



'SPARKS' OFF THE ROTARY WHEEL
An Award-Winning Newsletter

**The Rotary Club of Altadena meets Thursdays at noon
 at the Altadena Town and Country Club**

Rotary Club of Altadena - #772
 Chartered: February 14, 1949, P.O. Box 414, Altadena, CA 91003
 RI Pres: Jennifer E. Jones, Dist. 5300 Gov: Roger Gutierrez



D. Vance Graphics

JANUARY 19, 2023

January is: Vocational Service Month

Officers

President: Doug Colliflower
 626-524-4158
Vice President: David Smith
President Elect: Dr. Dawn Digrius Smith

Treasurer: Mike Noll
 Bus: 626-657-2287
Secretary: James Gorton
 Bus: 626-793-6215

Directors
Craig Cox

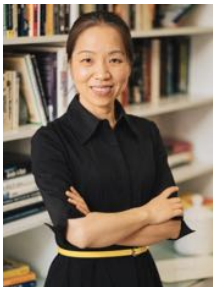
Maria Perez-Arton
Mark Mariscal
Sarah O'Brien
Maricela Viramontes
Doug Colliflower
Dawn Digrius Smith

Chairs

Membership: Maria Perez-Arton
International: Sarah O'Brien
Community Service: Craig Cox
Vocational: Steve Kerekes
Youth Contests, Scholarships, Awards:
Mike Zoeller
Youth Activities: Tony Hill
Foundation: Steve Kerekes

**THIS WEEK: TRADITIONAL CHINESE ATTIRE
 DR. WEN CHEN**

Speaker Chair: Mark Mariscal Location: Altadena Town and Country Club



Ancient China was called “a country of etiquette.” The oldest piece of silk cloth found dates to roughly 3630 B.C. Every Dynasty had different clothes and accessories, which reflected the lifestyle and philosophy at that time. Through ancient Chinese paintings and sculptures, audiences will learn the origin and unique features of traditional Chinese attire and a brief overview of styles from different dynasties or ethnic groups.

January 22, 2023 is Lunar New Year and is the beginning of a calendar year whose months are moon cycles, based on the lunar calendar or lunisolar calendar. The Lunar New Year as a celebration is observed by numerous cultures.

Caltech alumna Wen Chen (Ph.D. '00) has been interested in ancient Chinese art and history since childhood. She cherishes her heritage by bridging eastern and western communities through public speaking. Accessing literature in a country without censorship and internet blockage is a blessing to her curation and sharing of this knowledge as her unique service to the community. Since 2012, she has given hundreds of presentations to local organizations about Chinese culture, history, and society.

LAST WEEK: 'THE LAST FRONTIER'

DR. KRIS ZACNY, HONEYBEE ROBOTICS

Speaker Chair: Mark Mariscal

Program Review: Steve Kerekes



Independent Living, reimagined

<https://www.ecsforseniors.org/montecedro/>

Rotary Sponsored Events:

March 2023 Read at Families Forward

May 4 - Mini Grant presentations to teachers

Upcoming General Community / Service Opportunities:

Native Milkweed Seed Giveaway

January 21, 2023

Altadena Community Garden

10 AM to 3 PM



This past week, Dr. Kris Zacny spoke at our Club meeting. Dr. Zacny is the Vice President of Honeybee Robotics, a spacecraft technology and robotics company headquartered in Brooklyn, New York, with offices in Altadena, California and Longmont, Colorado. It is a subsidiary of Blue Origin, an American, privately-funded aerospace manufacturer and sub-orbital spaceflight services company, founded by Jeff Bezos which develops orbital technology, rocket-powered vertical takeoff and vertical landing vehicles for access to suborbital and orbital space. Honeybee is collaborating with NASA on the development of technologies to support future human spaceflight operations, including returning humans to the moon

and going to Mars. Dr Zacny spoke to us about the intended return trip to the moon by Nasa. Before humans return to the moon, there will be an unmanned trip to the surface to investigate whether there is water at the south pole. This water will not only be used as sustenance for the astronauts but also as a source of oxygen as well as fuel for a trip back to Earth or else a trip further on to Mars! This could be done by splitting the oxygen and hydrogen atoms. They could then be recombined in an engine, releasing energy that will be used to power the ship.

Dr. Zacny indicated that our return to the moon is really a prelude for the next step, which is journeying to Mars. For this endeavor, a lot of materiel and equipment will need to be accumulated to sustain a colony on Mars. The most efficient way to do this will be to assemble it in orbit around Earth and then transport it across the weightlessness of space. He anticipates it will take about ten trips of material into orbit around our planet to accumulate all that is necessary. At that time, the crew can be launched into orbit to meet up with the material and begin the journey to Mars.

