

This Week

Dr. Steven Kwon, Founder, Pasadena- Based Nutrition & Education International Program Host: Mike Zoeller

My thanks to President Sarah for an introduction to Dr. Kwon and to his Pasadena-based organization, Nutrition & Education International (NEI).

Kwon is an expert in food and nutrition with over 30 years of experience. He received his Master's degree in Food Science from UC Davis, and his PhD in Food Biochemistry from Ohio State University. He then joined Nestle R&D in Connecticut as a research scientist, and obtained 13 international and US patents in medical nutrition products and bio-ingredients. He later transferred to Nestle Nutrition in Glendale as Principal Nutrition Scientist and Director of Technical Services, where he was responsible for the innovation and development of medical nutrition products.

Kwon first heard about Afghanistan following the defeat of the Taliban regime by the US in 2001, as a country having the highest mortality rates in the world

Please turn to This Week p. 6

I Want to Make It Felt

"It's not about who you are, it's about what you're doing together and how you're doing it."

These words could easily be from one of our Club's inspirational talks, or a fitting motivational theme for any Rotary keynote speech. However they came from a conversation that took place this week [March 15, 2019] at Harvard Business School in which renowned cellist Yo-Yo Ma and Deborah Borda, president and CEO of

the New York Philharmonic, discussed the ways in which *citizen musicians* can help build a more just and free society as an extension of their work as artists.

It seemed to me, on reading about their exchange, that passion for our work (regardless of the field), combined with our efforts as Rotarians can be intimately related pursuits if we keep in mind the *bigger purpose*, as Ma puts it.

The conversation was moderated by Harvard Business School Professors Rohit Deshpandé and Henry McGee, and I hope that sharing it will be of interest, even to non-musicians.

"What the New York Philharmonic is doing, and what I'm devoting the rest of my life to doing, is really thinking about social impact," Ma said. "I'm not doing this because I need a job."

Ma said that embracing the issues of the world was natural for a musician, and dismissed the idea of *art for art's sake*. "We have a bigger purpose," he said.



In Tune
by Sarah O'Brien, President

"It's never art for art's sake, because, even if I do it for myself in my head, I have an ideal. I'm actually trying to take

something — a construct, a concept, a theory — and then I want to make it visible, I want to make it audible, I want to make it tactile. I want to make it felt."

Borda spoke of the New York Philharmonic's efforts to engage with social issues, including gender equality. Recognizing that "all the music we play was written by men," the organization is launching an initiative next year — the 100th anniversary of the 19th Amendment, which gave women the right to vote — to have 19 women write major world premieres for the orchestra.

Please turn to In Tune p. 5

Greeter of the Week

May 30
Kimmie Haggins
June 06
Tony Hill
June 13
Mendel Hill



Program Review

The Little Known Story of How *Jasnow* became a Last Name and Tales of Growing Up



Today (May 30) Rotarian Ed Jasnow related the story of his American heritage.

Great grandfather Jasnow fled Russia after the failed revolution of 1905. At Ellis Island the immigration officer decided that his polysyllabic Russian name was too complicated for an American. He shortened it to two syllables: *Jas now*. Had his pen

slipped, his family mused, their name might have been Jazz.

His grand father became the proprietor of two clothing factories in New York City. The businesses thrived but the pressures of management led to his grandfather developing an ulcer. At his physician's advice and his wife's insistence, he sold the businesses and moved to the rural quiet of South Jersey, an area that has given that state the name: The Garden State. There he became a chicken farmer, starting with a small plot and fifty birds and eventually, through subsequent acquisitions, managing a large enterprise with fifty-thousand chickens. Great grandfather was an intense man. When a hen pecked him as he and young Ed were collecting eggs, he laid hold of her by the neck, smote her multiple times on the beak, and heaved her across the chicken coop. She survived, the eggs were collected. Always refusing to purchase life insurance, he remarked that he wanted no one to be happy when he died.

