

This Week

**Ed Jasnow,
 The LIGO Project
 Program Host:
 C. Ray Carlson**

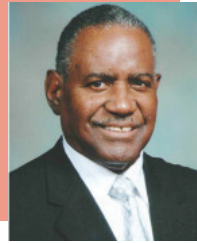


As our grand finale program for this Rotary year, we are privileged to hear Edward Jasnow describe his important role in the world-famed LIGO project.

Based at Caltech, he was responsible for the award and administration of the contracts that built the two LIGO observatories in Hanford, WA and Livingston, LA. These observatories successfully detected gravitational waves from the colliding of two *black holes* 1.3 billion light years away, that reached the Earth last September and another in December.

This proved Einstein's Theory of Relativity in 1915, and made headlines all over the World. The three project scientists are likely candidates for the Nobel Prize in Physics. Jasnow will detail the difficulty in building such sensitive observatories.

Invite your friends and acquaintances who are potential Rotarians, even college students and young adults who are potential Rotaractors. ○



*Quietly
 Quick*
 by Steve Cunningham, *President*

Consciousness of Power

from
Lessons 19 & 20, The Master Key
 by **Charles Haanel**

The way to overcome fear is to become conscious of power, truth, prosperity, abundance and peace. What is this mysterious vital force which we call power? We do not know, but then, neither do we know what electricity is. But we do know that by conforming to the requirements of the law by which electricity is governed, it will be our obedient servant; that it will light our homes, our cities, run our machinery, and serve us in many useful capacities.

And so it is with vital force. Although we do not know what it is, and possibly may never know, we do know that it is a primary force which manifests through living bodies, and that by complying with the laws and principles by which it is governed, we can open ourselves to a more abundant inflow of this vital energy, and thus express the highest possible degree of mental, moral, and spiritual efficiency.

This part tells of a very simple way of developing this vital force. If you put into practice the information outlined in this lesson, you will soon develop the sense of

power which has been the distinguishing mark of the genius.

For your exercise concentrate, and when I use the word concentrate, I mean all that the word implies; become so absorbed in the goal or object of your desires and thought that you are conscious of nothing else, and do this a few minutes every day. You take the necessary time to eat in order that the body may be nourished, why not take the time to assimilate your mental food? Take a few deep breaths. Think of optimal thoughts. Let the thought rest on the fact that appearances are deceptive. See beyond what is apparent.

Please turn to Quietly, p. 4

June Team

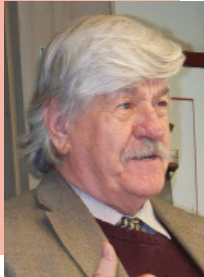
Sue Applegate • Kimmit Haggins
 David Smith • Sarah O'Brien
 Craig Cox • Mike Zoeller

Meeting Responsibilities

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

Program Review

The Plan: That the Seedling of Entrepreneurship We are planting in Nigeria will crowd out the Thriving Plant of Corruption?



Last Thursday we had another opportunity to hear about the wonderful work John Frykenberg has been doing on

behalf of the Altadena Rotary Club on the other side of the world.

Each year for some time now John and his team — at some personal risk — have

been traveling to Nigeria to teach entrepreneurship to college students in Nigeria. This is carried out with financial assistance from our Club's International program as well as from the District.

Thursday's program started with an introduction from our amazingly energized senior member, Ray Carlson. Carlson is an inspiration to all of us. Age does not seem to have slowed him down at all. He gave the audience an historical back-



ground to his involvement with this cause, starting shortly after he joined our Club in 1989. His first project was to bring entrepreneurship training to students at colleges in Poland, shortly after the fall of the USSR. Since then Carlson has initiated similar programs internationally in such places as Armenia, Bethlehem, Tijuana and Nigeria, and locally in Muir High

School and Eliot Middle School.

Frykenberg, an ardent disciple of Carlson's, has selflessly spearheaded trips to Nigeria to carry on this effort to educate



students in the struggling economy of Nigeria of the benefits of **Starting your own Business**, and how to go about developing a successful business. Frykenberg has become so familiar to the locals in Nigeria — due to his many trips to help the population, and is so appreciated for his efforts — that he has been named honorary chief of the Ibo tribe, given a name that translates to **Friend from Far Away**. With a slide show of beautiful photos of his Nigerian experiences running as a backdrop behind him, Frykenberg told us that Nigeria has 37 states, is twice the size of California and has 1.7 billion

Please turn to Program, p.3

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Rotary Club of Altadena - #7183

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Meets: Thursday, 12:10p

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Mike Zoeller Youth Projects
Ray Carlson Vocational
Tom McCurry Asst. Vocational

Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

June

Rotary Fellowship

Program Chair, Ray Carlson

June 30 - Theo Clarke, Juno

July

Plan for a New Rotary Year

Program Chair, Kimmit Haggins

July 07 - Club Assembly

July 14 - To be Announced

July 21 - To be Announced

July 28 - To be Announced

Congratulations

Birthdays

6/03 - Kathleen Ann Fennell
6/08 - Theo Clarke
6/12 - Tom McCurry
6/17 - Gary Clark
6/20 - Dotty Clark
6/21 - John David Duncan
6/23 - Margarita Figuerora
6/28 - Phyllis Soza

Anniversaries

6/05 - Mike & Wendy Davis Noll

Chairmen's Corner

by Jacque Foreman, Public Awareness Chair



Since we are Public Awareness, you may be interested in knowing that *Sparks* goes out to about 60

people each week who are not members of Altadena Rotary.

