

Rotary Club of Altadena

# SPARKS

OFF THE ROTARY WHEEL  
AN AWARD-WINNING NEWSLETTER



July 18, 2019

## This Week Candace Frazee & Steve Lubanski The Bunny Museum, Altadena Program Host David Campbell

Candace Frazee and Steve Lubanski are the founders of the Bunny Museum, which is located just above the Northwest corner of Lake and Altadena Dr. at 2605 Lake Avenue.

The Bunny Museum is a world-record museum dedicated to rabbits that was opened to the public in 1998. The museum currently holds more than 35,000 bunny-related items. There are ceramic bunnies, stuffed bunnies, cookie-jar bunnies and nine Rose Parade float bunnies. The museum has held the world record for "owning the most bunny items in the world" since 1999, when it was acknowledged by the Guinness World Records. At that time, it only housed 8,473 pieces of bunny memorabilia. The slogan of the museum is "The Hoppiest place in the World."

The museum was co-founded by this married couple, Candace Frazee and Steve Lubanski, who started collecting the items after they began a tradition of giving each other new bunny gifts every day.

*Please turn to This Week p. 4*

## Everyone should have Goals

For those of you who have not followed the world of sports – more important – Woman's World Cup Soccer, the United States Women won the World Cup earlier this month. That means that the team had goals – more goals than their opponents – at the end of each game.

Well, your Club President also is dealing with goals. Not on a soccer field (although I did coach one of my daughter's teams in the early 1990s) but goals as in accomplishments that our club will achieve throughout this Rotary year.

During the months leading up to July, I spoke with Immediate Past President Sarah, chairs of the various committees and looked at our numbers over the last three years. From that research, I came up with goals that have been inputted into the Rotary International Website (My Rotary) under our club. The goals include:

1. Increase membership from 35 to at least 37,
2. Have Rotarians participate in at least 15 different service days (we already do 9 concerts),
3. Have at least two different current club Rotarians serve as sponsors for new members,
4. Have a club member(s) participate in at least ONE Rotarian Action Group,
5. Have at least one club member attend a Rotary Leadership Institute workshop,
6. Have a minimum of two club members



## On the Mark

By Mark Mariscal, President

attend the District Conference and the District Assembly,

7. Have club members contribute more than \$2,500 towards the RI Foundation Annual Fund - AKA Paul Harris Fellow,
8. Have the club contribute at least \$600 to the *End Polio Now* campaign,
9. The club will participate in at least 4 service projects,
10. The club will continue to sponsor an Interact Club at Muir High School,
11. The club will sponsor at least one Youth Exchange Student,
12. The club will sponsor scholarships that allow at least 6 High School students to attend Rotary Youth Leadership Academy (RYLA).

Now, the list of goals is numerous. I believe that all of the club members have a role to play in helping to achieve these goals. During the next few meetings, more information will be discussed, and information will be in our newsletter, SPARKS. And if you have any questions or suggestions, please do not hesitate to ask me or one of the Committee Chairs. ○

## Greeter of the Week

July 18  
Julius Johnson  
July 25  
Steve Kerekes

## Club Assembly 2019 -- 2020



At the start of every Rotary Year, the club sets aside one meeting to review the plans for the next twelve months. In general, this is the first meeting of the new Rotary Year.

