

## This Week

**Mary J. Salcedo,  
 Founder & CEO,  
 Autumn Years  
 Services, Inc.  
 Program Host:  
 Ruben Alvarado**

Mary J Salcedo is the Founder & CEO of Autumn Years Services, Inc., a Senior Resource & Referral Service. This non-profit



organization has been serving Seniors and educating families how to care for their loved ones since September 2007.

Salcedo has been a certified RCFE Administrator (Residential Care Facility for the Elderly) since 1998 and is a Certified Teacher for RCFE and caregivers in facilities. Her background is in the medical field.

At age 16 she started as a caregiver, then worked in a hospital emergency room and then for San Marino Psychiatric, which opened the Della Martin Center for Huntington Hospital (psychiatric unit) in the early 90s. She worked as a Pharmacy Tech and Administrator for Prosthetics & Orthotics, primarily serving the City of

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## Dialing In

By Steve Kerekes,  
 President



## My [Brief] Adventures into the Spiritual World

This week I am sharing with you my recent adventures in the spiritual world. I know that in Rotary you aren't supposed to discuss religion, but that is in the sense that you can't proselytize about it. This article is more like a survey. Rotary International has issued a statement that "Rotary is a non-political, non-religious humanitarian organization ... Each Rotary club uses its own judgment in conducting its meetings in a manner that reflects Rotary's principle of tolerance and emphasizes shared Rotarian service ideals and projects." It is in such a spirit that I offer this article.

I was recently asked to officiate at the wedding of the daughter of a long-time family friend. She is getting married to her beau on the bluffs above Malibu this July. I was happy to agree. I thought to myself that, as a lawyer, I'm an officer of the court. Officers of the court should be able to marry people, just like a judge, right? Which reminds me of something Groucho Marx once said, "I was married by a judge. I should have asked for a jury."

But it turns out that lawyers – at least in California – are not authorized to marry people, which sent me scrambling to find

out how I could still honor my commitment to officiate. It turns out that there are two ways, if you are not a judge.

- One is to become appointed as a deputy marriage commissioner. To do this, you must attend a lengthy class, travel to Norwalk, where the office of the County Clerk is, to take the oath of office and pay a hefty fee, and then sign papers attesting to your moral character, oath to uphold the laws, etc. Then you are authorized to act for one day as a deputy marriage commissioner – the one day you are performing the ceremony.
- Or, you can be a minister of a religion – Any Religion – even an online religion.

As a lawyer, this whetted by legal imagination. The first exception is a very narrow grant of authority which requires a person

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## Greeter of the Week

June 14  
 Julius Johnson  
 June 21  
 Mindy Kittay  
 June 28  
 Sterling Louvier

# Program Review

## The Need for Fellowship



That's what our speaker last week, Father Brian O'Rourke, discussed as part of his position as Chaplain

at MonteCedro Retirement Community. Known affectionately as *Reverend Brewmaster*, he earned this title because he would brew beer for all the parties at the seminary.

He talked about how fellowship affects

the whole community. As chaplain, he supports residents who are confronting death and dying. He spends time with people who are in hospitals or hospice. He accompanies people through the grieving process. And, he conducts Bible study classes.

His main focus is creating fellowship. Originally, fellowship was a strong part of Christianity, with the emphasis on a religious gathering. Now, the definition of fellowship is much broader. Rotary is a great example of fellowship. and, even something like connections to sports teams can be thought of as fellowship.

Five years ago, Father O'Rourke's wife suffered a severe hemorrhagic stroke shortly after the birth of their second child. They had to perform a craniotomy to relieve pressure on the brain. He was under major stress. Here was where he was able to realize the value of fellowship. Friends and family all gathered around at this tragic time. He was able to have teams that stayed with his wife during the day, while he stayed with his newborn daughter. Then, he would come and stay with his wife during the night. All through this, the church was very supportive.

