

This Week's Program

It's Here . . . The Program of the Year! The Teacher Mini-Grant Report Program Host: Ed Jasnow

Yes, it's that time of year!! Earlier this year, we gave out 22, \$400 Mini-Grants to teachers in seven schools. This week, they will report to us on how they used those funds to enhance the classroom experience of their students. The schools represented will be: Altadena Elementary, Jackson Elementary, Webster Elementary, Eliot Middle School, Pasadena High School, Muir High School, and Marshall Fundamental School. As you can see: covering students from kindergarten through high school.

It is truly inspiring to see how these dedicated teachers come up with ingenious ways to stretch \$400 to the maximum limits to provide for their students.

This is one of the meeting that makes you proud to be an Altadena Rotarian. It's also a great meeting to bring guests to so they can see how our club serves our community.

May Day vs Mayday

Spring is in the air! Our programs are well under way, and we are getting to enjoy meeting students, veterans and teachers who have been selected to receive awards and support from the Club. Youth will be meeting at a Rotoract Pre-Convention soon in Germany, and we look forward to hearing about this year's RYLA experience from Tony Hill and others. Our Concerts in the Park Committees are hard at work

— please put the opening night (Saturday, July 06) in your diaries — and the Pancake Breakfast is just a week away. Please invite friends and neighbours and join the fun for a worthy cause!

Growing up in England, May Day celebrations include the crowning of a May Queen and celebrations involving a maypole, around which dancers often circle with ribbons. Historically, *Morris dancing* has been linked to May Day celebrations. The earliest records of maypole celebrations date to the 14th century, and by the 15th century, the maypole tradition was well established in southern Britain. More on Morris dancing and maypoles another time...!



The term *Mayday* is not related to spring festivities, but the origins may be of interest. In 1923, a senior radio officer, Frederick Stanley Mockford, in Croydon Airport in London, England was asked to think of one word that would be easy to understand for all pilots and ground

In Tune



by Sarah O'Brien, President

staff in the event of an emergency. The problem had arisen as voice

radio communication slowly became more common, so an equivalent to the Morse code SOS distress signal was needed. Obviously a word like "help" wasn't a good choice for English speakers because it could be used in normal conversations where no

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Greeter of the Week

- May 02
Dawn Digrius
- May 09
Freddie Figueroa
- May 16
John Frykenberg

Program Review

Honoring and Rewarding Those Who Defend Us



That was the purpose of last week's program as we award \$1,250 scholarships to those veterans who are part of PCC's Veterans Resource Center. This is part of our commitment under the grant we received from the American Legion Post

740 in Altadena when they closed.

The first recipient was Edwin Balvaneda. This veteran joined the Marine Corps at 17. At 20, he served in the Marine Security Guard which pro-



protects diplomatic facilities around the world. He was posted to embassies in Belgium, Ghana, and Argentina for three years. He credits his eight years in the Marine Corps for giving him maturity, teaching him good leadership skills, working well with people, and boosting his confidence. He is currently studying to be a Registered Nurse.

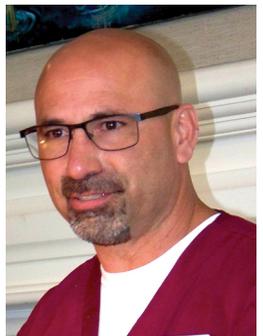
The next recipient was Ilya Kurbanov. He was born in Russia, but came to America when he was ten years old. At 19, he joined the Army. Although



he was terrified of heights, he volunteered for Airborne training so he could get into

the fight against Osama Bin Laden. After successfully finishing Airborne school, Kurbanov tested himself again and volunteered for the Ranger course, joining the Ranger Battalion. Between 2005 and 2010, he was deployed five times to Iraq and Afghanistan. His deployments ranged from exciting to great sadness, but, nonetheless, gave him great lessons in leadership, responsibility, teamwork, commitment and integrity. He says this experience will always be a part of him. He is currently finishing up his requirements for a Business degree at USC. His goal is to work with the VA of Federal government to help his fellow veterans.

