

Rotary

Club of Pasadena, CA



A CENTURY OF SERVICE



SPOKES NEWSLETTER

DISTRICT 5300 * Rotary Club 794 * February 19, 2021 * #21-8

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This Week's Program

LORI J. MORGAN, MD, MBA,

President & Chief Executive Officer,



Lori J. Morgan, MD, MBA, became President and CEO of Huntington Hospital in September 2017.

Previously, Dr. Morgan spent eight years as a Corporate Vice President of Legacy Health in Portland, Oregon. She served as President of Legacy Health's largest facility in Portland, the 554-bed Legacy Emanuel Medical Center, and also as President and Chair of the Board for the Unity Center for Behavioral Health, a psychiatric hospital and emergency room developed in partnership with Adventist Health, Kaiser Health and Oregon Health Sciences University. As a Legacy Health executive, Dr. Morgan participated in setting business strategy, developing annual budgets and evaluating large-scale capital expenditures and major systems initiatives. Dr. Morgan was also a board member for the 2500 member CIN, Legacy Health Partners. Prior to joining Legacy, Dr. Morgan served as a Medical Director of the Trauma Trust in Tacoma, WA for nearly a decade, where she developed a new adult Level II

Trauma Center and Pediatric Trauma Service. Dr. Morgan served as a Co-director of the Surgical ICU and trauma surgeon at the University of Iowa Hospital and Clinics between 1997 and 2000.

Dr. Morgan received her medical degree from the University of Washington School of Medicine, then completed her surgical residency at Stanford University Medical Center and her trauma/critical care fellowship at the University of Pennsylvania Medical Center. Dr. Morgan is a board-certified trauma surgeon and intensivist. She received her MBA from Pacific Lutheran University where she concentrated on technology and innovation management.

11:45 am: Greeters

Scott Carlson - Jane Waas - Elisabeth Browne

Song Leader: Don Andrues - Inspiration: Prakash Shrivastava

Scoot Zone Reporter: Justene Adamec

Tech Team: Frank Fish - Robert Lyons - Don Andrues - Ken White

Zoom Team:

**Scott Carlson - Kat Rogers - Frank Fish - Tammy Silver
Elisabeth Browne - Wendy Anderson**

**** NEED HELP WITH ZOOM ****



**Pasadena Rotary invites you to its Weekly Wednesday Meeting
February 24, 2021 at 12:00pm - 1:15pm**

** All or part of our weekly Rotary meeting may be recorded to assist with documenting donations, input, or other Pasadena Rotary business.*

Join Zoom Meeting

[https://us02web.zoom.us/j/84583324183?
pwd=R3p1bEtTWHp4R0FjLy82VIFKR0x3Zz09](https://us02web.zoom.us/j/84583324183?pwd=R3p1bEtTWHp4R0FjLy82VIFKR0x3Zz09)

Meeting ID: 845 8332 4183

Passcode: 073016

NOTE:

IN ACCORDANCE WITH STATE AND COUNTY MANDATES AND FOLLOWING PHASED IN REOPENING OF GATHERED GROUPS, AND IN CONSIDERATION OF THE SAFETY AND WELL-BEING OF THE PASADENA ROTARY CLUB MEMBERSHIP:

PASADENA ROTARY IN-PERSON MEETINGS ARE POSTPONED UNTIL FURTHER NOTICE.

THIS MAY CHANGE, AND AS THE STATE OF CALIFORNIA'S PLANS TO REOPEN BUSINESSES AND GROUP MEETINGS UNFOLD, WE WILL KEEP EVERYONE UPDATED ON THE STATUS OF PASADENA ROTARY CLUB'S IN-PERSON MEETINGS.

PRESIDENT'S CORNER

Hello Pasadena Rotary,

It's my pleasure to feature [Debbie Unruh](#), who is the Founder and Executive Director of [Elizabeth House](#). Elizabeth House is also our Pasadena Rotary Clubs' "Giving from the Home" project this quarter.

Elizabeth House opened its doors to its first mother on July 15, 1994, and has empowered nearly 800 women and children to reclaim their lives and build successful family legacies. For twenty-five years, Debbie has led community partners, churches, civic groups, individuals, businesses and foundations to help meet the needs of pregnant women and their children experiencing homelessness.

In her early thirties and pregnant with a second child, Debbie had a powerful and personal experience. It was during Debbie's labor in the hospital that she suddenly witnessed firsthand a woman losing custody of her newborn baby due to her drug use and homeless situation. Debbie has since committed her life and career to opening a safe home and services for pregnant mothers, babies, and children in great need.

