

This Week
Rabbi Joshua
Levine Grater
Director, Friends in
Deed
Program Host:
Ruben Alvarado



Rabbi Joshua Levine Grater is the Executive Director of Friends in Deed, a local, faith-based non-profit addressing homelessness

and poverty in the greater Pasadena area. He served as a pulpit rabbi for 16 years, including 12 years at Pasadena Jewish Temple and Center, where he established himself as a spiritual leader, social justice activist and interfaith coalition builder.

In the summer of 2016, he worked for NRCAT (National Religious Campaign Against Torture) as a California Organizer, bringing together a broad coalition of interfaith leaders to successfully pass SB1143, a state bill to limit juvenile isolation and room confinement. In the fall of 2016, he served as Deputy on the successful Portantino for California State Senate campaign.

Rabbi Joshua has served on many boards and committees, including 4

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Martin Luther King & the
Rotary 4-Way Test

“Life’s most persistent and urgent question is: what are you doing for others?”

Dr Martin Luther King, Jr



Amidst recent storms and sunshine (affecting some more than others), we celebrate Dr. Martin Luther King Day this week. Coretta Scott King, widow of Dr. King said, “The greatest birthday gift my husband could receive is if people of all racial and ethnic backgrounds celebrated the holiday by performing individual acts of kindness through service to others.”

The following is a reflection on Dr King’s teachings, example and legacy and Rotary’s *4-Way Test*, written by Keith Souza, past president of Arizona’s Rotary E-Club. I take no credit!

“**Service to others.**” Those words should echo louder for Rotarians than anyone else. Our motto: *Service Above Self* places in front of us the belief that we are here to serve the greater good. We are here to put helping others ahead of our own self gain. In celebrating the life of Dr. Martin Luther King’s National Day of Service we can choose to mark the holiday as: “NOT A DAY OFF, BUT A DAY ON.”

At every Rotary meeting, we recite the 4-way test:

- Is it the TRUTH?
- Is it FAIR to all concerned?
- Will it build GOODWILL and BETTER FRIENDSHIPS?



- Will it be BENEFICIAL to all concerned?

Reading that again, I believe that test could have been written by Dr. King himself.



Is it The Truth?



“I have a dream that one day this nation will rise up and live out the true meaning of its creed: We hold these truths to be self-evident: that all men are created equal.”

The phrase was quoted by Dr. King in his famous *I Have a Dream* speech, as the “creed” of the United States.



Is it FAIR to all concerned?



Dr King spent a lifetime trying to get to the root of fairness on equal rights, that all men are created equal. Fairness and equality is what Dr. King ultimately gave his life for.



Will it build GOODWILL & BETTER FRIENDSHIPS?



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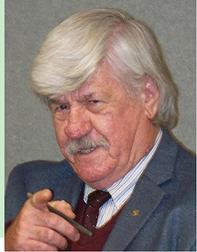
Greeter of the Week

January 24
 Steve Kerekes

January 31
 Sterling Louviere

February 07
 Tom McCurry

Program Review



Our speaker last week was, Thomas J. McNulty, Jr.

He has a Doctorate in Pharmaceutical Science and 38 years of experience in a variety of healthcare practice settings. Four years ago, while he was Chairman of the Board of The Gooden Center in Pasadena, McNulty was selected to be

temporary CEO when the existing CEO left the organization.

The Gooden Center had been a fully accredited rehabilitation facility for men with substance abuse problems. Approximately three years ago the Center added two treatment facilities, one for men and one for women with subacute mental illness. They are now about to offer a second such facility for women. In their facilities, they treat individuals from every walk of life, including priests, doctors and lawyers. Privacy is their top priority, so all staff members do everything they can to be discreet and maintain the anonymity of their clients.

McNulty advised us that, for those who abuse addicting substances long term, their brain chemistry changes, and once it changes, the brain can never goes back to where it was. About 8 to 12 percent of the population suffers from substance abuse, including alcohol and tobacco. He pointed out that it is very difficult for those with substance abuse issues to follow necessary treatment protocols for the long term, just as it is difficult for diabetics to follow the necessary treatment to keep themselves healthy over the long term.

We were told that certain individuals have a genetic propensity to addiction. Of those with a genetic predisposition, approximately 50 percent end up actually becoming



addicted. Those exposed to addicting substances at an earlier age are more likely to become addicted.

Things that can help reduce the likelihood of addiction are such things as exercise, education and after school programs. On the question of whether nature or nurture is the causal factor, McNulty's answer is that "both" are. There are currently approximately 23 million addicted individuals, age 12 and up.

