



PASADENA ROTARY CLUB ROTARY INTERNATIONAL

SPOKES NEWSLETTER

DISTRICT 5300 * Rotary Club 794 * September 11, 2020 * #70
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This Week's Program **Susanne Cohen**

Preventing Elder Abuse: It Takes a Village

Introducer: Mel Cohen



SUSANNE B. COHEN grew up in a Rotary family and is an attorney with Hahn & Hahn LLP in Pasadena. She works with clients on estate and special needs planning, conservatorships and trust administration, and elder and dependent adult financial abuse litigation cases. Susanne's interest, since starting out as a legal aid lawyer, is in helping people who are aging and people with disabilities maintain optimum independence and quality of life and in assisting their fiduciaries, families and friends who provide them with support. She is an author for CEB and Matthew Bender and a frequent presenter on topics in her practice areas. She

received her B.A. from Vassar College and her J.D. from Loyola Law School of Los Angeles.

11:45 am: Reception Greeters: **Scott Carlson - Jane Waas**
Song Leader: **Ross Jutsum**

Scoot Zone Reporter: **Mary Lou Byrne**

Tech Team: **Frank Fish - Robert Lyons - Don Andruess**

Zoom Team:

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

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

Tammy Silver - tamarasilver@gmail.com - 626-755-4272



Pasadena Rotary invites you to its Weekly Wednesday Meeting

Sept. 16, 2020 at 12:00pm - 1:00pm

** 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/86287855806?
pwd=WUJBY0RGdjV2UUPLWXIRTWpWS1Vldz09](https://us02web.zoom.us/j/86287855806?pwd=WUJBY0RGdjV2UUPLWXIRTWpWS1Vldz09)**

Meeting ID: 862 8785 5806

Password: 994656

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

by President Ken Joe

Hello Pasadena Rotary,

2020 is proving to be quite a memorable year with Covid19, civil unrest, California fires, and a major presidential election.

Through this time I'm reminded that leadership is about purpose, passion and people.

As a Rotarian, our **purpose** is clear which is to serve the underprivileged here in our community and abroad



Marina & President Ken celebrated their 32nd Anniversary on September 3rd.

In Your Service,
Ken

internationally. It's about service above self and showing kindness to others. We are first and foremost a service club.

As a Rotarian, it's about **passion** and taking initiative to make things better versus standing on the sidelines and waiting for others take the lead.

As a Rotarian, it's about **people** and showing compassion to others less fortunate. It's also about fellowship and friendships within our club membership. I'm already looking forward to our club's next social event!

I'm very proud to be a Rotarian and especially to be a Pasadena Rotarian. In spite of the challenges we each face, I'm reminded of Admiral Farragut, "Damn the torpedoes, full speed ahead." As Pasadena Rotarians, we are full speed ahead!!!

I am always available to you at president@pasadenarotary.com and or to meet for a cuppa Joe.

THE SCOOT ZONE

By **Justene Adamec**, Bureau Chief



Year runs into February.

President Ken Joe opened the meeting. **Don Andruess** led us in singing *You've Got a Friend* from *Toy Story* and *Yankee Doodle Dandy* (with rhythm backup from **President Elect Cory Brendel**.)

Dean Billman gave the inspiration. He recalled a speaker from earlier this year whose topic was the Chinese Zodiac. This year would be the Year of the Rat. **Dean** looked it up. It predicted that this would be a year of trials. The Chinese

Announcements -

Polio Pig - **Past President Mary Lou Byrne** joined Rotary to meet boys. She ran into the charming **Gary Kearney** and their fourth wedding anniversary was on September 10th. The chat erupted with congratulations.

Ken White is our new co-chair of Done in a Day. He announced that on Friday September 11, Pasadena Rotary will participate in the planting of a tree in honor of 9/11.



Don sings with help from PE Cory

Mary Chalon, the other co-chair of Done in a Day, announced another Blood Drive on September 17 at Altadena Country Club. If you could not get to the last blood drive, this is your chance. **President Ken** noted that the Huntington Hospital Foundation, which runs the drive, is a co-sponsor with our Bikes for Christmas program, supplying the helmets.

Four Polio Pig Announcements & Donations -

Kat Rogers announced the Salvation Army's [7th Annual Kettle Kick-Off \(Virtual\)](#) on November 20.

IPP Scott Vandrick announced the Moonlight Sonata, [a Virtual Fundraiser for the Pasadena Symphony and Pops](#), is livestreaming on September 12 at 6 pm. The event is no charge. You will be asked to input a credit card which will only be charged if you bid on and win an auction item. Or want to make a donation.

Lisa Cavellier announced the Boys & Girls Club's [Come Together, a Virtual Black Tie and Burgers](#) on October 10.