Debbie holds a Master's of Divinity from Fuller Theological Seminary and has extensive training and certification in early childhood mental health and certification in trauma-informed care. Debbie lives in Pasadena, CA and has three sons all of whom have followed in her footsteps of serving the vulnerable and marginalized in society.

I am thankful to have a wonderful community partner with our club and I am always available to you for a socially distant cup of coffee!

In Your Service,

Ken



Can you guess who's car this is? First person to email President Ken with the correct answer gets a free Rotary key chain!

THE SCOOT ZONE

By **Past President Mary Lou Byrne**, Bureau Chief Emeritus



President Ken Joe called the meeting to order at noon by wishing us a Happy Chinese New Year, the Year of the Ox. He then introduced "the ever enchanting Eric Olson" to lead the song, who led us in singing us in Pete Seeger's The Garden Song in honor of our speaker and his hydroponic gardening efforts in Cambodia. He followed that up with My Country 'Tis of Thee and the Pledge of Allegiance.



Helen Baatz, sitting outside in front of a beautiful Chinese magnolia, gave the inspiration. She reminded us that there are more than 1.2 million Rotarians globally, and noted that she is privileged and proud to be in the company of local Rotarians such as our dear departed **Margaret Sedenquist** and our speaker **Pierre Mainguy**. She closed with a stirring quote from George Bernard Shaw: "I am of the opinion that my life belongs to the whole community and as long as I live, it is my privilege to do for it what I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It is a sort of splendid torch which I have got hold of for the moment and I want to make it burn as brightly as possible before handing it on to future generations."

President Ken announced, with a heavy heart, the passing of longtime Pasadena Rotarian **Margaret Sedenquist**. **Immediate Past President Scott Vandrick**, resplendent in top hat and bow tie, removed his hat to reveal a green ribbon in his hair in honor of the green streak **Margaret** had in her hair as long as **Scott** knew her. "**Margaret** was my Rotarian mentor and my looked-up-to role model," said **Scott**. "She was refreshingly honest, clear and straightforward with a positive outlook. She was my 'why not?' confidant who encouraged me to see beyond what was to what could be. In poring over photos of my presidential year, I saw picture after picture of me as president, and I saw **Margaret** right to the side, just out of frame, with this delighted curious smile on her face. I realized she was proud of me. I am so happy that I made you proud, **Margaret**. The feeling is mutual, my friend. After decades of support we salute you in recognition of a life well lived!" He then showed a video highlighting **Margaret**, which was shown when she received the Pasadena Symphony and POPS Luminary Award a few years ago.



*Green hair tribute with **Scott***



Past President Diana Peterson-More and **Jan Sanders** then gave their tributes to **Margaret**. **Diana** noted that "**Margaret** was there at the beginning with the group of women who first joined Pasadena Rotary in 1987. She

served on many committees and always had her checkbook open." Jan described her as "a good, true and cherished friend [who] set a very high standard and there was no compromise." **Margaret** and her family came to Pasadena because she read an article about how Pasadena was the best-read city in the U.S. and based on that, **Margaret** said "that's what I want and expect, and that's where we will raise our children." So, said Jan, "They came to So Cal and we've never been the same, but we're much the better for it!"



Next up, an array of Rotary members past and present paid tribute to **Margaret** by completing this phrase: "**Margaret** was..."

Sarah Smith Orr Savvy, Compassionate, Pathfinder, Champion for Women
Christle Balvin Inspired to do good
Kathy Meagher Inspiration to All Women
Jane Waas Sweetheart
Rosemary and Bob Risley Socially Conscious
Cathy Simms Competitive & a Pioneer
John Cushman Whirling Dervish
Colleen Carey Entrepreneur
Mel Cohen Fantastic
Lyla White Warrior
Sheri Bonner Champion for Women's Health
Phil Miles Wickedly funny
Judy Taylor Pioneering Spirit
David Mans Woman of Energy and Vision
Leah Snell Feminist before the word was coined
Phil Hawkey Creative
Mary Wilson One of a Kind

