



'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

THIS WEEK: DAN STOVER MUSIC CONTEST

Location: Altadena Town and Country Club

**** STARTING PROMPTLY AT NOON ****



The Rotary Club of Alhambra, in the year following the death of Dan Stover, established a Music Scholarship Program in his name. The program was proposed, organized, and championed by a new Rotarian, Christine Montan, who was Alhambra's first woman Rotarian. Ms. Montan recognized and appreciated the contribution that

Dan Stover had made as a Rotarian, musician and person. From these beginnings, the Dan Stover Memorial Music Scholarship program, "graduated" into a District program. A generation of talented, young musicians have participated and had the opportunity, in the name of Dan Stover, to compete against their peers and earn funds to further their musical education with the scholarship awards. (Pictured: *Dan Stover and Kay*)

Please join us this Thursday alongside distinguished judges for the First Round of the 2023 Dan Stover Music Contest. Hear local high school instrumentalists compete on saxophone, accordion, trumpet and snare drum for the chance to progress to the regional final and Grand Final, in which scholarship funds are awarded. This year our contestants are from Muir High School and will be accompanied by parents and Interact Co-Advisor Carina Jacob.

FEBRUARY 09, 2023

February is: Peacebuilding & Conflict Resolution 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

- Club Admin: Dawn Digrius Smith
- Membership: Maria Perez-Arton
- Foundation: Steve Kerekes
- Projects: Mike Zoeller

Subcommittees

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

LAST WEEK: DR YEH, CITY OF HOPE

Speaker Chair: Mark Mariscal

Program Review: Craig Cox



Here we are - fresh into a new year and the perfect time to commit to a happier and healthier 2023! Our Thursday speaker Jekwon Yeh, M.D. M.B.A. at City of Hope reviewed issues relating to cancer screenings for men for the prostate, lung, and colon.

The third most common cancer in the United States is colon cancer. The theory is that this is a result of our diet and lifestyle. Deaths from colon cancer number in the 50,000s. It is estimated that 1 in 20 people will deal with colon cancer. The risk factors include Inflammatory Bowel Disease (IBD), family history (genetic), lack of exercise, low fiber/high fat diets, obesity, alcohol, and

tobacco. Ways to improve your odds are through a high fiber diet, take aspirin, exercise, and consume less alcohol and do not use tobacco.

Cancers with Screening Recommendations in the United States for Men

- Prostate Cancer
- Lung Cancer
- Colon Cancer



Screening for colon cancer should begin around 45 years of age. This should be earlier if there are risk factors like IBD,

family history, or have a history of polyps). The most common screening methods are a stool test, flexible sigmoidoscopy (although this only checks the left side), colonoscopy, or a CT colonoscopy. The colonoscopy can check both sides (right and left) and allows for the removal of polyps (which includes a biopsy). Surgery is the primary tool for the treatment of colon cancer. City of Hope is having some success with rectal cancer using only chemotherapy and radiation.

Lung cancer screening applies to those who smoke more than 20 packs of cigarettes per year or quit within 15 years and usually starts at age 50. Symptoms of lung cancer include chest pain, shortness of breath, wheezing, coughing up blood,

Risk Factors

- Inflammatory Bowel disease
- Family History
- Genetic disease
- Lack of exercise
- Diet low in fruit and vegetables
- Low fiber high fat diet
- Overweight
- Obesity
- Alcohol
- Tobacco



Independent Living, reimagined

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

Rotary Sponsored Events:

March 2023 Read at Families Forward

May 4 - Mini Grant presentations to teachers

Garbis Der-Yeghian



District 5300
District 5330

33rd Annual Peace Conference



Exciting New Format

Virtual Session 1— Wednesday March 1, 2023 6:00 -7:00 p.m.

Virtual Session 2— Thursday, March 9, 2023 6:00 -7:00 p.m.

Live Session—Saturday, March 18, 2023 8:00 a.m.—12:00 p.m.

