

This Week

Steve Lubanski, Owner, Open Road Bike Shop

Program Host: David Campbell

Steve Lubanski went to Pasadena High School. He first opened his bike shop in Pasadena in 1987.

Lubanski recently decided to move the bike shop to Altadena to the corner of Altadena Dr. and Lake Ave. He's been Dr. Campbell's master bike mechanic for 20 years. He has 160 reviews on Yelp with very high ratings.

And, at the same location, he is the Curator of the Bunny Museum, which is open 365 days a year by appointment. It boasts over 32,000 bunny artifacts – Guinness World Record certified in 2011. The Bunny Museum is a museum and not a petting zoo. It has been called:

- The Best Weird Museum in Los Angeles – May 3, 2012, #1,
- The Cutest Museum Ever – Wonderly.com, April 25, 2013, #1,
- The Cutest Museum In The World – CBS.com, July 5, 2013, #1, and
- The Most Insane Museum in the World – Crave.com, June 4, 2012. ○



Scouting and the Bully

Taken from Family Talk by Donald C. Bross, JD, PhD – March-April 2002

Familiar moments have played out in middle and high schools for years. Boys and girls are shoved aside in hallways or their books are knocked from their hands as they pass from one classroom to another.

It's a typical example of bullying behavior, defined as a person being "habitually cruel to others weaker than him/herself." To the child who is a target, the experience can be a source of profound resentment, especially if the harassment is repeated in many ways and places.

Bullies perceive certain individuals as easy targets, poorly equipped to defend themselves. Often viewed as different from the majority in ways that can range from physical appearance or mannerisms to religion or national origin, they offer convenient focal points for a bully's aggressive tactics.

And the *hurt feelings* from such encounters can lead to tragic outcomes, as recent news headlines attest. Intimidation and bullying reportedly played a part in embittering many of the students who later murdered classmates or teachers, the experiences of being threatened possibly

contributing to their hatred and anger.

Without help and support from peers and from concerned and knowledgeable adults, as well as other resources, such as awareness training, a young person cannot quickly or easily develop effective responses to the constant physical and psychological intimidation of bullies. Of these sources of defense, peers who have the awareness to recognize bullying and the character and integrity to stand against it can have the most immediate impact on curtailing such behavior.

Scouting's values-based program of character development and leadership training can play an important role in preparing youth to provide this type of peer support. Young people with the moral fiber to take action that protects a victim, while others

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Greeters

September 15
John Frykenberg

September 22
Jim Gorton

September 29
Kimmit Haggins

Program Review

Elizabeth House A Safe Place to Turn Your Life Around



Pregnant, alone, abused and nowhere to go? Elizabeth House in Pasadena can provide you with a home, comfort, care and a family support network to enable you to become self-sustaining, well adjusted and a productive member of society.



Debbie Unruh, the current Executive Director of Elizabeth House spoke to rapt Altadena Rotarians explaining it was her passion and desire to work with a team of community volunteers to establish at a grass-roots level, a faith-based shelter program specifically for pregnant women and their children.

Her prior experience working in the foster care system, first in the area of program development and then in Fundraising and Development, lent itself to the strong leadership it took to get this program up and running. Upon opening its doors in 1994, Debbie stayed on with Elizabeth House till 2003 in that leadership capacity.

She returned to Elizabeth House in 2008 to lead the organization to the next level of growth. Debbie holds a Master of Divinity degree from Fuller Theological Seminary and has served in areas of church pastoral positions and also as missionary to the Philippines.

Beginning with a single house donated by Margo Goldsmith in the name of her daughter 'Elizabeth', Elizabeth house has expanded its operations to serve some 325 women and 425 children since its inception. Taking as many as 50-60 calls per month from destitute, abused women,

Elizabeth House has grown from a single staff member to 10 employees and an \$800,000 a year budget providing 'wrap-around' services to client residents. Basic support services include everything from clothing to therapy, child care to job training, education to parenting skills.

