



BE THE INSPIRATION

August 16, 2018

This Week

Lisa Bricker Alzheimer's and Dementia Placement Specialist Program Host: Frank Cunningham

Lisa Bricker is an Alzheimer's and Dementia Placement Specialist. She has been working with professionals, executives and entrepreneurs as a coach and consultant for over 25 years. Building on her own personal experiences, she transitioned to a very special component in her life's work six years ago and has provided hundreds of families with advice, support and resources for senior living options.

Bricker is also a family caregiver and advocate. Her husband Gary (now 69) was diagnosed with Early Onset Alzheimer's in 2013 at the age of 63. Please visit www.AlzAcrossAmerica.org to learn more about their journey to make a difference to raise awareness and edu-

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If you saw a heat wave, would you wave back?

Steven Wright

Having just left Altadena for England, I was hopeful that the sweltering heat was behind me for a few days. I've never enjoyed rain during an English summer. It disrupts BBQs and outdoor events, and makes planning of any kind particularly challenging. So I was strangely relieved when the pilot announced (prior to landing at Heathrow Airport) that weather conditions were *rainy*. A wet drive home to Nottingham and thunderstorms over the past couple of days seemed very refreshing, and English weather forecasters promised an end ... finally ... to the infernal torment that the Brits (and others around the world) have had to endure over recent months.

Unlike in California, air conditioning is rarely needed in British homes or establishments so heatwaves are particularly unpleasant, sticky and potentially dangerous for people and animals alike. Similarities exist of course between countries experiencing heat-waves, but I was intrigued by some of the regional problems that were summarised in the local news headlines. I'd heard about the beer shortage during the World Cup, caused by a European CO2 outage, so I thought it might be of interest to share a few more concerns here, and to compare them with our own:

According to *SkyNews*: "Sweltering temperatures means the demand for leafy vegetables has gone up, with more people

thought to be

opting for salads during the summer heat.

But the British Leafy Salads Growers Association has said that the drier weather has created adverse conditions for growing some crops. The association added that a record of 18 million lettuces have been sold in the UK in the last seven days, but high temperatures have stopped the crop growing. UK retailers were said to be selling around 13 million heads of lettuce during its peak demand period in 2017.

Dieter Lloyd, a spokesperson for the British Leafy Salad Growers, said: "While it is great news that leafy salad sales are up around 40 percent across all retailers, that's just half the story. The record temperatures have stopped the UK lettuce crop growing. When the mercury hits 27 - 30 degrees Celsius [80.6 - 86 °F] lettuces can't grow. The pressure of increased demand and hot weather limiting supply means that growers may be turning to other sources of leafy salads to meet demand, with spinach and rocket said to be unaffected by the higher

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Greeter of the Week

August 16
 Charlie Wilson

August 23
 Mike Zoeller

August 30
 Ruben Alvarado



by Sarah O'Brien, President

Program Review

A Double Program: Participants from the Short-Term Youth Exchange & What's New at the Los Angeles Arboretum



We had a two-part program: a presentation by two participants in the

Rotary Youth Exchange, and a presentation by Sylvia Rosenberger of the Los Angeles Arboretum.

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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

Rotary Int. Pres..... Ian H.S. Riseley
Dist 5300 Gov. John Chase

Officers

Sarah O'Brien, Pres. Bus. 626-796-5000
Mark Mariscal, Pres. Elec..... Bus. 310-902-6547
Steve Kerekes, V. Pres..... Bus. 626-351-8815
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Mike Noll, Treas. Bus. 626-683-0515

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Jacque Foreman Acting Publicity
Jacque Foreman Sparks/Website
Mike Zoeller Club Projects
Doug Colliflower Community
David Smith International
To be Announced Asst. International
Tony Hill Youth Contests/Awards
Mike Zoeller Youth Projects
John Frykenberg Vocational
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Photography..... Jacque Foreman

The Rotary Youth Exchange presenters were Maggie O'Hagan (USA) and Adriana Sanchez (Spain). They gave us a slide show on their experiences and outings in their respective locations. The purpose of the program is to allow students to learn a new language, discover another culture and truly become global citizens. O'Hagan and Sanchez were participants in the Short-Term Youth Exchange Program (one month).



(l to r) Jerry Tambe, District 5300 Director, Youth Exchange Programs; Maggie O'Hagan, US Student; and Adriana Sanchez, Student from Spain



Sylvia Rosenberger, Chief Development Officer Los Angeles Arboretum Foundation, was the other speaker. Rosenberger has many years of experience in leadership in nonprofit operations, and her experience really shone through when we were unable to get her Powerpoint presentation to work and she had to wing her presentation.



