

## This Week

### Mid-Year Club Assembly

#### A Retrospective and Plans for the next six (6) months

Guest Program Host:  
**Charlie Wilson**

This week the Altadena Rotary Club will be holding its mid-term Club Assembly. This Club Assembly is intended to take a retrospective look at club accomplishments to date and planned activities to come.

President Charlie may take the podium and let us know what events and upcoming programs he is planning. It is the understanding of the *Sparks* Editorial Staff that President Charlie on calling each Committee/Subcommittee chair to the podium to present his/her plans for the second half of the Rotary year.

If you are new to Altadena Rotary or have some time to donate to club activities, this is a great time to make plans and talk to Committee and Sub-Committee Chairpersons. Think about your interests and which committee/subcommittee is a best fit for you.

This year our mid-term Club Assembly will be held at the

*Please turn to This Week p.3*



## Try these Methods for managing Your Kid's Screen Time

*Taken from Family Talk by Mark Ray – Scouting Magazine, January-February 2014*

One to two hours a day. That's the amount of time kids should spend with TVs, computers and videogames, according to the American Academy of Pediatrics (AAP). The AAP says any more exposure can lead to "attention problems, school difficulties, sleep and eating disorders and obesity."

Seven hours a day. That's how much time AAP research and other studies show kids are actually spending on entertainment media, much of which glorifies sex, violence and alcohol. And that doesn't even address what kids are missing out on during those hours, including physical play, homework and family interaction.

But reducing kids' screen time from seven hours down to one or two is more than just an elementary math problem. It's a major challenge in an age when there might be a TV in every bedroom, a tablet computer in every backpack and a smartphone in every pocket. For some expert advice, we've turned to two experts (and sisters): Pam Withers and Cynthia Gill, authors of

*Jump-Starting Boys: Help Your Reluctant Learner Find Success in School and Life* (Viva Editions, 2013). Withers is a best-selling author of kids' adventure books; Gill is a licensed marriage and family therapist.

### **Identify the Problem**

How much media are your kids really consuming? How about you? Withers says some families start by keeping a media diary on everyone – including parents – for a week or two. After that, they work together to come up with sensible limits they can all live with. "Families that cut back together thrive together," she says.

"I think parents need to lead by example,"

*Please turn to Scout's p. 4*

## *Greeters*

January 05

**Sue Applegate**

January 12

**David Campbell**

January 19

**Ray Carlson**

# Program Review

## 1031 Exchanges and the Use of an Accommodator



**E**ven though the language of Section 1031 of the tax code

dealing with tax deferred exchanges on property can fit on two pieces of 8½ x 11-inch paper, it has been greatly complicated through litigation, regulatory changes, court

cases and revenue procedures. Because of this people like our speaker, Tony Phillips, can be instrumental in advising clients on the proper way to complete a transaction.

1031 exchanges have been around since 1922 but were rediscovered in 1986 when long-term capital gains rates moved to 28 percent from 20 percent. Their use is now ingrained even though for most people the long-term capital gains rate is 15 or 20 percent.

Phillips described various kinds of exchanges. These may include simultaneous (same day), delayed (180 days), reverse (buy new property first; sell original second), along with others. To qualify property given up and received must be held for productive use in a trade or business for investment. The property exchanged must be of *like kind*. Lastly, it must be an actual reciprocal transfer of a property for another property.

Property held for investment must be rented, or offered for rent, and is considered business property. This can include raw land or net leased property. Any combination of business or investment property will qualify.



The definition of like-kind property is typically very broad and controlled by state law.

An interesting element of the exchange process is the need to use an accommodator. This person cannot be your attorney or CPA. It must be someone with no prior financial relationship with you for at least two years. This is where Mr. Phillips specializes through his company Downstream Exchange Company.

