

This Week

Anthony Hill, Esq. Peaceful Ways to Resolve Divorce Issues

Program Hosts: Doug Colliflower & Tom Surnock

This week's speaker is Tony Hill, Esq., who specializes in divorce law. In keeping with the program theme for February, **Peace and Conflict Resolution**, Hill will be taking about more peaceful ways to resolve issues that arise in the divorce process.

2018 will be Hill's 30th year as a member of the Rotary Club of Altadena. Prior to coming to Los Angeles to attend law school, he was a member of the Rotary Club of Pickering, Ontario, Canada. As a personal project during his Presidential year of 2012/2013, Hill became an American citizen, keeping the members apprised of each step in the lengthy process.

Tony Hill has been a family law attorney, with a practice in Pasadena since 1987. His focus gradually shifted from litigation to settlement. For the past 10 plus years, his family law practice has been exclusively settlement, with approximately 80 percent of his practice being
Please turn to This Week p. 3



Dialing In

By Steve Kerekes,
 President



Rotary Peace Projects Around the World

This is Peace and Conflict Resolution Month. This week we take a look at a few of the Rotarian Peace Projects around the world. A more full discussion of these projects and many more can be found online at <https://www.rotarian-actiongroupforpeace.org/projects/>.

- **Working with traumatized refugee children from the Syrian civil war** (in planning). This project aims to increase the inclusion of children with learning difficulties and trauma-related behavioral challenges in their classrooms, homes and community in Gaziantep, Turkey. This project promotes the integration of Turkish and Syrian students in schools and brings Turkish and Syrian teachers together around a common goal of inclusive education. The Gaziantep community is home to over 300,000 Syrian refugees, the majority of whom are school-aged in addition to its Turkish community. Within the community, there are over 1,000 diagnosed autism cases, and approximately 56,000 children with learning differences and trauma-related behavioral challenges. However, due to a lack of trained teachers and due to the

stigma of mental health issues in the community, the majority of these children do not have access to an education that meets their learning needs. Most children with autism in the community are denied access to education altogether, while many of the trauma-affected children and children with learning difficulties are present in classrooms where their needs are ignored and where they often disrupt classroom activities. The Gaziantep Integrated Inclusion is a one-year program that addresses the needs of teachers, parents, and children in the community so that all children in Gaziantep – irrespective of nationality and learning needs – can access an effective and appropriate education.

- **Providing soccer balls to children**
Please turn to Dialing p. 4

Greeter of the Week

February 08
 Susan Applegate

February 15
 David Campbell

February 22
 Ray Carlson

Program Review

Finding our True Colors



Our speaker last week, Dr. Sam Alibrando, a clinical psychologist, was trying to help us do just

that. Specifically, he was referring to The Relationship Circle that he handed out to us before his talk.

Before he started, he asked us all to close our eyes and imagine hitting a ball,

any ball, tennis, golf, right on the sweet spot. He asked us how that made us feel. The answers were “energetic,” “satisfied,” “fulfilled,” and similar answers. The question then became: How do we find our emotional sweet spot?

Referring to the chart he had handed out, which was a multi-colored circle with emotional adjectives in its segments, he first concentrated on the red segment, which contained the strongest emotional responses. This was the one that was self-oriented, angry, bullying. The blue was the part that cares about others, reflecting the values of the social animals we are. He mentioned that our 4-Way Test is essentially blue. The negative side of blue is manipulative with poor boundaries, feeling inferior, and helpless.

The yellow segment of the chart represents the emotional part of the brain. The positive side is knowing, and regulates emotion. The negative side is unresponsive and uninvolved.

When you're in negotiations, you need to use your red side, but you must use your blue side in order to achieve consensus.

Alibrando used an example of one of his patients, Jose, who was always throwing temper tantrums when things didn't go his way. He couldn't step away from the



problem at hand. None of his people liked him. The technique that was used was that every time he felt like talking in a meeting, he would instead make a mark on a piece of paper. When he had made five marks, he could speak. This taught him the valuable lesson of listening. When he did this, he realized what others contributed to solving the problem. His whole attitude changed, and he began to be liked.

