



**'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: Gordon R. McInally, Dist. 5300 Gov: Michael L. Soden



D.Vance Graphics  
**March 28, 2024**

## **THIS WEEK: ELLEN SNORTLAND**

**Local Activist to Close Out National Women's History Month  
 Altadena Town and Country Club, Thursday at noon**



To close out National Women's History Month, our club has the pleasure of hearing from a longtime activist, Ms. Ellen Snortland. Ellen has her JD from Loyola Law School and is an author, lecturer, playwright, and filmmaker. She is also a writing and first-time author coach for local and internationally-based clients.

*Dateline NBC* featured Ellen's work as a self-defense advocate and instructor with her groundbreaking book *Beauty Bites Beast*. Her TEDx Pasadena talk "The Personal Safety Paradox" encapsulated decades of her self-defense advocacy in 18 minutes. A longtime women's rights advocate, Ellen's column in the Pasadena Weekly — now also in the Argonaut and LA Downtown News — has run for over 30 years. Her columns have been featured on NPR, the Huffington Post, Ms. Magazine, the LA Times and in other major newspapers. She is on the board of Consumer Watchdog and an advisory board member of the National Women's History Alliance.

Snortland has attended several United Nations world conferences and annual UN meetings as an NGO delegate, self-defense

**MARCH IS WATER, HYGIENE AND  
 SANITATION MONTH**

**Officers**

**President: Dr Dawn Digrius Smith**  
**Vice President: Doug Colliflower**  
**President Elect: Maricela Viramontes**

**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 Executive Secretary: Mark Mariscal**  
**Membership: Maria Perez-Arton  
 & Brad Roeber**  
**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**

advocate, and journalist. Her feature-length documentary film version of *Beauty Bites Beast* was up for an Oscar for Best Documentary Feature at the 2017 Academy Awards.

Ellen lives in Altadena, CA, with her husband, Ken Gruberman and three yappy dogs.



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



Dr Quyyumi with Douglas Nolan from City of Hope

## LAST WEEK: DR. FARAH QUYYUMI

Program Chair: Mark Mariscal      Review: Tony Hill



Last Thursday, Dr. Farah Quyyumi with City of Hope, presented a program titled “Obesity, Weight and Cancer Risk”. Supplementing her points with a series of excellent Power Point slides, Dr. Quyyumi outlined current science on the correlation between obesity/overweight condition and cancer.

Dr. Quyyumi indicated to President Dawn that she would provide us with a copy of her Power Point slides. Hopefully those in attendance, as well as members who were unable to attend last Thursday’s meeting, will receive access. With that in mind, I shall limit my report to some of the highlights of the presentation.

We were informed that whether a person is overweight or obese is based upon a person’s Body Mass Index or BMI. One can calculate his or her own BMI by dividing their weight in kilograms by the square of their height in meters (or you can use a BMI calculator available online). You are considered overweight if your BMI score is between 25.0 to 29.9, and you are considered obese if your BMI score is 30.0 or higher.

We were advised that the portion of the world’s population that is overweight or obese exceeds the portion of the world’s population that is underweight. In the US, in 2020, 31.9% of adults were considered obese or severely obese, an increase of 4.5% from 2011. Regarding children in the US, in 2017-2018, 25.4 percent were obese or severely obese, an increase of 2.9 percent since 2012-2012.

Dr. Quyyumi informed us that 55% of cancers in women and 24% of cancers in men are related to being overweight or obese. In comparison with other countries, the US has the highest percentages of breast,

## Altadena Rotary Events

May 9 - PCC Vocational Scholarships

May 16 - PUSD Scholarships

June 27 - President Dawn's Demotion Party



## MUIR INTERACT PIZZA FUNDRAISER

Carina Jacob  
Muir Interact Co-Advisor



Thank you Mark Mariscal & Altadena Rotary for donating pizza for Interact's Pizza Fundraiser! We sold 70 slices in 20 minutes! Interact members Jaymie Kitani, Ariana Soto, Imani Duran, and Owen Porter-Self

pancreatic and colon cancers, attributable to being overweight or obese. Looking at specific cancers for example purposes, persons who are overweight or obese are twice as likely as normal weight persons to develop esophageal and gastric cancers. The overweight have a 20% higher risk of getting gallbladder cancer, and people who are obese have a 60% increased risk. Being overweight or obese can cause chronic inflammation and this can result in DNA damage which leads to cancer.

