

This Week

JROTC and Americanism Awards

Guest Program Host: Tom McCurry

It's that time of the year again, and we will be honoring the top cadets in the Junior ROTC programs in the Pasadena Unified School District. Due to generous grants and gifts from American Legion Post 470 in Altadena – which no longer exists – Altadena Rotary is able to provide three ROTC scholarships: one for \$1,500 and two for \$1,000 for JROTC students at Blair High School.

You may note that we are not giving JROTC awards to students at Pasadena High School and Muir High School. Unfortunately, the JROTC programs at these schools have been discontinued. This endowment allows us to provide two scholarships of \$1,000 each to two graduating seniors at John Muir High School, and two scholarships of \$500 apiece to two graduating students at Eliot Middle School for the qualities of courage, honor and leadership.

These scholarships provide valuable support to these students and for their future academic endeavors. They bring parents and supporters with them to celebrate this event. ○

Why We Volunteer

First: a heartfelt thank you and congratulations to all involved in the first annual Pancake Breakfast event, hosted by Altadena Rotary! The event was a huge success on many levels, and a good time was had by all thanks to the advance planning and hard work on the day by cooks, servers, those setting up and clearing away and many others. The sun shone, the turnout was greater than expected, and we will soon know the total amount of funds raised in support of the Altadena Mountain Rescue Team. The photos certainly capture Rotarians in action, and a terrific team spirit! I hope that, once rested, everyone will still feel the buzz of the event and remember the smiles on the faces of community members who came together (of all ages), passed syrup, devoured sausages and chatted about local interests. A memorable morning for sure, and we hope it is the first of many such events. *Pancakes in Parking Lots!* ... Why not?!!

America takes great pride in the role volunteering has played in our history. We believe that volunteers are virtuous, kind and essential to the health of our society. It is why the Dr Martin Luther King Jr. holiday – for instance – is celebrated as a national Day of Service. We are a country that loves volunteering.

We are also a country where three out of four people don't do it (according to a report by the Corporation for National & Community Service). Like everything else in life, effective volunteer engagement takes leadership, planning and resources. Volun-

teering won't increase until there are more organizations with the vision.



by Sarah O'Brien, President

Perhaps that's why like-minded people join Rotary. As individuals and collectively we have vision, optimism and the drive to make things happen. It's not always easy, or fast as we all lead busy lives, but progress DOES happen, and lives can be changed – close to home and around the world. Can we do more? We all know that volunteering feels good, but how can we attract others who feel they don't have the time or resources to offer to a cause? We all know that leading by example is possibly the best way to inspire others, and the following may help clarify why it's important that we continue to volunteer and share our experience as Rotarians with others:

To Improve Community Life

One good reason why volunteering is important is that it goes a long way toward creating a healthy community. Kids who agree to take part in tidying up their classrooms and surrounding areas, promote cleanliness. This in turn helps the community to find

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Greeter of the Week

May 16
 John Frykenberg
 May 23
 Ben Green
 May 30
 Kimmie Haggins

Program Review

Recognizing Outstanding PCC Students



Continuing with the spring award season, at last Thursday's meeting, the Rotary Club of Altadena recognized twenty-five outstanding students from Pasadena City College. For over thirty years

the Club has presented awards to students chosen by the faculty from various departments at PCC.

These departments include dental hygiene, nursing, business management, automobile repair and maintenance, and television production. At the meeting, we heard from a number of faculty members about the tremendous accomplishments of these students.

Digital Technology.....Jon Davidson
 Design Technology.....Gregory Holden
 Electrical Technology.....Alberto Morales
 Welding Technology.....Travis Ford
 Radiologic Technology.....
Kristofer Kent Gordon
 Anesthesia Technology.....Yoshika Toyama
 Anesthesia Technology.....Aaron Pressburg

• • •

Faculty members who made the presentations included:

- Wayne Houlihan, *Automotive Technology and Business Administration*;
- Barbara Kissel, *Radiology*;
- Beverly Legg, *Dental Hygiene and Assisting*;
- Michael Boytim and Vicky Reyes, *Anesthesia Technology*; and
- Barbara Naylor, *Television, Video and Radio Production*.

The PCC Vocational Awards program is one of the highlights of our Rotary year.

Special thanks to Dennis Mehringer, who does an outstanding job in organizing this event.