Dr. Zacny pointed out that any trip to Mars would most likely be one-way ticket, meaning that the voyagers would remain on Mars and there would not be any return trip to Earth. The expense would be prohibitive. The cost of a return voyage would be up to ten times the cost of sending someone to Mars. So anyone going to Mars would be calling Mars home from then on; a permanent colony would therefore begin as the astronauts landed. He pointed out that the development of a permanent colony would have

Rotary Club of Altadena Director Nominations - 2023-2025

In accordance with the bylaws and the California Corporations Code, the Nominating Committee presents the following as nominees to serve on the board of directors from July 1, 2023 – June 30, 2025:

Maria Perez-Arton
Brad Roeber
Maricela Viramontes

The vote will take place at the next Board Meeting, Feb 7. Please be informed that members have the right to nominate candidates by petition as follows:

Nomination by Petition Additional nominations to the board may be made by petition and presented to the secretary at least one week prior to the annual meeting, when bearing the signatures of ten (10) or more members.

evolutionary consequences for the segment of the human race which was sent there. First of all, Mars has only about a third of the gravity of Earth. This means that the human bone structure would not need to be as dense. Nor would there need to be as much muscle. A thinner, less muscled human may develop. Also, the colonists would not be exposed to the development of germs on Earth (such as the recent development of COVID-19 and its variants). At the same time, the viruses and germs that existed in the colony would develop on their own separate path Dr. Zacny posits that at some time In the future, a martian colonist who visits earth may need to wear a hermetically sealed mask or helmet to avoid being exposed to Earth germs that could kill him!

Dr. Zacny also discussed the practicality of mining for water and other materials from asteroids. Eventually, when other planets are colonized, it will not be practical for the colonists to return to Earth for these items. Since most asteroids contain a sizable component of water, it will be more practical for them to obtain this and other materials by asteroid mining. He also briefly spoke about the possible exploration of Titan, one of the moons of Saturn. It is the only known moon with a dense atmosphere and the only other known object in our solar system on which clear evidence of a stable body of surface liquid has been found.



All in all, Dr. Zacny's discussion boggled our imaginations thinking of the possibilities that lay ahead for the human race, as it explores the last frontier!

Dr Zacny is pictured with President Doug, Mark Mariscal and Brad Roeber

<https://www.honeybeerobotics.com/>



Rotary   IMAGINE ROTARY

2nd Annual Rotary
Business Mixer

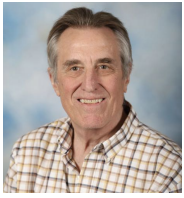
Thursday 1/26/23
5 - 8 pm

THURSDAY AROUND TOWN EVENT

San Marino Rotary will be hosting TAT EVENT (Thursday Around Town Event) in the evening of Jan 26. This will be our 2nd Annual Rotary Business Mixer hosted by San Marino Rotary. Last year, we had this event in March at the Blossom Market Hall and partnered with the South Pasadena Rotary Club. This year we are collaborating with both the Altadena & South Pasadena Rotary Clubs and the event will be held at a bigger venue - at the Padillo Room at the San Gabriel Mission Playhouse in the City of San Gabriel. The event is from 5 - 8 pm.

4 members from the San Marino Rotary Club have stepped forward to speak: 1) Dr. Joel Kim, Physical Therapist, 2) Russ Osmonson, Educational Consultant, 3) Ginny Hsiao, Family and Estate Law Attorney, and 4) Tony Chou, Oak Family Consultants. You will hear more about our presenters between now and the date of our event. Our sponsors have each paid \$250 to get 10 minutes to speak to you and share about their businesses. We will also have a TEA BAR being presented by Fong & Jessica Sam from the University of the West. They will share their TEA CEREMONY with us.

Other activities include a Business Scavenger Hunt, a photo op by our Imagine Rotary Theme Banner and, of course, heavy appetizers and wine.



President's Piece

By President Doug Colliflower

RESOLUTIONS - STEPS FOR SUCCESS

New Year's Resolutions - It's true.

Many surveys have concluded that, by February, as many as 80% of New Year's resolutions will have been abandoned.

This suggests that we're approaching New Year resolutions all wrong.

If you want to make some 2023 goals that you'll see through to the end of the year, consider the following:

1. Make your goals specific and measurable

Nothing is more demotivating than setting a lofty, ambitious goal...and having no way to measure your progress. Not only does this prevent you from celebrating any small wins on your path to success, but it also obscures the steps you need to achieve your goal.

2. Focus on improving what you're already doing

Reflect on what went well the year before and decide how you'd like to improve on it.

