

This Week
Thomas J. McNulty, Jr.
Program Host:
Ruben Alvarado



Tom McNulty holds his BS in Pharmacy from Philadelphia College of Pharmacy and Science and his Doctorate in Pharmaceutical Science from the University of the Pacific School of Pharmacy. He was a founding partner of Health Integration Strategies, a health data management and consulting company. He was cofounder and Chief Clinical Officer of Ancillary Care Management, Inc.

In January of 2015, McNulty stepped in as CEO of The Gooden Center, a 56-year-old rehabilitation facility in Pasadena, which provides both subacute mental illness treatment for men and women and substance abuse treatment for men. McNulty, a former TGC Board chair and a senior healthcare executive, brought with him 38 years of experience in a variety of healthcare practice settings.

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January brings Optimism

“As January sunshine ushers in longer days, the prospect of the New Year brings optimism, and more than any other thing, optimism depends on openness!”
Quincy Whitney

This week I shall be commuting back and forth to Encinitas and Laguna Beach to perform with the Hutchins Consort – the only ensemble in the world to play the *scaled violin family* of instruments created by Carleen Hutchins. Mine is the *alto violin* which resembles a *viola on a stick* and is a beast to play! Hutchins’ story of challenges and perseverance – alongside the experience of others – was featured in a recent article by Quincy Whitney in *The Telegraph*, dated Jan 10 2019. I thought it might be of interest.



“The Wright brothers flew right through the smoke screen of impossibility.” – Charles Kettering

“We need open minds. Disaster news tends to make people afraid about the future. Fear closes minds. One thing we know is that humanity is the greatest problem-solving machine that ever existed, and we have the responsibility to keep dreaming the impossible dream because the people who came before us were the ones who changed our lives.” “Solutions Thinking and Climate Change,” *Optimist Daily*, Editor-in-Chief, Jurriaan Kamp

Invention depends on openness, openness to see a problem from a new angle, openness that invites us to think across

boundaries, openness to opportunity. Inventors

In Tune



by Sarah O'Brien, President

look past what they think they know and refuse to cling to fixed perceptions and ideas.

Rufus Porter (1792-1884) was an American dance master, artist, inventor and founder of the *Scientific American* magazine. When he was not perfecting a scientific method to paint his murals more efficiently or teaching his craft to other artists, he was inventing all sorts of things: turbine water wheels, windmills, and rotary engines. He built a camera obscura, a washing machine, a fire-alarm, a rope-making machine, railway signals, a distance measuring appliance, a horsepower mechanism, a life-preserver, a cheese press, a revolving rifle, and a heart pump. In 1849, Porter even designed an 800-foot steam-powered airship to transport a hundred miners to the California Gold Rush, but his 240-foot-long *aeroport* prototype was destroyed by a tornado, while two other attempts never came to fruition.

Porter brought art and science together in two publications: *A Select Collection of Valuable and Curious Arts and Inter-*

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Greeter of the Week

January 17
Julius Johnson

January 24
Steve Kerekes

January 31
Sterling Louviere

Program Review

Mid-Year Club Assembly 2019



President Sarah O'Brien presided over the proclamation of

pertinent plans from the people of power at our club assembly on Thursday, January 10.

The first person at the podium was Tony Hill. Hill spoke about Interact and RYLA at John Muir High School. Kimmit Haggins



and Steve Kerekes volunteer with the Interact Club at Muir. The club meets once a month and has around 25 students.



Altadena Rotary recently helped the Interact Club

get a new banner. This year we plan to send eight students (4 girls & 4 boys) to the Rotary Youth Leadership Awards (RYLA) program which will take place at Camp Cedar Crest. Rotarians who want to act as facilitators at RYLA should reach out to Tony.

Mike Zoeller detailed our efforts with Youth Awards. These include the 4-way Speech Contest being assisted by Mark Mariscal, Jennifer Hall Lee and Sylvia



Vega; the Dan Stover Music Awards with President Sarah's help; the Junior ROTC Awards at Blair High School, which is being managed by Tom McCurry; and the PCC Veterans' Scholarships with Craig Cox.



Ed Jasnow and Mendel Hill have just finished giving out Teacher's Mini-Grants at five schools with two more to go. (This year we awarded 22, \$400-grants). On May 2, the teachers will present what they did with their Mini-Grants to the club.



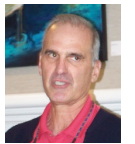
John Frykenberg highlighted the PCC Vocational awards luncheon which is being overseen by Dennis Mehringer in April, and the Dewey Merrill Business Plan Competition (date to be announced). There is an effort underway to create some kind of an entrepreneurship program in the District to honor the late Ray Carlson.