Boyd Hudson ☉

For photos, please turn to Program, p. 4

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
 P.O. Box 414, Altadena, CA 91003
 www.altadenarotary.com
 Meets: Thursday, 12:10p
 Altadena Town & Country Club
 2290 Country Club Drive • Altadena, CA
 626-794-7163

Rotary Int. Pres..... Ian H.S. Riseley
 Dist 5300 Gov..... John Chase

Officers

Sarah O'Brien, Pres.....Bus. 626-796-5000
 Mark Mariscal, Pres. Elec.....Bus. 310-902-6547
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 Mike Noll, Treas.....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

Students

Who were Honored

Department.....	Recipient
TV Operations.....	Michael Shaheen
Broadcast Journalism.....	Stephanie Meade
Video Production.....	Xavier Dubose
Radio Production.....	Thomas Zumberge
Video Post-Production	Jonathan Gutierrez
Dental Assisting.....	Edith Waddell
Dental Hygiene.....	Sarah Craig
Business Administration.....	Ashley Meza
Business Administration.....	Tu Ha
Entrepreneursip.....	Malik Powell
Entrepreneursip.....	Juan Rivas
Automotive Technology.....	Thomas Reed

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
 May 23 - Cynthia Bengtson Budzyn, Executive Consultant, Leadership Pasadena
 May 30 - Annie Richardson, JPL

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



Profile: A Vine Idea



Heidi Kühn arrived in Utsunomiya, Japan, in 1975, a few months after the end of the Vietnam War. She was a Rotary Youth Exchange student, and what she saw and experienced in Japan led her to reflect on the post-World War II reconciliation between that country and her native United States. “The idea of former enemies bridging borders for peace left an impression in my heart,” she says.

Heidi Kühn – a member of the Rotary Club of San Francisco – founded a nonprofit called *Roots of Peace* to remove land mines and revive farmland.

More than 20 years later, Kühn had become a successful television journalist. She was asked by the Commonwealth

Club of California, a well-known public affairs forum, to host an event featuring Jerry White, a land mine survivor who had

itarian mission in 1997. It was a short time after the death of Diana, whose efforts to ban land mines had inspired Kühn. “That night, I made a prophetic toast,” she recalls. “May the world go from mines to vines.”

Kühn decided to act on those words and founded a nonprofit called *Roots of Peace* that has worked to remove hundreds of thousands of land mines and other unexploded ordnance from farmland and replace them with productive fields, such as orchards and vineyards.

In Afghanistan, the organization has helped restore fields in the Shomali Plain north of Kabul, which had been a thriving agricultural region until the Taliban burned vineyards, cut down fruit trees, and laid land mines. Since 2003, *Roots of Peace* has connected growers with supermarket chains in India.



escorted Princess Diana on her last human-

Photo by Ian Tuttle

In Tune

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motivation to combat pollution and trash. It encourages more people to take an active part in cleaning up. In the end, everyone benefits from it.

To Give Back

Another reason why volunteering is important is that it showcases someone's gratitude. Someone who becomes successful in selling books may take part in a *reading for children* program. An athlete

Sparks - Altadena Rotary Club Newsletter

can spend some time teaching others the basics of his/her sport. A successful entrepreneur can allocate some time to teaching others how to do business.

To Help Others in Need

During times of calamity, people need help. There are government agencies assigned to this task. However, it's usually not enough. When ordinary people do their part to help, the task of aiding the grief stricken

becomes easier.

This isn't just true among the calamity stricken. There are people living in harsh conditions who need a helping hand. There will be no financial rewards. But the joy you can bring to others will be priceless.

Things are Done More Effectively

When people get together, the job or assignment becomes easier to do. It doesn't

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Program

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Anesthesia Technology: (l to r) Michael Boytim, Instructor; Vicki Reyes, Instructor; Aaron Pressburg, and Anna Toyama



Design Technology: Gregory Holden flanked on the left by his father James and on the right by his mother Janet



Dental Hygiene: (l to r) Beverly Legg, Instructor; and Sarah Craig



Television, Video & Radio Production: (l to r) Thomas Zumberge, Stephanie Meade, Barbara Naylor, Instructor; Xavier DuBose, Jonathan Gutierrez, Michael Shanbeen; and James Patrick



Business Administration: (l to r) Ashley Meza, Juan Rivas, Tutla



Engineering Technology: (l to r) Alberto Morales; Travis Ford; Thomas Reed; and Wayne Houliban, Instructor



Radiology: (l to r) Zane Gordon and Lorelee Gordon, parents of Kristofer Gordon; Barbara Kissel, Instructor; Jeanette A. Gordon; and Kent Gordon

In Tune

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matter what the job on hand is. When individuals work together, most of the difficulties will be erased. Without any help, work becomes a lot harder and more time consuming.