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August

Membership & New Club Development
Program Chairs: Doug Colliflower & Frank Cunningham

16 - Lisa Bricker - Insights into Alzheimer's

23 - Dawn Digrius - Craft Talk

30 - To be Announced

September

Education & Literacy

Program Chair: To be Announced

Congratulations



Birthdays



02 - Phyllis Merrill

10 - Don Applegate

27 - Elaine Klock

30 - Paula Mariscal

31 Bruce Conroy (Jacque Foreman)

Finding New Club Members *Where You might Look*



Asking your fellow club members about people they know in the commu-

nity who would be an asset to our club is an important step in membership growth. Prospective members are likely to rely on the experiences and opinions of their friends, family, or colleagues when considering joining an organization like Rotary.

Encourage others to invite prospective members to club meetings, service projects and events so their invitees can see how our club helps the community and provides opportunities to form connections and friendships.

It may take a few conversations or several visits for prospective members to get the full understanding of Rotary and how they can benefit from membership. It's important to allow that time to make sure that it's a good

fit for everyone involved.

As an example of Community Contacts you might want to consider here is a partial list of folks you might consider recruiting:

- Accountants
- Civic Leaders
- Consultants
- Dentists
- Entrepreneurs
- Financial Planners
- Lawyers
- Non Profit Professionals
- Public Relations Pros
- Physicians
- Psychologists
- Real Estate Agents
- Religious Leaders
- Sales Executives
- School Administrators
- Social Workers
- University Professors
- Veterinarians

Another rich source of potential members is past members or Rotary Alumni who have experienced Rotary through various programs including:

- Interact
- Rotaract
- Rotary Youth Exchange
- RYLA
- Rotary Peace Fellows
- Rotary Scholarships
- Vocational Training Teams
- Ambassadorial Scholarships
- Grants for University Teachers
- Group Study Exchange
- Rotary Volunteers

Two out of every three prospective members who are referred by a Rotarian join Rotary, so it is well worth our while to continue to grow our club. Think membership growth, and when you do, use these suggestions when wondering whom you might ask to join our club. ○

Program

Continued from p.2

Rosenberger updated us on the many activities and programs at the Arboretum, along with the usual questions on how many peacocks are in and around the Arboretum (approximately 250). She also informed us about the rich history of the Arboretum, and the many movies and TV shows that have used the Arboretum as a filming site.

We were excited to hear about a new offering to run from October 26 - Janu-

ary 6, 2019: *The Moonlight Forest*. Each Wednesday-Sunday night during this period will feature the Magical Lantern Art Festival. This will consist of magnificent lanterns that will illuminate the garden with shimmering flowers, beautiful animals, whimsical pandas, soaring dragons, and more. There will be nightly stage shows of Chinese performing arts and delicious food and drink. Tickets are available on arboretum.org.

Tom McCurry ○

This Week

Continued from p. 1

cation about this disease.

Bricker earned her certification as a Professional Certified Coach (PCC) with the International Coach Federation and has been on the Coaching Faculty for the Executive MBA Program for Loyola Marymount University. She is actively involved here in our local community and Alzheimer's Greater Los Angeles, where she serves on the Public Policy Committee, Programs Committee and Speaker's Bureau. ○

In Tune

Continued from p. 1

temperatures. In the summer it is too hot to grow large quantities of lettuce in southern Europe, where UK salads are grown in the winter, which means shoppers may start seeing lettuces from the US on the shelves.

Broccoli also stops growing when it gets too hot, prompting fears of a shortage during the heatwave”

And in Related News

Buglife – a British charity that works to protect insects – has said freshwater invertebrates such as dragonflies could be in for a tough time as water sources dry up. Mosquitoes and midges also require water sources, so this could lead to a reduction in their numbers. A Buglife spokesman added that bees will benefit from the heatwave because, when dry conditions follow a cold snap, there is an abundance of flowers. He added that the downside is the absence of rain means bees will find it difficult to find food later in the year. Bumblebees do not like warm temperatures but have altered

their behaviour to forage in the early morning and evening. The dry conditions will have a negative effect on slugs and snails, who are said to have gone into a torpid state, meaning little physical activity. This means they will be breeding and eating less.

And last, in the British heatwave summary of the day ... “Commuters have struggled heading to work as Network Rail has warned that tracks *buckle* in high temperatures, meaning they expand and start to curve. Remote monitoring systems warn Network Rail when a section of track might be expanding too much, which prompts

them to introduce local speed restrictions. Slower trains exert lower forces on the track and reduce the chance of buckling, but could also lead to delays and long journeys for commuters.”