O'Rourke was very glad to accept the position at MonteCedro. Working for a church congregation was very challenging, as well as political. In his role, he learned about caregivers. His grandfather died of a heart



attack while taking care of his grandmother, who had Alzheimer's disease. Nobody knew how advanced her Alzheimer's was until after his grandfather died. Caregivers are under extreme, constant stress, and one of the things Father O'Rourke does is conduct caregiver support groups.

He also helps residents deal with grief and loss. Often, people want to be alone during these times, to bury their grief and loss. He works on providing fellowship for

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### June

#### Mom & Child Health

#### Program Chairs, Ruben Alvarado & Roger Fennell

June 14 - Mary J. Salcedo, Founder & CEO, Autumn Services, Inc.  
June 21 - Demotion Party - Evening

### Congratulations



#### Birthdays



03 - Kathleen Ann Fennell  
08 - Theo Clarke  
12 - Tom McCurry  
23 - Margarita Figueroa  
28 - Phyllis Soza



#### Anniversaries



05 - Mike & Wendy Davis Noll  
18 - Charlie & Regina Wilson

## Laura Bush to speak at Rotary Convention in Toronto, Canada this Month



**F**or decades Laura Bush has fought for key national and global issues including launching groundbreaking education and health-care programs in the US and abroad. She founded both the Texas Book Festival and

the National Book Festival in Washington DC. As chair of the Women's Initiative at the George W. Bush Institute, she continues her work on global healthcare innovations, empowering women in emerging democracies, education reform, and supporting men and



women who have served in the US military.

Women's healthcare also has been a central issue for Mrs. Bush. Because heart disease is the leading cause of death among

American women, she partnered with the National Heart, Lung, and Blood Institute to launch *The Heart Truth campaign and Red Dress project*. The Heart Truth raises awareness among women about their risk for heart disease.

Laura Bush is the author of the bestselling memoir, *Spoken From the Heart*, and bestselling children's book, *Our Great Big Backyard*. She serves on several boards, including the National Advisory Board for the Salvation Army, the Council for the Smithsonian National Museum of African American History and Culture, the Board of Trustees for the National Trust for Historic Preservation, and the Southern Methodist University Board of Trustees. ○

## Program

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these people.

One of the most important points for caregivers is to make sure they take time for themselves. They need to take care of themselves by putting themselves first in order to separate from the stress. One of the most startling statistics he revealed was that 60 percent of caregivers die before the person they are caring for. In O'Rourke's case, he is afraid of dying before his wife, because he worries about who would care for her.

This was a very enlightening talk from a man with a difficult job. He seems to perform it well because he has a caring soul.

*Ed Jasnow* ○

## This Week

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Hope. Salcedo also enjoyed being an Ambassador for 10 years for Pasadena Chamber of Commerce.

In addition, Salcedo raised two daughters and six foster children, did missionary work on her weekends for 10 years, traveling all over to help children in need of clothing and toys, visited and worked closely with Arcadia Rotary, helping at the Tijuana Orphanage.

In 1998, she started working with Seniors and found herself getting frustrated when Seniors were in need of a higher level of care or, due to their condition, were unable to be accepted to that community and were just turned down. As she learned the system,

she saw that people needed to be placed properly due to levels of care needed, and then she made sure Seniors and their families had more options to obtain the level of care needed.

Recently she was awarded a contract with Temple City to be their senior resource person, including meals for the homebound from their kitchen. For this contract, she competed with four other non-profits, each of which wanted to fill this same need. The contract is being finalized.

After a few years of struggling with health issues, she made herself a bucket list. She is here to tell us about it. ○

# Dialing

*Continued from p. 1*

to jump over numerous obstacles for little return. The other is an exception so easy to qualify for and so broad that you could drive a bus, carrying the entire wedding party, through it.



I began my online search. The first that I found was the *Church of the Flying Spaghetti Monster*. The FSM Church (also called Pastafarianism) describes itself as “a social movement that promotes a light-hearted view of religion and opposes the teaching of intelligent design and creationism in public schools.” According to adherents, Pastafarianism is a “real, legitimate religion, as much as any other.” The *Flying Spaghetti Monster* was first described in a satirical open letter written in 2005 to protest the Kansas State Board of Education’s decision to permit teaching intelligent design as an alternative to evolution in public school science classes. In the letter, a resident, Bobby Henderson, demanded equal time in science classrooms for *Flying Spaghetti Monsterism*, alongside intelligent design and evolution.