You Get Connected to Other People

When you take part in these activities, you get closer to people. You come to know your friends even better. You will make new acquaintances also. By getting more involved with other people, your self-confidence also increases.

Giving Hope

One reason why volunteering is im-

portant is that you give others hope. A downtrodden person will be uplifted when he or she realizes that there are people out there who will help them out. It brings back their faith. It makes them aware that not everything is about money.

It Emboldens the Human Spirit

For the selfless act of helping a person / cause / nature provides a spiritual boost and growth as well. Knowing you did something good for someone or some cause is an emotionally uplifting experience that can never be matched by money or fame.

Sources: www.whyguides.com and The Real Reason 75 percent of Americans

Don't Volunteer by Greg Baldwin, CEO VolunteerMatch

◁ ▷ ▷

I certainly feel proud to be part of Rotary International and the Altadena Rotary Club – organisations that certainly embody the above. Let's keep smiling and showing others how much fun we have together, as we volunteer and keep our projects growing. Every little bit helps, and together we can make great things happen!

Happy Belated Mother's Day weekend to all! ○

Photographs courtesy of Sarah O'Brien and Sylvia Vega



For More Pictures of our Pancake Breakfast, Please turn to In Tune p. 8

REAL ESTATE

Matters
by Doug Colliflower

Today's seniors have access to more types of care than ever – and that's a good thing. CCRCs are one of the most ideal types for those who want as close to a home setting as they can get. This is a form of independent living, but it also incorporates part skilled nursing care and assisted living services. These locations vary to some degree, though. Some offer a tiered program where the amount and type of services desired are obtained. If an individual needs more services over the long term, they can obtain them.

Perhaps the most desirable component of a CCRC is that healthy adults can live within these communities in a single-family home or apartment. Some are condo developments. They live independently if they want to or can. This creates a high level of independence and quality of life. Over time, when they begin to need help, it is there for them. They may move to an assisted living or skilled nursing area as their needs change.

CCRCs give seniors the ability to live within the same community through their life. Adults remain comfortable and familiar with the people, surroundings, and the services. They maintain the same quality of life, activities, and interactions with their neighbors. Again, this improves quality of life and directly helps seniors feel more comfortable and at ease. It also helps family members to know their loved one isn't moving from one location to the next and is maintaining the same level of care.

Services offered include health services, meals, personal care, housekeeping, transportation, and emergency help. In addition,

What is a Continuing Care Retirement Community (CCRC)?

the communities are chock full of social and educational activities.

Because CCRCs are an *all-in-one*, there is a greater level of comfort for residents. And children of the parents enjoy a greater peace of mind knowing that all their parents' needs from housekeeping to medical care are taken care of.

How Are CCRCs Different Than Other Retirement Options?

The most important difference here is that CCRCs recognize that many seniors want to live as independently as they have the rest of their life. For example, a senior may find himself living alone after a spouse dies. He or she still can perform the necessary tasks of living on his own but is alone most of the time. To remedy this, the individual can move into the independent living component of a CCRC. There, he or she can maintain the same hobbies and interests enjoyed previously but nearby to those who can help when there is a need. They get to know the area, the people, and their neighbors.

As that senior gets older, he or she may find that tasks like cutting the grass or mopping the floors are a bit too hard to do. This is when moving into or utilizing the assisted living components of the CCRC becomes necessary. Unlike in a traditional assisted living community, the senior already knows the community and the people. He or she is not moving away from the same community into a new one, just into a different area (in some cases) or getting a bit more help when they need it.

And, when there is a need, seniors are then able to move into the onsite nursing facility component. Again, they maintain the same quality of life and stay in familiar areas. This improves the overall quality of life.

Overall, this type of location offers customizable services to fit the needs of the individual at that point in their life. This ensures the very best level of care is always available when there is a need.

What Services Are Offered in CCRCs?