The third recipient was Michael Klementich. He joined the Army at age 40, planning to enlist with his son, but the son



changed his mind. A graduate of Bosco Tech, he served in the Army and was sent to Afghanistan from 2011 to 2012. His job in the Army was as a fueler, distributing

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Rotary Club of Altadena - #7183

Chartered: February 14, 1949

P.O. Box 414, Altadena, CA 91003

www.altadenarotary.com

Meets: Thursday, 12:10p

Altadena Town & Country Club

2290 Country Club Drive • Altadena, CA

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Directors

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

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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

May Youth Services

Program Chair: Ed Jasnow

May 02 - Teacher Mini-Grant Report

May 09 - PCC Vocational Awards, Guest

Program Host, Dennis Mehringer

May 16 - JROTC Awards - Guest Program Host, Tom McCurry

Congratulations



Birthdays



15 - Elsa Smith
18 - Craig Cox
23 - Dorothy Brooks
30 - Susan Applegate



Anniversaries



18 - Tony & Ann Rider Hill
19 - Roger & Kathleen Ann Fennell
24 - Jennifer Hall & Jim Sanfillipo

Mix and Mingle Evening



On Thursday evening, April 25, 2019 our Club co-sponsored with Grocery Outlet an Altadena Chamber of Commerce Mixer. For those unfamiliar with the term *Mixer*, it is a common event that almost all Chambers of Commerce facilitate for the benefit of their members. While the variables are many, the mixers are typically held in the early evening, sponsored by the Chamber member/host. The primary objective for the business is to share with the community the products and/or services that they provide.

Co-sponsored events are unique, and this event was suggested to me, as the Chamber President, by Mark Mariscal. Michell and Mario Guajardo, Grocery Outlet owners, have been very active in our community since opening their doors in December. Mariscal's original thought/goal was for Rotary to provide support as a community event. But then the wheels began to turn in his head, and he suggested to me that it become a co-sponsored event, and thus an opportunity to share with the community more about our Club and some of our activities in Altadena. And, so the event was conceived!

The mixer was a terrific success: lots of great food, delicious wine, interesting beers and even karaoke was included. I believe there may be some video floating around featuring David Smith covering the Beatles *Let it Be*.

The event was well attended by Rotarians, Chamber members, and many from the community. Incoming Rotary President, Mark Mariscal, was able to share a little about Rotary and some of our activities, including our upcoming Summer Concert Series and Pancake Breakfast.

• • •

Many thanks to Grocery Outlet..... ○

In Tune

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one was in distress.

At the time Mockford was considering the request, much of the traffic he was dealing with was between Croydon and Le Bourget Airport in Paris, France. With both the French and English languages in mind, he came up with the somewhat unique word "Mayday," the anglicized spelling of the French pronunciation of the word "m'aider" which means "help me."

Four years later, in 1927, the International Radiotelegraph Convention of Washington made "Mayday" the official voice distress call used only to communicate the most serious level of distress, such as with life-threatening emergencies.

When using Mayday in a distress call, it is traditional to repeat it three times in

a row, "Mayday, Mayday, Mayday". This is to make sure it is easily distinguishable from a message about a Mayday call and from any similar sounding phrases in noisy conditions.

In situations where a vessel requires assistance, not from grave and imminent danger, a distress call of "pan-pan" can be used instead. Essentially, it means you need aid, but you don't need support personnel to necessarily drop what they're doing right that instant and come help you, as with a *Mayday* call.

Like *Mayday*, *pan-pan* is the anglicized spelling of a French word, in this case *panne*, which means "broken/failure/breakdown." Also, as with *Mayday*, one should state it three consecutive times:

"pan-pan pan-pan pan-pan," followed by which station(s) you are addressing and your last known location, nature of your emergency, etc.

If there is no reply to a *Mayday* or *pan-pan* call by the Coast Guard or other emergency agency, and a couple minutes have passed since the last one, some other radio source, such as another ship or plane that received the call, should transmit their own *Mayday* call, but on behalf of the ship or plane that first made the call, repeating the pertinent information they heard when they received the *Mayday* message. ○

Source: <www.todayifoundout.com>

"You can cut all the flowers but you cannot keep spring from coming."

