

This Week

Combined Meeting To be Held at San Marino Program Host: District 5300 Governor Raghada Khoury

This week is an *Away Meeting* for us. We will be joining the South Pasadena, Pasadena After Hours, and San Marino Rotary Clubs in San Marino, where the San Marino Club meets:

**San Marino Community Church Fellowship Hall
 1750 Virginia Rd.
 San Marino, CA 91108**

Essentially this has been billed as a Multi-Club, Clubs Assembly. The clubs are getting together so each can share the Community and National and International Projects they are doing with the idea that some of the clubs could get together and share responsibility, thereby accomplishing more.

What comes to mind is the *Bike Program* in which we participated last year with the Pasadena and San Marino Clubs. It has been suggested that we do this again this Rotary year. ○



Dialing In

By Steve Kerekes, President



Does Attitude make it Good or Bad?

This week's column deals with how our minds work to determine whether we should be happy, or not, based on our mental starting point. It is from the book *Stumbling on Happiness* by psychologist Daniel Gilbert (Knopf Doubleday Publishing Group. Kindle Edition, pps. 165-168). This is an excerpt from Chapter 8, entitled "Paradise Glossed."

"For there is nothing either good or bad, but thinking makes it so."

*Shakespeare,
 Hamlet Prince of Denmark*
 ◇ ◇ ◇

"FORGET YOGA. Forget liposuction. And forget those herbal supplements that promise to improve your memory, enhance your mood, reduce your waistline, restore your hairline, prolong your lovemaking, and improve your memory. If you want to be happy and healthy, you should try a new technique that has the power to transform the grumpy, underpaid chump you are now into the deeply fulfilled, enlightened individual you've always hoped to be. If you don't believe me, then just consider the testimony of some folks who've tried it:

- 'I am so much better off physically, financially, mentally, and in almost every other

- way.' (JW from Texas)
- 'It was a glorious experience.' (MB from Louisiana)
- 'I didn't appreciate others nearly as much as I do now.' (CR from California)

Who are these satisfied customers, and what is the miraculous technique they're all talking about? Jim Wright, former Speaker of the United States House of Representatives, made his remark after committing sixty-nine ethics violations and being forced to resign in disgrace. Moreese Bickham, a former inmate, made his remark upon being released from the Louisiana State Penitentiary where he'd served thirty-seven years for defending himself against the Ku Klux Klansmen who'd shot him. And Christopher Reeve, the dashing star of Superman, made his remark after an equestrian accident left him paralyzed from the neck down, unable to breathe without the help of a ventilator.

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Greeter of the Week

- July 27
Gary Clark
- August 03
Theo Clarke
- August 10
Craig Cox

Program Review

The Kimmit Haggins We Know and Love



Last week, we heard the craft talk of Kimmit Haggins. Kimmit has been such an important part of our club for so long that it's hard to imagine that he's just now giving his craft talk. Yet, there he was, and it was a good one.



small resorts and houses in Belize in Central America.

Currently, he is involved in helping the lives of many people in the East Africa countries of Tanzania, Kenya, Zanzibar, and Mozambique. He imports coffee products from Tanzania. He also sends cashews from

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Congratulations

Birthdays

06/03 - Kathleen Fennel
06/08 - Theo Clarke
06/12 - Tom McCurry
06/17 - Gary Clark
06/20 - Dotty Clarke
06/23 - Margarita Figueroa

Anniversaries

06/05 - Mike & Wendy Davis Noll
06/18 - Charles & Regina Wilson

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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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John Frykenberg International
Tony Hill Youth Contests/Awards
Mike Zoeller Youth Projects
Ray Carlson Vocational
Editor, Design & Typesetting Foreman Graphics
Photography Jacque Foreman

Kimmit is truly a home grown product. Born at St. Luke's Hospital and raised in the Altadena/Pasadena area, Kimmit has spent his entire life right here. His father served in the Air Force during the Korean war, and was educated at Cornell University. His mother was sent to Pasadena at a young age to care for the elders in her family.

He is the third of four children. His parents constantly emphasized the importance of good grades and required them before he could participate in athletics. He used to run through the canyons behind JPL, and developed his pitching arm throwing rocks at the JPL security cameras. He was a member of the top team in the West Altadena Little League, but learned a hard lesson when they lost in a regional championship game to a team that cheated.