Later the family moved to the city of Vineland, where Ed grew up. His grand mother bought a puppy who, with time grew into the imposing German Shepherd, Rex. Rex threatened the life of any and all



would-be intruders. One day, when Ed entered her house, Rex, barking murderously, lunged at him, restrained only by the iron bedstead to which he had been tethered. He could not drag it through the door into the room where Ed took refuge. Rex has passed on. Ed remains with us today.

Ed's father was a kind and gentle man, an amateur magician, adept at checkers. But no one would play with him because he could not be beaten. Ed's childhood friend was the checkers champion of the Univer-

Please turn to Program, p. 6

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Rotary Club of Altadena - #7183

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P.O. Box 414, Altadena, CA 91003

www.altadenarotary.com

Meets: Thursday, 12:10p

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David Smith..... International
To be Announced..... Asst. International
Tony Hill..... Youth Contests/Awards
Mike Zoeller..... Youth Projects
John Frykenberg..... Vocational
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June Rotary Fellowship

Program Chair, Mike Zoeller

June 06- Steven Kwon, PhD - President,
Nutrition and Education International

June 13 - Terry Masango - Captain, Salva-
tion 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

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

Thanks to All for Another Great Youth Year!



Only a few meetings are left in our 2018-19 Rotary year, and we are concluding another great season for our Community and Youth projects at the Altadena Club.

A large fraction of our efforts as a club are directed at the youth of our community and, at this point, all of our *Youth Projects* are complete. So, I think it's appropriate that we quickly review our efforts and thank those who spent so much time and effort to make these projects a success. A lot of hard work and effort comes together in a short period of time, and our weekly meeting become full to the brim with students, teachers, parents and Rotary members all vying for a table and chair.

Assembling & Distributing Bikes

Late in the last calendar year, the club – lead by Doug Colliflower – again participated with the Pasadena and San Marino clubs in the annual Bike Build project, which resulted in hundreds of local-area kids receiving a Christmas gift of a new bicycle. In addition to bringing a crew to assemble bikes, we again provided the pancake breakfast to feed the whole crew.

Mini-Grant Program

Ed Jasnow was again our Mini-Grant kingpin as we had a large contingent of Teachers from local middle and high schools visiting the club to describe how

they spent the money from the clubs Mini-Grant program, which this year provided \$400 to each of 25 teachers from the PSUD system. The mileage that these dedicated teachers can get from \$400 is remarkable, and the return that the club members get from hearing about the benefits that students get from the grants is priceless.

JROTC & Americanism Awards

During this period, Tom McCurry and the club hosted the JROTC students and instructors from Blair High School as they received cash awards and recognition for their efforts during the year. This year, two JROTC students received \$2,000 awards. At the same club meeting, McCurry and Jasnow presented awards totaling \$9,000 to deserving students at Muir and Marshall High Schools and to students at Eliot Arts Magnet Middle School.

The RYLA and Interact Programs

We also heard from eight selected Altadena-area high schoolers who attended this year's RYLA program at Camp Cedar Crest in Running Springs, California in April. Tony Hill again lead the Club RYLA team that selected the students. The program is an intensive, two-and-a-half-day leadership training program for high school sophomores and juniors in District 5300 who are chosen for their leadership potential. The kids detailed how the experience contributed to their leadership skills and other fun details of the event. Hill (with the help

of Steve Kerekes and Kimmit Haggins) also oversees the activities of our very-active Interact Club at Muir High School

PCC Veterans' Awards

Also, Craig Cox hosted our PCC Veterans' Awards program which brought many young PCC students – who have already served our country – to the club to be recognized and presented with cash awards totaling \$6,000 this year. It is our annual pleasure to recognize the service of these local men and women who have served their country.

A Thankyou to our Club Project Chairs

And finally, let me thank all of the Club Project Chairs for this year:

- Doug Colliflower again headed the Community Projects, and he and his team had another banner year.
- Our International Projects Chair, David Smith, and his team also turned in a great performance with the Mirge School House project in Nepal, the Cambodian Self-Help Demining and RSV project, India for the Dam project, and our support for the District 5300 Rotoplast project.
- Also, my thanks to Vocational chair John Frykenberg who took up the reins of the Vocational Service projects after Ray Carlson's passing.
- Finally, my thanks to Tony Hill and the Youth Activities team for another great year of RYLA and Interact activities. ○

Thoughts on My Trip to Israel and Egypt in May 2019

HOT

It was hot. Did I mention it was hot? Often in the 90s or 100s, and on a couple of days 104° and 107°.

