

This Week

Here come the Teachers!!!!!!

Program Host:
Ed Jasnow

Yes, it's that time of year again! Earlier this year, our club gave out 28 \$400 Mini-Grants to teachers in 11 schools within



the Pasadena Unified School District.

This week, they are coming to join us for lunch and tell us how they spent those Mini-Grant funds. You will be amazed at how far they can stretch \$400. You will also hear how grateful they are for those funds.



If you ever want to feel proud to be a Rotarian, come see this program. It's also a great opportunity to invite prospective

members. They will see what an influence we have in the community. ○



Teaching Children to Bounce Back: Ways to Raise Resilient Kids

From an article by Victor Parachin, May/June, 2000 issue of Scouting Magazine

Recently the Los Angeles Times featured a front-page story about high school senior Margie Peralta. Although she was afflicted by poverty, a terribly abusive mother, and forced to live in an array of foster homes, the San Fernando, California, teen-ager is the *picture of success*, according to the newspaper.

Growing up in a poor neighborhood, Margie often had to outrun tough kids who chased her. Worse was the fact that she often had to outrun her mother, who by Margie's account, would often beat her in bursts of frightening, unprovoked rage. The abuse became so severe that child welfare authorities placed Margie in a series of foster homes – places that she says exhibited their own “kind of weirdness” and that she describes as being like prisons. Yet, she displayed a remarkable ability to bounce back from each negative situation she encountered.

Thanks to her inner resilience, this high school senior seems destined for a future

of success, not of utter failure. Margie is graduating from San Fernando High School with high honors and as editor of the school newspaper. She has been admitted to the University of California, Berkeley.

A harsh reality of life is that children, like adults, will experience their own unique trials and tribulations. Some may be minor – receiving a low grade on a project – and some may be major – the death of a parent. When a crisis arrives, whether it is large or small, some children flounder while others seem to flourish.

Although resilience – the ability to bounce back from trouble – may be more

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Greeter of the Week

May 04

Mindy Kittay

May 11

Sterling Louviere

May 18

Tom McCurry

Program Review

Dewey Merrill Entrepreneurial Award Winners Shine



Many of us were not members of the Rotary Club of Altadena when Dewey Merrill was alive. Merrill, a long time member of the club, was a strong advocate of business education and the importance of entrepreneurship. He taught entrepreneurship and business skills at local schools after his career was

over. He was teaching high school students at John Muir High School on October 30, 1998, when, after concluding his class, collapsed and died in the school parking lot. In memory of Dewey Merrill, the Rotary Club of Altadena each year recognizes outstanding high school students who have taken classes in Business Principles and Entrepreneurship. These students have written business plans and taken steps to actually launch real businesses.

At the meeting last Thursday, the club recognized four students from Rose City High School in Pasadena. Rose City High School serves students in the Pasadena Unified School District who have fallen behind in attaining their credits at our schools in the district. It is a traditional continuation school, which helps students finish their course work and graduate on a more flexible basis.

Three students from Rose City were in attendance and gave presentations about their business plans. The fourth student, Briana Calderon, was unable to attend because of a family commitment.

Cody Smith has had a life-time interest and passion in fresh water fishing. He has been fishing since he was five years old. He spends his free time at the lakes and



water ways of California pursuing his love of fishing. He hopes to turn that love into a career. Cody, through his company, AC Customs, makes custom made fishing lures. These lures are all unique and sell for \$20 to \$30 each. Some are made out of scrap metal and balsa wood. He has even built custom lures that can be used for fishing at night. Cody presented his business plan to the members and shared some of his lures with us. Cody someday hopes to open his own bait and fishing shop in the California High Sierras.



