



'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: Stephanie Urchick, Dist. 5300 Gov: Michael Driebe

THIS WEEK: HANS ROSENBERGER
Altadena Energy and Solar

Altadena Town and Country Club, Thursday at noon
 Speaker Chair: Brad Roeber



SEPTEMBER 19, 2024
**SEPTEMBER IS: Basic Education
 and Literacy Month**



Altadena Energy & Solar was formed in late 2007 by Hans Rosenberger in his garage after 5 years of staff engineer at JPL and a stint at business school. 17 years later, the company employs 8 people full time from an office at 1585 N Lake Ave and is co-led by Hans Rosenberger and his partner Joy Lam. It provides systems ranging from simple PV systems for single family homes to solar microgrids for multi-family housing. Hans will share some current trends in solar, both locally and globally.

Officers
 President: Maricela Viramontes
 Vice President: Dawn Digrius Smith
 President Elect: Brad Roeber

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 Bus: 626-657-2287
 Secretary: James Gorton
 Bus: 626-793-6215

Directors
 Craig Cox
 Maria Perez-Arton
 Mark Mariscal
 Sarah O'Brien
 Lisa Rickard
 Doug Colliflower
 Brad Roeber

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 Executive Club Secretary: Mark Mariscal
 Membership: Maria Perez-Arton
 & Brad Roeber
 Foundation: Steve Kerekes
 Service 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



www.altadenasolar.com

LAST WEEK: PHILIP G. PEARSON, M.D, UROLOGIST, CITY OF HOPE

Speaker Chair: Brad Roeber Review: Doug Colliflower



On September 12, 2024, our Rotary Club had the privilege of hosting Dr. Philip G. Pearson, a respected board-certified urologist who has been practicing in Pasadena since 2007. Dr. Pearson's talk focused on the advances and challenges in

treating urologic cancers, particularly prostate, kidney, bladder, and testicular cancers. His presentation provided both a comprehensive overview of the current medical landscape in this field and an emphasis on the importance of maintaining a healthy lifestyle.

Dr. Pearson began his talk by highlighting prostate cancer as the most common form of cancer affecting men. However, despite its prevalence, it ranks third in mortality behind heart disease and lung cancer. He stressed the importance of regular screening for early detection, which can significantly improve treatment outcomes. For most men, screening should begin at age 50 and continue until age 70, unless there are additional risk factors such as family history or genetic predispositions, in which case earlier screening may be warranted.

In terms of screening, Dr. Pearson walked us through the most effective methods currently available. The prostate-specific antigen (PSA) test remains a primary tool, though he noted that it is not without controversy due to its potential for false positives. Advances in MRI technology have improved the accuracy of diagnosing prostate cancer, offering a less invasive and more precise alternative before proceeding to a biopsy. Biopsies remain the definitive way to confirm cancer, and Dr. Pearson explained how modern techniques aim to minimize risks associated with the procedure.

Dr. Pearson then gave us a thorough overview of treatment options for prostate cancer. For many patients, especially those diagnosed with



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

Altadena Rotary Projects, Volunteer Opportunities and Events Calendar

Craig Cox

Please save the date for the next Rotary Community Pancake Breakfast - October 5, 2024 8 -10.30 am.

September 28th: 5-9 pm
Altadena Library Foundation
Taste of Dena Event

To register for any event go to DacDB, Login, elect the My Club, tab, go the the Calendar icon, and go to the date.

Altadena Grocery Outlet is Proud to Host

Semi-Annual Pancake Breakfast
Benefits Altadena Mountain Rescue Team (AMRT),
Christmas Tree Lane Association (CTLA), and Altadena Heritage



Saturday, Oct. 5, 2024 • 8:00-10:30 am

Here or To-Go Tickets \$5.00
Tickets available at Sheriff Station, El Patron
Restaurant, Grocery Outlet or altadenarotary.org
Sheriff Station (626) 798-1131



Donate through
PayPal or Venmo
note it is for Pancake
Breakfast, and tickets
will be held at door.

Proceeds benefit AMRT, CTLA, and Altadena Heritage | Sponsored By - 



Join us for food, friends & festivities at
Taste of Dena
Saturday, Sept. 28 • 6-9pm

slow-growing or early-stage cancer, active surveillance is an increasingly recommended option. This “watchful waiting” approach avoids immediate invasive treatments while monitoring the cancer’s progression. It allows patients to maintain their quality of life without the side effects that often accompany more aggressive interventions.

