

This Week
Mid-Year Club Assembly
A Retrospective and Plans for the next six (6) months
Guest Program Host: Steve Kerekes

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 Steve 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 Steve is planning 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

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Dialing In

By Steve Kerekes,
 President



A Few Rotary Resolutions for 2018

As the New Year approaches, we often think about New Year Resolutions. Although resolving to eat healthier, get more sleep, throw out your vuvuzela, and write a political manifesto may all be admirable goals which you make for yourself, spend a moment looking back on your past year in Rotary. What did you accomplish in Rotary this past year? What would you have liked to accomplish? What can you accomplish next year? I propose for your consideration the following short-list of Rotary New Year's resolutions in no particular order. Pick a couple, or all of them, and resolve to fulfill them during the coming year. These are easy resolutions that will help strengthen our Club and take less time and effort than you might think:

1. All new members should plan on attending District Assembly, which is April 22nd this year. This gives you the opportunity to learn about the different programs Rotary has to offer and how you can participate, as well as give you an overview on what is happening at the

district level.

2. Attend our weekly meetings – great speakers and fellowship at the weekly meetings. And a chance to share information and compare notes. If you frequently miss meetings, resolve to attend one additional meeting per month.

3. Do a make-up. If you can't attend our meeting, visit another Rotary Club in the San Gabriel Valley. Or, if you are on a trip somewhere, attend the local Rotary meeting. There are breakfast, lunch, and dinner Rotary meetings all week long in the San Gabriel Valley. Either check online or else ask our itinerant member Rotarian, David Smith.

4. Bring a guest to a Rotary luncheon meeting and let your guest see if our Club is

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Get involved in at least one of our Club Projects

Greeter of the Week

January 04
 David Smith

January 11
 Tom Surnock

January 18
 Charles Wilson

Program Review

Posing for Health



It was our last meeting in 2017—December 14, and Linda Nishio was our featured speaker. Nishio is a certified

Iyengar Yoga Instructor and certified Yoga Therapist. She has practiced Iyengar Yoga for 25 years and has been teaching that style of yoga for 15. She has traveled to Pune, India on seven occasions to study

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Rotary Club of Altadena - #7183

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with the Iyengar family and has attended numerous workshops and conventions with senior Iyengar teachers. As I understand it, there are three things that set Iyengar Yoga apart from other branches of Yoga:

- The emphasis on Precision in the poses to properly align mind, body and soul.
- The accepted



use of props such as walls and chairs, etc. to help students attain and hold the proper alignment when doing poses, allowing students of many physical capabilities to gain



the healing effects of Iyengar Yoga.

- The sequencing of poses and progressive difficultness, allowing each student to attain a level of perfection consistent with his/her physical capabilities.

Nishio showed us several poses, some demon-

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January Vocational Service

Program Chair, Sue Applegate

- Jan 04 - Mid-Year Club Assembly
- Jan 11 - Steven Nichols - Mind Reading
- Jan 18 - Ben Green - Craft Talk
- Jan 25 - To be Announced

Congratulations



Birthdays



- 01/07 - Helen Zivkovic Hill
- 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

Nigeria Now!



Met Jumper, one of the most dangerous men I have ever met. He was one of our gun-guards while in Ijebu-Ode, Ogun State. Jumper does not know how many people he has killed. He only knows that he has served his stint in the Nigerian Army in Sierra-Leon, Mali and Sudan as a member of West African Defense Forces and UN troops on the ground. He survived being shot in the stomach and now earns his living as a University Security guard. He is very familiar with M-16s, shotguns and AK-47s and a panoply of other light weapons and machine guns, which are as familiar as his tooth brush.

Jumper and his comrades made us feel quite safe even as reports of violence and shootings are a regular occurrence, particularly in the northern States of Madiguri, Borno and Yobe. You might like to see some of our correspondence regarding traveling in Nigeria from our friendly US State Department:

US Mission to Nigeria Travel Warning for Nigeria December 6, 2017

The Department of State warns US citizens of the risks of travel to Nigeria and recommends that US citizens avoid all but essential travel to Adamawa, Bauchi, Borno, Gombe, Kano, Jigawa, and Yobe

states because the security situation in northeast Nigeria remains fluid and unpredictable. Very poor transportation infrastructure also makes it difficult for the US Mission to provide consular services in these states. All US citizens should have evacuation plans that do not solely rely on US government assistance. Due to the risk of kidnappings, robberies, and other armed attacks, US citizens should also avoid all but essential travel to: Bayelsa, Delta, Kaduna, Katsina, Plateau, Rivers, Sokoto, and Zamfara states. This replaces the Travel Warning dated April 5, 2017.

Boko Haram, an extremist group based in the northeast, has targeted churches, schools, mosques, government installations, educational institutions, and entertainment venues in Adamawa, Bauchi, Borno, Gombe, Kaduna, Kano, Plateau, Taraba, the Federal Capital Territory, and Yobe states. Hundreds of thousands of Nigerians have been displaced as a result of violence in the north. Islamic State West Africa, which is now a distinct group from Boko Haram, is present in Nigeria, and may seek to attack locations frequented by westerners including major population centers.

US citizens should be vigilant at public gatherings and locations

frequented by foreigners. Markets, hotels, restaurants, bars, and places of worship may become targets for terrorist attacks. Exercise extreme caution throughout the country due to the threat of indiscriminate violence.