Mary Chalon announced that Parsons Nose website at www.parsonsnose.com and it will take you to their Radio Theater page where you can scroll down for the latest podcasts.



District 5300 Governor Greg Jones

Then **District Governor Greg Jones** took over the screen. He is from the Pasadena After Hours club. Rotary has opened opportunities for him, getting him out into the world. Now, we have to re-calibrate our function in the community because it is now a virtual world.

Each of us has to remember why we joined Rotary. What did you want to do and are you still doing that?

The Rotary Foundation is supposed to support the clubs in providing service to the world through things like Global Grants and Disaster Grants. Each district can apply for one \$25,000 disaster grant. Our district has gotten the grant and will likely use it to provide food.

The Foundation is so popular that it runs out of money each year. In **DG Greg's** opinion, it is the glue that makes Rotary Rotary.

The Polio Plus infrastructure has now been used to respond to COVID. When he traveled to India for vaccination day, he was paired with a WHO representative, who knew every address, how many children there were, and what times they were home. That information is now used for testing and contact tracing.

DG Greg reads about our projects and complimented us for changing lives for the better.

PP Howard Raff introduced his guest and potential member, Andrey Andreev, a post-doctoral student at Cal-Tech.

We broke out to small groups with the prompt question - What creative ways are you serving the community?

When we returned for questions, **President Ken** asked what **DG Greg's** favorite moment in Rotary has been. **DG Greg** shared a story from a trip to India for immunization day. He was assigned to a village so small that he doubted it was on a map. It was the last place in India with an active case of polio. They knew Americans there would attract attention and they were more likely to get children to come for vaccination. When they got to the town square, there were only a couple of kids being vaccinated by the Indian healthcare workers. Sure enough, people soon came to see the Americans and the square was packed so tightly that it felt like a mosh pit. Children could not reach the table to be vaccinated. The mothers in the back began passing their children up hand over hand until Greg could grab them.

Robert Lyons asked what Rotary is doing about human trafficking. The District is having its first committee meeting to address the topic on September 15. The details are on Dacdb.

PP Mary Lou Byrne is Assistant District Governor, **PP Phil Miles** is District Treasurer, and **Dean Billman** is District Chair of the Polio Pig.

President Ken asked why **DG Greg** joined another Pasadena Rotary Club (originally Pasadena Sunrise and now Pasadena After Hours). **DG Greg** said they were the ones who asked.

DC Greg invited people to email him at gregjones5300@gmail.com.



COMMITTEE EVENTS & CALENDAR

ADOPT-A-MEAL PARTICIPATING RESTAURANTS: Let's show our appreciation to restaurants supporting our monthly Adopt-A-Meal Program.

AUGUST - Cabrera's Mexican Restaurant, 655 N. Lake (Orange Grove) 626-795-8230
www.cabrerass.com

SEPTEMBER - University Club of Pasadena, Click on Calendar for their "to go menu" and other virtual & live events. Every Fri & Sat - BBQ Americano.
www.universityclubpasadena.com 626-793-5157

OCTOBER - Green Street Restaurant, 146 Shoppers Lane, 6226-577-7170
www.greenstreetrestaurant.com



John McDannel with his trees

DONE IN A DAY (DIAD) - Friday - 9/11 at 11 am at the corner of New York Drive & Eaton Canyon Drive.
 Co-chairs **Mary Chalon** and **Ken White** along with **President Ken Joe**, **President Elect Cory Brendel**, and **Sandy Goodenough** join to help **John McDannel** plant new seedlings and water 180 Oak Trees he has planted over the years in memory of 9/11/2001. They will work with alongside members from the Masonic

Lodge, American Legion and civic leaders.

POLIO PIG ANNOUNCEMENTS: Do you wish to show a photo & tell us what you are up to when sheltered in - Wish to make an announcement about your family or an event - Wish to tell us what your favorite nonprofit may need or tell us about their event. For a minimum donation of \$20 to Polio Pig you can do so at our Weekly Meeting. Email **Wendy** at office@pasadenarotary.com by Tues.

DISTRICT 5300 LEADERS

Pasadena Rotary is proud to have three of its members serving at the District Level. PP Mary Lou Byrne, Assistant District 5300 Governor - PP Phil Miles, District Treasurer and Dean Billman, District 5300 PolioPlus Coordinator who we will spotlight next week as he will present a PolioPlus Presentation.