This was a very interesting talk that let us see the multiple aspects of inter-personal relationships. Ed Jasnow ○

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Rotary Club of Altadena - #7183

Chartered: February 14, 1949

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Meets: Thursday, 12:10p

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Mike Zoeller Youth Projects
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February

Peace: Conflict Prevention & Reduction
Program Chair, Tom Surnock &
Doug Colliflower

Feb 08 - Tony Hill - Mediation and Divorce
Feb 15 - Gem Munroe, Amarok Society
Feb 22 - Bob Baderian & Mark Fritz - First
Tee of Greater Pasadena

Congratulations



Birthdays



02/07 - Freddy Figueroa
0208 - Mike Zoeller
02/10 - Julius Johnson
02/16 - Joan Frykenberg
02/16 - Sunny Wu Kerekes
02/27 - Mark Mariscal



Anniversaries



02/03 - Susan & Don Applegate
02/17 - Ed & Mona Jasnow

From Russia with Love



Want to create doubt in your *Intelligence Community*? Want to swing a Presidential Election? Want to get involved in a real life conspiracy at the highest possible level? Want to create a Constitutional crises in America?

• • •

Start by hiring Christopher Steele a retired MI-6 Officer and Fusion GPS to get the Russians to come up with a fake dossier that includes *golden showers* that were supposed to have taken place in a Russian hotel.

Then persuade Senator John McCain of Arizona of the document's veracity, so he will take it to the FBI and CIA. And, in the process, carefully hide the fact that the document was purchased for \$12 million by one political party to create doubt about the other party's political leanings and intentions after winning an election. Then, with everything carefully set up, take your dossier to the FISA court – but don't tell them the

report has not been vetted or was paid for by the opposing political party – and get your warrant to surveil the opposition candidate

• • •

James Bond could not have come up with a better plot to take over the free world. This plot could have been developed by Specter or Ori Goldfinger! and makes Watergate look like a parking ticket by comparison.

• • •

Then get James Clapper, John Brennan, Jim Comey, Andrew McCabe, and Rod Rosenstein to corroborate your story and you have all the makings for a benevolent totalitarian state ruled, as in gone by ages, by those who *Know Best! ... a Ruling Elite!*

**'Democracy Dies
in Darkness'
it is said.**

'With lies you may get ahead in the world – but you can never go back.' ... Russian proverb

• • •

The moral is this ... We tell lies when we are afraid ... afraid of what we don't know, afraid of what others will think, afraid of what will be found out about us. But every time we tell a lie, the thing that we fear grows stronger. A lie may take care of the present, but it has no future.

Oprah says; "Truth allows you to live with integrity. Everything you do and say shows the world who you really are. Let it be the Truth."

"Truth and Honesty are the oldest and most powerful of all of the human values."... Gary King

"Is it the Truth?" ... Herbert Taylor, Rotary Four Way Test

Oh My, Oh My! Tea Pot Dome ... Watergate ... Bernie Madoff, Credit Mobilier ... Benedict Arnold ... and now the Memo! What great company! Mind you it is all Russia's fault. They saw us coming. We even sold them 20 percent of our Uranium stocks.

**Sunlight is
the best disinfectant.** ○

Play Golf . . . Support a Great Cause!

At our last meeting, Doug Colliflower brought those who like playing golf a great excuse to go out and attack those innocent, white, pocked balls and make them roll across nice, green turf and see if you can brow-beat them into going in the direction and distance you want.

The Cause? It's the Second Annual Golf Classic presented by The Foundation for Living Beauty on Monday, March 12, 2018. The proceeds benefit Living Beauty's programs and services for women with cancer.

Have questions? Contact Doug Colliflower <doug.colliflower@gmail.com>. ○

This Week

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divorce mediation.

He has been married to Ann Rider, an attorney with the City of Pasadena, for 33 years this coming May. He and Rider have two daughters, Chelsea who lives in Santa Clara, California and Laura who lives in Rhode Island. No grandchildren yet. ○

Dialing

Continued from p. 1

in North Korea (already achieved). Sponsored by the Shanghai Rotary Club, and working in conjunction with an Australian NGO organization called *Football Play it Forward*, this project was initiated to send soccer balls to poor children in the Democratic People's Republic of Korea (North Korea). Working with the North Korean Committee for the Promotion of International Trade, they were arranged to send 200 footballs and 200 sets of uniforms to needy children in North Korean orphanages. The aims of the project were to bring some joy to children who may not have the same opportunities to play soccer, use the medium of soccer to open up greater dialogue between Rotarians and North Koreans, and to further the fourth object of Rotary: *the advancement of international understanding, goodwill, and peace*. The founder of the project has worked on similar programs to send footballs to children in Afghanistan, traveled to India and China to promote

his cause, and delivered a TEDx talk. He continues to raise funds to send footballs to many impoverished children around the world.