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. .... Mark Daniel Maloney

Dist 5300 Gov. .... Luanne Arredondo

### Officers

Mark Mariscal, Pres. .... Cell: 323-816-6713

Pres. Elec., David Smith .... Cell: 626-826-2193

Sarah O'Brien, V. Pres. .... Cell: 310-902-6547

Jim Gorton, Sec. .... Bus. 323-816-6713

Mike Noll, Treas. .... Bus. 626-683-0515

### Directors

David Smith • Ed Jasnow

Maria Perez-Anton • Mike Zoeller

John Frykenberg • Doug Colliflower

### Chairmen

David Smith ..... Administration

David Smith ..... Foundation

Sylvia Vega ..... Co-Foundation

Frank Cunningham ..... Membership

Maria Perez-Anton & Dorothy Brooks .... Asst. Mmbrshp

Jacque Foreman ..... Public Awareness

Jacque Foreman ..... Acting Publicity

Jacque Foreman ..... Sparks/Website

Mike Zoeller ..... Club Projects

Doug Colliflower ..... Community

David Smith ..... International

Mark Mariscal ..... Asst. International

Tony Hill ..... Youth Contests/Awards

Mike Zoeller ..... Youth Projects

John Frykenberg ..... Vocational

Editor, Design & Typesetting ..... Foreman Graphics

Photography ..... Jacque Foreman

This year the reporting started with President Mark Mariscal telling us how much he appreciated the chance to serve as our chief officer this year. Mariscal's introduction was followed by several of our committee chairs speaking about their plans for the coming year.

### Community Service and Projects:

Mike Zoeller detailed our current project calendar. The Summer Concerts in Farnsworth Park take a lot of people and planning - currently we



### July

Plan for a new Rotary year

Program Chair, David Campbell

July 18 - Candace Frazee, The Bunny Museum in Altadena

July 25 - To be Announced

### August

have had two very well attended concerts. Our last concert will be on September 7.

We plan to participate in the Bikes for Christmas Project. Volunteers will be needed in November and December.

We plan to do a project like last year's pancake breakfast that supported the Altadena Search and Rescue.

In the Spring, we do a lot of programs to support our youth. Ed Jasnow plans to continue Teacher Mini Grants. Craig Cox will organize the PCC Veterans Scholarships. Tom McCurry will be in charge of the JROTC Scholarships at Blair.

Tony Hill will continue the recruiting of RYLA students at John Muir HS and



Please turn to Program, p.4

### Congratulations



### Birthdays



01 - Rene Amy

06 - Maria Perez-Arton

08 - Regina Wilson

27 - Tony Hill

31 - Richard Kurtz

### Anniversaries

15 - Craig & Susan Cox

16 - Doug & Candace Colliflower

28 - David & Heather Campbell



## Fun Facts for New Members & A Little History



Let's get started on this tour through facts and a bit of history.

### Definition of Rotary

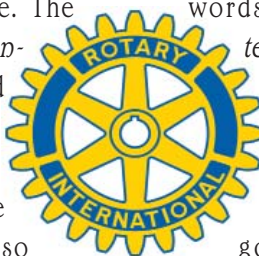
How do you describe the organization called *Rotary*? There are so many characteristics of a Rotary club as well as the activities of a million Rotarians. There are the features of service, internationality, fellowship, classifications of each vocation, development of goodwill and world understanding, the emphasis of high ethical standards, concern for other people and many more.

In 1976, the Rotary International Board of Directors was interested in creating a concise definition of the fundamental aspects of Rotary. They turned to the three men who were then serving on Rotary's Public Relations Committee and requested that a one-sentence definition of Rotary be prepared. After numerous drafts, the committee presented this definition, which has been used ever since in various Rotary publications: "Rotary is an organization of business and professional persons united worldwide who provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world." Those 31 words are

worth remembering when someone asks, "What is a Rotary club?"

### The Official Rotary Flag

An official flag was formally adopted by Rotary International at the 1929 Convention in Dallas, Texas. The Rotary flag consists of a white field with the official wheel emblem emblazoned in gold in the center of the field. The four depressed spaces on the rim of the Rotary wheel are colored royal blue. The words *Rotary* and *International* printed at the top and bottom of the wheel rim are also gold. The shaft in the hub and the keyway of the wheel are white.



The first official Rotary flag reportedly was flown in Kansas City, Missouri, in January 1915. In 1922, a small Rotary flag was carried over the South Pole by Admiral Richard Byrd, a member of the Rotary Club of Winchester, Virginia, USA. Four years later, the admiral carried a Rotary flag in his expedition to the North Pole.

Some Rotary clubs use the official Rotary flag as a banner at club meetings. In these instances it is appropriate to print

the words *Rotary Club* above the wheel symbol and the name of the city, state or nation below the emblem. The Rotary flag is always prominently displayed at the World Headquarters as well as at all conventions and official events of Rotary International.

### Rotary's Wheel Emblem

A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate *Civilization and Movement*.