Frank Cunningham reported that we have six new members (Dawn Digrius, Dorothy Brooks, Jennifer Hall Lee, Nick Santangelo, Rene Amy, and Sylvia Vega). He encouraged the club to invite people to lunch and to participate in our projects.



Craig Cox reviewed the structure of the Summer Concerts Project. Our efforts are split among 5 sub-committees: Fundraising (Doug Colliflower); Production (Mike Zoeller); Publicity/Promotion; Permits/Facilities and Concessions. Fundraising and Production are up and running now! Let Craig know if you are interested in participating.



Dennis Mehringer reviewed club finances. We currently have \$87,000 in assets and \$7,000 in liabilities so the club is in good

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Congratulations

Birthdays

7 - Helen Zivkovic (M. Hill)
16 - Sarah O'Brien
27 - Ann Rider Hill

Anniversaries

03 - Jim & Karen Gorton
04 - Mike & Carol Zoeller
22 - John & Joan Frykenberg

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Rotary Club of Altadena - #7183

Chartered: February 14, 1949

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Mike Noll, Trea..... Bus. 626-683-0515

Directors

Mark Mariscal • Ed Jasnow
John Frykenberg • Dennis Mehringer
David Campbell • Sarah O'Brien • Mike Zoeller

Chairmen

Mark Mariscal..... Administration
David Smith..... Foundation
Charlie Wilson..... Asst. Foundation
Frank Cunningham..... Membership
Jacque Foreman..... Public Awareness
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
Editor, Design & Typesetting..... Foreman Graphics
Photography..... Jacque Foreman

January Vocational Service

Program Chair: Ruben Alvarado

17 - Thomas (Tom) McNulty, CEO, the Gooden Center

24 - Rabbi Joshua Levine Grater, Friends In-Deed

Enhancing the Club Experience



The power of our club lies in its members. By asking them for feedback regularly, we are demonstrating our openness to change and empowering them to craft an ideal club experience.

We might want to survey club members and ask for feedback from the club. It's a healthy thing to do, and it will ensure that all members are enjoying their club experience.

We would need a dedicated group of members to conduct a member satisfaction survey. It could be our membership committee or the incoming slate of officers who could survey the group. We can either devote time during a club meeting to talking

about member satisfaction or handing out or emailing a survey to them to allow them more time to complete it.

Step-by-step this is how it might work:

- Introduce the survey, discussing the importance of feedback from members.
- Distribute the survey, explaining that responses are confidential and will be used to enhance the club experience.
- With a dedicated group of club officers, analyze the data, respecting all viewpoints.
- Present the results to the club and allow members time to ask questions.
- Make an action plan addressing the survey findings and setting a time frame for implementing any changes deemed necessary.

- Take action by talking to members and involving as many of them as possible in the process so that they are invested in the enhancing the club experience! ○

This Week

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This knowledge enables him to lead his staff of 86 in the understanding of effective treatment for clients in a culture that is growing and changing. He has extensive experience with licensure, corporate compliance, accreditation, call center operations, and data management.

McNulty is the father of two children: Lisa will graduate in May from Peabody Conservatory at Johns Hopkins where she is majoring in Vocal Music. Son Tommy is a freshman at Oregon State, leaning toward a major in Business and Finance.

McNulty is an avid sailor, cyclist and skier. He attends Holy Family Catholic Church in South Pasadena and is a member of the Twilight Club in Pasadena. ○

Program

Continued from p. 2

shape. David Smith reviewed Altadena Rotary Charities and how it funds our charitable projects. The investment base continues to grow.



David Smith walked people through supporting the Rotary Foundation and reminded our new members that one of our members starts a Paul Harris account with Rotary International on their behalf for \$100. He encouraged everyone to send their Rotary Foundation contributions through Altadena Rotary Charities. He also highlighted our four international projects: A school house project in Nepal in a joint project with the Nottingham, England Club;



a de-mining project in Cambodia, Dream Team dam buiding/polio vaccination effort in India, and Rotoplast which will occur in June 2019.

Mark Mariscal reminded everyone of the speaker chairs for the rest of the year: January/Ruben Alvarado, February/Mark Mariscal, March/Tom McCurry, April/David Smith, May/Ed Jasnow, June/Mike Zoeller



Steve Kerekes presented the slate of new Directors for the Board. They are: Maria Perez-Arton, Doug Colliflower and David Smith. They were approved through a voice vote of the members attending.



Craig Cox ○



Mendel Hill (l) and Ed Jasnow (r) present a Mini-Grant check for \$400 to Ms. Ossana Yousefian at Webster Elementary School

In Tune

Continued from p. 1

esting Experiments, and later *New York Mechanic*. In 1845 Porter founded and published *Scientific American*, but sold it 10 months later. Porter defied conventional boundaries because he remained open to new ideas and was not afraid of what he did not know. (The Rufus Porter Museum currently exists in Bridgeton, Maine).

