



September 12, 2019

*This Week's Program*

**Cesar Barragan,  
Regional Fitness  
Coordinator,  
Episcopal  
Communities  
Services, Pasadena  
Program Host  
Ruben Alvarado**

Cesar Barragan was born and raised in Southern California where he attended The University of Southern California to earn his Bachelor's Degree in Kinesiology.

Barragan has since served with various professional therapists, athletes, and the general population creating specialized fitness programs.

As the Regional Fitness Coordinator, he oversees the advancement of the fitness programs for the residents of Episcopal Communities Services bringing them to a higher level of fitness and well-being.



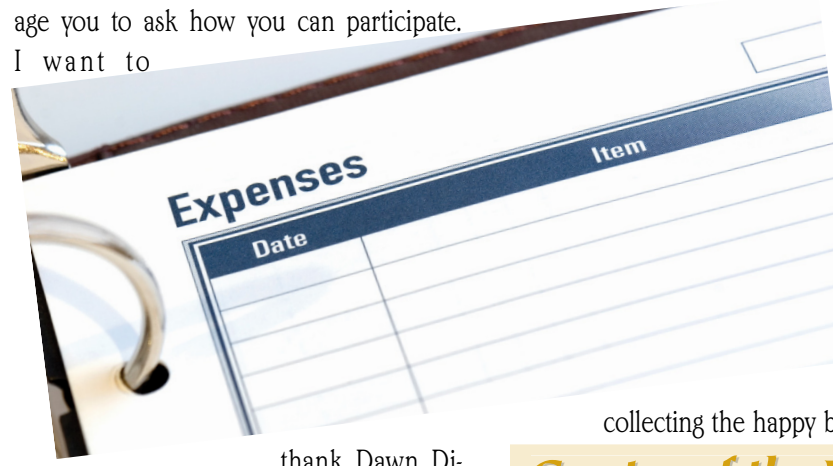
## Our Dollars at Work

This month, the Board of Directors will finalize the allocation of funds that the various Rotary Club Committees have to work with in order to do the good work out in the community.

The allocations being reviewed for approval by the board totaling \$62,800 are broken out as follows:

- Community Service Projects.....\$19,500
- International Service Projects...\$11,000
- Vocational Programs.....\$7,400
- Youth Contests/Scholarships.....\$21,500
- Youth Activities.....\$3,400

If you are not on one of the committees that help spend the Rotary dollars, I encourage you to ask how you can participate. I want to



thank Dawn Digrius who has agreed to lead the RYLA selection of High School Students and Sonia Kwon who will chair the 4-Way Test Contest. A big thank you to Mike Zoeller for working with the different committee chairs in order to have the budget put together for



## On the Mark

By Mark Mariscal, President

the Board's approval.

In addition, last year the club received FROM YOU over \$3,500 from the "HAPPY BUCKS" during the meetings. This opportunity (happy bucks) gives you a chance to brag about your family, something special you might have done, a birthday or anniversary celebration or just the fact that you were happy that day during the meeting. I encourage all of you to consider participating in this collection that usually takes place after the Salute to the flag. song and

inspirational minute. The club's Sargent of Arms (René Amy this year) is responsible for

collecting the happy bucks. ○

## Greeter of the Week

September 12  
Mike Thatcher

September 19  
Sylvia Vega

September 26  
Charles Wilson

## They do more than Fight Fires

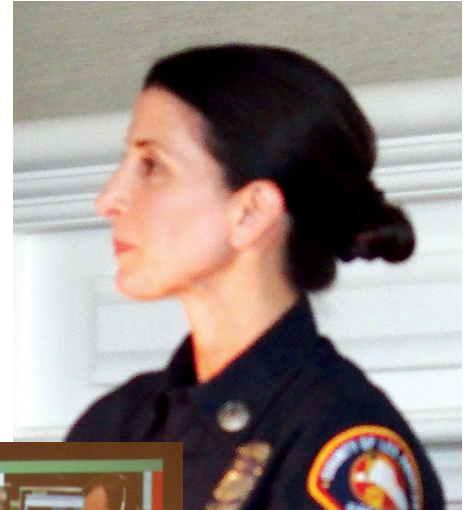


Guests of the Altadena Rotary Club today (September 05) were members of the Los Angeles County Fire Department. Fire Captain Heather Hogelund headed the contingent. She was supported by Battalion Chief Don Tryon, Assistant Fire Chief Anderson Mackey, and Aubrey Manahan. They represented

Fire Stations 19 in La Canada and 11 and 12 in Altadena.