Israel

This country is smaller than you think. We landed at Ben-Gurion Airport in Tel Aviv, near the sea, and drove to Jerusalem, about 45 miles away. So it's like driving from an LA beach to Altadena, but with a lot less people and freeways. Israel = 9 million people; Los Angeles = 18 million people.

Jerusalem

This is a small city mostly inside an ancient – really ancient – surrounding wall. Religious sites, of which there are countless, are clearly identified by armies of zombie-like trinket sellers who repeat in many languages, “You like? Come see!,” “One dollah!,” “Half-price!,” “You American? Best price for you!,” and many other non-MBA approved sales pitches.

The religious sites themselves make dubious claims about almost every sacred event. For instance, Jesus is said to have prayed the night before his entry into Jerusalem in the garden of Gethsemane. The garden and its olive trees are still there. A church encloses the exact rock, we are assured, where Jesus prayed. However, another rock just outside the church has a plaque from a different group assuring us that this is the correct rock. Or, the Muslim Dome of the Rock, our guide told us, contains a rock with the footprint of the horse on which the Prophet Mohammed was astride when he ascended to heaven. “No,” our Muslim friend muttered, “the footprint do the rock is that of the Prophet himself.” Since the

imprint in question to the casual eye may appear like almost any other dent one sees in almost any rock, this theological dispute – like most all others – is unlikely to ever be resolved. And this is particularly true since rocks don't talk.

Bethlehem

We drove with our armed guard – as did many other buses with their armed guards – through the gigantic wall which separates Israel from the Palestinian West Bank. Our new Palestinian guide, on taking over the microphone, announced, “Jesus is the gift that keeps on giving.” He quickly said that, as a Muslim, he was not speaking theologically but was referring to the financial implications of the busloads of tourists both in front and behind us. We descended from the bus and climbed up a long street, – ignoring the T-shirts and assurances of best prices – to the top of the hill overlooking a valley. The Church of the Nativity – pillaged over the years by both Christians and Muslims alike – is now something of a mixture of both.

Several plaques stated that this was the actual birthplace of Jesus. A question arose: Why would Mary ascend a long hill, even on a donkey, if 9 months along and about to give birth? Even more strikingly, however, the specific location of this birth, at the far end of the church, was in a cave. A cave? One of the most famous births in history occurred, then, not next to an inn, and most certainly not in a manger. For all of us, this was a serious challenge because it raised this question: Can 100 million American front lawn displays be wrong?

Perhaps the thorny issue of religious site

selection (followed by overly-massive church building on that site) arose because the sites were selected by the mother of Emperor Constantine, Helen, who went to the Holy Land to find the holy sites, and tear down Greek and Roman temples suspected of having been built on Christian holy sites (later, Muslims, when it was their turn, tore down Christian structures built on possible Muslim holy sites). So it is perhaps not surprising that religious site selection has had overtones of the Laurel & Hardy scene in which, following a roadside dispute, the enraged opposing drivers tear apart the other driver's car, piece by piece. We could not help but note that religious disputes – involving shrines rather than cars – often turn out this way.

Egypt

Then onto Cairo, a sprawling slum with the Nile River gliding through its middle. It too has lots of museums and medieval wall structures, or monuments bearing the name of Ramses, or Mosque Al-S6mebody.

But what really impresses are the Pyramids, across the river at Giza. Never mind that slum-Cairo has been built right up to them, or that the trinket sellers have now acquired camels and insist that you ride them. No, what truly impresses is just how big the structures are. Each stone block weighs a couple of tons, and the biggest pyramid had 2.3 million of them. And still, after much speculation, nobody is entirely sure how they did this. Holy Cheops!

Nile River trip

We flew to Luxor – 350 miles south of Cairo – and boarded the Viking Ra,

Please turn to Dawson, p. 5

In Tune

Continued from p. 1

"We are thinking about how we can partner in other ways to broaden this conversation ... because our world has been changed now by #MeToo," she said.