I am happy to report that the high temperatures in Altadena have not deterred audiences attending our summer concert series. Once again there was an impressive turnout for last Saturday’s concert by Upstream. Bravo and congratulations to our Concert Committees and let’s enjoy the remaining concerts ... and, I hope, cooler weather soon! ○



Audience at the August 11 concert (Upstream) - photo courtesy of David Smith



Last week, our Board of Directors met and passed the first of the two annual club budgets. One budget – our club’s revenue from dues, happy bucks, meals, etc. – is still being finalized. However, the Board did pass the budget that authorizes the use of the funding that comes to us from our own local foundation called Altadena Rotary Charities (ARC). This is a separate 501(c)3 organization whose Board of Directors is appointed by the Club’s Board of Directors. These Directors serve 2-year terms. Currently, the ARC Board is led by David Smith as

Board of Directors approves Charities Budget Club Budget to Come

Chairperson.

In June, the ARC board informed the Club that there will be \$49,500 available for the club to use in the four categories four which the funds are invested: Scholarships and Awards, PCC Veterans, Americanism and Unrestricted Charity. After the ARC board informs the Club, Mike Zoeller and his team get to work to put together a spending plan for the Rotary year. Zoeller presented the budget to the board last week, and it was approved. This year, our club has allocated \$16,900 for Community Service Projects,

chaired by Doug Colliflower; \$15,200 for Youth Contests, Scholarships and Awards, chaired by Mike Zoeller; \$10,000 for International Projects, chaired by David Smith; \$5,900 Vocational Service Projects, chaired by John Frykenberg, and \$1,500 for Youth Activities chaired by Tony Hill.

If you are not involved in at least one of these areas, please speak with the aforementioned *Chairpersons*, Our club provides great services to the local community, but only because of our members’ involvement. ○



Release the force of your masseters!

What are the strongest muscles in the body? Most people would assume the quadriceps or glutes would be the strongest because by weight they are the largest muscles of the body. But the strongest muscles in the body differ from the heaviest muscles in the body.

So if we look at what muscles are strongest, you might think of weight lifting records. Yet, weight lifting generally uses multiple muscle groups. The most traditional weight lifting competitions – such as the Olympics – test the clean and jerk and the snatch. These lifts use dozens of various muscle groups and lift 580 lbs and 500 lbs, respectively. The clean and jerk is a two-stage lift bringing the weights to the shoulders before extending the bar above the head as far as the arms extend. The snatch brings the weight from the floor to the top of the extended arms in one motion. There are other interesting powerlifting records. A squat record is 1000 lbs. The bench press record is 800 lbs. The deadlift is 900 lbs. Yet, all these lifts are using the full body in a coordination of hundreds of muscles.

The details on identification of lifts that are executed by a singular muscle group are voluminous. These types of measures of singular muscle strength are mostly laboratory studies done in university labs. Yet, while using only one muscle group, the largest object ever lifted is 975 Lbs. The strongest muscle in the body is the bilateral masseter muscle. Just because it is bilaterally applied does not detract from the impressive accomplishment of a hanging jaw bone lifting an object from the ground. We have

all seen the trains or semi-trucks pulled by teeth. These validate the fact that the jaw and bilateral masseter muscle is the strongest muscle of the body. Another validation is the strength of a child's bite. Everyone has seen the damage of a sibling rivalry when someone resorts to biting.

The Wikipedia Explanation

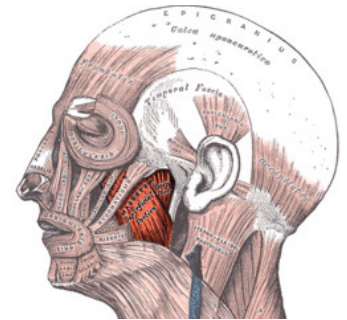
In ordinary parlance, muscular *strength* usually refers to the ability to exert a force on an external object – for example, lifting a weight. By this definition, the masseter or jaw muscle is the strongest. The 1992 Guinness Book of Records records the achievement of a bite strength of 4,337 N (975 lbf) for 2 seconds. What distinguishes the masseter is not anything special about the muscle itself, but its advantage in working against a much shorter lever arm than other muscles.

If *strength* refers to the force exerted by the muscle itself, e.g., on the place where it inserts into a bone, then the strongest muscles are those with the largest cross-sectional area. This is because the tension exerted by an individual skeletal muscle fiber does not vary much. Each fiber can exert a force on the order of 0.3 micronewton. By this definition, the strongest muscle of the body is usually said to be the quadriceps femoris or the gluteus maximus.