Travel to the Gulf of Guinea should also be avoided because of the threat of piracy.

US Mission personnel are subject to restrictions when traveling in Nigeria, with the exception of local areas of Abuja and Lagos, and may be subject to other constraints as security conditions warrant.

Interesting!

Military authorities say Nigerian soldiers have just arrested more than 400 people associated with the Boko Haram extremist group hiding on the islands of Lake Chad, including fighters, wives and children. Hurrah for the Nigerian Army!

A two-week operation netted the largest number of arrests of Boko Haram fighters in recent months in northeast Nigeria, according to Col. Onyema Nwachukwu. The operation included air and ground offensives.

The military said many Boko Haram insurgents were killed, but it did not give details.

Among those arrested were 167 Boko Haram fighters, 67 women and 173 children.

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Dialing

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a good fit.

5. Wear your Rotary pin. It is a great ice-breaker and makes Rotary more visible. I recently went to an evening seminar at my son's college and struck up a conversation with a fellow Rotarian who saw my pin. I have also discovered that several persons of long acquaintance were actually (secret) Rotarians, and only mentioned it to me when they saw my pin.
6. Get involved in at least one of our Club projects. Although in the past some of our community projects have required physical endurance and/or stamina, that has not been the case recently. For example, building bikes for Christmas and helping to organize the Summer Concert Series which

we are taking over from the Altadena Sheriff's Support Group. It could also be as simple as helping Ray Carlson teach entrepreneurship or attending the Muir High School monthly Interact meetings. There are also the various competitions our Club sponsors, and you can assist on, such as the Dan Stover competition, Four Way Speech contest, Dewey Merrill Competition for Entrepreneurial Excellence, and the various different scholarship events, including new scholarships which we are just beginning to set up now for this coming year at Muir and Marshall Fundamental 2018 is going to be an exciting year.

There are a lot of new events and challenges going on in our Club, and we need to change and adapt so that we rise to the occasion. Please look at these six possible resolutions and pick a few of them for the start of the New Year – 2018. I wish each of you and your family a Happy, Healthy and prosperous New Year!

Wishing you a very happy, healthy & prosperous New Year

Wear your Rotary pin. It's a great ice-breaker

Chairmen

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The women and children will be handed over to authorities at displacement camps after investigations.

So ... President Buhari is apparently making some progress which is encouraging for the thousands of beleaguered refugees fleeing the terrorists who are responsible for the deaths of over 20,000 people in Nigeria and environs in the past decade.

That's the story on the ground for the largest democracy in Africa. Nigeria's economy is now the largest on the continent and hope is alive and well in an atmosphere not dissimilar from the Wild, Wild West.

We were happy to be there despite the danger and the cost of the \$385 Visa to get in! The people are hungry, happy and hopeful and I think we were able to *make a difference*. Students and villagers alike were genuinely happy to see us. They listen with intent and clearly hear that they can create their own self-sustaining future beginning with the knowledge gained in *writing a business plan* and persevering ... despite the threat of Boko Haram, poverty, pollution, lawlessness and all of the other challenges of living in the third world.

And we were happy to have the protection of Jumper and his friends while in Nigeria. Nothing like having your own gun-slinger in town!

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 Steve has asked Jacque 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.

Program

Continued from p.2

strating the use of a prop.

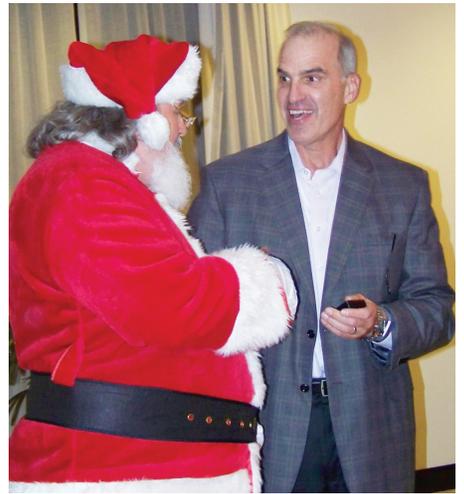
Mark Mariscal, who was practicing poses as Nishio spoke, allowed himself to be a demonstrator of how Nishio corrects the posture of her students as they take particular poses.



Jacque Foreman

Would You Believe that Santa came to our Party?

It was Almost Christmas



Thank You Ruben

Second Saturdays

January 13 | Kai Clark with special guests
John York & Carla Olson

February 10 | Gerry Rothschild Band

March 10 | DeRumba

April 14 | Kenny Sara and the
Sounds of New Orleans

May 12 | The Podunk Poets

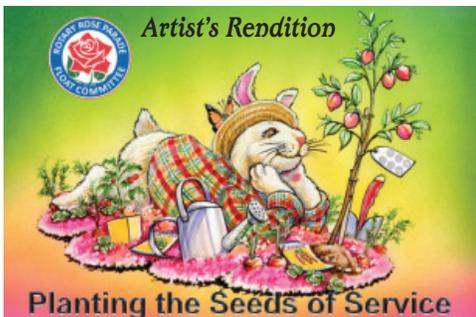
June 9 | Crown City Bombers

Ring in the New Year with
music and **community!**



EVENT DETAILS ONLINE →

ALTADENALIBRARY.ORG/PROGRAMS



Rotary's Rose Parade Float *Planting the Seeds of Service*



**Waiting to be
Dressed in Flowers**