Captain Hogelund functioned as a volunteer fire fighter for five years before formally entering service with the Fire Department for the past eighteen years. She progressed through the ranks from fire fighter, to engine driver, to paramedic, to Fire Captain – a position she has held for the past three years at the La Canada Station.

Hogelund described the vast area which



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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

626-794-7163

Rotary Int. Pres.....Mark Daniel Maloney  
Dist 5300 Gov. ....Luanne Arredondo

#### Officers

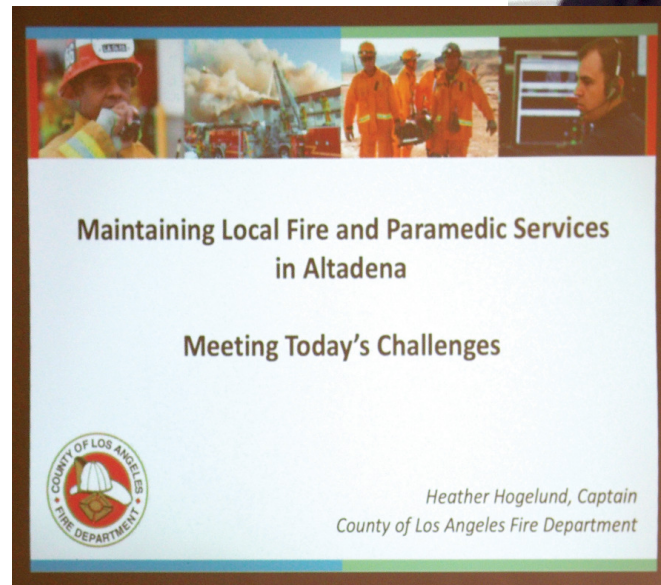
Mark Mariscal, Pres..... Cell: 323-816-6713  
Pres. Elec., David Smith ..... Cell: 626-826-2193  
Sarah O'Brien, V. Pres. .... Cell: 310-902-6547  
Jim Gorton, Sec.....Bus. 323-816-6713  
Mike Noll, Treas. ....Bus. 626-683-0515

#### 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



idly increasing numbers of brush fires, it is also involved in Hazmat control, assistance to victims of floods, life-guarding on beaches, and medical assistance to the critically ill and injured. At present, there is a designated group standing by – if requested – to provided assistance in the hurricane-ravaged Bahamas.

the Department serves. It serves fifty-eight cities with more than three thousand employees. There is an array of services which it provides to citizens. In addition to the rap-

Please turn to Program, p. 4

### September Education & Literacy

#### Program Chair, Ruben Alvarado

September 05 - Captain Hogelund, LA County Fire Department, La Canada-Flintridge

September 12 - Cesar Barragan, Regional Fitness Coordinator, Episcopal Community Services

### Congratulations



**Birthdays**

- 07 - Robert Smith (Dawn)
- 13 - Jennifer Hall Lee
- 13 - Boyd Hudson
- 17 - Dennis Mehringer
- 18 - Dorothy Brooks
- 21- Doug Colliflower
- 22 - Etta McCurry



**Anniversaries**

- 01 - Mark & Paula Mariscal
- 13 - Boyd & Alice Hudson

## Altadena Rotary's Youth Projects for 2019-20



**O**ur Club is kicking off the 2019-20 year with a slate of Youth Projects that have become both familiar and exciting project activities over the years. For our Club, Youth projects are organized into Youth Activities, Youth Scholarships & Awards and Youth Contests, under the chairmanship of Tony Hill and myself. Here is the slate of Youth projects for this Rotary Year:

### **Youth Activities**

Altadena will continue to engage our community youth in the Rotary Youth Leadership Awards (RYLA) program this year. The Altadena Club has for years been drawing on the students from Muir High School and last year selected eight students to participate in the program. In District 5300, the RYLA program seeks to provide young high school sophomores and juniors with an opportunity to develop their leadership skills and character while exposing them to Rotary's values of service, high ethical standards, and peace. Through RYLA, these young men and women can

help develop the qualities of leadership, citizenship, and personal development while interacting with their high school peers.

