

This Week

Jr. ROTC Awards Ceremony

Guest Program Host:
Tom McCurry

It's that time of the year to honor the top cadets in the Junior ROTC programs in the Pasadena Unified School District. Due to generous grants and gifts from American Legion Post 470 in Altadena – which no longer exists – Altadena Rotary is able to provide ROTC scholarships of \$2,000 each for three Junior ROTC students at Blair High School.

You may note that we are not giving JROTC awards to students at Pasadena High School and Muir High School. Unfortunately, the JROTC programs at these schools have been discontinued. This endowment allows us to provide two scholarships of \$1,000 each to two graduating seniors at John Muir High School, and two scholarships of \$500 apiece to two graduating students at Eliot Middle School for the qualities of courage, honor and leadership.

These scholarships provide valuable support to these students and for their future academic endeavors. They bring parents and supporters with them to celebrate this event. ○



How to Help a Clumsy Child

From an article by Diana Lynn, October 1999, Scouting Magazine

“Slow down!” my friend called to her son as he ran across the park. “You put your boots on the wrong feet!”

Nathan, her six-year-old, screeched to a halt, switched boots, then ran off again alongside my son. Nathan's gait was smooth and flowing, but my son was still running puppy-style, as if he had put his shoes on the wrong feet.

My heart sank. At their age, I had read and played with dolls while my friends jumped rope, rode bikes, and skated – all activities I still can't do. In college, I spent all day playing eight holes of golf for a final exam score of 400 – no doubt a world's record. The coach offered me a passing grade if I promised never to take another class from him. He may have been joking, but it wasn't funny to me. By all accounts, clumsiness runs on one side of my family, and now I wondered if my son faced the same awkward future.

Why so Clumsy?

Experts don't agree about what causes marked clumsiness. While none considers it

genetic, it still shows up across generations in families like mine. While a few experts insist it is modeled behavior, passed down by following the cues of ungraceful parents, others point to a variety of causes and conditions, among them:

- Premature or traumatic birth.
- Visual, developmental, or medical problems, including ADD (Attention Deficit Disorder).
- Growth spurts.
- A child's overreaching on physical challenges or simply not understanding the steps needed to master the skill/task at hand.
- Playing with toys, etc., that are appropriate for older/larger children.
- Simple overweight.

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Greeter of the Week

May 18

Tom McCurry

May 25

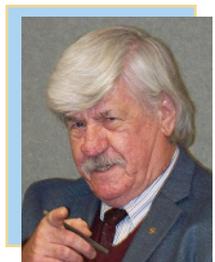
Dennis Mebringer

June 01

Sarah O'Brien

Program Review

Hill reviews Hill Craft Talk



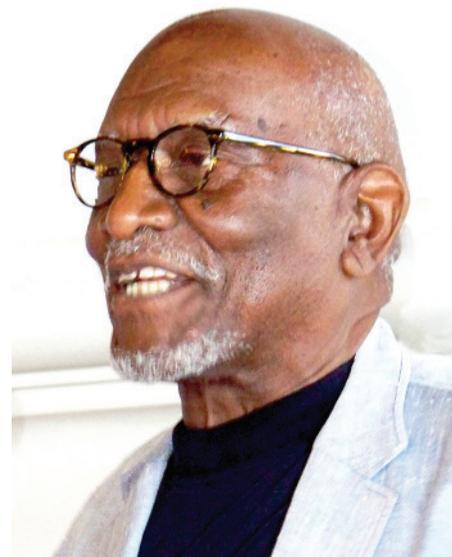
This past week our speaker was my brother from another mother, Mendel Hill, doing his craft talk as a new member.

Like many of us, Mendel has a very eclectic background, which has taken him from serving our country as a member of the US Army to working for multiple departments of the Federal government in

Washington, DC, to working with Departments of the Government of California, to working with JPL. In short, Mendel has been around. He describes his career as being a professional bureaucrat.

Mendel has been sponsored to join Altadena Rotary by Ed Jasnow. Ed and Mendel have known each other for almost 51 years. Ed described how they met 50+ years ago, when they were new employees recruited to work at the NASA-Goddard Space Flight Center in Greenbelt Maryland. They have remained friends since then. After many years they began working together again in 1995. Mendel described how he had applied for a job with Jet Propulsion Laboratory but was not being called for an interview. He contacted his old friend Ed to make sure his application had not gone astray. Then, miraculously, within a couple of days, Mendel was called in for an interview, after which he was hired. It pays to have friends, especially good friends like Ed.

Mendel has a great sense of humor, so he will clearly fit in well in our Altadena Rotary Club. He told us, when he joined the army, he was asked by a commanding officer if he had ever used a gun. When he said "no," he was immediately appointed to oversee the



shooting range. Then later he was asked by another commanding officer if he knew anything about furniture acquisition. When again he answered "no," he was selected to oversee furniture acquisition. Therefore, it seems Mendel has long experience in managing jobs he has absolutely no prior experience in, so again, he will fit in very well with our Altadena Rotary Club.