Opioid addiction is the current scourge in this country. McNulty advised us that there are now more opioid-caused deaths than deaths resulting from motor vehicle

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Congratulations

Birthdays

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

Anniversaries

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

January
Vocational Service

Program Chair: Ruben Alvarado
17 - Thomas (Tom) McNulty, CEO, the Gooden Center
24 - Rabbi Joshua Levine Grater, Friends In-Deed

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Rotary Club of Altadena - #7183
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626-794-7163

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Doug Colliflower Community
David Smith..... International
To be Announced..... Asst. International
Tony Hill..... Youth Contests/Awards
Mike Zoeller..... Youth Projects
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Editor, Design & Typesetting..... Foreman Graphics
Photography..... Jacque Foreman

I've been Telling You that Chocolate is a cure for Most Everything . . . Now There's Proof . . . Some say



In my alternate ego as the self-appointed *Remembrance Person*, I work to make sure that you get a welcome card and brownies when you join, a

card and brownies on your birthday – unless you have asked for something else, and a card and brownies if I hear that you are unwell. And, frequently in a *Get Well Card*, I'll mention that the brownies are included because we all know that Chocolate is the Cure for *almost everything*. Well, it turns out that this may actually be true.

Just go to Google and put in *Chocolate as cure* ... and you'll get a list something like:

- chocolate cures cancer
- chocolate cures headaches
- chocolate cures depression
- chocolate cures cough

- chocolate cures cold
- chocolate cures hangover
- chocolate cure stomach ache
- chocolate cures migraine, etc.

And put your hand up if you even want to challenge *Google* on this point. Now, the studies show that, for the most part, the darker the chocolate, the better. So we are not talking about milk chocolate, we are discussing 72 percent and higher percentages of chocolate. There are people who enjoy eating *baker's chocolate*, that contains no sugar.

◁ ▷ ▷ ▷

Posted by Lyndsay Burginger

February 13, 2018

As if we need another excuse to eat chocolate. Drop that bottle of cough syrup containing codeine, it's time to move on to something a bit sweeter. Professor Alyn

Morice, head of cardiovascular and respiratory studies at the University of Hull in the U.K., shares in the Daily Mail that chocolate can cure a cough you can't shake.

Founding member of the International Society for the Study of Cough, Alyn Morice claims that his recent study of over-the-counter cough medicines has led him to the conclusion that medicine containing cocoa is better than normal cough remedies.

A previous study conducted in at the Imperial College in London found that theobromine (an alkaloid in cocoa powder) is better at stopping coughs than codeine.

And why does medication containing chocolate work? I hear you ask.

The reason has to do with the viscosity of the medicine containing cocoa. Chocolate is a stickier ingredient, making it stick to nerve endings in the throat, blocking the trigger to cough. In fact, the patients that took chocolate-based medicine containing chocolate saw improvement in their persistent coughs within two days. ○

Program

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accidents.

The opioid problem – according to McNulty – started with a law suit against Kaiser, claiming that their drugs were not providing sufficient pain relief strength to their patients. Pharma countered by saying that they had drugs available that would provide the proper dosages to patients in pain, but the problem was that approximately 29 percent of patients misuse opioids and become addicted. Once addicted, the patient often then transfers to heroin, which

apparently is readily available on the streets and is much cheaper than pharmaceutical medication.

Heroin is now in high schools. The kids smoke it rather than *shoot up*. Savaxan is a new drug to help patients get off heroin. It is more effective than methadone but still only helps about 30 percent of patients successfully beat the habit.

The problem is individuals addicted to drugs relapse just as those with diabetes relapse. **Tony Hill** ○

This Week

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years on the board of Truth: The Rabbinic Call for Human Rights; and currently he serves on the board of NRCAT (National Religious Campaign Against Torture). He is a published writer and his works can be found on numerous websites, including Pasadena Now.

