

## This Week

**Gary Moody**  
**Creator of CMI**  
**Consultants and**  
**One of the Founders**  
**of the Pasadena**  
**Inception Committee**  
**Program Host:**  
**Steve Cunningham**

In 1981, Gary Moody created CMI Consultants as an adjunct to Crown Cities Martial Arts Center, Inc. (CCMAC). CMI was developed as the consultant component in direct collaboration with the administrative and Executive Board of Directors of CCMAC.

CMI consultants is celebrating 37 of consulting in California with clients from Sacramento to San Diego and has expanded its client base to Detroit, Philadelphia, Albany, Houston, New Orleans and Dallas. With the addition of the internet, CMI is enjoying a global presence through its entertainment division with clients in the United Kingdom, France, the Netherlands, Japan, and most recently, in New Zealand.

His professional affiliations include: NAACP, Pasadena Branch, Kappa Alpha Psi Fraternity, Crown Cities Community Development Corp., and Black Male Forum of Pasadena/Altadena. ○



## Cultivating Self-Worth in Kids

*Taken from Scout Family Talk by Claudia Elison*

Children love positive comments, praise, and warm reassurance. These affirm not only that they have done something good or right, but more important, that they are worthwhile and important.

Positive self-worth is one of the greatest gifts parents can give children because that feeling or attitude about self, marks children for success or failure.

My six-year-old son just caught his first fish this weekend on a family fishing trip, he was so excited and I commented "Great job, Tyler. Boy you are awesome!" It made his day and he is still talking about his first fishing experience. I hope it will be a memory he will keep forever but more important that he walked away from the lake with feelings of high self-worth and confidence.

Self-esteem is that feeling that "I'm OK. I may not be good at everything, I may have some weaknesses, but I have intrinsic or innate worth as a person." And underlying all other good parenting practices and adult leader attributes is the need to build positive self-worth and esteem in young children. How children view themselves determines how they think, feel, learn, and behave.

The more truly positive children feel, the more positive they will treat and interact

with others. Where there is a lack of self-acceptance there is also a lack of tolerance, caring, and sensitivity for others.

Positive regard for self also affects children's capabilities to learn. If they think they can, then they will learn. That quiet sense of self-assurance is an enabler – it empowers children to succeed at new skills, accomplish tasks, and master and understand competencies and ideas.

Just as positive self-worth is needed to relate effectively with others and to learn, it is needed to achieve in areas like Scouting or sports. In all areas of living and growing, it seems to be the common denominator for success.

Children tend to see themselves as they think other significant people in their environments see them. We need, therefore, to view them genuinely as important and worthwhile, capable individuals. ○

## Greeters

February 09

**Steve Cunningham**

February 16

**John David Duncan**

February 23

**Roger Fennell**

# Program Review

## Pasadena Rotarian promotes the Pasadena Media Organization



It is always great when a fellow Rotarian from another Rotary club is the program for our weekly meeting. This last week our speaker was George Falardeau, long-time member of Pasadena Rotary, and the executive director

of Pasadena Media.

In his former career, Falardeau worked at NBC Studios in Los Angeles and Burbank, serving in a multitude of capacities at the studio. While at NBC, he was friends with our own Steve Cunningham, who worked many years as a cameraman and lighting technician on the Johnny Carson Show.

Falardeau is now associated with Pasadena Media, which he described as community access television, basically television for the greater Pasadena and San Gabriel Valley community. Pasadena Media offers opportunities to produce and broadcast one's own non-commercial television on the Arroyo Channel – Pasadena's public access channel.

Pasadena Media is composed of four (4) distinct channels:

- 1) KPAS - which covers all aspects of the city government of Pasadena. It broadcasts meetings of the City Council and other city agencies;
- 2) KLRN - which focuses on the Pasadena Unified School District and the education of students from kindergarten through



- 12th grade;
- 3) PCCTV - which is all about Pasadena City College, the local community college; and
- 4) The Arroyo Channel - which focuses on the greater community.