Ma has incorporated the goals of social justice and peace into his musical work through Silkroad, the nonprofit he founded that gathers musicians from around the world to create music together that draws from their varied cultural traditions.

Through its diversity, the ensemble in its performances helps show that, "It's not about who you are," Ma said, "it's about what you're doing together and how you're doing it." Additionally, through the Bach Project, Ma is performing Bach's 36 pieces for solo cello in one sitting, at 36 locations worldwide over the course of two years. The project includes a *day of action* at each location in which participants discuss and collaborate on ways culture can help build a better future.

"In my mind, there's no separation," Ma said of music and civic engagement, noting how that connection has been a revelation

to him. "I've been in conflict all my life thinking that I did one thing that I love to do, I care deeply about other things, but the two didn't really connect too much. For the first time in my life, I'm not conflicted."

In the places he has visited with the Bach Project, from Flint, Michigan, and Youngstown, Ohio, to Leipzig and Mumbai, the issues differ, but "really it's about coming together with pride and dignity in order to build something that's totally fundamental."

Ma said he was inspired by a day he spent in California with Los Angeles Philharmonic violinist Vijay Gupta, who founded a *Street Symphony* that performs at jails, shelters, and other sites. When they toured a women's prison, Gupta "spoke from the heart" to the inmates, Ma recalled. "I call that just being a human being," he said. "The fact that we were in a prison did not mean that the people incarcerated were any less human or deserved to be treated with anything less than the utmost dignity."

The conversation also touched on the ways music affects people, including by

spawning thoughts and ideas. Borda said she found interesting "the different reactions people have to the same piece of art set in different moments and in different ways."

"Whether it's hip-hop or classical music, it does something to us," Ma said, reflecting on how people experience the world through their senses. "We treasure analytical thinking. But what motivates analytical thinking? What gets you to say, 'I'm really going to look at this thing?'"

In a surprise finale to the event, Ma, who had departed the stage, reappeared with his cello to perform a solo piece. His selection, "The Song of the Birds," is a Catalan folk song written by the cellist Pablo Casals that evokes the need for freedom.

"As you know," Ma said, "birds fly through borders. So I hope for all of you that, in your work and in your life, you can create that kind of flight for the people in your lives and the people you affect." ○

from *The Harvard Gazette*

By: John Laidler, Harvard Correspondent,
March 15, 2019

Dawson

Continued from p. 4

our retreat from the heat and dust of the innumerable temples and tombs we were to see over the next few days as we cruised up the river to the High Aswan Dam (the Nile, confusingly, flows from south to north). While impressive by any standards for their massive size and engineering skill (pharaohs did nothing in halves) the sameness of these temples was striking. Despite 3,000 years of civilization, it is almost impossible to tell which is an Early Kingdom, Middle Kingdom, or Late Kingdom temple, unless one can read the identifying hieroglyphics (unlikely). The faces all look the same, the gods are depicted the same, and the smiting of enemies is the same.

Which leads me to a conclusion and another movie. The conclusion is that ancient

Egyptian culture started 5,000 years ago, ended 2,000 years ago, and invented great things like pyramids and obelisks, but never really got beyond that. It was 3,000 years of pretty much the same thing. Compare this to 2,000 years of Western civilization, from the Greeks to today: Plato, Aristotle, the Middle Ages, Enlightenment, and science, to cell phones, Burger King, and nuclear weapons. We (perhaps ironically) call this "progress," a commodity of which the ancient Egyptians apparently had little.