For patients requiring more direct treatment, Dr. Pearson covered several options, including surgery and radiation. He also discussed the evolving role of hormone therapy, which has become a cornerstone in treating advanced prostate cancer by reducing the levels of androgens that can promote tumor growth. He noted that while hormone therapy can be effective, it is not without side effects, and managing these is crucial for maintaining a patient’s well-being.

Dr. Pearson also touched on some of the newer approaches to cancer treatment, such as immunotherapy. Although still in its early stages for urologic cancers, immunotherapy harnesses the body’s immune system to target and destroy cancer cells, offering a promising future avenue for treatment. These advances are part of an ever-growing toolkit that physicians can use to tailor treatments based on each patient’s specific needs.

An important point that resonated throughout Dr. Pearson’s talk was the importance of maintaining overall health. He emphasized that diet and exercise are critical not only for reducing cancer risk but also for supporting recovery and long-term wellness. He concluded by urging us to consider these lifestyle factors as part of a holistic approach to health, stating that “treating the soul” is just as important as treating the disease itself.

Dr. Pearson’s presentation was both informative and encouraging, underscoring the significant strides made in the diagnosis and treatment of urologic cancers while also reminding us of the role we can play in maintaining our own health. His ability to present complex medical information in an accessible manner left us with a greater understanding of these diseases and a renewed commitment to personal wellness. We are grateful to Dr. Pearson for his time and expertise, and we look forward to hearing more from him in the future as the field of urologic oncology continues to evolve.

Polio Still a Concern Around the World

By Steve Kerekes,
Club Foundation Chair



This summer, our Rotary Club took in just over \$2,900 in contributions towards the End Polio Now Campaign. This is done through the **"Pass the Pitcher"** program during the Summer Concert Series. After recently adding our FIVE new members, when we make the contribution, each club member will receive credit of approximately \$70 each towards reaching the next level of their Paul Harris Fellow Award.

Each year on October 24th, Rotary joins partners, global health organizations and public health advocates to mark **World Polio Day**. Our club, like thousands of others have a critical role in World Polio Day. This year, the date falls on our regular club meeting date. On that day, we will allocate all of the Happy Bucks contribution to the End Polio Now campaign as we did in 2019. Let's make sure this date is on your calendar - and consider inviting a guest!





What Comes Next After Summer?

By President Maricela Viramontes

This week, we welcome our five new members by pinning them with their Red Badges. Thank you to Craig Cox and Mark Mariscal for being their sponsors.

Please welcome Dennis, Diana, Elizabeth, Jennifer and Linda, with open arms!

By now, you should have noticed that during lunch, our table servers have not been placing Iced Tea in front of your seat. There is a table at the entrance with glasses and pitchers on it. Upon arriving, if you would like Iced Tea, please pour it yourself. This is to cut back on the waste of drinks not consumed - our little way of helping reduce food waste.

Over the next few months, Brad, our PE and overall Speaker Chair is working with the 'monthly' speaker chairs in providing the program each week. We still need volunteers to be the speaker chair for January, February and March and we still need volunteers to review the weekly speakers / programs and submit a short write-up for 'Sparks'.

Our next few official community service projects / events include the Pancake Breakfast on October 5th, packing food boxes in Mid-November, handing them out to families the following weekend, staging a booth at the Altadena Chamber Sip n Shop on December 6th, Christmas Tree Lane on December 7th and our big Toy Giveaway at Farnsworth Park on December 13th. At the last one, we make sure that "Santa **Does NOT** get runover by a reindeer!"

In addition to official club sponsored programs, we do offer volunteer opportunities with our community partners. Examples of where Rotary has been asked to provide volunteers are: at the Altadena Library Foundation event on September 28, Farnsworth Park event on October 3, and Farnsworth Park Gratitude Event in mid-November. Please see Mark Mariscal for more information on these events.

On a personal note, I want to thank the Past Presidents and all members of our club, who have shared feedback regarding the running and flow of our meetings. These first 9 weeks have allowed me to build upon my leadership skills. I am especially grateful to those of you who respond to the weekly requests to help, by leading the Pledge, the song, the Inspirational minute and the Four-Way Test of the Things we think, say or do.

I look forward to seeing you on Thursday!

INTERNATIONAL NEWS

By Sarah O'Brien



Volunteer doctors from Singapore have arrived at Laligurash Community Hospital in

Nepal (supported by Altadena Rotary Club), to assist with healthcare screenings in the local schools, and community care.