Our Club is also continuing to support the very successful Muir High School Interact Club. Interact clubs bring together young people ages 12-18 to develop leadership skills while discovering the power of *Service Above Self*. Under the leadership of club mentor Carina Jacob, the Muir Interact club has been very active in their own projects and in supporting the Altadena club projects.

### **Youth Scholarships & Awards**

Altadena's Youth Award projects will again host the JROTC/Americanism Awards, granting scholarship awards to deserving members of the Pasadena Unified School District's High School JROTC programs. We will also be continuing the PCC Veteran Awards project, which awards scholarships to US Military veterans attending Pasadena City College. Both of these award projects are well established and continue to bond the Altadena Club to both PUSD and PCC. Finally, the club will continue with our scholarship awards

to Muir High School, Marshall High School and Eliot Middle School. These scholarships to outstanding High and Middle School students continue to be the heart of our youth awards programs.

### **Youth Contests**

Altadena will again continue to support District 5300's Youth Contests by sponsoring contestants for the Dan Stover Musical Contest and the District 4-Way Speech Contest. The Dan Stover Contest has been an annual District event since 1987, and a whole generation of talented, young musicians has had the opportunity – in the name of Dan Stover – to compete against their peers and earn funds to further their musical education. The District 4-Way Speech Contest celebrates Rotary's famous 4-Way Test which asks of the things we think, say or do: Is it the Truth? Is it fair to all concerned? Will it build goodwill and better friendships? Will it be beneficial to all concerned?

We are all looking forward to these great Youth projects for this Rotary year and expect that Altadena will continue to enjoy and support working with youth throughout our community. ○

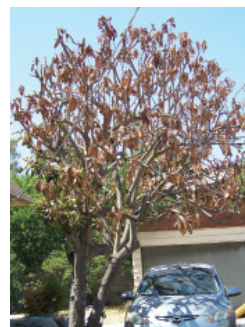
by Jacque Foreman  
**Playing IN THE Mud**

You may remember how bad our Loquat tree looked a little more than one year ago. For all intents and purposes, it really looked dead (left photo). Not one green leaf.

I started talking to it, saying that I wasn't going to let a 100-year tree die without fighting for it. So I deep watered it as best I could and misted it at least once a day.

## Our Loquat Tree is Back & Beautiful

My husband Bruce laughed at me for thinking I could save it. But this year, when the arborist came to trim off the dead wood, he admitted that I had saved it. I just smiled, patted its trunks and thanked it. After all, it had worked as hard as I had. March 2019 the crop was, about 25 loquats. March 2020? ○



# Program

Continued from p.2

## Medical Assistance Rendered

Medical assistance is required in eighty-four percent of all 911 calls. Every response in these situations must be expeditious. She gave the example of a sixty-five year old man who felt ill after jogging. Responding promptly, a team of paramedics reached

him in his living room. He abruptly became pulseless and lapsed into unconsciousness. The team responded at

once with high-quality CPR, placement of an IV, monitoring, successful resuscitation, and transport to a hospital. His life was saved. Life-saving calls such as this have increased fifty percent in the past ten years, despite only a ten percent increase in the number of trained and qualified personnel to respond to them. In this writer's experience, forty years ago this man would likely have been DOA at the hospital.

In such incidents, communication needs to be perfect. But the Fire Department must still operate with a communication system that was designed thirty years ago. Since cell phones are now the primary instruments of making 911 requests, cell towers must now be configured to accomplish triangulation of cell phone signals to the location of the emergency. In our mountainous terrain, where radio transmission is hindered, a

system of repeaters must be developed to reach personnel isolated from their colleagues. Rotarian David Smith suggested development of drone-mounted repeaters. Having once been licensed as an amateur radio operator, this writer enthusiastically endorses this possibility.