After Henderson published the letter on his website, the Flying Spaghetti Monster rapidly became an *internet phenomenon* and a symbol of opposition to the teaching of intelligent design in public schools. The central belief of Pastafarianism is that an invisible and undetectable Flying Spaghetti Monster created the universe. The FSM community congregates at Henderson’s website to share ideas about the Flying Spaghetti Monster and crafts representing images of it. There is even a book describing its beliefs, written by Henderson, *The Gospel of the Flying Spaghetti Monster*.

Because of its popularity and exposure, the Flying Spaghetti Monster is often used as a contemporary version of Russell’s teapot – an argument that the philosophic burden of proof lies upon those who make

unfalsifiable claims, not on those who reject them. Unfortunately, further online research led to my discovery that, although it has been legally recognized as a religion in the Netherlands and New Zealand – where Pastafarian representatives have been held to have the authority to officiate at weddings, a federal judge here in the United States has ruled that the Church of the Flying Spaghetti Monster is not a real religion. My search continued.

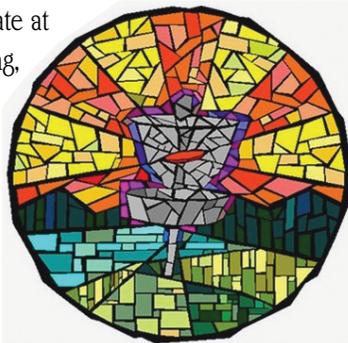


**Creation of Adam as seen by the Church of the Flying Spaghetti Monster**



The next religion I found online was *Frisbeetarianism*. The main tenet of this religion is the belief that, when you die, your soul goes up on the roof and you can’t get it down. The founder of this religion is the late comedian, George Carlin. Apparently, this Church lacks much in the way of philosophical underpinnings, unlike the FSM Church, and it does not have many adherents. I could not find any information about someone who had become a minister of the Frisbeetarian Church and had tried to officiate at a wedding,

in the US or anywhere else where I decided to take a pass.



**Symbol of the World Frisbeetarian Church**



And then I stumbled online into the website of the Universal Life Church at [www.themonastery.org](http://www.themonastery.org). Right away, I liked what I read. The first page states:

“Over 20 million ministers worldwide have become ordained with the Universal Life Church. The ULC is open to people of all faiths, offering everyone the religious freedom to become an ordained minister and practice your beliefs. Those who get ordained with the Universal Life Church are empowered to take control of their own spiritual lives and do good in their own worlds. As a minister, you have the authority to perform weddings, funerals, baptisms, or even start your own ministry. Join the active ULC community by completing your free online ordination today.”



**Monogram of the Universal Life Church**

Here was a church for which I knew the bottom line. This Church did not insult my Baptist sensibilities, and I didn’t have to worry about whether I would burn in Hell for Eternity if I were ordained. I did some further online research on Google, and it became clear to me that an ordained minister of the Universal Life Church would qualify to perform a wedding ceremony in California.



And so here I am today, the Right Reverend Stevie K., available for weddings, bar mitzvahs, funerals, and brisses. ○

## Issues to Consider When buying an Older Home

The allure of buying an older home can be very strong and the thought of living in a stylish piece of history can be very appealing. Unfortunately, it can also bring with it a lot of issues that you may not be prepared for. What seems like a great deal at first may ultimately cost way more than you bargained for.

The following points will give you an idea of what issues to watch out for when buying an older home. Avoid getting caught

up in the potential of the house before you look carefully at these likely problem areas.

While inspecting any home is important, it becomes even more paramount to check these common problems found in older homes.

### **1. Asbestos**

Asbestos makes an incredibly useful flame retardant, which is part of why it was so commonly used in older buildings. Unfortunately, when airborne, the barbed

fibers can be inhaled and lodge in the lining of the lungs, eventually leading to a deadly form of cancer. The EPA finally banned the use of asbestos in building materials, but not until 1989.