Kimmit was fortunate to learn many vocational skills at Muir, which have served him well in his adult life. His background is in construction engineering and electrical engineering. He learned about hydroelectric power, as well as power generated by solar and wind technology. He helped develop the Lincoln Avenue Corridor. He also built

July

New Rotary Year

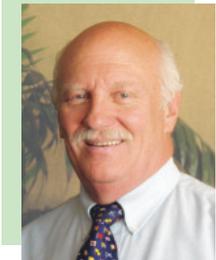
Program Chair, Kimmit Haggins
July 27 - Joint Meeting in San Marino with San Marino, South Pasadena and Pasadena After Hours Clubs

August

Membership - New Club Development

Program Chair, Tom McCurry

Rotary and the AI Revolution *Something worth Sharing*



We already rely on machines to build our cars, trade our stocks, and answer our customer-service calls. In the near future, they'll likely drive our cars for us, care for our elderly, and even, in a limited form, replace us when we die. But what about machines with brains in an age of humanity in an increasingly automated world?

Although machines are learning to do what only humans could once handle, how they learn is very different. A human artisan, trader, driver, or caregiver relies to a large degree on empathy – his/her ability as a human to infer what another human might want.

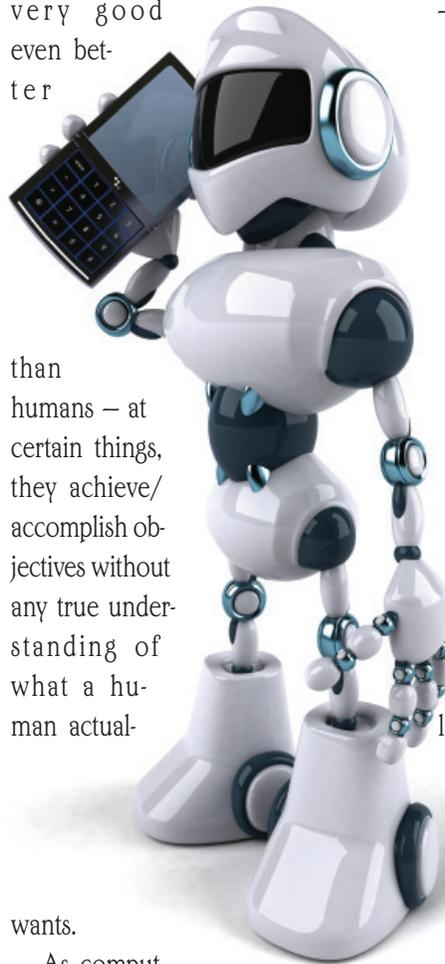
Even bored ticket sellers or call-center operators use empathic cues to figure out how to serve you, not least because they have been on the other side of that conversation. Algorithms, though, learn through pattern-matching and repetitive training against quantified goals, and while this can make them

very good even better

than humans – at certain things, they achieve/accomplish objectives without any true understanding of what a human actual-

wants.

As comput-



– ers serve more of our needs, empathy is drained out of our interactions, forcing us to adapt to the machine mind.

You query Google using weird Google-search-speak, modify your enunciation for Alexa or Siri, spend minutes trudging obediently through automated phone menus when a single sentence could easily communicate what you want. It's not only our digital servants who are being trained. So are we.

Increasingly, empathy will be treated as a luxury. We'll pay more for a real human whose job is to understand us just as we are. As with bespoke shoes, artisanal coffee, or handmade clothes, we'll shell out a premium for financial services, medical care, and even companionship that isn't machine-made.

Normally it's the rich who benefit first from new technology; the irony of the AI revolution is that the rich will be those who can afford to benefit last.

–Mike Murphy and Gideon Lichfield



Program

Continued from p. 2

Tanzania and Mozambique to India, where they are mixed with smaller Indian cashews, preserved, and shipped to the US.

He is also involved in sending books and school supplies to Tanzania and Zanzibar, as well as refurbished computers from Silicon Valley.

Never one to miss an opportunity, Kim-

mit was at a car show at the Lake Avenue Church, and met two men who restore John Deere tractors. He's working with them to see if some of those restored tractors can be sent to East Africa.

Clearly, Kimmit represents all that is the best of being a Rotarian. How lucky we are to have him in our club.

Mark Mariscal gets 2nd Paul Harris



Dialing

Continued from p. 1

The moral of the story? If you want to be happy, healthy, wealthy, and wise, then skip the vitamin pills and the plastic surgeries and try public humiliation, unjust incarceration, or quadriplegia instead.