The Wright brothers, self-taught entrepreneurs who never graduated high school, built their own bicycle business while pursuing their dream - to build a flying machine. In 1903, Orville and Wilbur Wright successfully tested a flying machine that took off on its own power, flew at even speeds and landed safely without damage - and started the era of human flight. While the competition focused on vertical lift, balloons and airships, the Wright brothers saw the problem differently - in terms of balance and *driving* the wind, like riding a bicycle.

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Violin-maker Carleen Hutchins, a Cornell biologist, teacher and pregnant housewife carved her first viola as a hobby, just to see if she could do it. The same year she apprenticed to a master violin-maker, she met retired Harvard physicist Frederick Saunders and offered to make violas to be used in experiments. Eventually, Hutchins merged acoustical physics with violin-making, made a more resonant violin and invented the violin octet - eight hand-carved violins of graduated sizes and tunings, spanning the range of a piano, from an 11-inch treble violin to a 7-foot contrabass. Hutchins wrote 100 technical papers about violin acoustics and made nearly 500 stringed instruments.

A trumpet player and biologist, Hutchins left behind what she knew to enter two worlds she knew nothing about, teaching herself acoustical physics by carving fiddles in her kitchen. Like Porter and the Wright brothers, Hutchins was fearless about what she did not know.

But, unlike Porter and the Wright brothers, Hutchins struggled mightily. She discovered she had inadvertently created a firestorm in the violin world that had remained unchanged for four centuries, ever since the first known violin made by Andreas Amati in 1555.

Close-minded luthiers hated Hutchins for bringing science into the workshop - why bother with acoustics? String players saw a new violin family as problematic.

Why improve the violin? Wasn't the quartet already perfect? What violist wants to play a *vertical viola*?

Teachers hated the violin octet because it might require them to learn new pedagogy. (Hutchins was invited to speak at Juilliard three times but was uninvited before she got there). Dealers hated Hutchins most of all. By improving the acoustics of mediocre violins, and inventing a new more resonant violin, she was fooling with centuries-old mythology about old fiddles being better than new ones and tipping the balance of the elitist, high-priced violin market.

To add fuel to the fire, Hutchins was a female in three male-dominated fields: violin-making, acoustical physics, and classical music. Though she contributed more to her field than any luthier since Stradivari, Hutchins was blackballed by many of her peers.

Nevertheless, some open-minded musicians, conductors and physicists all worked to promote the violin octet in England, Wales, Scotland, Sweden, Russia, and Iceland - but all of these efforts proved



ineffective because players could not get past their own assumptions. The Hutchins Consort, of San Diego, CA, is the only professional ensemble in the world that performs on a Hutchins violin octet. In 1999, Joe McNalley, propelled by his own contagious enthusiasm, found musicians driven by openness and curiosity rather than prejudice. Today the Hutchins Consort performs a wide repertoire from medieval and Renaissance to classical and jazz.

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What do Rufus Porter, the Wright Brothers, Carleen Hutchins, and Joe McNalley have in common? They built bridges instead of walls and understood that openness breeds opportunity. They persevered fearlessly, overcame self-doubt, obstacles and prejudice to realize dreams and create a legacy.

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Scientists, artists and innovators in many fields comprise our club.. How exciting! Our Rotary motto for the rest of the Rotary Year couldn't be more compelling:

BE THE INSPIRATION! ○

Sparks - Altadena Rotary Club Newsletter



Smart Moves to take Before Buying Your First Home

Buying a home is one of the most expensive purchases you will ever make, and there are some things you can do before buying a home that can save you money, time, and relieve much of the stress.

1. Crunch the numbers to make sure buying makes sense

Many millennials are fine with being lifelong renters if it makes financial sense. But does it? In order to find out, I suggest that you plug all your relevant numbers into a *Rent vs. Buy* calculator (easily found online). The results should be very helpful in making your decision. If the decision is to buy, then the next steps are in order.

2. Hire a buyer's agent

A buyer's agent is a realtor who acts on behalf of the person buying a home. Your agent will help you find your home, negotiate with the seller, choose from a list of trusted inspectors, guide you through all the paper work and advocate on your behalf.

There are many issues that surface during the buying process, and there is nobody better to have on your team than an expert – especially on the first go-around. So, hire a buyer's agent. By the way, in most cases, the seller pays your agent.

3. Get pre-approved (not pre-qualified) for your Mortgage

There are many lending options in the market place today and good real estate agents have good referrals if you don't have a favorite.