He lives in Pasadena with his wife and teenage twins. ○

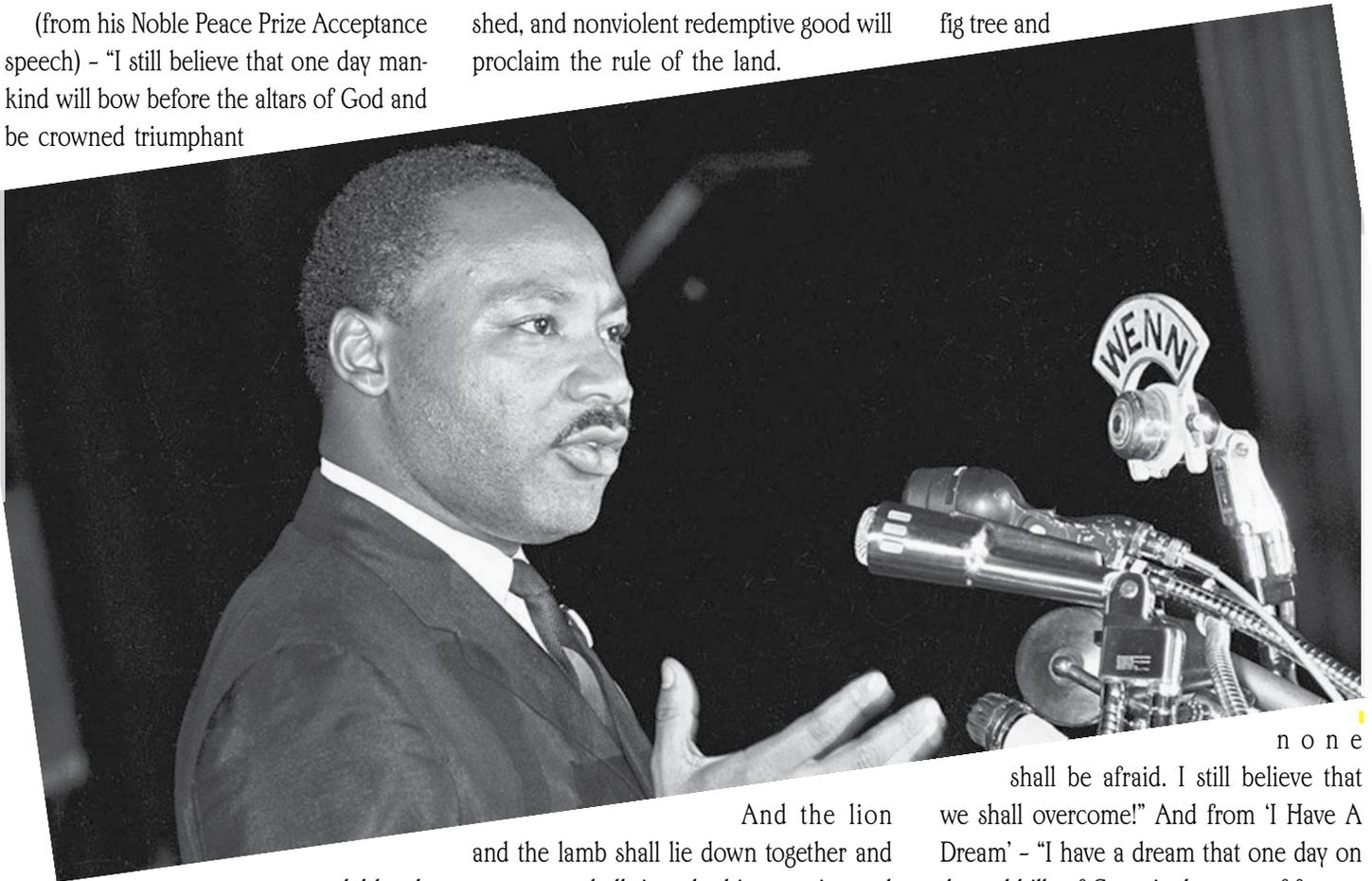
In Tune

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(from his Noble Peace Prize Acceptance speech) - "I still believe that one day mankind will bow before the altars of God and be crowned triumphant

shed, and nonviolent redemptive good will proclaim the rule of the land.

fig tree and



over war and blood-

And the lion and the lamb shall lie down together and every man shall sit under his own vine and

n o n e shall be afraid. I still believe that we shall overcome!" And from 'I Have A Dream' - "I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood."

• • •

Will it be BENEFICIAL to all concerned?

• • •

Was there any doubt that what Dr. King preached would be beneficial to all mankind: harmony, peace, love & equality?

In his final speech before his death, this is what Dr. King had to say about what is beneficial to all concerned through his words of peace, "And then I got to Memphis. And some began to say the threats, or

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Muir Interactors helped Altadena, Pasadena and San Marino Rotary Clubs Assemble Bicycles for the Salvation Army Bike Giveaway

Muir's Interact members learned what to do with an allen wrench and how to use several other tools on Saturday, November 10. Alejandra Anaya, Jennifer Cuevas, and Felisha Davis gave up their Saturday morning to help the Altadena Rotary, Pasadena, Rotary, and San Marino Rotary assemble over 250 bicycles for underprivileged children in the Pasadena/Altadena area.