To lower your risk of cancer, Dr. Quyyumi suggests the following diet recommendations:

*Eat healthier foods; eat smaller portions; limit between meal snacks; limit foods & drinks high in calories, fat and/or added sugars, and at the same time provide few nutrients; replace fried foods, cookies, cakes, candy, ice cream, and regular soft drinks with vegetables & fruits, whole grains, beans and lower calorie beverages.*

Dr. Quyyumi suggests reading food labels and in particular avoiding “added sugar” which ideally should be zero in foods you eat. She suggests getting 150-300 minutes of moderate to intense activity per week and limit sedentary behavior. A simple conclusion based on current research is that weight loss in obese individuals may help prevent cancer.

helped sell pizza after school on Tuesday, 3/19. The money we raised will be donated to remedies for international diseases such as malaria, AIDS, and polio! We raised \$80!



---

## MAY 4 - CORAZON SUPERBUILD!

Once again our goal to build homes and the number of homes that we are able to build will depend on you and your club's commitment. For those that have never participated, Super Build was designed through a partnership between Corazon and District 5300 many years ago. It is an opportunity for Rotarians, future Rotarians, friends and family to change the lives of families Internationally with a hands on project...building homes! Participants can range in age from 15 to 100! There are jobs for all including painting, passing out water, translating, framing, roofing etc.. You do not have to have experience to be able to join us

- **Cost - \$15,500 per home**

Each home costs us \$15,500 which now includes a bathroom and septic! As part of those funds, a portion goes towards education costs for uniforms and supplies to ensure through

the commitment of the parents that the children stay in school. If a parent or parents need assistance with education to prepare themselves for jobs part of the monies go to Corazon for the funding of this. Training for vegetable and gardening classes to grow food plus many other community activities through the community center are also funded through this. As you can see the \$15,500 goes a long way through the efforts of Corazon, donations and volunteers to assist those in need as well as to strengthen communities.

- **Lodging & Transportation**

We will be starting our journey at 5:30 am just outside of Chula Vista and traveling by bus to the area outside of Tecate Mexico. The home(s) being built takes 40 volunteers! We will have a bus for one home where everyone on that build will take the bus at \$30.00 a head round trip. **The \$30.00 per person is collected in cash before we leave that morning please!**

We will arrive in Mexico at the construction sites by 9:00 am and begin construction and return to our meeting place usually before or by 6:00 pm. In the past sometimes there were delays at the border due to large amounts of people that may slow our arrival time on the return. The wonderful news is that in one day we change the lives of a family by giving them the protection and security of a home....again ALL IN ONE DAY! Below is a Hotel in Chula Vista near the meeting site. We normally go to La Quinta Inn yet the complaints have multiplied.

## Hercor Hotel - Urban Boutique

3-STAR HOTEL

692 H Street, Chula Vista, CA - National City - Chula Vista

- Project number: 3449 & 3450 (We would like to fill up 3449 before we start on 3450 please)
- Volunteer registration pages:  
[https://www.corazon.org/3449\\_rotary5300](https://www.corazon.org/3449_rotary5300)  
[https://www.corazon.org/3450\\_rotary5300](https://www.corazon.org/3450_rotary5300)

## NEW MEMBERSHIP ANNOUNCEMENT

An application has been received by prospective new member: Wendy Silva Villa, profession: mortgage broker. Notification has been sent via email to active members of the Rotary Club of Altadena, in accordance with our bylaws and membership process.

---

## Rotary Members Recognized

Last Saturday, Club members Maricela and Mark were awarded Certificates of Appreciation for their volunteer work at Farnsworth Park. In reality, the awards are really for the club, according to Maricela. She explained that although the two of us (Mark and I) do help with many events, it's in the name and spirit of the Altadena Rotary Club. Our club, according to Mark, has been supporting programs at Farnsworth Park since at least 2015 as part of our partnership with the Dinner Concert Series.

