th Annual Summer Concert Series Schedule - 2016

The Walking Phoenixes (Tribute to Johnny Cash)	Saturday, July 9th
Hollywood Hillbillies (Play Willie Nelson/Merle Haggard)	Saturday, July 16th
DBX (Tribute to Big Band Female vocalists)	Saturday, July 23rd
Heartbeat City (Tribute to the Cars)	Saturday, July 30th
Hot August Night (Tribute to Neil Diamond)	Saturday, August 6th
Upstream (Tribute to Bob Marley and more)	Saturday, August 13th
Nowhere Men (Tribute to the Beatles)	Saturday, August 20th
The Tuners (Tribute to Credence Clearwater Revival)	Saturday August 27th

And... For Our Grand Finale... Saturday, Sept. 10th
The Rising in their Tribute to:
Bruce Springsteen

Presented by United Support Group & Sheriff's Support Group of Altadena

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Returning in October New Second Saturday Concert Series

Second Saturday's *(mostly)*
from 6:30 to 8:30 pm

Listen to great music as you sip beer and wine from The Ale House; savor grilled eats from El Patron; and sample delectable deserts from Sweeter Than Honey.



UPSTREAM has been spreading their message of love and positivity through their exhilarating Caribbean Music, namely, Reggae, Calypso, Soca and Steel Drum Music. www.upstreammusic.com. This concert is sponsored by Los Angeles County Supervisor Michael D. Antonovich. **October 8**

KENNY SARA AND THE SOUNDS OF NEW ORLEANS returning to the Altadena Library playing New Orleans music along with various other styles and favorites. Raised in New Orleans, Kenny lives in Altadena with his wife. www.kkaremusic.com. **November 14**

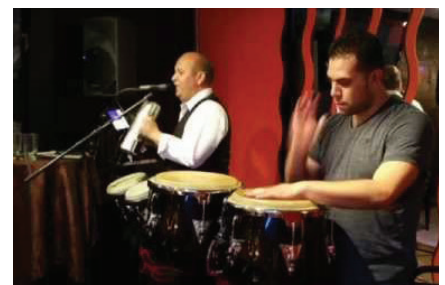


Aaron Atkins: Into the Cole. A one man show, inspired by Nat King Cole. Atkins performs "Mona Lisa" with a twist of hip hop. A contemporary blend of jazz, urban and R&B. His new song, "God Made Women Beautiful" was just considered for a grammy. More at www.IntoTheCole.com. **December 3 (First Saturday)**



Louis Van Taylor Quintet. Louis has performed with Kool and Gang Band and The Gerald Wilson Orchestra. Louis played in June with JazzZone at the Library and it was fantastic – don't miss it! www.plazanoir.com/louis-van-taylor-2/ **February 11**

DeRumba Bringing the sound of the Spanish guitar to the beat of the gypsy rumba, these musicians are AMAZING! www.facebook.com/Derumba **March 11**



Splish Splash Band is an acoustic classic rock, folk 'n blues band made up of Pierce Brochetti and Dolores D'Angelo. They take you through time playing tunes from the '60s, '70s, '80s, '90s and all the way to the present with a few originals thrown in the mix. www.Facebook.com/SplishSplashBand. **April 8**



Altadena Library
600 East Mariposa
Altadena | 626 798 0833
www.AltadenaLibrary.org