Craig Cox ○

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### Rotary Club of Altadena - #7183

Chartered: February 14, 1949  
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Mike Zoeller ..... Youth Projects  
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Tom McCarry ..... Asst. Vocational

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

### January Vocational Service

**Program Chair, Sarah O'Brien**  
January 05 - Mid-Year Club Assembly  
January 12 - To be Announced  
January 19 - To be Announced  
January 26 - To be Announced

**February  
Peace: Conflict Prevention & Reduction**  
**Program Chair, Steve Cunningham**

### Congratulations



#### Birthdays



01/14 - Bill Reeder  
01/16 - Sarah O'Brien  
01/27 - Ann Rider-Hill



#### Anniversaries



01/03 - Jim & Karen Gorton  
01/04 - Mike & Carol Zoeller  
01/22 - John & Joan Frykenberg

## The New Member Proposal Process



People do not join a Rotary Club. They are proposed by a member using the *Rotary*

*New Member Proposal Application*. For this reason we always encourage members who have guests who are interested in membership to introduce them as *special guests of the club*, rather than someone *who is looking to join Rotary*.

When a member completes the New Member Proposal Application, the proposal goes to the Membership Committee for re-

view. We reach out to the proposed member to make sure s/he is aware of the costs of membership, the work of Rotary locally and internationally, and to answer any questions s/he may have or we may have.

Assuming the Membership Committee sees that everything is in order and the proposed member would make a good addition to the club, the proposal is forwarded to the Club Secretary for approval by the Board. If approved, the member's name is published for 10 days. In our club, John Frykenberg (Club Secretary) notifies Jacquie Foreman (Newsletter, Publicity), Craig Cox (Member-

ship Chair), and the member who made the proposal of the Board's decision so that we may take appropriate action. Assuming no objection from our members, the new member is contacted to arrange for a date when s/he will be inducted.

The obligation of the person who has proposed membership is to walk along side the new member to help him/her feel s/he is part of the club and able to have his/her service ideas acted upon.

We will be inducting a new member – Mendel Hill – (proposed by Ed Jasnow) on January 12. ○

## This Week

*Continued from p. 1*

**Smiser Scout Center  
3450 E. Sierra Madre Bl.  
Pasadena, CA 91107**

Those present will be hearing about new ideas and programs, some long-time programs that will be taking place during the second half of the Rotary Year, and some things that have been rescheduled for now. Since the club has been dark for a couple of weeks, President Charlie has asked Jacquie Foreman to email blast the membership as a reminder of the meeting and to remind Committee and Sub-Committee Chairpersons to be ready to give their plans for the next six months in the allotted one (1) to two (2) minutes.

Plan to come, ask questions and support your Altadena Rotary Club by being an active participant. ○

## by Jacquie Foreman **Playing IN THE Mud** *Share your gardening triumphs and tragedies.*

I do like the rain, and I know we need a lot more of it to begin to get even with what hasn't come in the last three or four years. And my orange tree – that appears to have much dead twiggy growth on its top – is enjoying every rain drop that hits it or is absorbed in the ground around it. But . . .

I know it is less than two weeks ago that I hoed the strip along the north side of the driveway where I have chives, scallions, thyme, tarragon and some vinca growing. However, after the rain we've been having, it sure doesn't look like I've touched it in a much longer time than that. And the boysenberries are looking overgrown with grass again, and it was just a week ago that I pulled out gobs of koo koo roo and

bermuda grass. The front yard also needs hoeing again.

Well, as I am writing this, it is Monday, January 02, and I am hoping for a dry day tomorrow so I can get out and get those areas re-hoed before I find that there are even more weeds than I hoed out to begin with.

And there's one place I haven't done even a first hoeing. It's the 9- by 9-foot strawberry patch that's been lying fallow for the last two years. It's really overgrown, and the irrigation system needs fixing where Bruce mowed over it.

The prediction is for more rain on Wednesday. It's looking like I may really be out *Playing in the mud* this year.

How are your weeds growing? ○

# Scout's

*Continued from p. 1*

Gill says. "If they're addicted to the screen, they need to quit. Talk to the kids about how hard it is."

## **Designate Spaces for Screens**

Both Withers and Gill recommend keeping electronic devices in common areas like the den or kitchen, a rule Withers says even media executives – like Nickelodeon pioneer Geraldine Laybourne – have enforced at home. This lets you better monitor both how and how long kids are using media devices. A glance is all it takes to see whether your son is doing homework or playing *Call of Duty*.

Withers recently visited a home where the kids were playing videogames. After 45 minutes or so, the mom saw the kids playing and got angry because they hadn't set a timer. "My observation was that they'd already been on there 45 minutes before she wandered in and noticed," she says. That wouldn't have happened if the game system had been in a common area.