Now to the plans for our new year. The most important plan is to completely rework our website so that it is what is called a *Responsive Site*. This means that it will work both on desk and laptop computers

and mobile devices, like smart phones and tablets. But I will only have to work with one site. Since the only items we regularly change are the calendar and which *Sparks* is uploaded, I've been told that a responsive site should work quite well.

This entails acquiring an Allwebo template and then copying pages over and updating the code from html-1 to html-5. Lately I've been getting a lot of calls about my site, and I have gleaned some information in the process, such as Google no longer pays attention to *Key*

Words, but does pay attention to *Meta Tags*. This means there are only 60 to 70 characters with which to attract people looking for our site, so abbreviations such as **CA** for **California** and **&** instead of **and** will have to be used. I have been told to plan on 1.5 to 2 hours for changing the coding on each page.

I do apologize. I somehow got off track with the *Remembrance* side of things. I will be catching up during July and then hope to stay caught up. Committee thankyous are coming this week. ○

Program

Continued from p.2

people. The country is majority Muslim. The main city of Lagos has a population of 19 to 21 million. The country is struggling economically more than ever due to the fall in world oil prices — their main source of revenue. But he advises that the good news is Nigeria is the most business oriented country in Africa — *fertile soil in which to plant the entrepreneurship seed*.

Frykenberg brought a special guest to the program, a citizen of Nigeria from the city of Lagos, Chike Nweke. Nweke is the publisher of a high quality magazine called *Life*



and Times. He told us that one of Nigeria's problems is the high level of corruption: Ninety percent of the bank deposits are held by two percent of the population. He told us that the current President is a reformer and he and much of the citizenry are hopeful that his efforts to reform will be successful. He gave an expression often heard, "If Nigeria does not kill corruption, corruption is going to kill Nigeria." He told us that for years Nigeria had an over dependence on oil: *Easy Money*. Now, with the drop in oil prices, the Nigerian currency is sliding quickly in value. Residents now have to stand in long lines just to buy basic necessities. Sixty-four percent of Nigerian youth are unemployed. But on the up side he said that the movie, telecom and air line industries in Nigeria are the largest in Africa.

Throughout our meeting, a photog-

rapher from Nweke's magazine, *Life and Times*, was taking numerous pictures of all of us listening to John Frykenberg, Chike Nweke and Ray Carlson speak, and of us intently reading copies the *Life and Times* magazine that Nweke had given us to pass around. So don't be surprised if we find out that one or two of us have become celebrities in Nigeria because of our appearance in this impressive magazine.

Thank you again John Frykenberg (and Ray Carlson) for all you do for the Ro-



tary Club of Altadena and for spreading the gospel of entrepreneurship throughout the world.

Tony Hill ○

Library Project Finished

The Benches are in

After last week's meeting, Craig Cox and Charles Wilson, along with two members of the library staff, moved the benches into position. Before the benches were moved, Cox said that he would come back after his vacation and level the benches if necessary. But our members did such a good job of leveling the footings when they were poured, that the benches need no further adjustment. They are solid!

The gentlemen arrived a bit early, and placement of the benches went so smoothly that the benches were actually in place a few minutes before the designated assembly time for doing the job. I was taking a few last photos when Gary Clark arrived to help. But the job was done. Clark admired the solidness of the benches and left.



Quietly

Continued from p. 1

Attempt to see the good in everything. The earth is not flat, neither is it stationary; the sky is not a dome, the sun does not move, the stars are not small specks of light, and matter which was once supposed to be fixed has been found to be in a state of perpetual flux.

For many years there has been an endless discussion as to the origin of failure and negative circumstances. Theologians have told us that God is Love, and that God is Omnipresent. If this is true, there is no place where God is not. Where, then are failure and negative circumstances? Let us see:

- God is Spirit.
- Spirit is the Creative Principle of the Universe.
- Man is made in the image and likeness of God.
- Man is therefore a spiritual being.
- The only activity which spirit possesses

is the power to think.

- Thinking is therefore a creative process.
- All form is therefore the result of the thinking process.
- The destruction of form must also be a result of the thinking process.
- Invention, organization and constructive work of all kinds are the result of the creative power of thought, as in concentration.
- When the creative power of thought is manifested for the benefit of humanity, we call the result good.
- When the creative power of thought is manifested in a destructive manner, we call the result bad.
- This indicates the origin of both good and bad; they are simply words which have been coined in order to indicate the nature of the result of the thinking or creative process.
- Thought necessarily precedes and

predetermines action; action precedes and predetermines condition.

For your exercise, go into the Silence and concentrate on the fact that "In him, we live and move and have our being" is literally and scientifically exact! That you ARE because He IS, that if He is Omnipresent He must be in you. That if He is all in all, you must be in Him! That He is Spirit and you are made in "His image and likeness" and that the only difference between His spirit and your spirit is one of degree, that a part must be the same in kind and quality as the whole. When you can realize this clearly, you will have found the secret of the creative power of thought, you will have found the origin of both good and bad, you will have found the secret of the wonderful power of concentration, you will have found the key to the solution of every problem whether physical, financial, or environmental.



All concerts are FREE and start at 7:00 PM in the Amphitheater at Farnsworth Park.

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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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