## Additional Procedures and Innovations

Hogelund also expanded on additional life-saving procedures that are also carried out

by paramedics: namely the ability to deliver DC counter shock to alleviate ventricular tachycardia and fibrillation and the administration of Narcan (naloxone), to dislodge opiates from their receptor sites and reverse respiratory depression.

Recent innovations in fire fighting include the use of thermal imaging to locate victims where visual location is prevented by smoke and the development of more light-weight protective apparel and breathing equipment that will enhance the agility of rescuers.

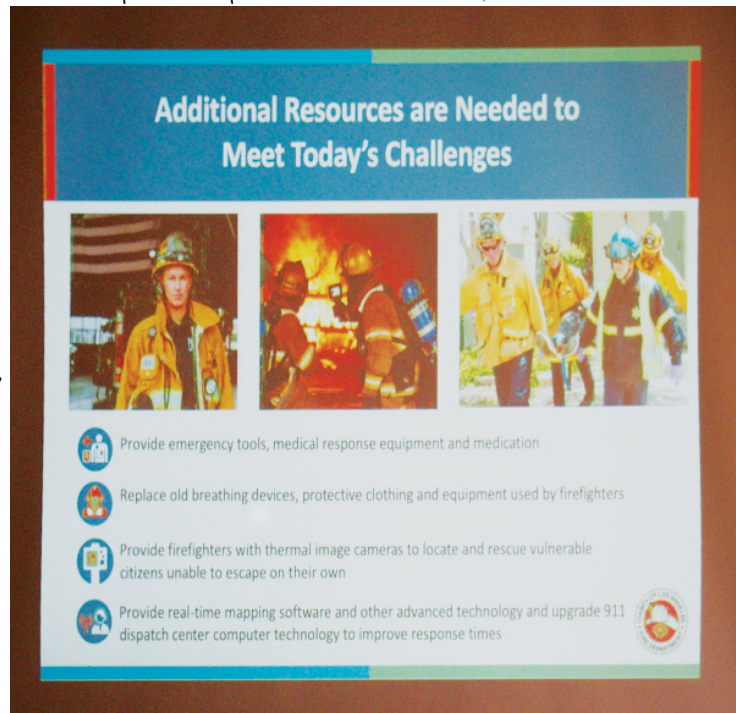
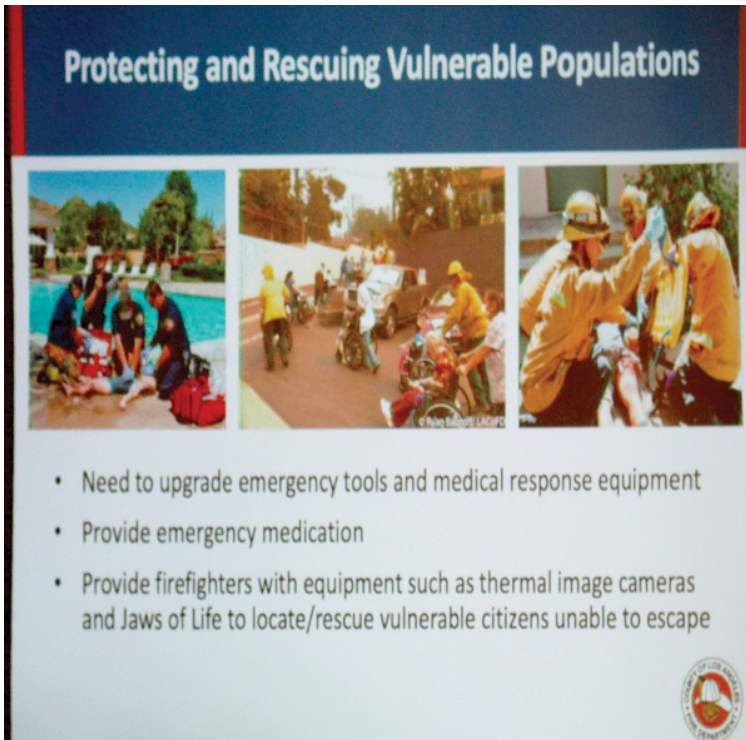
## Fire Engines Get Old, too

Hogelund stressed that here must be more attention to fire engines. The fire engine at Station 19 is thirteen years old. It is well maintained and trusted by the fire fighters. However, when it is undergoing necessary maintenance, older back-up engines must be used, and it is feared these may be less reliable. The older fire engines are designed for use on well-paved roads. But, with the increase in the number of brush fires and the length of the fire season, newer engines must be able to operate in austere environments. For such terrain, the so-called super scoopers, fixed-wing and rotary aircraft, are invaluable. Better mapping technology for the fire engines is becoming increasingly necessary.