Here is a sample of the programming

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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  
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 Tom McCurry .....Asst. Vocational

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

### February

Peace: Conflict Prevention & Reduction  
 Program Chair, Steve Cunningham

February 09 - Gary L. Moody  
 February 16 - Richard Ross  
 February 23 - To be Announced

### March

Water & Sanitation

Program Chair, Theo Clarke  
 March 02 - To be Announced  
 March 09 - 4-Way Speech Contest

## Congratulations



### Birthdays



02/02 - Julie Gustafson  
 02/07 - Freddy Fugueroa  
 02/08 - Mike Zoeller  
 02/10 - Julius Johnson  
 02/14 - Ruth Reeded  
 02/16 - Joan Frykenberg  
 02/16 - Sunny Wu Kerekes  
 02/28 - Wendy Davis Noll



### Anniversaries



Don & Sue Applegate  
 Ed & Mona Jasnow

## Bradley/Chelsea Manning Commutation



A military judge sentenced Pfc. Bradley Manning to 35 years in prison for leaking 750,000 classified documents to the anti-secrecy group *WikiLeaks* in 2010, bringing to a close the government's determined pursuit of the Army intelligence analyst who leaked the largest cache of classified documents in US history.

The long prison term was likely to hearten national security officials who have been rattled by leaks from former National Security Agency contractor Edward Snowden. Manning's conviction might also have encouraged the government to bring charges against the man who was instrumental in the publication of the documents, Julian Assange, the founder of *WikiLeaks* who is sheltered in place in the Peruvian Embassy in London.

Manning was acquitted of the most serious charge he faced – *aiding the enemy* – but was convicted of multiple other counts, including violations of the *Espionage Act*, for copying and disseminating classified military field reports, State Department cables, and assessments of detainees held at Guantanamo Bay, Cuba.

Judge Lind, an Army colonel, also said Manning would be dishonorably discharged, reduced in rank to private, and forfeit all pay. He had faced up to 90 years in prison.

As Manning was escorted out of the

packed courtroom at Fort Meade following his sentencing, more than half a dozen supporters shouted out to him: "We'll keep fighting for you, Bradley! You're our hero!"

David Coombs, Manning's attorney, said at a news conference that he would seek a presidential pardon for his client. He read a statement from Manning in which the private reiterated his reasons for leaking classified material, saying he had "started to question the morality" of US policy. Manning added that, if his request for a pardon was denied, he would serve his time "knowing sometimes you pay a heavy price to live in a free country."

"I will gladly pay that price if it means we could have a country that is truly conceived in liberty and dedicated to the proposition that all women and men are created equal," Manning said.

President Obama overruled his secretary of defense to commute the sentence of former Army soldier Chelsea Manning, who was convicted of stealing and disseminating 750,000 pages of documents and videos to *WikiLeaks*.

The decision – which a senior defense official said was made over the objections of Secretary of Defense, Ash Carter – immediately touched off a controversy in the closing days of the Obama administration.

A former intelligence official described being "shocked" to learn of the president's decision, adding that the "entire intelligence community is deflated by the inexplicable

use of executive power." The official said the move was "deeply hypocritical given Obama's denunciation of *WikiLeaks*' role in the hacking of the (Democratic National Committee)."

A presidential commutation reduces the sentence being served, but it does not change the fact of conviction, whereas a pardon forgives a certain criminal offense.

Manning, now a transgender man-woman, was serving a 35-year sentence at Fort Leavenworth, an all-male Army prison in eastern Kansas, despite his/her request to transfer to a civilian prison. A White House statement on Tuesday said her prison sentence is set to expire on May 17.

Though found guilty on 20 out of 22 possible charges (including violating the US Espionage Act), Manning was not convicted of the most serious one; aiding the enemy, which could have earned the private a life sentence. Instead, the former intelligence analyst was sentenced to prison, as well as demoted from private first class to private and dishonorably discharged.

Nancy Hollander, an attorney for Manning, told CNN the former soldier has been "nervous the last few days" as she waited for word in the closing days of the Obama administration. Hollander said she only learned of the commutation around the time Obama made the announcement.

Asked to describe the difference between the situations of Manning and former Na-

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# Chairmen

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tional Security Agency contractor Edward Snowden, who is living in exile in Russia after leaking state secrets, a source with knowledge of the White House's thinking said there was a *fundamental difference* between the two.

Snowden, the source said, "dodged blame, fled the country and is hiding from prosecution," whereas Manning admitted guilt without a deal and eventually confessed.

"She went through the process, acknowledged she had done something wrong. She was tried and sentenced," the source said.

The White House is aware that the intelligence community and the Pentagon may be dismayed by the decision, but, the source added, this "doesn't set a precedent if you consider the distinction between the two of them to be material."

President Trump did not comment on

the matter, but when asked about WikiLeaks in the wake of the releases in 2010, he told Fox News' Brian Kilmeade: "I think it's disgraceful. I think there should be like death penalty or something."