• • •

Yes, I am asking that we release the force of the bilateral masseter muscles. This plea is asking us not to use our dual masseters. As a dentist, I am pleading with you not to destroy your teeth with unnecessary jaw clenching. Yes, they are strong. We can all see this. But, those muscles spend too much time grinding on the enamel of the

The left masseter muscle (red highlight), shown partially covered by superficial muscles such as the platysma muscle, the zygomaticus major muscle and the zygomaticus minor muscle.



teeth. Even though enamel is the hardest material in the body, constant machinations of enamel against enamel over the years will destroy these beautiful crystalline structures ... Especially, once the first crack in the crystal of the enamel arises. The abrasive edge of the crack will accelerate the wear exponentially.

So, please release your masseters. Do not allow your teeth to rest on each other unless you are eating.

If you can learn to allow your lower jaw to hang with your lips closed, then you will be saving enormous amounts of energy and saving your beautiful dentition for the rest of your life. While the lips are closed, the suction of the dropped jaw will completely eliminate any exertion on the masseters. So, while common sense might lead you to feel that the masseters have to hold the jaw as it hangs, actually the jaw will hang without any force from the masseters because of the vacuum formed around the tongue.

Fascinating and worthy of a big smile. Don't enslave your masseters to mash the teeth all day. Let the natural forces relax your masseters for more important opportunities to masticate food.

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Please RSVP to Jim Webster at jvwebs@gmail.com

by August 13

Los Angeles County Sheriff's Department Reserve Deputy Program

Back in the 1800s, the Sheriff would look to the community to form a posse and deputize citizens to assist him in the apprehension of horse thieves, murderers, or other criminals. Thankfully, we have thousands of full-time deputies to perform those duties today, but, in 2018, just like the 1800s, the Sheriff is looking to the community to find citizens to volunteer and help by becoming reserve deputy sheriffs.

Reserve deputies undergo the same training and background checks that full-time deputies receive. It's a year-long process, but, after graduation, reserve deputies can perform a wide array of duties and service to the community.

The *Los Angeles County Sheriff's Department Reserve Program* is one of the largest in the country, with over 600 all-volunteer sworn reserve deputy sheriffs. Last year they worked 182,000 hours keeping the citizens of Los Angeles County safe. Those 182,000 hours represent millions of dollars in savings to taxpayers.

Patrolling our communities is only one of many functions performed by reserve deputies. Lifesaving search and rescue missions are performed every week by reserves as part of the Los Angeles County Sheriff's Department's Search and Rescue Program. Last year reserve deputy sheriffs performed 684 missions throughout the county, saving countless lives.

Another opportunity for reserve deputy sheriffs to serve is by becoming a member of the Sheriff's Department's Posse. Posse members work patrolling trails and various community events on horseback.

Reserve deputies also help solve crimes by working in many of the Sheriff's Department's detective units, such as Homicide Bureau, Narcotics Bureau, Fraud and Cyber Crime Bureau, and Special Victims Bureau. We also have reserves who ride street and off-road motorcycles for the Department.

Reserve deputies come from all walks of life and from a wide variety of professions. The common thread of all is a burning desire to give back to their community and assist their fellow citizens.

If you are interested in signing up – just like citizens did over a 150 years ago – there is a reserve deputy academy scheduled to start in February 2019. Please contact the Los Angeles County Sheriff's Department Reserve Forces Detail at 323-526-5100 and ask for Assistant Director Mike Leum to get started.



The annual Summer Concert Series is organized by the Rotary Club of Altadena, in association with the Sherriff's Support Group of Altadena, the LA Department of Parks and Recreation and LA County Supervisor Katheryn Barger. All Concerts are free .

Like us on Facebook at Concerts in Farnsworth Park...562 E. Mt. Curve Av.

22nd Annual Summer Concert Series Schedule - 2018

Kenny Sara & the Sounds of New Orleans	Saturday, July 7 th at 7PM
Susie Hansen Latin Band	Saturday, July 14 th at 7PM
Lisa Haley & the Zydekats (Americana/Cajun)	Saturday, July 21 st at 7PM
Mary Jane's Last Dance (Tom Petty Tribute)	Saturday, July 28 th at 7PM
déjà vu (Rock & Roll Dance)	Saturday, August 4 th at 7PM
Upstream (Steel Drum Reggae and Soca)	Saturday, August 11 th at 7Pm
Greg and the Gallows (Country/Americana)	Saturday, August 18 th at 7PM
The Blue Breeze Band (Motown, R&B, Funk)	Saturday August 25 th at 7PM

And... the Grand Finale... Saturday, September 8th

Who's Next in their Tribute to

THE WHO

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