- **Getting kids out of gangs and into art class in Bogota** (in planning). In conjunction with the local Centenario Rotary Club and its Rotaract group, this project aims to train and educate children and teenagers through art, games and photography, in workshops set up in the poorest and most underserved parts of Bogota, Columbia. This project aims to strengthen social development and teach dispute resolution through art. Columbia has suffered many years of armed conflict and violence. This has particularly compromised the youngsters' communities, their families and lifestyles. Art is a way of getting kids – especially teenagers – off the street, helping to prevent and discourage street fights, the illegal use of guns, the trafficking of illegal drugs, and violent behavior. Strategic partners include a Christian

foundation, *Fondacio*, an international NGO which has worked for more than ten years in peace and education themes in Colombia and *TAAP*, an NGO created in 2008 and specializing in art as a tool to develop thought in children and encourage the process of living together in peace. *TAAP* has worked with more than 16,000 beneficiaries in various countries in Latin America. The workshops are based on Harvard's Intelligence School <www.fundaciontaap.com> (Facebook: Fundación TAAP)

These are just a few of the many peace projects in planning or already underway. For more information on the above and many others, go to <<https://www.rotarianactiongroupforpeace.org/projects/>>. There is also an interesting interactive *peace map* which indicates where the various peace projects are located and sponsored through-out the world at <<https://fortress.maptive.com/ver4/26293cafb7ba975828856262b-4d1ad3e>>. ○





Biofilm Studies change Recommended Dental Self-Care a Bit

A healthy lifestyle begins with a smile. No one cares what you know until they know you care. Showing that your heart is open and joyful begins with a smile. A full dentition and a wide smile are the cornerstone of a solid introductory relationship. The smile can communicate so much and reassure our colleagues of our genuine intentions to be honest and hardworking. With all this on the line, we need to be diligent about caring for our teeth. Recent discoveries in biofilm bacteria, have altered our advice in home dental care.

While the foundation of standard self-care remains brush twice and floss once a day; the biofilm bacteria can introduce confounding elements for an individual to consider.

At times, individual efforts should include an extra session of brushing and/or flossing. These bacterial biofilms are the true cause of caries and gum disease. Biofilms are a matrix of proteins that bond common oral bacteria to the teeth and gums, which resist the elimination of bacteria by ordinary saliva flow. The formation of biofilm comes from a bacteria while they are in a state of low viscous saliva. As the mouth begins to dry the saliva begins to thicken and bacteria use this low viscous state of saliva to emit a heavier protein matrix. This matrix bonds to the teeth and gums and allows colonization

of the bacteria. These colonies of bacteria begin to excrete very concentrated acidic wastes at much higher rates than freely floating bacteria. This is the foundation of dental disease. The acidic waste products from large colonies of bacteria protected in a heavy protein matrix can breakdown the tissue of gums and eventually erode the crystalline enamel defense of healthy teeth.

As a dentist, we are proud of the community service that our profession has pro-

vided. So, we do advise that one who is a mouth breather, brush after napping. Also, if one is an athlete with long bouts of mouth breathing, especially for distant athletes, then brushing after exercise, should be added to the recovery protocols. Another common sense application of extra care, includes adding additional flossing when one enjoys stinky meats or popcorn.

