

This Week

Alec P. Tuckman
Public Speaker,
Financial Advisor and
Educator from
Searchlight Financial
Program Host:
Sue Applegate

Alec P. Tuckman works with the radio show, *Smart Money Fundamentals*, on 870am at 11a on Sunday. He has been investing since he was 18 years old. His parents were economists and his brother is a day trader. Tuckman worked on the Asset Management Floor of Goldman Sachs Investment Bank in the early 1990s. He is highly diversified and invested in everything from Bonds to Rental Properties to Stocks to Fixed Indexed Annuities.

Tuckman has given talks on everything from *Social Security to Investing 101* to *Estate Planning* workshops at a variety of venues including: libraries, churches, clubs and Rotary Clubs. To date, he has spoken at Paramount, South Gate, Malibu, Van Nuys and Compton Rotary Clubs. He tries to avoid industry jargon and he is a big believer in educating clients on the investing process.

Tuckman will be speaking to us about *Investment Strategies for Financially Challenging Times*. ○



Activities to help Your Kids Beat Winter Boredom

Taken from an article of the same name by Mark Ray – Scouting Magazine, Nov-Dec. 2014

As November slides into December, a raft of religious and cultural celebrations await, including Thanksgiving, Hanukkah, Christmas, Kwanzaa and the International Day of Boredom. OK, boredom doesn't have its own holiday, but maybe it should. After all, it's the rare kid who doesn't complain about being bored during long breaks from school.

So what should you do when you hear "I'm bored"? To find out, let's hear from two experts: Josh Glenn, co-author of *Unbored: The Essential Field Guide to Serious Fun* (Bloomsbury USA, 2012) and Jean Van't Hul, author of *The Artful Parent: Simple Ways to Fill Your Family's Life with Art & Creativity* (Roost Books, 2013) and host of the *Artful Parent* blog (artfulparent.com).

A Little Boredom Is OK

Van't Hul and Glenn come at the boredom problem from slightly different perspectives – she's artsy; he's eclectic – but they agree on one thing: Boredom is not all bad. "If you just let kids be bored for a little

bit, they will soon find their own groove and may be more likely to use their imagination and get creative," Van't Hul says.

In fact, Glenn says, "Boredom is the seed ground for awesome, imaginative, creative play. It's OK as long as you're also helping build the resources so they can unbore themselves."

Preparation is Essential

Providing resources means planning ahead. Instead of waiting for boredom to strike, stock up on ideas, activities and art supplies. Van't Hul recommends starting with some basic art supplies – paint, markers and paper – and adding some fun items

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Greeters

December 01
Dennis Mehringer

December 08
David Smith

December 15
Mike Zoeller

Program Review

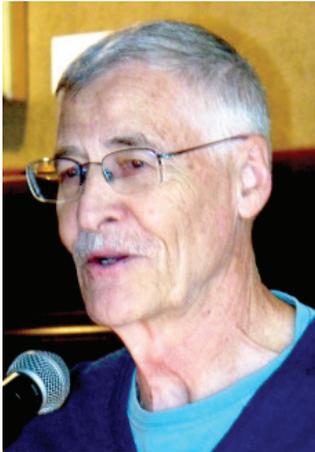
Catching Up with Two Long-Time Members *Craft Talks Updated*



On November 17, we were privileged to hear a *re-craft* talk from two of our long-time members: Mike Zoeller and Tony Hill, respectively.

Mike Zoeller

Mike Zoeller joined the Rotary Club of Altadena in 1983, while he was an engineering manager at Bell & Howell. The Bell &



Howell facility occupied what is now the shopping center at Madre and Foothill (Best Buy, PetSmart, Bed, Bath and Beyond, etc.). When Bell & Howell decided to move their operations out of state, Zoeller teamed up with a partner and bought Riedon, Inc., a manufacturer of custom electrical resistors, located in Alhambra, CA. To Zoeller, this transition from employee to entrepreneur was exciting and scary. Rotary has always played a big part in his life, and Zoeller was introduced to Rotary by a neighbor and long-time perfect attendance member, Luther Eskejian. He admits to slowing down at this stage of his life, and feels no guilt in taking more – and longer – vacations. Zoeller reminisced about some of the earlier days in Rotary, when the dress was much more formal, and the parties and events were much more elaborate.

Tony Hill

Tony Hill reminded us of his upbringing

December

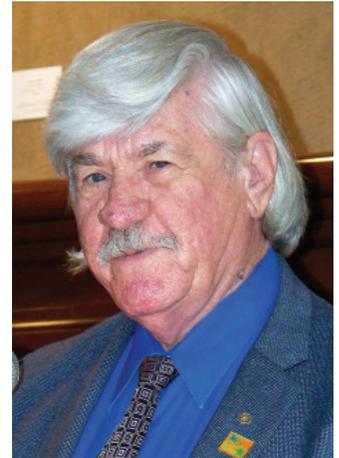
Disease Prevention & Treatment

Program Chair, Susan Applegate

December 01 - Alec Tuckman - Investment Strategies for Financially Challenging Times

December 08 - Nancy Nunez - Homeopathics

in Ontario, Canada, and surprised us by telling us that at one time, he owned a farm and ran a store in Canada. After



some challenges in his personal life, he moved to Los Angeles and attended law school. In March of 1987, he opened a private law practice, specializing in divorce law and mediation. Hill joined the Altadena Rotary Club 28 years ago, and was introduced to Rotary by his father-in-law. His wife, Ann Rider, is an attorney on the staff of the Pasadena City Attorney's office. Tony and Ann have 2 daughters, and one of them is currently in law school. He was a key figure in the Interact Club at Pasadena High School, and has been a great supporter of the RYLA program.