Most of the early clubs had some form of wagon wheel on their publications and letterheads. Finally, in 1922, it was decided that all Rotary clubs should adopt a single design as the exclusive emblem of Rotarians. Thus, in 1923, the present gear wheel with 24 cogs and six spokes was adopted by the *Rotary International Association*. A group of engineers advised that the gear wheel was mechanically unsound and would not work without a *keyway* in the center of the gear to attach it to a power shaft. So, in 1923 the keyway was added, and the design which we now know was formally adopted as the official Rotary International emblem.





# This Week

Continued from p. 1

The Bunny Museum tells the history of bunnies in advertising, art, entertainment, fashion, film, and everyday vernacular.

On Saturday, July 20 at 7p, you are invited to hop on over to The Bunny Museum and party with them in your favorite bunny socks. Those wearing the bunnyest socks, the most colorful socks, the cutest socks, and the wackiest socks will win a bunny gift! Enjoy their all you can eat & drink vegetarian buffet. \$18 per person, Members free. Ticket includes entrance to the museum.



The Chamber of Hop Horrors is for 13-year-olds and up. (They believe innocence is to be protected.) The Chamber of Hop Horrors displays the abuse of bunnies throughout time, such as experimenting on

bunnies, *lucky rabbit foot key chains*, and bunnies in horror films, etc. The strangest pieces may be the freeze-dried rabbits, which were once household pets and are now kept in a glass display case.

Steve Lubanski and Candace Frazee – as a couple – are called *Lubunnzee*. Lub(anski) + (b)unn(ies) + (Fra)zee

Caution: This museum is not a petting zoo. It is a museum. Children are welcome, for sure, but they are not the target audience. The museum is **not** recommended for pre-school children. ○

## Program

Continued from p. 2

support the Interact Club at Muir with advisors Steve Kerekes and Kimmit Haggins. We also plan to participate in the Dan Stover Music Competition.

### International Service & Rotary Foundation

This year, David Smith continues to be both our International and Foundation Chairs. As International Service Chair, David Smith spoke about



the budget and our financial support of international projects. As Rotary Foundation Chair, he said that he will be passing the reigns over to Sylvia Vega as he transitions to be President for the year 2020 – 2021.

As President Elect, Smith spent some time lining up program chairs. By the end of the meeting, most positions had been filled; some remain open. This is how they stood at the end of the meeting: August, Tom McCurry • September, Ruben Alvarado • October, Open • November, Mike Thatcher • December, Steve Kerekes • January, Open • February, Sylvia Vega • March, Open • April, Open • May, Ed Jasnow • June, Mike Zoeller • July, David Campbell.

### Vocational Service

John Frykenberg plans to support the District with the Rotary Student Business Plan Competition in honor of Ray Carlson.



More information on all our on-going and coming activities will be available in *Sparks*, ClubRunner and DACdb. Many of our service projects will need volunteers. Please keep your eyes and ears open for requests for hands to help with events. ○

## Form & Line

by Jacque Foreman

Ever look at the end of your shoe laces and wonder if those tips have a name? They do. Shoelace tips are called Aglets, and I understand that there is only company in the US that makes them.

They have two important functions: their

first function is to prevent the shoelace from fraying on the ends, something you may have experienced with your own shoelaces when the aglets are accidentally removed or broken. An aglet's second function is to allow the shoelace to pass through the

## Shoe Lace Tips have a Name ... Really!

eyelets of the shoe. This is accomplished by compressing each end of the shoe lace into a small stiff end that can easily be inserted into the shoelace holes. The word aglet is derived from the word *acus*, the Latin word needle. ○



## Only Your Dentist Knows for Sure!!

The dentition is an amazing structure designed for attractiveness and functionality. The bright focal point of your family and friends is their smile. We are naturally drawn to focus on the smile and eyes to assess our joys and love for each other. Yet, dentistry abounds, as difficulties in life have a way of interfering with our dentition in so many ways. Persistent efforts at maintaining our smiles is vital to our dentition.

While we all know the tenets of maintenance: brushing twice a day, flossing once, and semi-annual visits to the dentist for a polish or deep cleaning. It's vitally important to bring that professional maintenance into the mix of these preventive measures. Home care can work alone, until it doesn't. Letting a professional look closely at the condition of your dentition twice a year will prevent the slow consequences of various ailments.