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Congratulations

Birthdays

05/15 - Elsa Smith
05/18 - Craig Cox
05/30 - Susan Applegate

Anniversaries

05/18 - Tony & Ann Rider Hill
Roger & Kathleen Anne Fennell

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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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Tom McCurry.....Asst. Vocational

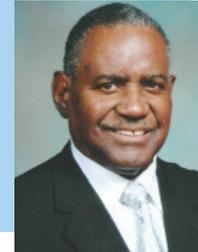
Editor, Design & Typesetting.....Foreman Graphics
Photography.....Jacque Foreman

May Water & Sanitation

Program Chair, Ed Jasnow

May 04 - Teacher Mini-Grant Reports
May 11 - Mendel Hill - Craft Talk
May 18 - JROTC Awards - Tom McCurry
Guest Program Host
May 25 - To be Announced

Rotary promoting Peace



Conflict and violence displace millions of people each year. Half of those killed in conflict are children, and 90 percent are civilians. We refuse to accept conflict as a way of life.

Rotary projects provide training that fosters understanding and provides communities with the skills to resolve conflicts.

How Rotary makes Help Happen

Through our service projects, peace fellowships, and scholarships, our members are taking action to address the underlying causes of conflict, including:

- Poverty,
- Inequality,
- Ethnic tension,
- Lack of access to education, and
- Unequal distribution of resources.

Rotary makes

Amazing Things Happen like:

- ***Improving quality of life.*** Rotary members founded the *People-for-People Foundation*, which has helped 10,000 families afford food, clothing, rent, utilities, medications, and other necessities.

Rotary is dedicated to six areas of focus to build international relationships, improve lives, and create a better world

to support our peace efforts and end polio forever.

- ***Raising awareness of bullying.*** Rotaract clubs in the Philippines conduct antibullying campaigns in schools to teach children how to handle conflict peacefully from an early age.
- ***Protecting domestic violence survivors and their families.*** The US state of Louisiana has the fourth highest incidence of death caused by domestic violence. Local Rotary members met this issue by helping a shelter provide food, clothing, legal advocacy, and counseling to over 500 women in one year.
- ***Making high-quality health care available to vulnerable mothers and children.*** Allowing mothers and children to live longer and grow stronger.
- ***Providing education, immunization, birth kits, and mobile health clinics.*** Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease.
- ***Mobile prenatal clinics.*** Haiti has the highest maternal and infant mortality rate of any country in the western hemisphere, Rotary provided a fully equipped medical jeep to volunteers and midwives to reach mothers and children in remote areas.
- ***Preventing injuries and deaths.*** Rotary members launched a \$3 million, five-year pilot program to save lives of

mothers and children during home deliveries in Nigeria. Since 2005, they've also repaired 1,500 obstetric fistulas – 500 more than their initial goal – restoring dignity and hope to vulnerable mothers.

Cancer screening. Rotarians provided a mobile cancer screening unit and awareness trainings around Chennai, India, where there is a high mortality rate of women with breast and cervical cancer due to late diagnosis.

Rotary wages Peace

- 100 peace fellowships are offered each year at Rotary Peace Centers around the world. [65 million people are currently displaced by armed conflict or persecution.]
- \$142 million has been raised by Rotary to support peace.
- 1,000 plus students have graduated from Rotary's Peace Centers program.
- The Rotarian Action Group for Peace gives Rotary members resources and support to advance world peace and turn ambitious ideas into life-changing realities.

Help Rotary wage Peace

- Spread the word about Rotary's efforts to promote peace:
 - Share on Facebook
 - Tweet on Twitter
- Support Rotary Peace Centers.
- Learn more about Peace Fellowships.

Learn More

- Go to <<https://www.rotary.org>>

Scout's

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naturally inborn in some youths than others, that bounce-back ability can be a learned skill. Here are some important steps that parents and other key adults can take to help children not only survive but even thrive:

Always show love and support.

Margie Peralta's painful history was eased because of gentle support received from an English teacher at her middle school. That teacher began to transform her life. One of the class projects was a daily journal that Margie didn't have much interest in at first. But as she began to scratch words onto paper, the young woman began to discover herself. The more she discovered, the more she felt control over a life that was unpredictable and brutal for her.

"He [the teacher] made me see my strengths instead of weaknesses," she says of her former instructor. "Before him I thought, One day I'll go to a junior college and be OK. But he said, 'No, one day you'll go to a university and be successful.' He changed my standards."

