

This Week

Bill Ukropina The Three Ps to Success

Program Host:
 Tom McCurry

The Three Ps of Success in any Profession are:

- Practice,
- Patience and
- Perseverance

Bill Ukropina has been a motivational speaker for many years. During this talk: *Practice, Patience and Perseverance*, he energetically tells the story about his youngest son Conrad, who grew up his entire life in Pasadena.

While quarterbacking at Loyola High School in Los Angeles early his freshman year, Conrad badly fractured his arm in four places, and the doctor said he would be out for the season. Conrad began assisting the kickers and punters with his cast on and was given the opportunity to kick a long field goal the last game of his freshman season.

Ukropina speaks passionately about the highs and lows of the college football recruiting process, including Conrad being offered to attend Stanford as a non-scholarship walk on player. Conrad

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Dialing In

By Steve Kerekes,
 President



IMAGINING OUR FUTURE SELVES What Simple Clue are We Missing?

"Instructed by the antiquary times,
 He must, he is, he cannot but be wise."

*Shakespeare,
 Troilus and Cressida,
 Act II, Scene 3.*

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In the past several weekly columns, I have taken excerpts from psychologist Daniel Gilbert's fascinating book, Stumbling on Happiness (Knopf Doubleday Publishing Group. Kindle Edition at pps. 247-252) which discusses how the human imagination causes us to miscalculate – sometimes severely – what we need to provide for our future happiness. This week's excerpt, taken from Chapter 11, Reporting Life from Tomorrow, discusses what may better serve us to predict our future happiness, and why we instinctively reject it.

In one chapter after another, I've described the ways in which imagination fails to provide us with accurate previews of our emotional futures. I've claimed that when we imagine our futures we tend to fill in, leave out, and take little account of how differently we will think about the future

once we actually get there. I've claimed that neither personal experience nor cultural wisdom compensates for imagination's shortcomings. . . .

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Why do we rely on our imaginations in the first place? Imagination is the poor man's wormhole. We can't do what we'd really like to do – namely, travel through time, pay a visit to our future selves, and see how happy those selves are – and so we imagine the future instead of actually going there. But if we cannot travel in the dimension of time, we can travel in the dimensions of space, and the chances are pretty good that somewhere in those other three dimensions there is another human being who is actually experiencing the future event that we

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Greeter of the Week

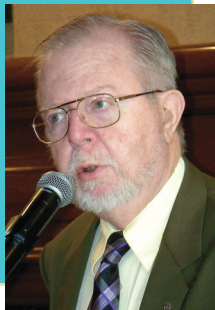
August 24
 Roger Fennell

August 31
 Freddy Figueroa

September 07
 John Frykenberg

Program Review

What's Going On with Health Care Can We Figure it Out?



Tom Curry enlightened his fellow Altadena Rotary members about the status of health care reform or repeal in the United States. This topic is of vital importance to us not only because of its impact on our physical and mental well being but also because it pertains to

17 percent of our gross domestic product. Unfortunately, because of our current turbulent political climate, there is little certainty regarding the course that Congress and the present administration will agree upon to improve the deficiencies of the *Affordable Care Act*. But some facts can be laid out for consideration as the process goes forward.

Thirty-nine states participate in the federal exchanges for the purchase of health insurance. The remaining eleven, mostly small and rural, have set up their own individual exchanges. The Achilles' heel for both is the individual mandate for people to buy insurance or pay a tax to the IRS.

When this was proposed, opponents sued, claiming that the government was obliging people to buy a product that they did not want. Chief Justice Roberts differed, asserting that this was a tax that the government was empowered to levy. It mattered little. Vast numbers of people – mostly young and healthy, believing that they did not need health insurance, declined to purchase it. As a result, insurance funding was diminished.

Citizens pay into Medicare throughout their working lives. Fifty percents of its costs are expended for only 5 percent of its patients. The government funds Medicare, and the patients sign up with individual insurers. Their commissions, once 10 percent have been cut to 4 percent by the Federal



Government, and their profits limited to no more than 15 percent. About 25 percent of Californians are on MediCal. That may be why a large insurer – Aetna – has ceased to write policies in eleven large California counties. Aetna, however, has continued to operate in some of the smaller counties only because, if Aetna were to leave, those living there would be uncovered. As it is, 8 percent of Californians remain uninsured.


Throughout the United States, 70 percent of counties have either no insurer or only one insurer. As of this writing, Iowa has

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Congratulations



Birthdays



08/08 - Joseph McMullin
08/10 - Don Applegate
08/30 - Paula Mariscal
08/31 - Bruce Conroy (Jacque Foreman)



Anniversaries



08/23 - Dotty & Gary Clark

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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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Dist 5300 Gov..... Raghada Khoury

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Mike Zoeller Youth Projects
Ray Carlson Vocational
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Photography Jacque Foreman

August
Membership - New Club Development
Program Chair, Tom McCurry
August 24 - Bill Ukropina
August 31 - To be Announced

Our 2017 Concert Series in the Park



We are seven concerts into our nine-concert series, and I thought

I would give Club members some background and an update on how we are doing.