We start with a lack of any teeth as babies. While we grow we see the continual changes in childhood dentition, and we straighten the variations from norm to create our ideal self to begin our adulthood. Yet, our dentition does not stop changing throughout our lives. The superman mentality of our young adults may succeed through our twenties with good maintenance. Changes are rare through the twenties, once the wisdom teeth and any orthodontics are addressed, but later, in the thirties, another ailment begins to arise. In the thirties, the plaque begins. Hardened deposits start to form at the neck of the teeth. Brushing at the gum line can help, but this hardened calculus is virtually undetectable by the tongue as it begins to attack the backside of

the smallest most vulnerable teeth in your dentition, the lower anteriors. Only a professional; *only your dentist knows for sure*.

There are other dangers for the young adult who has successfully retained and straightened all their God given dentition through childhood. As one begins their lives of work and endures the stresses of life, some people very naturally endure an excess of stress. Stress is a good element in life, helping us focus and increasing our energy for challenges, but sometimes an excess of stress will harm us.

The right amount of stress in our lives energizes us and creates success in our lives. Excess stress is that level of stress that creates harm in our lives. We naturally strive to adapt to greater levels of stress endurance in order to maximize our success, but, as we press to increase our endurance, we are toying with excess stress.

We all need to measure our capacity for stress and our ability to increase or endure greater levels of stress. Yet, there are invisible signs of stress that we need to assess. There are signs of excess stress that our friends and loved ones may not be able to see. Signs that we may not notice. Some of the dangers of excess stress, only your dentist can see and *only your dentist knows for sure* whether you are enduring your stress without harming your teeth.

Teeth will show signs of excess stress in your life. There are elements of excess stress that are particularly dangerous to your dentition. As we try to handle our excess stress, most of us have some oral habits that provide stress relief. It may be odd to think

that eating and drinking relieve stress, but certainly, unwinding with a glass of wine or bowl of ice cream are two of the more common antidotes to a stressful day ever devised. Some bite pencils or their hair or fingernails. Nicotine smoking probably originated from a need for stress management. Of course, these days an absence of any stress is the illusory feeling derived from smoking the newly legalized marijuana. There are dozens of routes of relieving stress that are associated with oral habits. The best relieves are found by talking. Good open friendships, counselors, even prayer are wonderful opportunities to unload a day's pent up stress. These are stress relievers that are most constructive.

At this point you are noticing that I have avoided mentioning the most harmful stress reliever: grinding teeth. Physiologically, grinding teeth or gnashing teeth provides very little relief of stress and, in fact, can increase the adrenal response to small amounts of stress. Gnashing damages every oral structure around the dentition and the dentition itself. As a rule of thumb, never let your teeth touch, unless you are eating. We, your dentists, know how much stress you are not managing. It's the excess stress that you are not decompressing through conversation and relaxation that cause most of the damage in our adult dentition. If we have gone through adolescents with our full dentition straightened and beautiful, then the damage of life stresses is the single greatest danger to be feared. Are you handling your stress in life well? *Only your dentist knows for sure....* ○



*The Rotary Club of Altadena Presents*

# Concerts in the Park

*In Cooperation with LA County Parks & Recreation*



All concerts are FREE and start at 7:00 PM in the Amphitheater at Farnsworth Park  
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&amp;B</i> ) .....	Saturday, July 13
Floyd & the Flyboys ( <i>New Orleans R&amp;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*



## Altadena Rotary



AND Sponsors: Frank Cunningham of Gently Guided, a personalized senior living referral service;  
Georgia Rutherford in memory of Don Rutherford, first president of SSGA;



Thursday, August 1, 2019

Nick Santangelo - KC McCarthy - Audrey Scates - Steve Sadd - Steven Goldman - Ronnie Hudson

# BLUES CHANNEL



## SPECIAL PRESENTATION

Albert Trepagnier Jr. & Johnny D (John Dominguez) will receive the Living Legend Blues Award

Barbara Morrison Performing Arts Center 4305 Degnan Blvd. L.A. CA 90008 310-462-1439

Admission \$10, \$5 Musicians - no cards please, cash only - Show at 8:30 pm