70% of typical clients have been violently or sexually abused before coming to Elizabeth House. 10% suffer from mental illness. 40% are taken out of foster care. And most have suffered from 'Adverse Childhood Experiences' (ACEs) which

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Congratulations



Birthdays



09/17 - Dennis Mehninger
09/18 - Allison Casci
09/19 - Bob Collinge
09/22 - Etta McCurry



Anniversaries



09/00 - No Anniversaries

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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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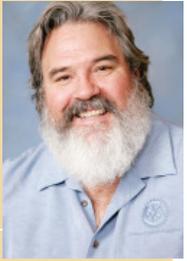
Steve KerekesAdministration
David SmithFoundation
Steve CunninghamAsst. Foundation
Craig Cox.....Membership
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Jacque Foreman.....Acting Publicity
Jacque Foreman.....Sparks/Website
Mike ZoellerClub Projects
Craig CoxCommunity
John FrykenbergInternational
Tony HillYouth Contests/Awards
Mike Zoeller.....Youth Projects
Ray CarlsonVocational
Tom McCurryAsst. Vocational

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

**September
Education & Literacy**

Program Chair, David Campbell
September 15 - Steve Lubanski, Open Road Bike Shop Owner
September 22 - Jim Belcher, President, Providence Christian College
September 29 - Lisa Abdishoo Levson, MD, CEO of the Los Angeles Christian

What is the Foundation?



The Rotary Foundation is the economic engine for Rotary International (RI). It is a non-profit corporation that is supported solely by voluntary contributions from Rotarians and friends of Rotary who share its vision of a better world.

Its sole mission is to enable Rotarians to advance world understanding, good will and peace through the improvement of health, the support of education and the alleviation of poverty. We accomplish that through our local and international humanitarian and educational programs.

The founder of the Rotary Foundation, Arch C. Klumph, a member of the Rotary Club of Cleveland, Ohio, served as the RI president in the 1913-1914 year. In 1917, Klumph declared that "we should accept endowments for the purpose of doing good in the world in charitable, educational, and other avenues of community service," and the charitable and humanitarian arm of our organization, The Rotary Foundation.

Due to the hard work and generosity of Rotarians worldwide, The Rotary Foundation has improved lives for nearly 100 years. With ongoing financial support, our Foundation will continue to carry on Klumph's dream well into our second

century of service.

When Rotary launched the *PolioPlus* program in 1985, there were more than 350,000 polio cases in over 125 countries. Since 1988, when Rotary began working with its partners in the Global Polio Eradication Initiative to immunize more than 2 billion children, the incidence of polio has decreased 99 percent. As of 2013, Rotary's contributions to the global polio eradication effort totaled \$1.2 billion. None of this would be possible if it weren't for Rotary's leadership and vision.

What a wonderful legacy we are leaving to the children of the world. Goodbye Polio.— Thank you, Rotary.

Every minute of every day someone's life is being improved by our Rotary Foundation. Wells are being dug in India, blind children are using Braille typewriters in Bra-

Program

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results in severe 'adjustment' related issues for women in the program.

The results? 43% of resident clients eventually become self-sufficient. 75% have not 'relapsed' since leaving Elizabeth House. 73% of all prior Elizabeth House family residents maintain their contacts with staff following their stays (a remarkable success statistic).

There is no similar agency providing similar comprehensive care and therapeutic services to abused, pregnant women in the San Gabriel Valley...Way to go Debbie and Elizabeth House! Our hats off to the value work you do! John Frykenberg

zil, toilets are part of improved sanitation in Sir Lanka, and dental treatment is available to the needy in Nicaragua. In a world where the divide between the haves and have-nots is growing, we as Rotarians must do our part and "do good in the world."

Contributions from every Rotarian to the Annual Fund every year are critical to making a difference in our world.

District Grants allow Rotary clubs to identify, plan, and fund worthy projects in their own communities or internationally. Grants can fund improvements such as kitchen equipment for a food pantry, assistance for after-school programs, dictionaries or encyclopedias for primary school children, or renovations to a playground. The more we contribute to our Foundation's Annual Fund, the more opportunities and funding we will have for such projects. ○

Scout's

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turn away, typically reflect the values they've experienced in their daily life. Not surprisingly, many students who have intervened in school situations to protect vulnerable classmates or younger boys and girls from bullying have also been very active in Scouting.