Uh-huh. Right. Are we really supposed to believe that people who lose their jobs, their freedom, and their mobility are somehow improved by the tragedies that befall them? If that strikes you as a far-fetched possibility, then you are not alone. For at least a century, psychologists have assumed that terrible events – such as having a loved one die or becoming the victim of a violent crime – must have a powerful, devastating, and enduring impact on those who experience them. This assumption has been so deeply embedded in our conventional wisdom that people who don't have dire reactions to events such as these are sometimes diagnosed as having a pathological condition known as 'absent grief.' But recent research suggests that the conventional wisdom is wrong, that the absence of grief is quite normal, and that rather than being the fragile flowers that a century of psychologists have made us out to be, most people are surprisingly resilient in the face of trauma. The loss of a parent or spouse is usually sad and often tragic, and it would be perverse to suggest otherwise. But the fact is that while most bereaved people are quite sad for a while, very few become chronically depressed and most experience relatively low levels of relatively short-lived distress. Although more than half the people in the United States will experience a trauma such as rape, physical assault, or natural disaster in their lifetimes, only a small fraction will ever develop any post-traumatic pathology or require any professional assistance. As one group of researchers noted, 'Resilience is often the most commonly observed outcome trajectory following exposure to a

potentially traumatic event.' Indeed, studies of those who survive major traumas suggest that the vast majority do quite well, and that a significant portion claim that their lives were enhanced by the experience. I know, I know. It sounds suspiciously like the title of a country song, but the fact is that most folks do pretty darn good when things go pretty darn bad.

If resilience is all around us, then why are statistics such as these so surprising? Why do most of us find it difficult to believe that we could ever consider a lifetime behind bars to be 'a glorious experience' or come to see paralysis as 'a unique opportunity' that gave 'a new direction' to our lives? Why do most of us shake our heads in disbelief when an athlete who has been through several grueling years of chemotherapy tells us that 'I wouldn't change anything,' or when a musician who has become permanently disabled says, 'If I had it to do all over again, I would want it to happen the same way,' or when quadriplegics and paraplegics tell us that they are pretty much as happy as everyone else? The claims made by people who have experienced events such as these seem frankly outlandish to those of us who are merely imagining those events – and yet, who are we to argue with the folks who've actually been there?

The fact is that negative events do affect us, but they generally don't affect

us as much or for as long as we expect them to. When people are asked to predict how they'll feel if they lose a job or a romantic partner, if their candidate loses an important election or their team loses an important game, if they flub an interview, flunk an exam, or fail a contest, they consistently overestimate how awful they'll feel and how long they'll feel awful. Able-bodied people are willing to pay far more to avoid becoming disabled than disabled people are willing to pay to become able-bodied again because able-bodied people underestimate how happy disabled people are. As one group of researchers noted, 'Chronically ill and disabled patients generally rate the value of their lives in a given health state more highly than do hypothetical patients [who are] imagining themselves to be in such states.' Indeed, healthy people imagine that eighty-three states of illness would be 'worse than death,' and yet, people who are actually in those states rarely take their own lives. If negative events don't hit us as hard as we expect them to, then why do we expect them to? If heartbreaks and calamities can be blessings in disguise, then why are their disguises so convincing? The answer is that the human mind tends to exploit ambiguity."

If this answer sounds ambiguous, then read next week's column and let me exploit it for you. ○

>> REMEMBER <<

Joint Meeting In San Marino

This Thursday, July 27

San Marino Community Church, Fellowship Hall

1750 Virginia Road, San Marino, CA 91108



TASTE - of - DENA

Benefiting Altadena Library District

Dear Friends and Supporters of Altadena Library,

Now that Growing Up 'Dena has past (and was a great success!), the 50th Anniversary Committee and I are turning our attention to the remainder of 2017 and our upcoming efforts to continue celebrating this important milestone in the Library's history. It seems appropriate to take full advantage of this historic anniversary by garnering the support of potential donors in the community and cultivating ongoing donor relationships to help achieve the Library's ongoing goals. Thus was born the inspiration for an upcoming fundraising event -- Taste of 'Dena!

Taste of 'Dena will be held on Saturday, September 23rd at the Library, featuring tastings from local restaurants and caterers, alcohol selections from local wineries and breweries, and a diverse assortment of exciting raffle and auction items. All ticket sales and proceeds will benefit specific initiatives at the Altadena Library to be announced shortly.

"Why," you may ask, "are you telling me all this?" It's simple -- we need your help! The 50th Anniversary Committee will need the support of several more dedicated volunteers to put on this event and manage all the various pieces of the event planning including, but not limited to, sponsorship and donation solicitations, event logistics, raffle coordination, and vendor relationship management.

Will you answer our call and join our team? I would be happy to discuss with you in more detail the scope of responsibilities for these volunteer positions and an early, approximate timeline for the event planning. If you are interested in joining the planning committee for this unique event, please email me at cynthia.reed@gmail.com or contact Mindy Kittay at mkittay@altadenalibrary.org.

Thank you for your consideration!

Sincerely,

Cynthia Carmona

Cynthia Carmona
President, 50th Anniversary Committee





All concerts are FREE and start at 7:00 PM in the Amphitheater at Farnsworth Park.
 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
Hot August Night in their Tribute to :
NEIL DIAMOND

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