To implement all of these necessary advances, the Federal Government has proven less reliable than local initiative.

It's mostly up to us. Captain Hogelund and her colleagues have shown us the way.

Roger Fennell



# A Stroke of Luck!

This past Thursday, August 28, at 5:45 am, I had a stroke. I was standing at the Menlo Park swimming pool, helping to wind the covers off the pool, when people gathered around me, asking if something were wrong. I was staring at the ground. Of course, they could tell something was wrong. Even I could tell something was wrong. But, being male and primate, and having some amount of testosterone, I walked away, telling everyone “nothing’s wrong!” I swam for half an hour but lost track of what our workout was supposed to be. I got out of the pool. More friends asked if something was wrong. More denials.

Somehow I took a shower, and – I regret to report – drove to the local coffee shop. There I tried to order a latte, but had no idea what words to use,

or even why I was standing in front of the barista. I sat down at a table. Things were now hopelessly unmoored.

In one of the great good fortunes of my life, a minute or so later a friend arrived, and asked if I was ok. I told him I wasn’t ok, but I didn’t know what. The friend is Paul Blumenthal, a professor at Stanford Medical School. He peered at my face, said the corner of my mouth was turned down, that my eyes were dilated, and that I was having a stroke. “You’re coming with me,” he said. This seemed like a good idea. He put me into his car, and a few minutes later I was in a local clinic, then an ambulance, and

somewhat later deep in an MRI machine. Other things occurred along the way but I don’t remember them. What I do remember is the whirring and clanking of the MRI as it explored my brain.

Sometime after that I was lying on a hospital bed. The fog began to lift, no doubt from various injections of miracle drugs. Needles had been inserted and taped to



*Brain Stroke Conceptual Image*

my arm, and long cables and equipment were glued to my chest. “Let’s show your backside” nightwear covered only parts of me. Stanford Hospital is a teaching hospital, so frequently alleged physicians, wearing white coats but clearly high schoolers or less, all with unpronounceable names, dropped in occasionally, looked at the large number-filled screen behind me, smiled, and disappeared.

Somewhere in this process I was advised that a small piece of plaque in a cranial artery had detached, formed a small clot and blocked a capillary. Drugs injected when I arrived, and others which I would be tak-

ing for the next 90 days, would likely help dissolve the clot. The clot had happened in the parietal lobe, a place where words are stored, and are assembled in correct order. Want a latte? You’ve got to go to the parietal lobe first, pal.

Two days later I was released with what one of the white-coat group called a “good result.” I could hold my hands evenly, my eyes could follow their finger motions, and, with considerable effort, I could count backwards from 100 by 7s. My wife, Ruth, watched carefully as I did a crossword puzzle with the pen she gave me (no pencil) – her own neurological test. I completed it. I was free to go home, continue with my normal activities, even to drive. In 60 days they would review my progress.

When I got back to the coffee shop, I bought Paul a gift card for two years’ worth of coffee. I’m not sure if he wanted the hug, but he got it anyway.

◇ ◇ ◇

## *Advice to fellow Rotarians*

If you find you can’t say what you want, that the words simply aren’t there, and you can’t smile – well, you know there is a problem because these are as basic to Rotarians as breathing.

• • •

- Get to the ER **ASAP**
- Call 911, your wife, or Uber

### **AND DON’T**

- > Take a swim, <
- > Shower, or <
- > Drive to get some coffee first. < ○



You are invited to the wedding of

*Dawn Mooney Digrius and  
Robert Francis Smith*



4 PM | September 14, 2019  
Westminster Presbyterian Church  
1757 N. Lake Avenue, Pasadena, California

CELEBRATION BRUNCH  
SUNDAY, SEPTEMBER 15, 2019  
11:30am-2:30pm  
348 PARKMAN ST, ALTADENA, CA