"Chelsea Manning exposed serious abuses, and, as a result, her own human rights have been violated by the US government for years," Margaret Huang, the group's executive director, said in a statement. "President Obama was right to commute her sentence, but it is long overdue. It is unconscionable that she languished in prison for years while those allegedly implicated by the information she revealed still haven't been brought to justice."

Republican members of Congress, however, expressed outrage. "This was grave harm to our national security. and Chelsea Manning is serving a sentence and should continue to serve that sentence," Sen. Tom

Cotton, R-Arkansas, told CNN's Jake Tapper on "The Lead."

House Speaker Paul Ryan, denouncing Manning's *treachery*, said that she "put American lives at risk and exposed some of our nation's most sensitive secrets."

And South Carolina Sen. Lindsey Graham told CNN that Manning "stabbed his fellow soldiers in the back" and Obama "slapped all those who serve honorably in the face."

So much for the Universal Code of Military Justice (UCMJ), fears of dereliction of duty, the *chain of command* in the military structure of United States armed forces which appears to have broken down.

*J Frykenberg (excerpted from multiple news outlets) You can see John's comments on Chelsea Manning upcoming on 'Morning Buz', Crown City News Channel in Pasadena (Check Schedule)* ○

# Program

*Continued from p.2*

that appeared on Friday February 3, 2017 on KPAS. There were broadcasts of

- a 710 Tunnel community meeting;
- the fire Station #31 open house;
- the city council meeting of Pasadena of January 30, 2017;
- the District 3 community meeting from November 16, 2016;
- the 710 freeway North study costs benefit analysis; and
- a tour of former President Obama's home in Pasadena where he resided when he attended Occidental College in the 1980s.

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On the same day on the Arroyo Channel, there were broadcasts of

- the most recent Martin Luther King parade;
- a documentary about Muslims in Amer-

ica;

- a program on wine regions of America hosted by Peter Dills;
- an instructional video on how to play the guitar;
- a meeting of the League of Women Voters discussing climate issues.

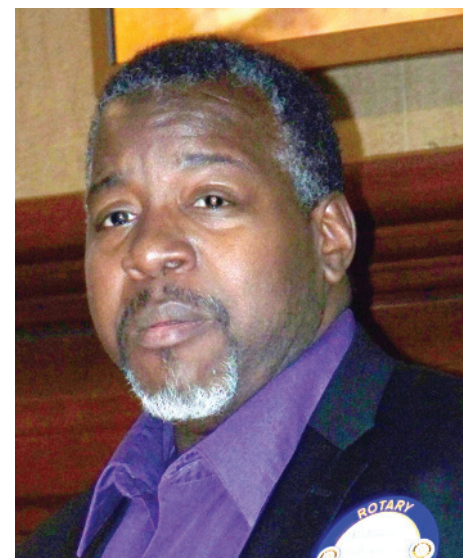
◊ ◊ ◊

On the same day on PCCTV, there were broadcasts of

- the PCC Board of Trustees meeting;
- the forum for the candidates of the PCC City Council;
- a candidate forum for candidates of the Pasadena Unified School District;
- the PCC Fall Choral Concert of November 4, 2016; and
- the PCC Orchestra concert of November 28, 2016.

Pasadena Media can be accessed on

Charter Channel 32 and AT&T U-verse channel 99. ○



**George Falardeau's assistant, Aaron Wheeler, teaches the public about the use of microphones and how to do studio lighting, and other intricacies of television studios.**

# Second Saturday CONCERTS



**SECOND SATURDAYS**  
*[mostly]*  
**FROM 6:30 TO 8:30 PM**  
**AT THE**  
**ALTADENA**  
**LIBRARY**

**Listen to great music as you sip craft beer and fine wine from The Ale House; savor wonderful dishes from El Patron and Guerrilla Chef Mateo; and sample delectable desserts from Sweeter Than Honey**



## UPCOMING EVENTS

### **Todd Washington Trio**

Blues, Folk, Rock, Soul and Gospel  
January 14, 2017

### **Splish Splash Band**

Rock, Jazz and Blues  
February 11

### **DeRumba**

Spanish Guitar to the beat  
of the Gypsy Rumba  
March 11

### **Louis Van Taylor Quintet**

Jazz  
April 8

### **Michael Haggins Band**

Funk and Smooth Jazz  
May 13

### **The Satisfaction Band**

Dance music Top 40, Latin Rock,  
R&B, Cumbias and Oldies  
June 10



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