

This Week Christa Chriaco Salvation Army Adult Rehabilitation Center, Pasadena

Christa Chriaco will describe how the Pasadena Center and thrift stores serve men and women housed in their six-month residential rehabilitation program.

For over 100 years, the Salvation Army's no-fee rehabilitation programs have provided emotional, spiritual and social assistance to those struggling with drug and alcohol addiction by helping residents

- Combat their addictions,
- Build the work and social skills needed to re-enter the workforce,
- Regain health and stability, and
- Restore families that have been disrupted due to substance abuse.

Chriaco began with the Pasadena center in January of 2019 as Director of Rehabilitation Services after serving in the same position in Santa Monica for 14 months. She has worked in the recovery field for four years and spent a portion of that time working in the LA County Jail system with the Office of Diversion and Re-entry Services. In her present position, she serves men and women suffering from substance abuse and addiction disorders. Chriaco lives on the Pasadena/Altadena border with her husband, Angelo, and two cats. ○

Let's Celebrate . . . !

The Rotary Year is coming to an end. The official start of summer is upon us. Let's celebrate June with some unconventional holidays during *silly season!*

June 01: Heimlich Maneuver Day

Named after the doctor who invented it, the Heimlich maneuver has seriously curbed the hazards of choking since its introduction in the 1970s.

June 02: Say Something Nice Day

Seems simple enough.

June 02: also National Rocky Road Day

While this iconic ice cream flavor is generally associated with feelings of happiness and pleasure, its inception was the result of some pretty dire times. Recognizing the *rocky road* ahead for Americans after the Stock Market Crash of 1929, ice cream purveyor William Dreyer dreamed up this recipe as a temporary salve to the economic ills in the United States. Though some naysayers contest whether the credit for this cream-marshmallow-almond-chocolate chip recipe belongs 100 percent to Dreyer, few people will contest that Rocky Road ice cream is 100 percent delicious.

June 03: National Doughnut Day

No matter how you spell it (we're a doughnut family), today's the official day to celebrate this hole-iest of confections. This holiday, celebrated annually on the first Friday in June, was founded in 1938 to honor the role the sweet treat played in World War I. Members of the Salvation Army, who became known as *Doughnut Dollies*, distributed donuts to soldiers to supplement their rations. Years later, during the Great

Depression, the Salvation Army created the holiday to remember these earlier

services and encourage fundraising by giving symbolic paper *donuts* out in exchange for donations. But these days people celebrate with the real thing.

June 03: also National Leave the Office Early Day

You don't have to tell us twice.

June 03: and Chimborazo Day

Mount Chimborazo in Ecuador is the highest mountain on Earth (yep, higher than Mount Everest). Even though it's technically shorter with an elevation of 20,564 feet versus Everest's 29,029 feet, Chimborazo's location gives it a boost: the equatorial bulge means that its peak is farther away from the planet's center than anywhere else.

June 03: and National Repeat Day

June 03: National Repeat Day. Huh?

June 04: Hug Your Cat Day

As if you needed an excuse!

June 05: Global Running Day

Whether you passionately love it or passionately hate it, few people feel neutral on the subject of running. In light of the

Please turn to In Tune p. 4



In Tune

by Sarah O'Brien, President

Greeter of the Week

June 13
Mendel Hill

June 20
Boyd Hudson

June 26 (Wednesday)
Demotion Party -- Evening Event

Program Review

Soy Beans in Afghanistan Curing Nation-Wide Protein Malnutrition



At our last meeting (June 06), we heard from Dr.

Steven Kwon, an expert in food and nutrition with over 30 years of experience in the field. Kwon has over 13 international and

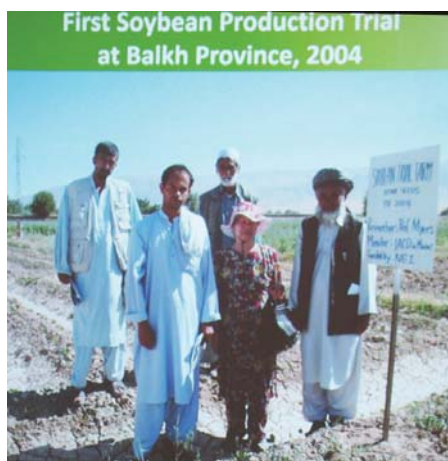
US patents in medical nutrition products and bio-ingredients. He then spent many years at Nestle in Glendale as principal nutrition scientist and director of technical services.