Many older homes have had the asbestos removed and replaced with something safer, but some have not. You obviously want to know if the home you are interested in still has asbestos. If it does, you will need

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# Real Estate

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to consider the costs of removal, which can be pricey.

While a good home inspector can point out what looks to be asbestos, you cannot tell for sure unless it is tested. Much of the asbestos found in homes was on wrapping found on pipes in the basement and used as insulation.

There is, however, another area where asbestos can be quite common in older homes and that is the flooring. What you may think looks like dull linoleum could, in fact, harbor asbestos. It is typically only a problem though if these tiles are cracked, flaking or otherwise damaged. If they remain intact, there shouldn't be an issue with them.

## **2. Lead paint**

While lead paint is #2 here in my list, it is the #1 problem you should be addressing when buying an older home. If you have a child under the age of six living in the home, it is mandatory that the lead is removed. In fact, it is a federal law!

When lead is consumed by people, it can cause significant health problems, particularly in growing children. Homes built before 1978 could have lead paint, which is why property owners are required to disclose the possible existence of lead paint to renters or buyers. You can paint over the old paint, but the dangerous lead paint will still be there underneath.

Lead paint is something you should take very seriously when buying an old house. Do your research and due diligence when it comes to the lead paint law.

## **3. Problems found with the foundation & sills.**

The foundation on older homes can be cracked, leaning, sunken or otherwise damaged and in need of repair. Everything else in the house sits on the foundation, which is why foundation issues must be addressed for safety and to keep the home

livable. Of course, all foundation problems are not equal. A few settlement cracks may be normal and safe, but you need an inspector to tell you one way or the other. Foundation repair can be expensive, something to keep in mind when you consider the price of the home.

One of the issues that is even more prevalent in older homes is damage to the sill plate. Over an extended period of time the sills in a home can become susceptible to water, insects and other external elements. The entire building rests on the sill plate which in turn sits on the foundation. With older homes having sill plate problems is not uncommon at all.

Checking the sills carefully is something that should be done by a qualified inspector. The sills can be fixed if they are damaged, but often it requires jacking up the home which can cause damage to walls – such as cracking – if not done very carefully.

## **4. Electrical problems**

The electrical systems in old homes were not designed to keep up with modern usage – we use a lot of electricity, far more than people did fifty or more years ago.

Look around the home at the electrical outlets. Do they have three holes, or only two? If they only have two, you are not going to be able to use any devices that require grounding in the outlet – like your computer or your nice new flat screen television. While cheap adapters exist, they are not safe for long-term use, which means you will need to have an electrician fix the problem eventually.

• • •

Another common problem to look for when it comes to an older home is knob and tube wiring. As a home buyer, what you need to understand is that knob and tube systems lack the capacity to handle the level of power usage in today's modern homes. One of the big problems with knob & tube wiring is that homeowners often abused the system by replacing blown fuses with fuses rated for higher currents. By doing so, the wiring was subject to higher levels of current that risked heat damage or fire.

The bigger problem, however, with knob and tube wiring can be the ability to get homeowners insurance and financing. Some insurance companies will not issue policies, and some lenders will not give a mortgage to a borrower purchasing a home with knob and tube wiring. If you are looking at purchasing a home where knob and tube wiring exists, speak with your lender and insurance company up front.

## **5. Roofing issues**

Like everything else on the home, the roof may have seen better days. You may look up and see missing shingles and moss, or patches of new shingles placed over the old. Or, you may see what looks like a roof in good repair, but the inspector may discover issues that are not visible to you from the ground. ○



# Steve Kerekes

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## *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

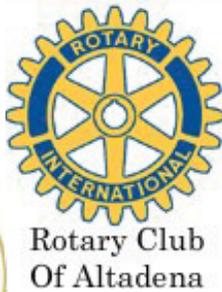
**June 9** | Crown City Bombers

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EVENT DETAILS ONLINE →

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

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

*Who's Next in their Tribute to*

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