Getting pre-approved is critical, and most sellers will not accept or consider an offer

without a pre-approval letter included with your offer.

Pre-approval requires going through the mortgage application process and getting approved for a loan amount. Pre-qualification is more of a rough estimate on how much loan you could be approved for based on financial information you volunteer. Guess which is stronger in the eyes of the seller and their agent?

Having your pre-approval in place demonstrates to the seller that you're serious and able to make the mortgage commitment. I also recommend cross-qualifying with a second lender, giving you added assurance of success.

4. Calculate exactly how much you want to spend – and stick to it

The pre-approval process will help in determining your maximum budget by determining the maximum loan amount you qualify for. However, it is critical that you and your partner determine and agree how much you can comfortably spend each month for your mortgage, homeowner's insurance, taxes, and utilities payments for your new home.

5. Have a frank discussion about your desired lifestyle

Discuss location, proximity to restaurants and transportation, and where you see yourself in 10 years.

Your first home is not likely to be your last home, but people are staying in their homes longer – a median of ten years, up

from the median of six in 1985, according to a 2017 survey from the National Association of Realtors.

That means having open discussions with your partner (or reflecting on your own) about how you like to live today and how you want to live in the future.

For instance, say you had always rented two-bedroom apartments and thought that you would do the same for your new home, but soon realized you wanted a third bedroom for the future. And while you liked your proximity to restaurants and bars as renters, often you ended up driving or taking transit to meet friends across town.

Things you once thought were important aren't as important as you once thought and realizing that helps you focus on home features most important to you.

6. Research target areas aggressively

"Location, location, location" goes the old truism, and it still holds up. Beyond your personal preferences, you still must consider what direction housing prices were trending historically and what the comparable sales were for the houses of similar square footage, age, and features like what you are wanting to buy.

7. Consider multiple inspections

Inspections are an important step in the purchase process. Buying your first home is likely to be the biggest purchase you've ever made, and likely the most debt you've ever incurred at one time. That can make you feel green in the gills as the additional

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Real Estate

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expenses add up, including the cost of inspections of a house you might decide to walk away from. But to not get all the inspections you might need is a penny-wise and pound-foolish proposition.

In addition to your standard home inspection and what that inspection reveals, it may be wise to also consider: a video pipe inspection, roof inspection, and foundation and termite inspections.

These inspections might hurt the wallet upfront, but knowing the condition of the house you are considering is critical. Should you discover major issues, you can negotiate for repairs and/or credits while you are in escrow. After escrow closes and you move in, you deal with the surprises on your own.

Should you have any questions, I am happy to help, and may be reached at 626.524.4158. ○

It Happened on December 13



Dorothy Brooks (2nd from left) introduces our newest member (l), Sylvia Vega, whom she sponsored, as Frank Cunningham, Membership Chair looks on and President Sarah is distracted by her daughter Isabel.



Bare-foot Contessa, and future member, Isabel O'Brien, visited our December 13 meeting.

Four of our newest members (l to r) Jennifer Hall Lee, Dawn Digrius, Rene Amy, and Sylvia Vega gather for a New-Member Orientation with Membership Chair Frank Cunningham (not shown).



A Final Toast to Yvonne Rich: A former Member of Altadena Rotary

December 8, 2018.

Yvonne Rich, the wine lady of Pasadena [and Altadena], died peacefully at home on December 8. She



was 98. A rich life indeed ... mother, model, mountain climber, wine educator ... to name only a few of her many talents, occupations and passions.

Yvonne led a long and healthy life and will be lovingly remembered by her daughters, Pamela and Deborah, son-in-law Bill Toone and an astounding number of friends. In lieu of flowers, please contribute to the Ecolife Conservation (www.ecolife-conservation.org).

A celebration of Yvonne's life will be held in March. For those of you who remember her voice mail message, the machine is on if you wish to capture her long time, sweet and inspiring message.

A Thank You to Dennis Mebringer for bringing this to our attention. ○



**Altadena
Libraries**

**Second Saturdays, 6:30pm
at the Altadena Main Library
600 E. Mariposa Avenue**

Second Saturdays



October 13*

Upstream
Reggae, Soca, Caribbean

November 10

Past Action Heroes
80s & 90s Covers

January 12

Pasadena Playboys
Country

February 9

JazzZone
Smooth Jazz, R&B

March 9

**The Allan Wasserman
Jazz Ensemble**
Jazz

April 13

Sangre Nueva
Salsa

May 11

The Leapin' Lizards
Rockabilly, Blues, Swing

June 8

Harbor Groove
Latin Rock

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**October 13th's Second Saturday Concert is sponsored by the office of Los Angeles County Supervisor Kathryn Barger.*

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.