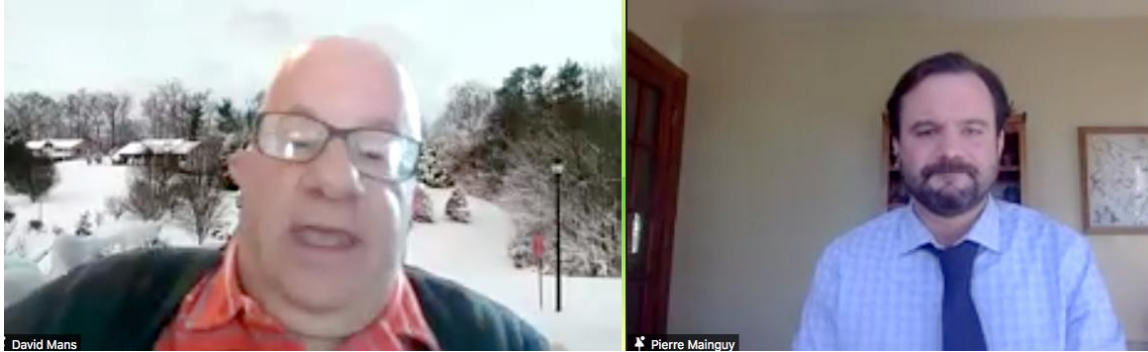
Jan Sanders also reminded us that **Margaret** was a longtime member and supporter of All Saints Church, and was responsible for the church and indeed the entire Los Angeles Diocese changing its language and pronouns to make the Mass more inclusive of girls and women. "We all follow **Margaret's** edict: Girls Rule. Bless you, **Margaret**," **Jan** concluded.

IPP Scott Vandrick wrapped things up with a beautiful video montage followed by moment of silence in **Margaret's** honor.

After **President Ken** rang the bell to resume the regular meeting and we all took a moment to wipe our eyes, **Wende Lee** reminded everyone of the Giving from the Home drive for kitchen items to benefit [Elizabeth House](#). Details below. **President Ken** said he knows we all are feeling cooped up these days, but "When you can't go to Argentina, you can bring it to your home!" Details about the University Club's Argentine Wine Dinner on February 26 are below. Make sure to RSVP by next Monday.

Tammy Silver introduced our guests: including Cathy Clement, friend of **Margaret**, former Rotarian and former development director of Five Acres, plus many other members and friends of the Sedenquist family.

Dave Mans, all the way from snowy North Carolina, introduced speaker, **Pierre Mainguy**. **Dave** shared about his experience as board member and board president of Community First Initiatives. **Pierre** began by saying it was an honor to speak on the day of **Margaret's** remembrance because **Margaret** emboldened him to take action in his philanthropic efforts.



Dave Mans introduces **Pierre Mainguy**

[Community First](#) works in Northwest Cambodia not too far from the temples at Angkor Wat and has been in operation for about 13 years now. The core of its mission is social innovation, trying to seek out solutions that work for the people and answer their actual needs.

Pierre showed photos of the villages and people and explained, "In the villages, we're often working with a lot of people who don't have much going for them economically and are left alone in the fight against poverty. A lot of young men will seek jobs in the city and that leaves the women, children, and the elderly to fend for themselves in the villages. We work to identify the root cause of systemic poverty and our relationships have led us to develop programs that really answer their needs."

"Water was a big issue when we started working in the villages," he continued. "When we started it was just hand-dug pits in the rice fields with impure water. Thanks to Pasadena Rotary in **Diana Peterson-More's** year as President, we were able to bring water to 10,000 people via sixteen clean water wells with a \$25,000 grant. That was a real turning point in their ability to farm year round and provide for their families. After that we undertook a campaign to pinpoint areas in which the villagers wanted to improve their lives. We did a lot of interviews and focus group discussions with various stakeholders over the course of several days."



Pierre explained that 40% of the children in rural Cambodia have ill effects from malnutrition. Having tamed waterborne illnesses, Community First decided nutrition would be its next focus. **Pierre** originally went out to address economic issues but he realized that a layered approach was needed: water, public health/nutrition, education/skills, then economic development including increased and diversified income.

What came out of that wasthe aquaponics program. "The relationship between fish and vegetables is ancient and we are teaching people how to harness this natural process and build up infrastructure in their homesteads," explained

Pierre. Community First is teaching it in its farm school in Sen Sok, which is where **Pierre** lives when he is not here in Southern California.



"We train the families before they can take a system home," he said. The trainers are three young Cambodian women. "We end up working with a lot of female headed households and it's about women empowering their peers." The big plus to family aquaponic kits is they can be built very close to people's homes. A lot of people are reliant on rice farming and have to walk a couple of miles to the field. Having the aquaponic system closer to home is a big improvement. **Pierre** showed a photo of one of the ladies with her brand new system - she is one of the few educated people in the village and she created a preschool program in her village, built a classroom and also provides a lunch program. "This is the kind of people we love to work with," he said.