First, you should know that this year is the 21st consecutive year that the concerts have been held in Farnsworth Park and, for the entire period, Bob Klomburg and the Sheriff's Support Group of Altadena have lead the effort to provide concerts for the Altadena community. The idea for the concerts was first raised in the mid-nineties in an attempt to *recapture* the park from some pretty rough customers who had taken over the area and caused area residents to avoid the park. The idea was to provide free entertainment and draw residents to the park for a summer-long series of free and safe concerts that would be supported by the Altadena Sheriff's Station.

The series has grown quickly and now regularly draws 600 to 1,000 attendees each Saturday night during July and August, with a final event the first September Saturday after Labor Day. Having attended most of

the events over the last seven years, I can tell you that the acts are great and the audience is even greater as the shows bring out a very diverse group of the Altadena community who are dedicated to the series. The audience always includes a large number of families with children who come to dance on the apron area in front of the bandstand, and the entire atmosphere is one of a community having a wonderful time in a safe environment throughout the summer.

Our Rotary Club has been a financial supporter of the concerts for years, and, beginning in 2011, the Club began selling beer, wine and snacks at the concerts as a fund-and friend-raiser for the Club. The project is now one of the four "seasonal projects" that Craig Cox puts together during the Rotary year. For each of the nine concert events, the Club turns out eight to ten members to set up, sell to the crowd, provide security and pack up the material to get ready for the next week. At each of the concerts, the Club also sets up a Rotary Information table to provide information and answer questions about Rotary. The Rotary concert crew is a well-oiled machine that is experienced and efficient – and we have a lot of fun in the

process. Throughout the season, about half of the club members are present at least once to lend a hand in the process. Our logistics leader and hardest worker for the entire period we have been the beverage vendor at the concerts is Dave Smith, who has procured the equipment, stored all the supplies at his Altadena business and transported all the stuff to and back from the concerts using his monster truck.

Our gross sales revenues are normally \$6,000 to \$8,000 per season, and the net proceeds are used to support the internal workings of the Club. We serve an excellent selection of wine and draft beers, as well as soft drinks and snacks. The bar is manned and womanned by Dave Smith, Charlie Wilson and Sue and Don Applegate plus others who are available for a particular night. Regular security guards are Tony Hill, Tom McCurry, Mike Zoeller and a number of other members who attend as they can during the summer. We have two more concerts this season, on the 27th and the final event on September 9. If you haven't been able to attend this year, make it a point to get out to at least one of these. You won't be disappointed. ○

Program

Continued from p.2

become a one-insurer state.

To this author this situation is similar to what one encounters when he is trying to glimpse the sun on a cold, cloudy, November day. Roger Fennell ○

This Week

Continued from p. 1

had to patiently wait to play for three (3) seasons behind the starting kicker.

After much Practice, Patience and Perseverance, he won the starting kicker position and broke six kicking records plus scored

9 points in the 2016 Rose Bowl Game in Pasadena.

You will learn why practice, patience and perseverance are the keys to success in any profession. ○

Dialing

Continued from p. 1

are merely thinking about. Surely we aren't the first people ever to consider a move to Cincinnati, a career in motel management, another helping of rhubarb pie, or an extramarital affair, and for the most part, those who have already tried these things are more than willing to tell us about them.

It is true that when people tell us about their past experiences ("That ice water wasn't really so cold" or "I love taking care of my daughter"), memory's peccadilloes may render their testimony unreliable. But it is also true that when people tell us about their current experiences . . . they are providing us with the kind of report about their subjective state that is considered the gold standard of happiness measures. If you believe (as I do) that people can generally say how they are feeling at the moment they are asked, then one way to make predictions about our own emotional futures is to find someone who is having the experience we are contemplating and ask them how they feel. Instead of remembering our past experience in order to simulate our future experience, perhaps we should simply ask other people to introspect on their inner states. Perhaps we should give up on remembering and imagining entirely and use other people as surrogates for our future selves.

This idea sounds all too simple, and I suspect you have an objection to it that goes something like this: Yes, other people are probably right now experiencing the very things I am merely contemplating, but I can't use other people's experiences as proxies for my own because those other people are not me. Every human being is as unique as his or her fingerprints, so it won't help me much to learn about how others feel in the situations that I'm facing. Unless these other people are my clones and have had all the same experiences I've had, their reactions and my reactions are bound to differ. I am a walking, talking idiosyncrasy, and thus I

am better off basing my predictions on my somewhat fickle imagination than on the reports of people whose preferences, tastes, and emotional proclivities are so radically different from my own. If that's your objection, then it is a good one – so good that it will take two steps to dismantle it. . .