Kwon first heard about Afghanistan following the defeat of the Taliban regime by the US in 2001, as a country having the highest mortality rate in the world among women and children, partly due to malnutrition. More than 60 percent of Afghans are suffering from chronic malnutrition, and more than one third of the children



under 5 are stunted. He was instrumental in helping to found Nutrition and Education International (NEI) in 2003 with the vision and mission to eradicate protein energy malnutrition (PEM) in Afghanistan by establishing a self-sustainable soybean value chain.

The scope of this endeavor includes
Please turn to Program, p. 5



June Rotary Fellowship

Program Chair, Mike Zoeller

- June 06- Steven Kwon, PhD - President, Nutrition and Education International
- June 13 - Terry Masango - Captain, Salvation Army, Pasadena Tebernale (to be confirmed)
- June 20 - Lori Touloumian - Principal, Eliot Arts Magnet Middle School
- June 26 - Demotion Party - Evening Event
- June 27 - Dark

Sparks is published 48 weeks a year and is the official publication of the Rotary Club of Altadena. The deadline for submission of articles is Friday at 6p to current editor email, fax, or delivery.

Rotary Club of Altadena - #7183

Chartered: February 14, 1949
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www.altadenarotary.com
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To be Announced..... Asst. International
Tony Hill..... Youth Contests/Awards
Mike Zoeller..... Youth Projects
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Photography..... Jacque Foreman

Congratulations



Birthdays



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





Anniversaries

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

SPONSOR SPOTLIGHT: Celebrate Life at MonteCedro



MonteCedro is the Platinum Sponsor for our 2019 Summer

Concert Series, and I thought I would take this opportunity to share with you more

about this wonderful senior community.

*Inspiring
from
Every
Viewpoint*
Nestled



in the foothills of Altadena, surrounded by the grandeur of the San Gabriel Mountains, you will come upon MonteCedro, the newest senior living community built in greater Los Angeles in 20 years – a community unlike anything you've seen before.

From every viewpoint, MonteCedro inspires. The stunning and welcoming apartment homes open to tranquil courtyards, gardens and sweeping mountain views. The spacious campus is filled with state-of-the-art destinations for casual and fine dining, performing arts, artistic pursuits, relaxation and fitness.

Creative Living MonteCedro Style

These unique surroundings are rivaled only by the innovative opportunities that

come from Creative Living – a philosophy that creates and drives the culture of this community for residents and staff. This exclusive culture offers a whole-self approach that encourages wellness for mind, body and spirit.

Another integral aspect of Creative Living is empowering residents to forge their own paths and pursue their unique inspi-



rations and aspirations – to remain their own leaders. With Creative Living, residents explore an unmatched range of experiences for creative and intellectual stimulation, healthy living and self-expression. Take advantage of the Creative Living partnership program that unites MonteCedro with the greater Pasadena community, including educational and cultural art institutions and local organizations.

Creative Living that helps keep you inde-

pendent. You love your lifestyle, yet you're also interested in securing a smart Life Plan for the future.

Perhaps you're semi-retired. Maybe you'll never retire. However, the MonteCedro staff pretty sure you still want to live your life to its fullest.

That's why MonteCedro – with their approach to successful living that they call Creative Living – is the perfect place for you to let go of your burdens of homeownership. Be freer to explore new directions and depths of personal growth with neighbors who share your outlook on what independent senior living should be.

Arrange for a Tour

Explore their spacious, Independent



Living floor plans, impressive dining choices, exquisite amenities, peace-of-mind support services, and the truly

unique Creative Living Academy! For addition in formation visit their website:

<<<https://www.montecedro.org/contact-us>>> or call (877) 312-9818 and arrange a tour. All photos in this article are from the MonteCedro website: <<<https://www.montecedro.org>>>

In Tune

Continued from p. 1

positive passions, runners around the world take to the streets on the first Wednesday of every June to express their love of optional physical duress.