The lesson: Always extend love and support to children, especially when they are struggling with a crisis.

Encourage a child to use friends as a buffer against stress.

"Cheerful company shortens the miles," declares a German proverb. Apply the wisdom in that saying toward a child dealing with crisis and encourage your child to remain emotionally linked to a good friend or two. A true friend always helps us think our most noble thoughts, put forth our best effort, view the world optimistically, and generally be our best selves. Consider the experience of 12-year-old Cody Unser, daughter of professional race-car driver Al Unser Jr. In early 1999 she was stricken by a mysterious disease. Within a day the sixth grader went from being an active and ath-

letic child to becoming paralyzed from the chest down. Bewildered doctors struggled to make a diagnosis, finally concluding she had transverse myelitis (TM), a rare and mysterious disease that destroys the spinal-cord nerve cells.

Although there are many frustrating moments and days, Cody – who now moves about from a wheelchair – is emotionally energized and strengthened by friendship. As soon as she returned home from the hospital, "I had my friends over... because I missed them so much," she says.

Particularly important to Cody is her friend Danielle Marquez, who spends a lot of time with Cody. "I think of [Cody] as the same person," says Danielle. "She is just sitting down most of the time."

Show children how to adopt survivors' traits.

Be guided by these words from Rabindranath Tagore, the Indian author who won the Nobel Prize for literature in 1913: "Misfortune is great, but human beings are even greater than misfortune." While there is much suffering in our world, there is also the overcoming of suffering. Like adults, children can and do triumph over tragedy.

Vital to this process is the adopting of psychological survival attitudes. Clinical psychologist Ann Kaiser Stearns interviewed people whose lives were shattered by serious disease, unexpected death, chronic pain, the trauma of being prisoners of war. Based on her interviews, Dr. Kaiser Stearns identifies the following attitudes as common to survivors. Examine these and help your child adopt them:

- I will accept life's challenge.
- I will not be defeated.
- I will vividly examine the future.
- I will take advantage of available opportunities.
- I will not assume the victim posture.
- I can do it if I set my mind.

- I have to be willing to expand.
- I am consciously deciding to be in the company of good people.

In addition, Dr. Kaiser Stearns cites a positive attitude as vital for surviving: "At heart, they [survivors] are optimists who struggle to maintain a positive attitude in the aftermath of the most difficult of human circumstances. They can enjoy life at times, even while hurting. There is the ability to see humor in a situation or laugh at themselves."

Advise children to help others.

Ironically, in helping others, we help ourselves. That is especially true when children are undergoing a crisis. By helping someone else, children take the focus off their pain and regain some control over their lives. When word spread that Cody Unser was hospitalized, she was deluged with 200 stuffed animals by her father's fans. Even though she was frightened by her terrible ordeal, she had the maturity to be bothered by the fact that other children in the hospital did not have as much support. "I'd hear them crying," she recalls. "They'd be in some empty room with maybe one balloon. I started giving them my stuffed toys."

Prepare for crisis.

William B. Carey, MD, a clinical professor of pediatrics and author of *Coping With Children's Temperament: A Guide for Professionals*, offers this advice for helping children better deal with trouble: "If you are planning to move to a new community, divorce your spouse, adopt another child, enter the hospital, attend the funeral of a loved one, or bring any significant change into your family life, talk with your children about it in advance. Do not pull any surprises."

Dr. Carey also advises that a parent listen carefully to his or her children's concerns, acknowledge any fears and apprehensions, and answer questions honestly and directly.

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Scout's

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"Reassure them and give them the facts about the situation in a clear and age-appropriate way," he says.

Get children into the outdoors.

"Nature is a great reliever of anxiety for both you and your children," writes educator Dr. Wayne W. Dyer in his book, *What Do You Really Want for Your Children?* His suggestions include camping; hiking; and sitting in a boat, appreciating the beauty of a lake, pond, or river. Even a simple stroll through a park can be rejuvenating." Young children crave nature, and you can raise them to appreciate it by making every effort to instill a love, and a healthy respect, for the magnificent miracle that is in everything

natural."