When living in a CCRC, individuals choose the amount and type of services they desire based on their needs. These communities can provide just about any of the care a senior needs over his or her lifetime. This includes health services, including medical needs (in the skilled nursing component). It also includes all personal care such as toileting, bathing, and personal hygiene. Some individuals will obtain housekeeping services.

Most often, CCRCs also ensure there is emergency medical help readily available to the individual who needs it. This can provide instant peace of mind for anyone living in the property.

Residents also benefit from added services such as transportation to their appointments, to go shopping, or to other locations. They also can enjoy various programs such as social activities, educational activities, and outings. These differ from one location to the next. However, because these are full communities with numerous amenities to offer residents at all levels, they

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Working Wonders

Volunteers with School on Wheels bring the joy of education to kids living in shelters on Skid Row

This opinion piece was written by Rene Amy and was originally published in the Pasadena Weekly on May 9, 2019, and is republished here with the author's permission.

At the age of 9, Emily is a powerhouse of enthusiasm, and a bright button of inquisitiveness, knowledge, and brainpower that puts her years ahead of her third-grade peers – even those in the best private schools in the region.

Emily is so smart that she should probably be bumped up a couple of grades, just to keep her from getting bored.

True, she attends an afterschool program, and about once each week gets a session with a tutor who's focused primarily on her.



Just another private school kid, right? Or a kid with all the right privileges and connections, right? Wrong!

Emily, *brilliant Emily*, lives in a homeless shelter on LA's Skid Row and attends one of LA's worst-performing public schools.

But Emily does go to an afterschool program, and does get tutoring – right around the corner from the shelter where she lives. She's in a program for dozens of kids who walk some of the meanest streets in world to get to where they spend the night.

Hundreds of kids call Skid Row shelters "home," making their education problematic, to say the least.

Rising to that challenge, School On Wheels operates its Skid Row Learning Center (SRLC) inside a storefront at the epicenter of LA's human misery. It's a bright, cheery, and (most importantly) safe space,

where kids get a filling snack, then an hour for homework and tutoring, followed by structured free time spent working puzzles, playing video games and reading. Despite the dysfunction in their lives, students often demonstrate unexpected self-control. When an older, larger student takes over a game, a young boy simply lets him, walks away to find something else to do, and explains, "He's just that way."

Every weekday afternoon and each Saturday morning the SRLC is open for the kids – then the rollup steel doors that

keep it protected are rolled back down and securely locked.

Outside, reality is a continuous-looping post-apocalyptic zombie movie, with drugged-out and mentally-ill people staggering through the streets. What happens on those streets cannot be unseen, and these kids see it every day, sometimes spending years in shelters. It has an impact.

Emily is the stunning exception at the SRLC. It requires continued effort to keep her engaged because she's so perspicacious. Most kids fall further and further behind in their studies, as life on Skid Row takes its toll on their study time and their ability to

simply get a good night's sleep.

A student at SRLC two grades ahead of Emily struggles to finish an assignment that Emily completed in a few minutes.

Another student, noticeably small for her age, is distracted by even quiet sounds in the room. She knows how to do her math, but loses focus and begins to yawn – likely because she couldn't sleep through the night. She's nearly three weeks late turning in the assignment.

That's typical of student performance on Skid Row.

And things get worse, not better, when the holidays roll around.

Spring break for Skid Row kids means less time in the structured environment of school and SRLC and more time being passed around to other family members as their

parents work – or try to find work. Ask a shelter kid what they did for spring break and the typical answer isn't very exciting: "I



just missed school and my friends."

Most kids look forward to spring break. For Skid Row kids, it's often just another upheaval to endure.

But days off from school aren't always bad. Recently, a large group of kids from the SRLC took a bus ride to Pasadena on a school holiday and spent several hours enjoying pizza and skating at Pasadena's Ice

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Real Estate

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tend to offer more of the versatile needs that residents want.

Residents benefit here because they choose what they need and want. They can count on having all the care they need, though, if there is a time in their life where it becomes necessary.

Types of CCRC Contracts

In general, CCRCs have three main types of contracts with a fourth (rental) occasionally available.

Extensive or Life Contracts (Type A) are the priciest because they generally include unlimited assisted living and health services with little or no extra fee.

Modified Contracts (Type B) provide similar services to Type A except that only some health services are included in the initial monthly fee. If a resident needs exceed those fees, then they are charged market rates for services.