Imagination's first shortcoming is its tendency to fill in and leave out without telling us (which we explored in the section on realism)... Imagination's second shortcoming is its tendency to project the present onto the future (which we explored in the section on presentism). When imagination paints a picture of the future, many of the details are necessarily missing, and imagination solves this problem by filling in the gaps with details that it borrows from the present. Anyone who has ever shopped on an empty stomach, vowed to quit smoking after stubbing out a cigarette, or proposed marriage while on shore leave knows that how we feel now can erroneously influence how we think we'll feel later. . . . Imagination's third shortcoming is its failure to recognize that things will look different once they happen – in particular, that bad things will look a whole lot better (which we explored in the section on rationalization). When we imagine losing a job, for instance, we imagine the painful experience ("The boss will march into my office, shut the door behind him . . .") without also imagining how our psychological immune systems will transform its meaning ("I'll come to realize that this was an opportunity to quit retail sales and follow my true calling as a sculptor"). ... [Note: these three shortcomings were discussed in excerpts from *Stumbling on Happiness* which were quoted in my past weekly columns.]

[W]hen people are deprived of the information that imagination requires and are thus forced to use others as surrogates, they make remarkably accurate predictions

about their future feelings, which suggests that the best way to predict our feelings tomorrow is to see how others are feeling today. Given the impressive power of this simple technique, we should expect people to go out of their way to use it. But they don't. ... Because if you are like most people, then like most people, you don't know you're like most people. Science has given us a lot of facts about the average person, and one of the most reliable of these facts is that the average person doesn't see herself as average. Most students see themselves as more intelligent than the average student, most business managers see themselves as more competent than the average business manager, and most football players see themselves as having better *football sense* than their teammates. Ninety percent of motorists consider themselves to be safer-than-average drivers, and 94 percent of college professors consider themselves to be better-than-average teachers. Ironically, the bias toward seeing ourselves as better than average causes us to see ourselves as less biased than average too. As one research team concluded, "Most of us appear to believe that we are more athletic, intelligent, organized, ethical, logical, interesting, fair-minded, and healthy – not to mention more attractive – than the average person." This tendency to think of ourselves as better than others is not necessarily a manifestation of our unfettered narcissism but may instead be an instance of a more general tendency to think of ourselves as different from others – often for better but sometimes for worse."



Next week's column will discuss why we think we are so darned unique and different from every other person, and how our desire to think of ourselves as unique often keeps us from more accurately predicting and planning for our future happiness. ○

Rotary Essentials

Registration: 8:30 am
Seminar: 9 am — Noon

Las Vegas:

Saturday, September 9, 2017

William S. Boyd School of Law

University of Nevada, Las Vegas
4505 South Maryland Parkway
Las Vegas, NV 59154

Los Angeles:

Saturday, September 16, 2017

Chaffey College

Health Science Room 143
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Rancho Cucamonga, CA 91737

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 568 East Mt. Curve Ave., Altadena, CA 91001 for information: 626-798-6335
 Visit: <http://www.altadenasheriffs.blogspot.com>

21st Annual Summer Concert Series Schedule - 2017

The Saline Fiddlers Philharmonic	Saturday, July 8th
The Down Beat Express	Saturday, July 15th
Bleeding Harp	Saturday, July 22nd
Whos Next	Saturday, July 29th
The Tuners	Saturday, August 5th
Upstream	Saturday, August 12th
Kings of 88	Saturday, August 19th
Nowhere Man	Saturday August 26th

And... For Our Grand Finale... Saturday, Sept. 9th
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 Don Rutherford
 SSGA's First President



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Second Saturday

2017-18 CONCERT SERIES*

October 14	<i>Upstream*</i>	March 10	<i>DeRumba</i>
November 11	<i>The Tone Brothers</i>	April 14	<i>Kenny Sara and the Sounds of New Orleans</i>
December 2	<i>TBA</i>	May 12	<i>Eli Locke Band</i>
January 13	<i>Kai Clark with special guests John York & Carla Olson</i>	June 9	<i>TBA</i>
February 10	<i>Gerry Rothschild Band</i>		

*October 14th's Second Saturday Concert featuring Upstream is sponsored by the office of Los Angeles County Supervisor Kathryn Barger.

All other Second Saturday Concerts are supported in part by funds received from the Pasadena Tournament of Roses Foundation.

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**TASTE - of -
'DENA**

An illustration featuring a dark wine bottle with a red label on the left, a bunch of purple grapes in the center, and a wedge of yellow Swiss cheese with holes on the right.

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7:00 - 9:30pm*

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600 E. Mariposa Street, Altadena*

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