Pablo Neruda

REAL ESTATE

Matters
by Doug Colliflower

Moving and Rightsizing Tips

Moving is never easy and most often it entails downsizing or at a minimum, going through *OUR STUFF* and figuring out what we want to take, and what to toss.

Take on one room (start with an easy one) at a time and complete that room before moving to the next. Making progress will build momentum, enabling you to move to the next (more difficult) room, including those with more difficult choices. Start with the easy stuff, eliminate anything broken damaged, or no longer wanted. Ask yourself, "if this disappeared tomorrow, would I replace it?" If not, it's probably not worth keeping.

Don't be a storage unit for friends, family or others. If you have been so kind and generous, politely advise them that they need to remove their heirlooms and set a firm deadline, or, see above.

Decide what is important. Pretend you are moving overseas and the number of items you can take will be severely limited due to the high cost of shipping. What items belong on your list? These are the things that matter most to you.

Is this something from a lifestyle I no longer have or want? For example, you have several drawers full of plastic containers, but

only cook for one or two people, you can probably lose a few containers – same goes for dishes, pots, pans, etc.

Schedule a regular block of time each week – or several days per week – devoted

to the things you love and want, but have trouble buying for yourself.

Use age to your advantage. Now is a great time to *gift* items you *eventually* want family members to have. Take a photo



of them holding the special item and create a digital scrapbook of *next generation* memories ... making your special people happy and freeing yourself of extra *stuff* that you have been charged with keeping for posterity.

If the recommendations

above strike you as too overwhelming and you feel like you are going to need a little extra help, there are a number of services, organizations and individuals who can make your move easier, including:

to rightsizing. Realize that rightsizing is a life-changing marathon, not a sprint. You didn't accumulate all *YOUR STUFF* overnight; you won't sort it all out overnight either.

Value what you keep. The fewer things you keep, the more you will treasure and enjoy what you have, instead of tucking them away in a closet or stacked among dozens of other things. These are the few, meaningful items worth having in your personal space. Prevent new collections for forming. Instead of material gifts, ask people to spoil you by sharing time, enjoying new experiences, and indulging in luxuries (spa certificates, theatre tickets, dinner out, etc.)

of them holding the special item and create a digital scrapbook of *next generation* memories ... making your special people happy and freeing yourself of extra *stuff* that you have been charged with keeping for posterity.

If the recommendations above strike you as too overwhelming and you feel like you are going to need a little extra help, there are a number of services, organizations and individuals who can make your move easier, including:

- **Senior Move Managers:** According to the National Association of Senior Move Managers (NASMM.org), members are "individuals who assist older adults and their families with the emotional and physical aspects of relocation and/or aging on place. They offer one-stop shopping for downsizing, organizing and coordinating your move. If you don't have one in your area, you can still cre-

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Program

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fuel in any kind of conditions in support of our mission in Afghanistan. He received several recognitions and awards for his service. It was at this time that 10 members of his unit were injured by an IED. It was when he was assisting to stabilize and load his comrades for transport to Ramstein, Germany, for treatment and care, that he felt he wanted continue on in the medical field. He is currently in the Nursing program and getting closer to that goal every day.

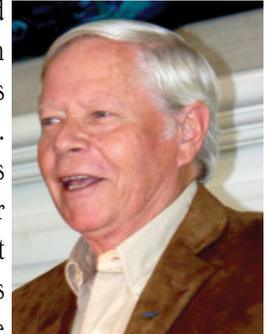
The final candidate was Alan Tan. He

joined the Army National Guard in 2008. He chose Combat Engineering, thinking he would be doing mechanical engineering on some level. It turned out that Combat Engineering is actually setting up explosives, scanning for IEDs and landmines and learning how to disarm them.



Not quite what he was expecting. It was not surprising that he was immediately deployed after training to Iraq in 2008, and again in 2009. He is in his last semester of prerequisites for the Nursing program. He will be applying this year.

We then heard from Doc Martin of the Veteran's Resource Center. He stated that his goal is to do for the current veterans what no one



did for his generation of veterans of Vietnam. He stated that many veterans need help. A large percentage of veterans are in prison. He has been teaching veterans transition courses longer than anyone else in the country. He pushes his students hard to succeed. He tells them that their service to their country doesn't end when they're discharged.