## **Offer Alternatives**

When TV time ends, you have to do more than just push the power button. "There's a lot of good things children can do, but the parents need to help them choose," Gill says. "Find something your kid will enjoy."

Depending on age or interests, kids could read, build model airplanes, work jigsaw puzzles, play outside or even start a business. Gill knows some kids who started a leaf-raking and dog-walking business in their neighborhood. "These are the types of things that kids need some guidance to get going," she says. "Then, they feel so much better about themselves."

At least some of the alternatives should involve what Gill calls *shoulder-to-shoulder time* with a parent. For example, instead of sending your son to watch TV while you fix dinner, you could say, "Hey, why don't you help me fix dinner? You can be in charge

of making the cornbread."

*Shoulder-to-shoulder time* can also occur on the couch, Withers says. When you watch TV with your kids, you have the chance to ask questions that can make them think critically about what they're watching (for example, "Do you think he's treating that woman in a respectful manner?"). "That's possibly more important than how much they watch or don't watch in the first place," she says.

## **Reward Achievement**

Once you get your kids down to a reasonable amount of screen time, you can offer additional time as a reward. When Withers' son, Jeremy, was young, he got only half an hour of screen time a day, but he could earn an extra half-hour for each hour he spent reading. "That was our way of driving home to him that reading was twice as important as media time," she says.

A parent Gill worked with tried a similar approach. She had noticed that her son really enjoyed creating picture books in school, so she continued the activity during the summer. He created books for his four-year-old brother and earned screen time in

the bargain. "The kid loved that activity," Gill says.

## **Take a Break**

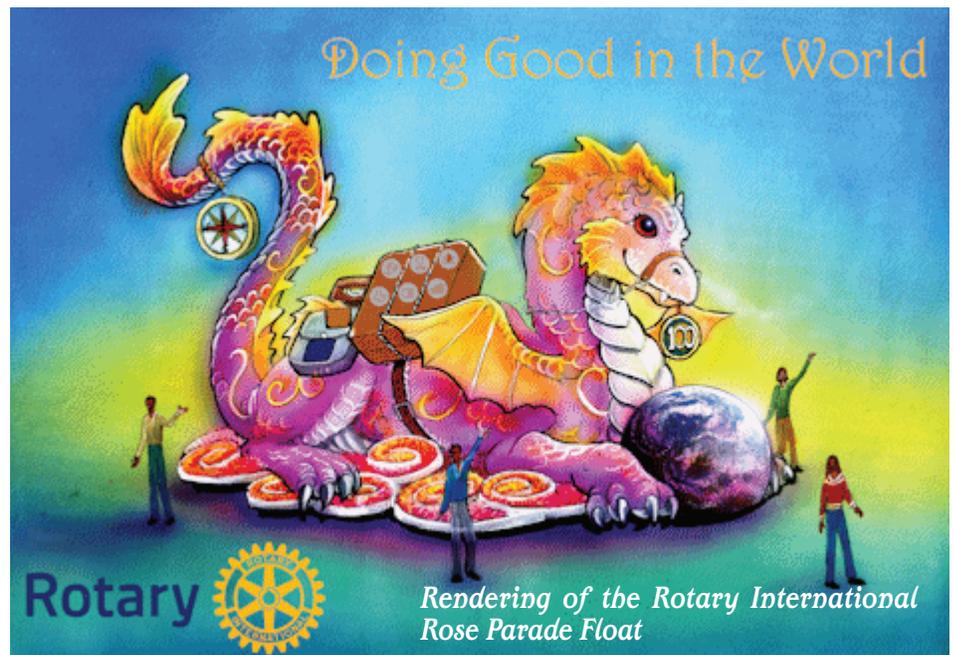
Withers recommends establishing designated blackout periods when no one in the family uses electronic devices. "That's particularly good for dinnertime because studies show that families that actually talk to each other over dinner do better in school," she says.

Once you've mastered dinnertime, consider half-day blackouts, such as Saturday mornings. And to make sure nobody cheats, set a basket on the kitchen counter to hold everybody's electronic gadgets.

## **Focus on the Future**

Establishing limits can be a challenge, especially when kids are used to an all-you-can-consume electronics buffet. "Parents these days often loath a short-term power struggle, but they have to realized that it's for long-term gain," Withers says. (Her son – the one who once got just 30 minutes of screen time a day – is now finishing a doctorate in anthropology and watches very little TV.)