Mendel may be retired but he is not finished working by any means. He is now in the process of writing a book in which he is seeking to answer the question: "What is US culture." He gave us a handout about a

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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

Sparks is published 48 weeks a year and is the official publication of the Rotary Club of Altadena. The deadline for submission of articles is Friday at 6p to current editor email, fax, or delivery.

Rotary Club of Altadena - #7183

Chartered: February 14, 1949
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John Frykenberg.....International
Tony Hill.....Youth Contests/Awards
Mike Zoeller.....Youth Projects
Ray Carlson.....Vocational
Tom McCurry.....Asst. Vocational

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

May Water & Sanitation

Program Chair, Ed Jasnow

May 18 - JROTC Awards - Tom McCurry
Guest Program Host
May 25 - Dr. Luther Beegle, Deputy Manager, Science Division, JPL

June Rotary Fellowship

Program Chair, Dennis Mehringer



Some years ago when I noticed that our remembrance person had given up sending cards without finding a person to take his place, I made the decision that *Public Awareness* would take over this job.

Remembrance extends to our members and their spouses when our members – through infirmity or age can no longer

A Thank You for Remembering

attend our meetings. Also, if one of our members dies, and the spouse is still living, the spouse will continue to receive birthday cards.

What follows is the text of a Thank You card from Sally Peterson, the daughter of long-time member Bill Reeder and his wife Ruth.

The occasion for her Thank You is a birthday card I sent to her mother.

◊ ◊ ◊

Jacque –

Just received a card from you for my mother, Ruth Reeder. Unfortunately, both of my parents have passed away (Bill & Ruth Reeder). Tough in Later Years, my father was not active in the Altadena Rotary Club, he often enjoyed this club (So Pas was his original club). And he always commented on how nice it was for you to continue sending them cards.

Thank You, Sally Peterson

Form & Line

by Jacque Foreman

Words that Change Their Meanings The Word: Scavenger

The original meaning of *Scavenger* was a *Street Sweeper* or *Tax Collector*.

The current definition is *one who combs through refuse looking for useful items or animals that get sustenance from dead animals*. If you've ever compared the IRS to a wake of vultures (yes, a group of vultures is called a wake), then you're not far off the mark.

In its earliest incarnation, a *scavenger* was a street sweeper. His job was to remove refuse from the streets. A few of them may have pocket items they found as they pushed around their brooms, but that's not what gave rise to the modern concept.

For that, the English language has tax collectors to thank. In London, those tasked by the crown with collecting taxes from

foreign merchants were called *Scavengers*. They literally combed through someone's earnings and removed a substantial part.

By the 16th century, *scavenger* became a person sifting through trash. By the 17th century, the term was borrowed for animals such as vultures. In the 20th century, the meaning came full circle to again refer to a Tax Collector. ○

Program

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couple moving from China to the US in an effort to escape the oppression of the Mao's cultural revolution from 1966 through 1976. We think we know what US culture is, but as Mendel made clear, it is not an easy answer. What is US culture from a white person's perspective, from a black person's perspective, from a Chinese American's perspective, from a native American's perspective – the answers might be quite different from each

person's perspective, depending on his or her background. Mendel pointed out that it took the British about 10 centuries to develop their culture. Anyone who is a fan of *Game of Thrones* may appreciate how far the British population has come in such cultural development. I look forward to reading Mendel's book.

Mendel was born in Olean, New York in 1939. He earned a political science bache-

lor's degree at American University in 1966, and a Master's degree in management from Claremont Graduate University in 1993. Mendel met his wife Helen while working in Washington, and she has traveled with Mendel on his cross country employment odyssey since then. Welcome to Altadena Rotary Mendel. We look forward to getting to know you and Helen better.

Tony Hill ○

Scout's

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Many adults may think a child will outgrow this clumsy phase; a few may even send him or her to the sidelines with little sympathy.

Neither of these approaches is helpful, because, no matter what the cause, parents should have all poorly coordinated children examined by a pediatrician to rule out physical disorders, disease, or brain damage. Some clumsy children may also have

- Learning disorders,
- Behavior problems,
- Bilingual difficulties, or
- Accident-proneness.

It's crucial to get any of these problems diagnosed and addressed as soon as possible.

The O.T. Option

But what if the medical and developmental tests come back negative, and your child's clumsiness persists beyond simple growth spurts and during what appear to be easy, routine tasks?

In other words, what if your child is simply uncoordinated?

For the majority of children with marked clumsiness, working with an occupational

therapist (O.T.) is perhaps the best answer.