June 06: National Yo-Yo Day

Donald F. Duncan had more to celebrate about his life than an amazing name; he helped popularize the yo-yo. Though technically invented by a man named Pedro Flores in the late 1920s, the yo-yo didn't hit the mainstream until the entrepreneurial Duncan purchased Flores' Yo-Yo Toy Company, mass-produced this circular piece of plastic and string, and introduced it to the world. June 6 is believed to be Duncan's birthday.

June 08: World Oceans Day

In 2008, the United Nations officially designated June 8 as a day to honor the part of the planet covered in water. Which is to say, most of it. Even before that it was celebrated by the Ocean Project and the World Ocean Network. These days, it's a growing global event with a focus on education and preservation.

June 08: also Name Your Poison Day

Although this holiday is widely open to interpretation, we recommend no one take it literally. Instead, muster up the courage to boldly acknowledge the one vice in your life that you simply cannot resist no matter how terrible it may be for you. Unless said *poison* happens to be arsenic.

June 10: National Ballpoint Pen Day

Put away your quills, fountains, and felts, for today we honor the gravity-dependent

ink dispenser we know as the *ballpoint pen*. It may not have the panache of a gel writing utensil, or the precision of a roller ball. But, when it comes to getting ink onto paper and the bottoms of shirt pockets, ballpoints certainly get the job done.

June 12: National Jerky Day

No explanation required: chew and be merry.

June 14: World Blood Donor Day

A holiday created to bring awareness to the immense

amount

of good you can do

just by donating blood – find a drive near you today!

June 15: World Juggling Day

If you're coordinated and like party tricks but felt left out of National Yo-Yo Day, this offbeat holiday is for you—no clown costume required. It's celebrated by juggling clubs around the world (presumably by juggling things).

June 16: Bloomsday

Each year, on the anniversary of the day that James Joyce's *Ulysses* takes place, fans of the author celebrate his life and work in cities around the world as part of a holiday named for the protagonist: Leopold Bloom.

June 17: National Eat Your Vegetables Day

You had better be prepared to finish those Brussels sprouts today if you know what's good for you! Like Brussels sprouts, for example. They're a great source of di-

etary fiber and vitamin C.

June 18: International Sushi Day

Any food worth its salt, or umami, has its own holiday. But if you're looking for an excuse to eat sushi, June 18 seems as good a day as any other.

June 18: also International Picnic Day

Since it falls during the work-week this year, International Picnic Day may also have to stand for *International Personal Day*. But a basket full of goodies, domestic or international, and a nice patch of grass will definitely be worth calling in with a mysterious *summer cold*.

June 19: World Sauntering Day

A man named W.T. "Bill" Rabe, a publicist allegedly rampant self-promoter, is said to have conceived this holiday in the 1970s on Mackinac Island, Michigan. According to Merriam-Webster, to saunter one must merely "walk about in an idle or leisurely manner." So for all of you who balked at a running holiday, thank Rabe for providing a much more casual holiday for getting around.

June 21: Go Skateboarding Day

Founded by the International Association of Skateboard Companies (IASC) in 2003, this holiday coincides with the summer solstice.

June 21: also Take Your Dog to Work Day

Created in 1999 by Pet Sitters International, this is a day intended to encourage people to adopt pets from animal shelters—presumably by making all your dog-less

Please turn to In Tune p. 5

Celebrate
The Silliness

In Tune

Continued from p.4

coworkers incredibly jealous.

June 22: National Onion Rings Day

National Onion Rings Day: for those of you who like your holidays deep-fried.

June 23: Let It Go Day

Technically not related to Disney's Frozen (but thematically relevant), this is a day for letting go of baggage and hang-ups, and it's a good opportunity to get that song stuck in your head for the next six months.

June 24: International Fairy Day

A relatively young holiday for a relatively

old mythical creature, International Fairy Day was created by artist Jessica Galbreth for "believers, collectors, and the young at heart to celebrate all that is Fae and reconnect with their imagination and child-like wonder."