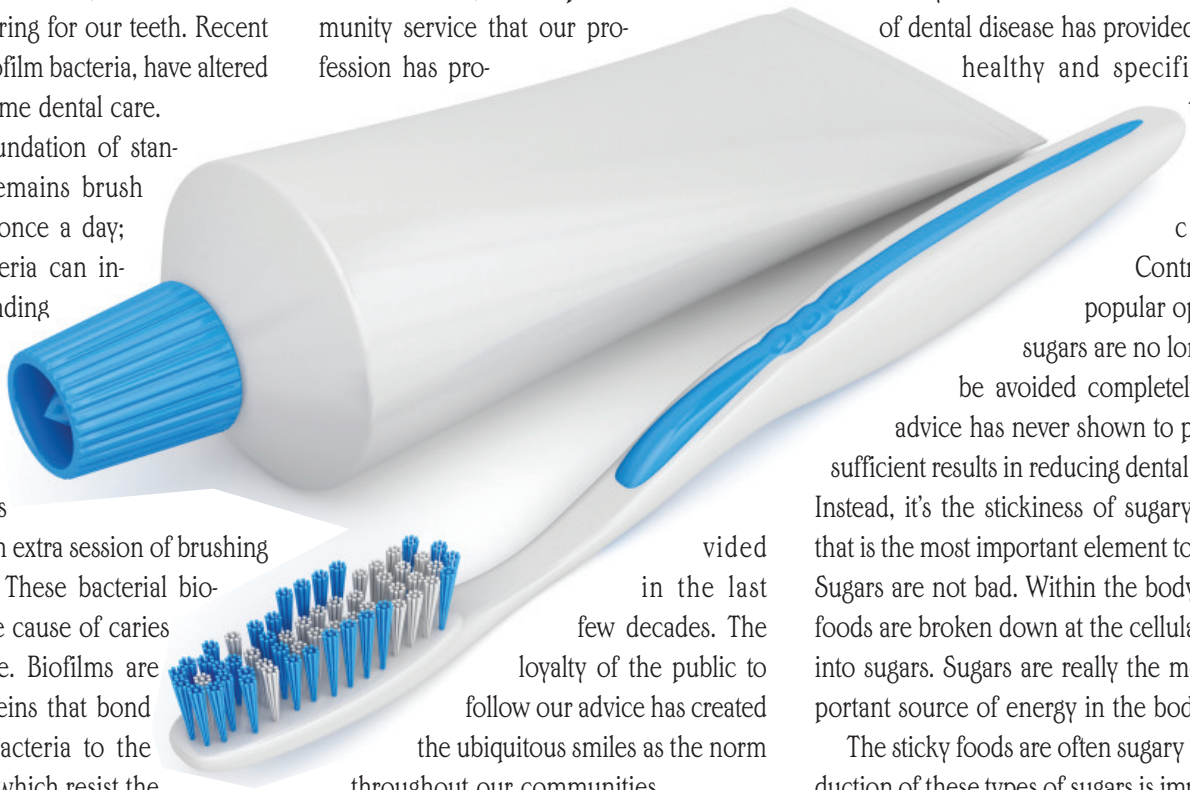
The study of biofilm bacteria in the cause of dental disease has provided many

healthy and specific protocols for self-care.

Contrary to popular opinion, sugars are no longer to be avoided completely. This

advice has never shown to provide sufficient results in reducing dental caries. Instead, it's the stickiness of sugary foods that is the most important element to avoid. Sugars are not bad. Within the body, most foods are broken down at the cellular level into sugars. Sugars are really the most important source of energy in the body.

The sticky foods are often sugary and reduction of these types of sugars is important to keep the dentition healthy, but attention to regular protocol of self-care can help us enjoy modest amounts of sugary foods without concern for their destruction of our teeth. As long as the biofilms are removed twice a day with twice brushing and once flossing, then our dentition will help us enjoy a sweet once in a while. ○





Job Creation & Entrepreneurship

by C. Ray Carlson, District Chair, Job Creation & Entrepreneurship

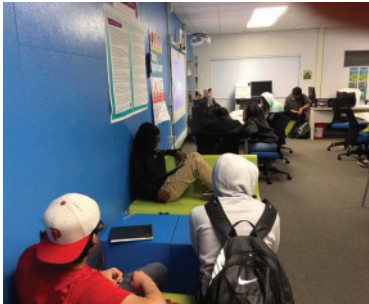
Rose City High School A New Focus on Entrepreneurship

A new teacher, Richard Lightner, has been hired to lead the Alternate Education program of Pasadena Unified School District



into a greater focus on teaching students how to start their own business. The *College for All* emphasis of most school districts is giving way to a *College & Careers Focus* with more emphasis on Careers that could involve Entrepreneurship.

A new public Charter Elementary School, AlmaFuerte PS, opened its doors in Altadena last fall. Its flyer boldly proclaims



“a focus on Entrepreneurship and Social Change.” And continues, “We believe your child can be the next great entrepreneur and world changer.” Even more specific, it offers *Personalized Training Programs ... like starting a business.*

I started volunteer teaching of Junior Achievement classes at Eliot Middle School in 1995, then John Muir High School in 1997. Principal Eddie Newman asked teachers during lunch which ones would like to have me teach one class period each week. I was soon teaching four classes every Friday, and brought in members of my Altadena Rotary Club to each teach one session. I was awed by how well they could scale their

business- savvy down to the level of high school students, and introduced anecdotes from their careers that greatly interested the students.