Our club is proud to support our veterans. Today's program was a clear demonstration of that.

Ed Jasnow ○



Recipients of the scholarships with Craig Cox who presented our awardees with their scholarship checks. From left to right: Michael Klementich, Ilya Kurbanov, Craig Cox, Edwin Balvaneda, and Alan Tan

Real Estate

Continued from p. 4

ate your own senior move management plan by utilizing some of the following services:

- **Downsizing Specialist:** if your moving into a smaller quarters, downsizing first can greatly reduce the hassle associated with your move.

Family and friends may be able to help with this, but sometimes exacerbate the situation. A downsizing specialist is sensitive to the emotional aspects of eliminating personal items, while also making valuable recommendations on how best to dispose if

what's no longer needed or wanted.

- **Space organizers:** professional organizers, aging-in-place specialists and staging professionals can be very helpful in determining how to best utilize your new space-and what to bring with you-before you move. They'll reduce your overall workload by only moving the items that work best in your new home, and help make your new space organized, safe and more enjoyable.
- **Pods:** Portable On Demand Storage (PODS) can be a convenient alternative

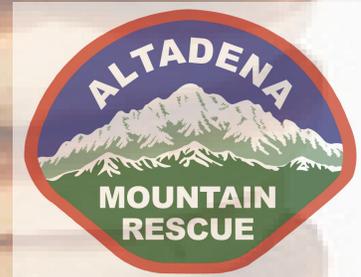
to traditional moving services. Your storage container will be dropped off at your location where you can fill it at your own convenience, on your own schedule. Once everything is packed, the container is sealed and moved to your new location where you can take your time unpacking it.

Should you have interest in any of these services and would like a great referral, please give me a call. Last: no matter what services you use, always remember to ask if they offer a senior discount. ○

Pancake Breakfast

\$5 per ticket

**TO SUPPORT THE ALTADENA
MOUNTAIN RESCUE TEAM**



Community Celebration and Fundraiser

**Saturday, May 11
from 8 to 10:30 AM**

**In the GROCERY OUTLET parking lot
2270 N. Lake Avenue in Altadena**

**Tickets can be purchased at the Altadena Sheriff Station,
Hoopla!, Grocery Outlet, El Patron Restaurant or by calling
Deputy Dan Paige at 213-264-5239 or 626-798-1131**

Proceeds go to Sheriff AMRT Program

**SPONSORED BY THE ROTARY CLUB OF ALTADENA
with volunteers from the Sheriff's Youth Explorer Program**

Please make checks payable to AMRT or Rotary Club of Altadena

April 1, 2019

Dear Friend,

The Campbell Center is proud to announce a new fundraiser, "**Bubbles & Blues**," to benefit The Campbell Arts Academy (TCAA).

The Campbell Arts Academy provides an option for integrated services through life enriching arts-based experiences, events and gallery shows. The goal of TCAA is to:

- Discover upcoming Artists, maximize their talent and support self-employment as an outcome.
- Provide a creative environment to promote personal growth and community integration for our Artists

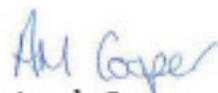
"**Bubbles & Blues**" will be held on Saturday, May 18, 2018 at the Fickwick Banquet Center in Burbank. This event will feature an Art Exhibit and Art for sale by our TCAA artists, spectacular mix performances of Blues, Jump and Swing provided by *The Blues Channel*, a complimentary champagne reception, dancing, and opportunities to dedicate songs played by the band for a small contribution.

This event would not be possible without the support of friends like you. We hope you will consider participating in this year's event as a Sponsor. Your participation will make it possible for us to reach our ultimate goal.

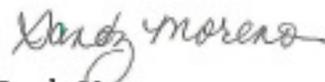
Attached, you will find a Sponsorship Opportunities form which lists the various benefits of each level. Please let us know if you have any questions or need additional information.

Thank you in advance for your consideration. We look forward to a great evening of art, music and dancing in support of our talented artists.

Warmly,



Angela Cooper
Director of Employment



Sandy Moreno
Chief Executive Officer (CEO)

Attachment



**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.*