Gill agrees. "It is challenging, but who said parenting wasn't challenging?" ○



**Don Applegate's**  
**WILARIOUS**  
**HISTORY**

*A Backwards  
 Glance at Laws  
 Part 2*

Since California leads the nation in so many ways, a fair assumption is that we also pass more laws annually than anybody else. In January 2010, over 600 new laws took effect. In January 2015, a reported 930 of them entered our books; and in 2017, over 1,000. Yippee! And, from that unwieldy mass of decrees, chances are that at least a handful of them will rival some past laws for sheer absurdity. Examples of the Golden State's yesteryear regulations include this handiwork, courtesy of San Francisco's solons:

- It is prohibited that car wash workers wipe off wet automobiles with used underwear. *(Try providing the mental image and rationale for that one.)*
- San Fran's legal eagles also declared that, even if it is your front yard, you are not permitted to beat a rug within it. *(Okay ... this law seems to be just a bit long in the tooth and should have gone out when Hoover and Electrolux came in.)*
- Similarly – and also involving yards – the City of Oakland won't allow you to grow a tree in front of any neighbors' windows that could obstruct their view. *(Wait a sec-why would someone let you grow a tree in front of his/her window anyway, and not expect it to block visibility?)* And how does something so glaringly obvious need a restriction against its occurrence? Well, the answer is that there'd be no harm done and no enforcement of this loopy law if Oakland's officials found the tree to be *attractive* and permitted it to be grown in front of the neighbor's window,

after all. I'm not making any of this up.

- Those Bay Area cities have no lock on silly statutes, however. Here in LA some years ago a law existed that said you could cook in a bedroom but not sleep in a kitchen. *(A vitally important piece of legislation, that.)*
- From another city by a bay: Santa Monica's Town Council offered a more sensible edict *(at least to those who'd like the co-ed use of public restrooms)* that allows a woman to enter a men's room if there are more than three ladies in line to use the women's room. Most fellas probably wouldn't mind that; and likely even fewer would object to the law's equal provision for the guys to visit the gals' restroom whenever nature's forewarnings are too short, and the men's room lines too long. *(Consider the thrills that could create during halftime at the Super Bowl.)*

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Also needing specific laws to protect and

regulate them are all of our animals.

- As much a human regulator as one for animals is a Berkeley noise ordinance that restricts a person from whistling before 7 AM to summon back home an escaped bird. *(You know ... those flighty indoor pets like parakeets, mynabs, pterodactyls, and so on.)*

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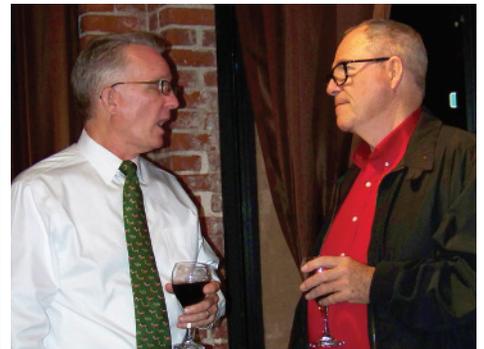
The State of California has numerous animal laws contained in its Fish & Game, Food & Agriculture and Penal Codes. Here is a mere smattering of them:

- You may not pluck feathers from a live goose. *(And you'd want to do this because ... ?)*
- You cannot possess more than one bear's gallbladder. *(Let's not be greedy, folks.)*
- As he grazes on an open range, and to prevent him from feeling the pangs of loneliness, one law stipulates that a bull must be surrounded by a minimum of 30 cows. *(And how exactly would you guarantee this?)* ○

Welcome Back Columnist  
 Don Applegate  
 We hope you stay a while.

# 2016 Christmas Party

*And a Good Time was had By All*



For more photos, please turn to p. 7  
Sparks - Altadena Rotary Club Newsletter

# More Christmas Party Photos



*It was a Great Event  
Thank you Steve Cunningham for arranging it.*

# 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](http://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/](http://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](http://www.facebook.com/Derumba) **March 11**



**Splash 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/SplashSplashBand](http://www.Facebook.com/SplashSplashBand). **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](http://www.MichaelHaggins.com) **May 13**



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