Business plans written by the students were based on their own ideas. Their Oral presentations were exciting ... like the *Shark Tank* TV series. The teachers and I selected the best five and invited them to compete at the Rotary Club in 1999. Parents came to encourage their children. Politicians’ field representatives presented impressive commendations to all of the youth. Cash



awards were presented by the club.

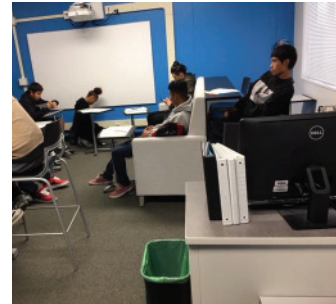
A Rotary District 5300 Business Plan Competition was held in 2010, and students from the school districts of Arcadia, Monrovia, Pasadena, and San Marino participated. In 2017 the little Rose City High School – a Continuation School – competed against Arcadia and San Marino High Schools and won First Place! Ranked as the #1 School District in California, San Marino teachers, students, and parents were shocked! Rose City students and teachers were elated!

Last week I taught how to write Business Plans to students of Rose City for the third year and to the CIS Academy, an Alternate Education School. Again I found students

who were already operating their own businesses and earning money.

Entrepreneurial Literacy is an important addition to the program of all school districts. Of the 4,000 hours of class instruction required by the State Board of Education to earn a diploma, as few as 10 hours can result in Business Plans based on students’ own ideas.

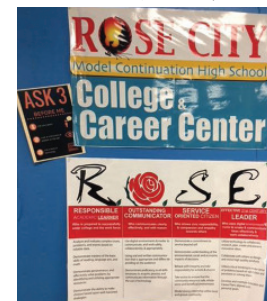
It is my earnest hope that *Entrepreneurial Literacy* will be mandated for all California students before they can receive a diploma, just as Financial Literacy was



mandated a few years ago. Just think how many new entrepreneurs might be motivated to start a business that

would hire employees if 500,000 California students were trained each year.

As I read about the horrible growth in numbers of homeless people in LA County – now over 40,000 and growing – with huge amounts of funds being spent by local Governments but with little effect, I wonder why Entrepreneurial Literacy can’t



be promulgated with the same excitement that I have witnessed at Rose City High School? ...
C Ray Carlson,
626/590-4875

MADE POSSIBLE BY FUNDING FROM THE FRIENDS OF THE ALTADENA LIBRARY

Second Saturday

**SATURDAY
FEBRUARY 10
6:30 - 8:30PM
MAIN LIBRARY**



FEATURING THE GERRY ROTHSCHILD BAND

This Second Saturday Concert featuring The Gerry Rothschild Band is supported in part by funds from the Pasadena Tournament of Roses Foundation.

Free live music, delicious food and drink, and good friends... all right around the corner!



DOCTORS WITH A HEART

FEB. 14 – MARCH 14, 2018



Dear Patients and Friends,

Flowers and chocolates can express how much you care for someone, but showing someone how much you *deeply care about their good health* can speak volumes. We have a program that can help with improving the health of your family and friends.

Attached you will find two gift certificates for family members or friends, good for a Free Complete Chiropractic or Chinese Acupuncture Assessment Examination and any needed X-rays, from February 14 through March 14, 2018. This includes examination of the spine, posture, muscles, joints, nerves, or this may be used for a complete new patient acupuncture/Chinese medicine examination. This is a total of up to \$250.00 of services we will provide for each person you send us.

I am sure that you know of someone who would appreciate the opportunity to take this step toward better health. In fact, it could be the most important gift anyone has ever given them.

So, why not give a gift certificate to someone suffering to have the opportunity to find out that *they don't have to live with pain anymore*. I ask you one favor, please don't let this go to waste. **These certificates expire on March 14, 2018.** The best gift you could give for Valentine's Day is the gift of good health. This certificate is void without your name on them as the referring patient.

Sincerely,

Michael N. Budincich, D.C.



Budincich Chiropractic Clinic, Inc.
Michael N. Budincich, D.C. & Associates



Budincich Chiropractic Clinic, Inc.
Michael N. Budincich, D.C. & Associates

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This offer is for new patients only and expires on March 14, 2018.

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