O.T.'s train children's motor skills, monitor each child's individual progress, and offer activities to be done at home with parents and other adults. They also help parents understand and appreciate the difficulties their children may be experiencing as well as educate them about normal and abnormal motor development.

Coordination isn't a single skill. It's made up of multiple factors, such as visual perception, hearing, spatial awareness, directionality, muscle tone, motor memory, balance, motivation, concentration, etc., all working together at the same time. O.T.'s find those particular areas that are out of tune in a child and then specifically address them.

A well-designed occupational therapy program slowly builds a child's coordination while increasing self-confidence. The idea is to gradually challenge and help a child in a way that is still fun. For example, dominoes and puzzles improve perceptual skills. Arm-wrestling and tug-of-war build muscle strength. Playing kickball and jumping rope develop hand-eye-foot coordination.

Parents' roles

Uncoordinated kids may need their self-esteem built up by their parents at home in order to survive inevitably embarrassing days at school. Awkward adults can avoid activities they can't easily perform, but clumsy children don't have that freedom. School can become a string of embarrassing events that leads to social isolation and even bad behavior, but home should be the safe place, where motor skills are slowly and patiently developed.

San Diego teacher and educational therapist Giza Braun advises parents to "Let your child know we all have strengths and weaknesses, and acknowledge your own weaknesses. At the same time, always

help your child identify with his strengths, not his weaknesses. Say something like, "Yes, soccer was really hard for you today, but not everyone can make scale models like you can."

Parents need to give a message to every child (uncoordinated or not) that he or she is good at something and has a special gift or talent.

This does not mean allowing an awkward child to burrow into these pastimes to the exclusion of all physical activity. Look for interests in physical activities that don't require a high level of motor competence, such as music, gardening, photography, sewing, cooking, collecting, caring for pets, swimming, fishing, and so on, and then support these interests.

Leisure activities by definition need to be enjoyable. Overly challenging sports should not be forced on clumsy children in the belief that it will help their poor motor development. Giza Braun suggests parents find alternative group athletic activities for these children, such as martial arts and

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Scout's

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backpacking.

Wait and see often doesn't work

When concerned parents seek advice from school staff or family doctors, they are often told to wait and see, that their child will outgrow it. Braun suggests parents should not wait. "It's always good to get an evaluation if you sense something's wrong. It may turn out to be nothing, but then you'll know."

An expert in childhood clumsiness, Dr. Kathy Ahern of Edith Cowan University in Perth, Australia, tells parents to keep looking until they find a professional who knows the signs and symptoms of clumsiness and also knows what clumsiness leads to in terms of psychosocial problems.

Children try to hide their poor motor

coordination. Some become loners. Some find excuses: "It's too hot; it's too cold; I've got a tummy ache." Others become bullies. All will try to adapt to their clumsiness, and the adults in their lives can make the difference between a negative adaptation or a positive one.

Occupational therapist Susan Smyth of Eureka, Calif., who has spent 30 years helping children with poor motor coordination, notes just how challenging life is for the clumsy child. These children, she says, feel generalized uneasiness about their bodies in space all the time. This makes them tense on the inside, even though they may appear lethargic, and it uses up extra energy. They expend even more energy thinking and planning their movements, since they often

cannot move around automatically. They need our understanding and patience.

Smyth remembers a 7-year-old boy who spent every recess walking around and around the edge of the school playground. His motor skills were those of a 2-year-old. After one year of working with Smyth, developing a foundation of basic skills, he joined his schoolmates in kickball and four square. He didn't play organized sports, she reports, but he had a great time playing ball.

Fortunately, an O.T. helped my son, too. He never became a star athlete, but neither did he spend recess on the sidelines as I had. He's a college student now who backpacks, ballroom dances, and practices the martial arts of Aikido and Wa Rang Do all with his shoes definitely on the right feet. ○

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

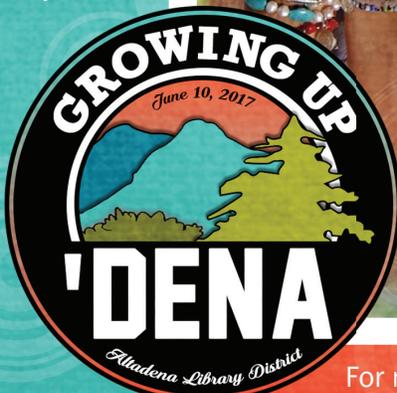
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Second Saturday
Concert with The
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SECOND SATURDAYS
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UPCOMING EVENTS

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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All concerts are FREE and start at 7:00 PM in the Amphitheater at Farnsworth Park.
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 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

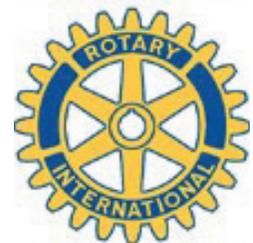
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