By crafting your resolutions around your past experiences, you'll have a better sense of what your benchmarks and end goals should be. This helps you craft resolutions that are specific, measurable, and aligned with who you are.

3. Make sure your goals are aligned with who you are

Ultimately, you're only going to stick to your New Year's resolutions if they're aligned with who you are and what truly brings you joy. This may sound obvious, but it's easy to choose resolutions because they sound like the "right" thing to do—without a thought of whether they're right for *you*.

4. Celebrate the small victories

Celebrating small wins can give you the motivation you need to stick to your resolutions in the long term. Our brains are hardwired to react positively to rewards. Each time we're rewarded for performing a certain behavior, the brain engages the dopamine feedback loop. Once triggered, this loop releases some feel-good dopamine and makes us associate that behavior with a positive feeling. Rewarding yourself for reaching small milestones doesn't just make it more likely that you'll achieve your goal. It also makes the process much more enjoyable!

Yours in Rotary, see you Thursday!

For the members of our 3 clubs, we do need your rsvp and payment of \$25 to reserve your spot. We would like to collect all payments before the event.

The deadline to reserve your spot is January 18, 2023. If you are with the San Marino Rotary Club and you are charged via credit card for your membership dues, we will bill your card on file. If you are in San Marino and you pay via check (we will ask you to send your check made payable to the San Marino Rotary Club) and send it to me so I can track your rsvp.

If you are a member of the S. Pasadena and Altadena clubs, please send your payment by check to San Marino Rotary Club and mail it to Gilda Moshir at 400 Ninita Parkway, Pasadena, CA 91106.

This event is a great opportunity for us to invite non-Rotarians and to showcase what we do as a community of Rotarians coming together to support our members.

Gilda Moshir

Membership & TAT Chair

818-807-6060

gmoshir@gmail.com

**Altadena Rotarians are
People of Action!!**

MINI GRANTS! (see opposite)



Brad Roeber and Ed Jasnow hand out Mini-Grant checks to 7 teachers at John Marshall Fundamental School. Be sure to attend the May 4 Rotary lunch meeting to hear more about the teachers and how they use the funds! Photo by Shari Jasnow Simmons

SGV MEGAMIX BUSINESS EXPO Gilda Moshir

As your Area 1 Assistant Governor, I am pleased to invite the members of the Altadena, Pasadena, San Marino and South Pasadena clubs to the 2nd Annual San Gabriel Valley MEGAMIX EXPO on Thursday Feb 2nd 2023 from 3 - 8:30 pm.

Last year, the event was held in June with an attendance of over 1000 people. Last year, with my encouragement as Membership Chair at the District level, we had a table for the District. This year, I encouraged our Area 1 clubs to come together and share a table so that we can network and attract business owners to our clubs since we are in the San Gabriel Valley.

I'm thankful to the presidents of our 4 clubs who showed an interest in this collaboration and partnership. Thank you to Doug Colliflower, Kathy Selders, Mary Lou Byrne and Rob Feidler for their support.

My first ask is that you go to this Google form https://docs.google.com/forms/d/17bHGjErMF6ix_Gijs992CqjMXlaPxxkqjVg3pq8sXj8/ed and sign up to attend. Once you do that, I will register you with the VIP Code so your admission is free (up to the 1st 25 first come 1st serve). The Google form will ask you for your availability the day before the day of the event, and various times you can sign up to help.

Once we have our group, I will schedule a zoom meeting so we can discuss our plan - what to wear, what to give away, what our table should look like. This is where I am looking to you for ideas - I welcome all your ideas on how we can stand out and get noticed.

MINI GRANTS - SAVE THE DATE!!

By Ed Jasnow

The Mini-Grant program is in full swing! Ed Jasnow, Brad Roeber, and Paula Eckart delivered \$300 and \$400 checks to teachers at Marshall Fundamental, Jackson Elementary, and Longfellow Elementary. Altadena Elementary and Eliot Middle School are scheduled for January 23. Still to be scheduled are John Muir High School and Webster Elementary.

Make sure you put the meeting of May 4 on your calendar for the teachers presentations on how they used the funds. It's the best meeting of the year! (See photo opposite)

EXPO (cont'd) Please go to the site and learn about last year's expo and you'll see info for this year's expo:

<http://sgvmegamixexpo.com/>.

Here is our vision - we will have a table. I'd like to get as many Rotarians from our 4 clubs there as possible. We have been given a VIP code to get up to 25 people in without a fee. Once we reach our capacity of 25 there will be a fee to get admitted. The fee is \$35. Our vision is that we have 25-30 Rotarians there wearing a T-shirt, a cap, or some other ROTARY symbol that shows our united front. (See previous page for Gilda's info)