Tom McCurry ○

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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

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Jacque Foreman.....Acting Publicity

Jacque Foreman.....Sparks/Website

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

Congratulations

Birthdays

12/12 - Karen Gorton
12/15 - Jacque Foreman
12/18 - Olga Louviere
12/21 - John Casci
12/26 - Mona Jasnow
12/26 - Carol Zoeller

Anniversaries

No Anniversaries this month

Banding Together with Bikes and Breakfast



On November 19, the Rotary Clubs of Altadena, Pasadena and Sierra Madre came together to assemble 200 brand new Huffy bicycles that will be distributed to needy families in Altadena/Pasadena through the Salvation Army for the holidays in December.

Fueled by a delicious pancake breakfast

prepared by the members of the Rotary Club of Altadena, volunteers attached wheels, pedals, and handle bars. Tires were then filled with air, and the finished bikes were moved into a storage container. This was a great opportunity to fellowship with local Rotarians, Interactors, and other community volunteers, including representatives from the Altadena Sheriff's Station and the Pasadena Police Department.

We will be looking for several volunteers in December to assist in making sure the bikes are ready for delivery to the Salvation Army. An invitation will be coming from ClubRunner in the next two weeks.

As we move into 2017, we are in discussions with Jackson Magnet School to do some projects on their campus. If you would like to be involved in the planning please let me know. ○



Breakfast First, then . . .



Bike Assembly

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Chairmen

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Scout's

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like googly eyes and feathers. "It doesn't have to be expensive at all," she says. "There is lots of art that can be done with things you have around the house." Among her favorites: homemade play dough, which uses simple ingredients like flour and salt. Just be sure to research recipes ahead of time.

Glenn, meanwhile, recommends "curating" your kids' closets and shelves. Before the holidays hit, go through their books, games and toys, putting away things they're tired of and pulling out things that might interest them now. "It's kind of like being a librarian," he says. "You want to set out a very attractive array of things and have the kids find their way to them, instead of forcing them on the kids."

The Journey Is the Reward

While some boredom-busters can be educational, pure fun is OK, too. Even when his two sons were approaching their teen years, Glenn held on to games and picture books they'd enjoyed years earlier. "No matter how old you get, you still like to look at the things you enjoyed when you were younger," he says. (He did balance those little-kid attractions with books and games that would cause his boys to stretch a bit.)

With art projects, Van't Hul recommends focusing on the process, not the product. In

other words, don't emulate her grade-school teachers. "They wanted us to re-create something that they'd created: put the eyes here, cut the beard out exactly this way, following along the dotted lines – that sort of thing," she says. "That's not what I consider art."

Life Is a Game

Van't Hul says group art games can be great winter-break activities, especially when friends and relatives are visiting. A simple example is Combination Man, in which players around a circle collaborate on a drawing, taking turns adding one body part to a figure.

Also, don't feel constrained by the rules. Glenn is a big fan of game hacking, in which you create new rules for old games, sometimes with hilarious results. He says the invitation to your kids can be as simple as this: "This game is one we're not playing anymore. We've lost some of the pieces, and we don't really like it anymore. Let's try to find a way to make it more fun."

Screens Aren't (Necessarily) the Enemy

Over long school breaks, many parents despair of the time their kids spend watching TV, playing videogames or texting. While you could try to make your home a technology-free zone, you can also help

your kids find productive ways to use electronic gadgets.

For example, Glenn's sons enjoy making mashups of songs, something they started doing early on. "When they were younger and wanted to listen to hip-hop, I would say, 'OK, as long as you delete the swears,'" he explains.

He and his sons also enjoy the social-media app Foursquare, which rewards users for checking in at businesses and cultural attractions. For example, if he and one son are killing time during the other son's guitar lesson, they'll explore the neighborhood, checking in on Foursquare to rack up points and compete with their friends. (Just check the age requirements before you sign up or let your kids use your account.)

Fun Is a Team Sport

Finally, make time to do activities with your kids. While they occasionally need their own space, they also crave interaction with you. "Up to the age of 8 or so, there are a million books and websites and magazines and TV shows about things that parents and kids can do together," Glenn says. "As soon as your kid is in fourth or fifth grade, that's the end of it."

This sort of disconnect starts to grow. There's no reason for that to happen." ○

Chairmen

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Second Saturday Concerts

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 desserts from Sweeter Than Honey.



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 12**



Young Dempsey Sprinkle in music from the 50s to 80s with dancing and you get that explosive concoction known as Young Dempsey – a band of “dudes” made up of Drewin Young, Josh Jones, Mac Lake and Marc Doten – that bring back that hot-rod nostalgic doo wop and country sound.. **December 3 (First Saturday)**

Todd Washington Trio will entertain with a mix of blues, folk, rock, soul and gospel. The band's lead singer, TMax, has performed with Chaka Kahn, Katy Perry, Earth Wind & Fire, Taj Mahal, Sarah Brightman, Michelle Shocked and other top artists. **January 14, 2017**



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 to the '90s and all the way to the present with a few originals thrown in the mix. www.Facebook.com/SplishSplashBand. **April 8**



Michael Haggins Band combines funk and smooth jazz with a taste of old school, having been inspired by Stanley Clarke, Isley Brothers, George Duke, Earth Wind & Fire, and many others. www.MichaelHaggins.com **May 13**



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



*You are cordially invited
to our
Christmas Party*

*Thursday Evening
December 22, 2016*

6:00 to 9:30pm



*Pinocchio's
1449 N. Lake Avenue
Pasadena*



\$25 per Person

Register on Club Runner

*Plan to join your fellow Rotarians with
your Significant Other
for an evening of Fellowship and Merry Making
as we Celebrate the Holidays*