Richard Nixon Presidential Library and Museum
18001 Yorba Linda Blvd, Yorba Linda, CA

Sponsorship Opportunities

Families Forward Learning Center invites you to join us for our 2023 Annual Soirée

Honoring Congresswoman Judy Chu and Abel Ramirez

Saturday, March 25, 2023

Support our children and families

For information, [click here](#)
Or contact Liz Kwong at

fatigue, and weight loss with no known cause. Ways to reduce risk include not smoking, avoiding second hand smoke, and testing the home for radon. Treatment is a combination of chemotherapy, radiation, and surgery. Today the use of computerized tomography (CT) allows doctors to have a very accurate map of the body and minimizes radiation damage to other tissue.

It is thought that all men will have prostate cancer if they live long enough. Fortunately, most prostate cancers are slow growing. The common screening methods are digital rectal exam, a bloodiest (PSA), ultrasound, and biopsy. Treatment includes surgery, radiation, medication and observation. Interestingly there are very similar cure rates using radiation or surgery. Most patients say that they have a better quality of life using radiation.

The bottom line for men is that screening for cancer is simple and usually very safe. With early screening men can be cured of most cancers.

Prevention

- Diet – more fiber
- Aspirin
- Exercise
- Less alcohol
- No tobacco

PETS: PREP Training for 2023-24 President Elects

President Elect, Dawn Digrius Smith



Symptoms

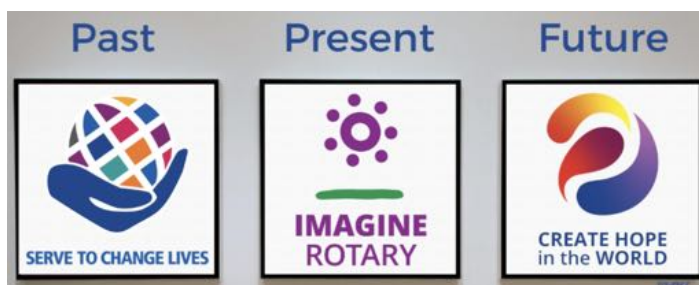
- Blood in stool
- Abdominal pain
- Unexplained weight loss

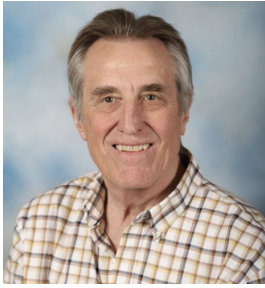
CityofHope.org/jekwon-yeh

RED BADGE PRESENTATION!



Congratulations to Elizabeth Shreib.
Presentation by Maria Perez-Arton,
Membership Chair.





President's Piece

By President Doug Colliflower

LET US SPREAD THE WORD!

Our club joined forces with San Marino, South Pasadena, and Pasadena Rotary Clubs at the San Gabriel Valley MEGAMIX EXPO on Thursday, February 2nd. We collectively sponsored an exhibitor space with the primary objective of *spreading the word of Rotary*. All four clubs shared staffing duties within our space and a Rotarian presence throughout the convention hall. The event was held at the Hilton Los Angeles San Gabriel, included over 100 exhibitors, loads of attendees, and lots of opportunities to talk Rotary.

As with most anything we pursue, there is always some good, and some not so good to take away from the experience.

Good - We had an exhibit hall full of business professionals and I believe within the core of most businesspeople is the desire to make a difference and therefore a common value is shared.

Not-so-good - I would say the majority of the folks we chatted with and shared Rotary with had little, or no knowledge of what Rotary is, or does.

Good - I am surprised by the vast opportunity to grow Rotary. Every conversation I was part of was well received and I believe many will give Rotary additional consideration as another vehicle to make a difference in their lives and their communities.

It is incumbent on all of us to share our Rotary experiences with our friends, family and colleagues so that they enjoy the benefits of:

- Connecting with other people of action.
- Forming new friendships and growing their network.
- Finding creative ways to meet needs in their community.
- Gaining new skills and growing as a leader.

For those you speak with who express the slightest interest direct them to the www.rotary.org/get-involved for a great start to learn more about how rewarding becoming a Rotarian can be.

Yours in Rotary, see you Thursday!



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.



Megamix photos of Pres. Doug, Mark Mariscal & raffle prize winner Marco Vargas with others.