Remind children that no crisis lasts forever.

Due to lack of experience, children often fail to understand that a bad day will end and a crisis will pass. They need coaching from an adult to realize that the cause of their distress is not going to be a permanent condition. Here are some simple ways to help a child see that a situation is temporary and can be reversed or corrected:

- Your team lost today, but there is another game next week.
- Your grade is low, but the teacher will let you rewrite the essay.
- If you call John and apologize, he won't

stay angry at you.

- You fell off your bike, but if you keep practicing, you will ride like a pro.

These sentences are effective in helping a child understand that his or her negative feelings won't last forever and that one failure won't ruin everything.

Finally, encourage children to seek the good that can come from the bad. The 17th-century British writer John Bunyan observed: "Afflictions make the heart more deep ... more profound, and so, more able to hold, to contain, and beat more." Like adults, children need to learn from sad experiences and discover the power of transforming adversity into advantage. ○



Grand Reopening, Summer Reading Kick-Off, & 50th Anniversary Celebration

Saturday, June 10th
10:00 AM - 9:00 PM

FEATURING:

Mad Science Program for kids

Musical performance for all ages
by CHROMA

Elected officials Anthony Portantino,
Kathryn Barger, and more

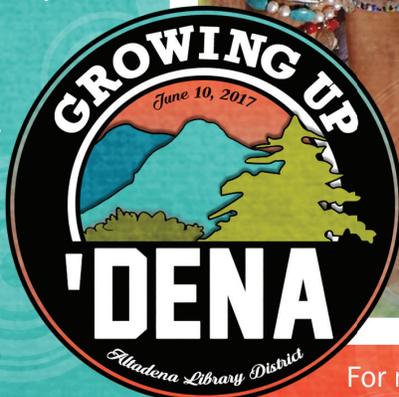
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word poetry by Antics

Special live appearance by
Andy Vargas, lead singer for
Santana with his band
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Second Saturday
Concert with The
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Program

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Iana Samuel, has been involved with tending to infants and new borns in her family. She was frustrated with the baby bottles that she was using. She developed a process which she calls *Twist and Pop*. This bottle contains the formula at the bottom in a separate section Water is added to the bottle. When one twists the bottle, the formula and water mix, and the mixture warms up as you shake the bottle. Iana

believes that her business will provide great assistance to parents who are too busy with work and caring for their young children to go through the time-consuming process of preparing bottles for their new-born infants.



Hunter Smith, Cody's brother, and his partner Nate Pinkston enjoy building and assembling custom-made personal computers. He and his partner, Nate Pinkston, love building custom computers. His pricing for

the work is comparable to Best Buy and Dell. To Hunter, building a computer is like

building an automobile. He tells his customers that he can build a computer the way they want it to look and with the unique features they want to have. With 65 million computers sold in just the United States, Hunter feels that there is a great market for his services.

It was very exciting to see these young people turn their passions into business ideas and plans. I am sure that Dewey Merrill – if he were alive today – would be very proud of these students and their accomplishments. Boyd Hudson ○



At our April 27 meeting, Virginia White of Relay-for-Life presented the club a Thank You Plaque for their participation in the 2016 event by preparing breakfast for participants.

**President Charlie's
DEMOTION
PARTY
Thursday, June 29
6 → 9pm
Pinocchio's
Restaurant
1449 N. Lake Av.
Pasadena**

Second Saturday CONCERTS



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

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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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www.AltadenaLibrary.org



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
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presented by **FRIENDS IN DEED**

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7:30-9:00am

Doors open at 6:45am
Program starts promptly at 7:30am
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Online Ticket Sales: www.friendsindeedpas.org

Individual Tickets: \$35

Friends Table of 10: \$400

Sponsorships & Table Sponsorships: \$500-\$1,500

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Keynote Speaker:
John E. Kobara
Executive Vice President and
Chief Operating Officer
California Community Foundation