Initially the idea was to teach crops that are novelty in Cambodia: heirloom tomatoes, strawberries, to be sold to the hospitality industry. Cambodia has been hit hard by pandemic because 13% of its economy is based on tourism so there has had to be some adjustment, but **Pierre** hopes to make this a reality post-pandemic.

Pierre noted that COVID has really changed a lot of things. He showed an amazing photo of Angkor Wat with absolutely no tourists. "The hotels are empty and not interested in heirloom tomatoes or strawberries," he said. "So we are trying to offer our produce for export, including a variety of blue tea. Also morenga, which is a type of superfood. Finally, we are developing educational programs here in the U.S. where children can have their own small aquaponic units and tying this into supporting families in Cambodia."

President Ken thanked **Pierre** for his talk, and also reminded everyone that **Pierre** is one of our Pasadena Rotary colleagues. He asked **Pierre** to tell his personal story: "I was a financial analyst for two funds in Downtown Los Angeles and was asked to go to Cambodia and see how we could develop economic opportunities. It started with interviewing kids working as garbage pickers in Phnom Penh. I soon realized they all had a rural livelihood back at the farm that was not all that glamorous but better than that. And I went into that from finance."



Next week: Lori Morgan, Pres/CEO of Huntington Hospital. **Past President Kathy Meagher** will be presiding while **President Ken** is away visiting his mom. **President Ken** adjourned the meeting right on time and this reporter got to be in a breakout room with **Jan Sanders**, **President-Elect Cory Brendel**, and **Edsel D'Souza**, where we talked about our late friend **Margaret** and also got to hear some of **Cory's** ideas for his upcoming presidential year.

COMMITTEE EVENTS & CALENDAR

ROTARY READERS

Meet first Monday of the Month at 6:00pm via Zoom

March Book: 2021 One City One Story

"Tattoos on the Heart" by Homeboy Industries Founder Father Gregory Joseph Boyle
This is a series of parables about kinship and redemption from pastor, activist and renowned speaker Father Gregory Boyle where he distills his experience working with gang members into a breathtaking series of stories inspired by faith. Tattoos on the Heart reminds us that no life is less valuable than another. This is a motivating look at how to stay faithful in spite of failure, how to meet the world with a loving heart, and how to conquer shame with boundless, restorative love. - Pasadena Public Library

Cathy Simms at simmsie1@pacbell.net



We regret to announce that the Rotary International Convention, scheduled for 12-16 June 2021, in Taipei, Taiwan, has been canceled due to constant and increasing pandemic concerns.

We are sorry that we will not see you in Taipei this year, but this decision is necessary to protect the health of everyone involved.

POLIO PIG ANNOUNCEMENTS

Wish to show a photo & tell us what you are up to - Wish to make an announcement about your family or your favorite nonprofit. Email **Wendy** at office@pasadenarotary.com by **Tues afternoon**. Minimum donation: \$20.00

Giving from Home

FEB 3
— TO THE —
24TH

GIVING HOME •PROJECT•

PASADENA ROTARY'S QUARTERLY
GIVING FROM HOME PROJECT WILL
BE HELPING ELIZABETH HOUSE.

ELIZABETH HOUSE IS A RESIDENTIAL PROGRAM THAT
EMBRACES PREGNANT MOTHERS AND THEIR CHILDREN.
THEY HAVE AN ESSENTIAL ROLE TO STANDING IN THE
GAP FOR THESE FAMILIES TO CREATE A NEW FUTURE.

**LET'S COMPLETE THEIR KITCHENS
BY GIVING FROM OUR HOME TO THEIR HOME!**

- **CLEANING SUPPLIES**
(paper towels, Clorox wipes, cascade dishwasher pods, etc)
- **GENTLY USED POTS, PANS, AND KITCHEN UTENSILS**
- **HAND AND STANDARD SIZE TOWELS**
(both for the kitchen and the bathroom)
- **\$25 GIFT CARD (or more) FOR RALPHS OR TARGET**

**ALL ITEMS CAN BE DROPPED OFF AT THE UNIVERSITY CLUB
MONDAY - FRIDAY FROM 10AM TO 4PM**

ADOPT-A-MEAL PARTICIPATING RESTAURANT

Show appreciation to restaurants/caterers supporting our monthly
Adopt-A-Meal Program for Union Station Homeless Services
Family Center