Muir's members built all types of bikes from bikes with training wheels to five speed bikes for older children. Interact's members felt good assembling the bicycles because they knew how happy the children would be when they



aya, Cuevas and Davis exemplified Interact's motto: *Service Above Self*, the same as Rotary's.

In addition to assembling bicycles, Muir Interactors helped put the lights up on Christmas Tree Lane and are expected to help – starting in February – bringing down the lights.

The Sparks staff apologizes for the lateness in publishing this article and photographs.

They were found while doing a cleanup of several hundred emails.

Article and photographs submitted by Carina Jacob, Muir Interact Advisor.



received the bicycles for Christmas! An-

Interact Advisor.

In Tune

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talk about the threats that were out. What would happen to me from some of our sick white brothers? Well, I don't know what will happen now. We've got some difficult days ahead, but it doesn't matter with me now because I've been to the mountaintop. And I don't mind. Like anybody, I would like to live a long life. Longevity has its place. But I'm not concerned about that now. I just want to do God's will, and He's allowed me to go

up to the mountain. And I've looked over, and I've seen the promised land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the promised land. And I'm happy, tonight. I'm not worried about anything. I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord." He saw what was beneficial to all. That speech was delivered on April 3rd.

As we celebrate the life of Dr. Martin Luther King, let us remember that the same ideals that unite us in Rotary fellowship were principles that Dr. King spent a lifetime fighting for, ultimately giving his life for on April 4, 1968. As we celebrate this and other days of remembrance in the year ahead, let us strive towards making each one a time of mindful service – "Not a Day Off, But a Day On!"

THE *Mixx*

February 5, 2019

BLUES CHANNEL will host the Tuesday jam! Set starts @ 8, with the jam starting @ 9.

VALET PARKING AVAILABLE!



Audrey Scates

**443 E Colorado
(@ Los Robles)
Pasadena 91101**



Ronnie Hudson



Steve Sadd



K.C. McCarthy

Bookings? Call 213 804-9714



Nick Santangelo



Larry Wilburn

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.



BEGINNING TO END

- Sunday, March 10, 2019
- 4:00 PM 7:00 PM
- College of the Canyons
Performing Arts Center
26455 Rockwell Canyon Road
Valencia, CA, 91355 United States

“The Creation,” considered by many to be the greatest masterpiece by Franz Joseph Haydn, is a musical illustration of the Biblical account of the beginning of life. We will perform the favorite choruses and solos from this splendid work. John Rutter’s “Requiem” has become one of the most popular settings of this text that honors the passing of life. Performed together with orchestra they offer a musical experience that celebrates the full circle of life.

February brings the Lights Down on Christmas Tree Lane

by *Jacque Foreman*

February 02 – the first Saturday in February – the volunteers for Christmas Tree Lane will begin the process of removing the lights from the trees.

Taking down the lights is as labor intensive as putting the lights up, only in reverse order:

- A ladder is put up against the tree, and one of our ladder climbers goes up and unplugs the light lines from the electric box on the tree,
- The light strings are then undraped,
- The pulley rope slowly lets the light strings down and sets them gently on the street, usually in groups of 2, 3 or 4.
- The colored bulbs are then removed from the sockets, and the cables are

wound for storage.

- The lights that have been removed from the cables are separated by color, and stored in boxes for next year.

As when we put the lights up, we usually start taking down the lights at the north end of the Lane: the corner of Altadena Drive and Santa Rosa. It takes approximately 10 weeks to complete the process, more if we have rainy weekends. The number of weekends needed also depends on how many volunteers show up to help.

Traditionally more volunteers show up on Saturday than Sunday. High school and other students earn community service points for helping on the lane.

We work from 9 am to approximately

noon. After the bulbs, wires and ladders are put in a truck to be taken to storage, all workers are invited to have lunch together. So, first we have the fellowship of work and then we have the fellowship of a meal.

I’ve been spending my Saturdays putting up and taking down lights for somewhere around 20 years. No, I do not climb the ladders. One thing I am known for is reminding our student volunteers that eye protection should be worn at all times. This means they should always be in front of their eyes and not resting on top of their heads.

Because of our insurance requirements, only those 18 and over are allowed to climb the ladders. If you are a ladder climber, we can use your help. ○



**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.*