Fee-for-Service Contracts (Type C) offers a lower initial enrollment fee, but residents pay market rates for health care services on an “as needed” basis.

Rental Agreements (Type D) usually require no entrance fee but guarantee access to CCRC services on an *as needed* basis.

How does one

go about selecting the right CCRC?

As a senior real estate specialist, I am privileged to work with many compassionate professionals dedicated to assisting our older population with the many challenges they and their families face. One of those professionals is Altadena Rotary member Frank Cunningham. Cunningham, along with his partner Lisa Bricker, operate *Gently Guided*, the mission of which is Professionalized Referral Service for Senior Living Options. *Gently Guided* is the best resource I know of to help your family with this very personal decision. ○

In Tune

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Working Wonders

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Skating Center. Made possible by a grant from the Looker Foundation, the trip was a chance for the kids to see the softer side of city life and experience something few of them ever had.

Most days at the SRLC, there are a few volunteer tutors in addition to the staff members who keep things on track. In an ideal world, there'd be one tutor for each child every day, but that's not the case. There just aren't enough folks who take that time out of their day to help the most-at-risk kids in our region.

You can make a significant difference in the lives of these children. Donating money to School On Wheels is a good start. Far better is donating your time to the kids themselves – even just an hour or two each week will work wonders.



Longtime education and social activist Rene Amy lives in Altadena. Emily isn't the student's real name, but she is quite real. SchoolOnWheels.org welcomes your financial support and volunteer hours. *Photographs are courtesy of School On Wheels Inc.* ○

An Invitation from Nick Santangelo whose band is performing at this event

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

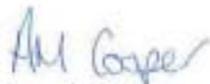
"Bubbles & Blues" will be held on Saturday, May 18, 2018 at the Fickwick Banquet Center in Burbank. This event will feature an Art Exhibit and Art for sale by our TCAA artists, spectacular mix performances of Blues, Jump and Swing provided by *The Blues Channel*, a complimentary champagne reception,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

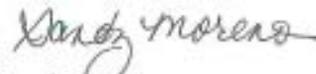
Attached, you will find a Sponsorship Opportunities form which lists the various benefits of each level. Please let us know if you have any questions or need additional information.

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

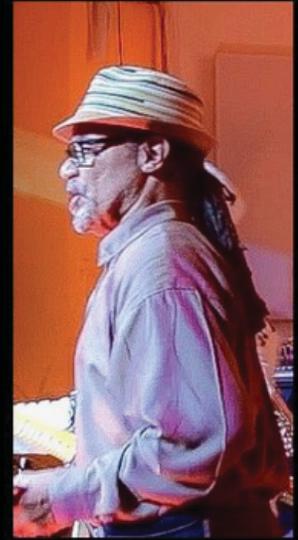


Sandy Moreno
Chief Executive Officer (CEO)

Attachment



THE *Mixx*



**Saturday, June
1st is BLUES
CHANNEL Night
at The Mixx!
Dinner, drinks
and music from
6:30 to 9:30.
No jam, just us!**

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





**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.*



Santa Clarita Master Chorale
 PO BOX 800459
 Santa Clarita CA 91380-0459

*An Invitation from
 Craig Cox who
 is performing in
 this event.*

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 Permit 106

COLOR ME Music

SATURDAY, JUNE 1, 2019 - 7 PM

Performing Arts Center at College of the Canyons

\$29/\$22/\$15 Adults

\$24/\$17/\$11 Seniors (60+)/Students

From the "Yellow Submarine" to the "Brown Eyed Girl" there are a million songs that have colors in their title. We can't sing them all, but along with our children's choir we will sing a kaleidoscope of songs that will paint the evening just right. The featured work is "Mass in Blue," by English composer Will Todd - not just a collaboration, but a coloration of the traditional liturgical words with the hues of contemporary jazz.

Tickets Available at
www.scmasterchorale.org

or call (661) 362-5304

These concerts are made possible, in part, by grants from The Los Angeles County Art Commission, The City of Santa Clarita, and Los Angeles County Supervisor Kathryn Berger



Save The Date!

Holiday Lights - Sunday, December 8, 2019

Handel's Messiah Sing-Along - Monday, December 9, 2019

Romantic Journey - Saturday, March 14, 2020

Roaring 20s - Saturday, May 30th, 2020