- **CABRERA'S MEXICAN RESTAURANT**, 655 N. Lake (Orange Grove) 626-795-8230 www.cabrerass.com
- **UNIVERSITY CLUB OF PASADENA**, Click on Calendar for their "to go menu" and other virtual & live events. 626-793-5157 www.universityclubpasadena.com
- **GREEN STREET RESTAURANT**, 146 Shoppers Lane, 626-577-7170 www.greenstreetrestaurant.com
- **KETCHEF with Benjamin Berard** 213-458-8854 MyKETCHEF@gmail.com
Brings the restaurant experience to your home. www.KETCHEF.com
- **MIJARES MEXICAN RESTAURANT** Celebrating 100 years in Pasadena, 145 Palmetto Drive, 626-792-2763 www.mijaresrestaurant.com
- **SANSAI**, 350 S. Lake Ave., The Shops on Lake Ave. 626-683-0900 <http://www.sansagrill.com/>
- **PIE 'N BURGER**, 913 E. California Blvd. 626-795-1123 www.pienburger.com

OUTDOOR LUNCH DINING IS NOW OPEN!

For Weekly Menus and Specials

www.universityclubpasadena.com



UNIVERSITY CLUB OF PASADENA

We're Open for Outdoor Dining!

**Enjoy Our Weekly Menu for Lunch on the Patio,
or Pick up Lunch & Dinner To Go Monday-Friday
Please Call (626) 793-5157 for Reservations & To Go Orders**

UNIVERSITY CLUB OF PASADENA

ARGENTINE WINE DINNER

Friday, February 26, 2021 | 6:00pm
with Finca El Origen Winery

- MENU -

AMUSE BOUCHE: EMPANADA DE CHORIZO
Housemade Chorizo, Potato, Hard Boiled Eggs

FIRST COURSE: ENSALADA CON PALMITOS DE PRIMAVERA
Little Gem, Hearts of Palm, Manchego,
Tomato, Avocado, Vinaigrette Dressing
Paired with Reserva Torrontes, 2019, Cafayate Argentina

SECOND COURSE: PATO AL MALBEC CON BATATAS
Seared Duck Breast,
Malbec Cherry Reduction, Sweet Potato Puree
Paired with Gran Reserva Malbec, 2017, Valle De Uco Argentina

THIRD COURSE: BIFE A LA PARRILLA
Prime Strip Steak, Creamer Potatoes, Chimichurri
Paired with Gran Reserva Cabernet, 2015, Valle De Uco Argentina

DESSERT COURSE: PANQUEQUE DE MANZANA
Argentine Crepe, Granny Smith Apples, Dulce de Leche



(626) 793-5157 | UNIVERSITYCLUBPASADENA.COM
175 NORTH OAKLAND AVENUE | PASADENA, CA 91101

UNIVERSITY CLUB OF PASADENA

ARGENTINE WINE DINNER

Join the University Club & Finca El Origen Winery
for an Argentine Multi-Course, Paired Wine Dinner



FRIDAY, FEBRUARY 26, 2021 | 6:00PM AT THE CLUB

Safe, Distanced Outdoor Dining | To Go Packages Available

\$65++ per Person at the Club

Please RSVP (626) 793-5157 by Monday, February 22

- ABOUT FINCA EL ORIGEN WINERY IN ARGENTINA -

"Our wines reflect the characteristics of their place of origin...Finca El Origen is situated in Los Chacayes, a celebrated winegrowing micro-region where a mix of rock and sand found solely at 1,200 meters above sea level provides ideal conditions for the production of balanced wines that exhibit a distinct concentration of colors and aromas."



(626) 793-5157 | UNIVERSITYCLUBPASADENA.COM
175 NORTH OAKLAND AVENUE | PASADENA, CA 91101

Happy Birthday To These Rotarians!

John Foulkes

February 24th

Penn Patton

February 24th

Rotaversary!

UPCOMING PROGRAMS

- March 3 John Karlik, Scientist
- March 10 Annual Four-Way Speech Contest

SPOKES is a weekly newsletter published by the Rotary Club of Pasadena.

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*Complimentary Valet Parking

Should you have questions regarding this publication, please call us at 626-683-8243 or send us an email to office@pasadenarotary.com.

WEBSITE UPDATE:

Chair Paul Martin - www.pasadenarotary.com

Looking for Spokes go to the website, scroll down the homepage to [This Week in Spokes](#).