June 26: Log Cabin Day

This holiday is all about reconnecting to a simpler, more quiet time. In lieu of a log cabin, maybe sit under a tree or don't check Twitter for five minutes?

June 27: National Handshake Day

Celebrate by reading up on the proper handshake etiquette from around the world.

June 28: National Eat at a Food Truck Day

The annual celebration gives you an excuse to support local businesses by chowing down on a gourmet donut or "mustache pretzel."

June 28: Insurance Awareness Day

Have insurance? If you answered the question, you observed this holiday. ○

Program


Continued from p.2

NEI Vision and Mission

Vision:
Defeat protein-energy malnutrition (PEM) in Afghanistan among women and children.

Mission:
Create a self-sustainable strategy to prevent PEM through establishing a soybean value chain.

Motto:
Can we help even one more Afghan family grow soybeans to fight malnutrition?



Nutrition & Education International
NEI

Soy Value Chain Development (2006-2011)

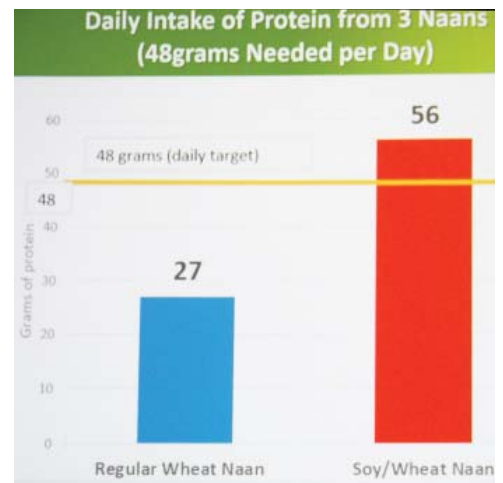
1. Soybean Seed R&D and Production and Soybean Cultivation
2. Soy Processing Sector and Market Development

soybean seed production sector development, soybean cultivation with Afghan farmers – both men and women – soy processing sector development, and soy food culture and market development. After 15 years of dedication by over 200 employees, NEI finally achieved its mission to make the soy value chain self-sustainable with Pres-

ident Ashraf Ghani's decree to include locally produced soybeans in the government menu.

Although this has been a tremendous achievement, NEI's goal is to produce 300,000 metric tons of soybeans which will effectively give the country a chance to defeat protein-energy malnutrition throughout Afghanistan.

Sonia Kwon answered many of the after-presentation questions from the audience. ○





THE *Mixx*



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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.*

Sarah O'Brien

**RETIRES FROM
BEING PRESIDENT**

**and is DEMOTED to
VICE PRESIDENT**

**Wednesday, June 26
Starts at 6:00pm**

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568 East Mt. Curve Ave., Altadena, CA 91001 • Visit: Our *Concerts in the Park* FaceBook Page

23rd Annual Summer Concert Series Schedule - 2019

| | |
|--|---------------------|
| The Answer to Classic Rock (<i>Classic Rock</i>)..... | Saturday, July 06 |
| Blue Breeze Band (<i>Motown, Funk, Soul, R&B</i>) | Saturday, July 13 |
| Floyd & the Flyboys (<i>New Orleans R&B, Jump, Swing, Blues, Roots Rock</i>) | Saturday, July 20 |
| ReLoVe (<i>Reggae, Soul</i>) | Saturday, July 27 |
| Live >From Earth (<i>Pat Benatar Tribute</i>)..... | Saturday, August 03 |
| Upstream (<i>Reggae, Soca, Caribbean Tunes</i>) | Saturday, August 10 |
| My Generation (<i>British Invasion Genre Rock</i>)..... | Saturday, August 17 |
| Dog N Butterfly (<i>Heart Tribute</i>)..... | Saturday, August 24 |



And ... For The Grand Finale ... Saturday, September 07
Tribute to **THE WHO**
THE WHO EXPERIENCE
Presented by the Sheriff's Support Group of Altadena



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Altadena Rotary



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