Scouting's dedication to these values is evident in the BSA's determination to make its programs a source of safe havens, free of hazing and other actions of intimidation. Young people are allowed to develop strength, courage, and the mental toughness that is dedicated to helping others rather than hurting them. ○

Program Review 2

The Los Angeles Christian Health Centers



Providing Hope and Healing to The Homeless and Low-Income of Los Angeles County



One of our new members, David Campbell, DDS, spoke on Thursday, September 01, about an organization with which he has been involved for a number of years. David volunteers at the Los Angeles Christian Health Centers [LACH], providing dental services to their clients and patients. Through his volunteer service at LACHC, he has become an advocate for the services it provides to the homeless and low income residents of Los Angeles County.

The roots of LACHC began with the work of the Los Angeles Mission in the early 1990s. The initial medical services included basic medical services and HIV-AIDS prevention work. In 1995, the Mission obtained a small hotel built in 1913 and converted it into a medical clinic and transitional housing facility. It was called the Joshua House Clinic. By partnering with Cedars Sinai Medical Center, the Cleveland Chiropractic College and other providers, it became licensed to offer medical, dental and chiropractic care.

In 2004, the clinic separated from the

Mission to focus solely on health care. By doing so, it earned the designation of a *Federally Qualified Health Center*, and became eligible for federal funds. In 2006, the clinic introduced behavioral health and social work services. It also added optometry services, using donations of equipment and glasses. At this time, it is offering medical outreach services to various homeless shelters in Skid Row, Boyle Heights and Watts.

In 2009, LACHC opened another clinic in Boyle Heights, providing pediatric and adult services to the Pico Gardens and Aliso Courts public housing projects as well as the surrounding communities. The behavioral health program is expanded to include training sites for graduate students in psychology from Pepperdine, Cal State Los Angeles, Fuller Seminary and others.

LACHC provides medical care for acute and chronic diseases. Such services include lab work, radiology, pharmacy, cancer screenings, and referrals to specialists. LACHC provides a full range of dental services, including cleanings, X-rays, fillings, extractions, and full and partial dentures. In addition, patients have access to a range of optometry care, including eye exams,



prescription glasses, and treatment for such conditions as glaucoma. LACHC also provides comprehensive care for children from birth to age 18, including examinations and immunizations. It also runs a fully licensed pharmacy and dispenses over 2000 prescriptions per month.

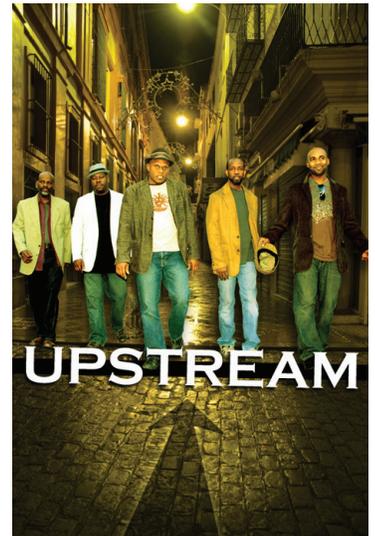
In 2015, LACHC cared for almost 10,000 patients through medical exams, dental visits and mental health sessions. It is truly a wonderful resource for less fortunate residents of Los Angeles County. Boyd Hudson ○

**Reminder . . . We are meeting upstairs
for the month of September**

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



The Rotary Club of
South Pasadena
PRESENTS



SUDS & CHILI COOK-OFF

Proceeds will build a home for a deserving family in Mexico
& benefit The South Pasadena Rotary Foundation

SATURDAY, OCTOBER 15, 2016
5:30 - 8:30 pm

WAR MEMORIAL BUILDING
435 Fair Oaks Avenue, South Pasadena 91030

TICKETS \$40

Youth Tickets \$20 (6-17 years); Children 5 and under are free

BUY YOUR TICKETS at www.southpasadenarotary.org!

Want to enter your chili?
Email our event chair at danielbwatson@aol.com