The movie brought to mind is "The Third Man", and specifically the dialogue in the Vienna Ferris Wheel between the evil Harry Lime (Orson Welles) and his friend (played by Joseph Cotton). Explaining his jaundiced view of life, Harry Lime states; "In Italy, for

thirty years under the Borgias, they had warfare, terror, murder and bloodshed, but they produced Michelangelo, Leonardo da Vinci and the Renaissance. In Switzerland, they had brotherly love, they had five hundred years of democracy and peace — and what did that produce? The cuckoo clock." Of course, Egypt never produced a cuckoo clock, but you get the idea. Then back to Cairo, where our guide lamented, "Things are going back to the old ways: more headscarves for women, more observance of prayer (5 times a day), more restrictions from a strict regime." But, from what I saw of its history all around us, Egypt has always been a pretty conservative place. ○

**Your roving correspondent,
Bill Dawson**

This Week

Continued from p. 1

among women and children partly due to malnutrition. Kwon felt compelled to do something for the suffering populations of Afghanistan, and decided to visit the country for the first time in 2003, not knowing what one man could do.

Kwon will be presenting how he and NEI, have worked in Afghanistan for the

past 15 years to address the problem of nationwide protein-energy malnutrition (PEM). NEI was founded in 2003 with the vision and mission to eradicate PEM in Afghanistan by establishing a self-sustainable soybean value chain. After 15 years of dedication by over 200 employees, NEI finally achieved its mission to make the soy value chain self-sus-

tainable with Afghan President Ashraf Ghani's decree to include locally produced soybeans in the government menu. Aligned with the UN Sustainable Development Goal to end global hunger by 2030, NEI's goal is to produce 300,000 MT of soybeans which will effectively give the country a chance to defeat PEM throughout Afghanistan. ○

Program

Continued from p. 2

sity of Bridgeport. Against Ed's advice, the University champion challenged Ed's father, only to be twice beaten. Crestfallen, the vanquished champion withdrew.

Concerned for the health of her children, Ed's mother could not make his brother drink milk. He detested it so much, she had to mix it with chocolate syrup in order to get him to take it. The boys played sandlot baseball. One day, when the brother stood on second base after hitting a double, his mother pursued him into center field with a glass of chocolate milk. She did not let him get back into the game until he drank it.

His grandmother's family were from Austrian Galicia. After the great plague we know as Spanish influenza devastated the

world, two of his aunts were placed in an orphanage. Hearing of this, their American relatives provided financial assistance for their passage to America. When they embarked in the ship *Imperator* at Liverpool, the elder of the two aunts understated the age of her sister by four years, allowing the child to sail at half-fare. The younger sister was never told her true age until she herself reached her old age. Never wanting her husband to know that she was four years his senior, she never told him.

Ed himself entered his life-long successful career working for the government. He relates that he even crashed a State Department press conference where he got a front row seat behind the great Walter Cronkite.

Like the Great One, Ed also raised his hand to pose a question. But only the Great One and his colleagues were acknowledged by the briefing officer.

This American story has caused this writer and perhaps many of you to reflect on the history of the generation of forbearers who have made us Americans.

Because of it, I reflect on the motto of my high school which is taken from the *Aeneid*. In the *Aeneid* Book I verse 200, Aeneas encourages his shipwrecked crew fleeing from Troy, their lost homeland. He tells them "Forsan et haec olim meminisse juvabit". Perhaps one time it will have been helpful to remember these things.

Roger Fennell ○

Form & Line by Jacque Foreman, Editor

How Filibuster Changed from Being a Pirate to a Delaying Tactic in the Senate

You may have heard the word *freebooter*, which is a synonym for *pirate*. A pirate gets free booty (the type that means loot, not the type associated with physical companionship) because he steals it. Another common term of old was *filibuster*. Both *freebooter* and *filibuster* came from the same Danish word: *vrijbouter*.

Freebooter became one English variation. Another, via French and Spanish,

entered English as *filibuster*. So, at first, a *filibuster* was a pirate.

The word first gained an American connection in the mid-nineteenth century. *Filibuster* was the name given to US citizens who organized ersatz militias and attempted to gain possession of Latin American countries.

Thus, *filibuster* began to mean anyone who used belligerent means for his or her

own gain. At the same time, the word was used to describe would-be despots, some wags began to use the term to describe the time-honored delaying tactic used on the floor of the Senate. After all, senators who used speeches as delaying tactics to try and influence votes were *pirating* the legislative decision. ○

from *The Unexpected Evolution of Language* by Justin Cord Hayes

Sparks - Altadena Rotary Club Newsletter



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

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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**

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