PAST PRESIDENT MARY LOU BYRNE - ASSISTANT DISTRICT 5300 GOVERNOR



I am honored to serve as Assistant District Governor to our esteemed DG Greg Jones. In that capacity, I'm responsible for acting as liaison between the District Governor and the presidents of the Rotary Clubs in Group 1 of our District, which consists of Pasadena, Pasadena After Hours, South Pasadena, San Marino, and Altadena. I meet with those presidents as a group every other

month, or more often as needed, to exchange ideas and information, to provide support regarding district procedures and paperwork, and to cheerlead and encourage as best I can! In addition, my virtual "door" is always open to "my" presidents, to answer questions or provide advice or just a listening ear. I have been privileged to attend virtual meetings of the clubs in my group and it's been fun and educational to see how everybody is adapting to this strange new world in which we all find ourselves.

I was recruited for this role after serving as President of my own club, but I encourage everybody not to wait to be drafted: Contact the District and enlist! There are lots of opportunities for service, and every one of them will provide you with an opportunity to get to know your fellow Rotarians and have fun and do good!

Pic: Celebrating my fourth wedding anniversary on Sept 10 at home with mio bellissimo sposo and fellow Rotarian Gary Kearney!

PAST PRESIDENT PHIL MILES - DISTRICT TREASURER

Phil Miles was recruited to serve as District Treasurer to serve a 3-year term, which

started July 2019, by PDG Luanne Arredondo who was looking for a larger club perspective on District finance. I did find that I better understand what the District has to accomplish on a gross budget of under half a million dollars. It plays an important role in coordinating and collecting dues and donations while organizing major programs such as RYLA, TLC and Youth Exchange. I also have a better understanding of the importance of the District Governors role, which is not simply visiting all the clubs in the District. That alone is a monumental task under normal circumstances.



As an ex- auditor with "Big 4" firm of Certified Public Accountants perhaps I can make some beneficial suggestions over my term especially in the areas of conflicts of interest and financial controls.

As within any other organization the District treasurer is responsible for ensuring the financial integrity of your District 5300, which oversees the collection of District dues from all its sixty- nine clubs to meet budgeted operating expenses for the year. The District is not in business to make a profit but if all budgeted expenses are not expended, the surplus goes into reserves and is kept in a corporate savings account at a Federally Insured Bank. The surplus accumulates each year and can be used for unforeseen expenses with the approval of its board of directors. The surplus held by the district is determined in accordance with District and Rotary International bylaws and guidelines respectively. As with the Clubs in the district, the District also maintains a foundation as a separately operated 501(c).3 non-profit corporation for the issue of grants funded by tax deductible donations and is also used to help fund District and Club Projects. The District dues paid by each club to the district are not tax deductible to club members and are used to provide operating funds to the district.

The budgets and financial statements require approval by the clubs, which is normally presented to them through their incoming club presidents at President Elect Training (PETS).

DIAD Co-chairs Mary Chalon & Ken White report:

"Another opportunity to give where needed!" Huntington Hospital continues to need blood donors. See flyer for details and contact information. You can give blood only IF you have not done so in the last 56 days. Age limit: first time donors: under 60. Second time donors: upper age limit is 65 years.

Altadena Blood Drive

Supporting Huntington Hospital

Thursday, September 17
8:00 a.m. - 2:30 p.m.
Altadena Town & Country Club

Huntington Hospital is there for our family, friends and neighbors. It's time to help them so they can continue to treat us.

To sign up, call or text
(626) 676-6881

** Your safety is a priority
and all CDC protocols are
followed.*

** Masks will be provided if
you don't have one.*



Yoga by Ken Hill

Over the past few months we have covered yoga postures using a chair as a prop. The chair helps one relax into the posture without the fear of falling or over straining. The best way to start a regular yoga practice is to take four or five of these postures and do them every day, one after the other. Start your set of postures with easy postures to warm up the body and add the more strenuous postures as the first set begins to feel easier. You might spend fifteen minutes per practice to start and build up to thirty, then 45 minutes and then to an hour; it's up to you. You can hold each of your original set of postures a little longer as you lengthen the practice time as well as adding new postures to the set.

Next week we will begin to explore standard yoga postures without the chair as a prop. Eventually you might want to purchase a yoga mat for a better surface to practice on. If you have any questions, please feel free to contact Ken Hill at kenhill8@gmail.com.

Namaste

Happy Birthday To These Rotarians!

Rotaversaries!

| | | |
|----------------|--------------------|----------|
| David Minasian | September 13, 2017 | 3 Years |
| John Tegtmeyer | September 17, 1997 | 23 years |
| Pat Wright | September 17, 2014 | 6 years |

Fond Farewell

Joyce Racine, retiring as of 9/30/20

Upcoming Programs

- Sept. 23 Michael Alvarez, Co-director of the Caltech/MIT Voting Technology Project,
- Sept. 30 Charlie Firestone, President, Rose Bowl Institute
- Oct. 7 Troy Anderson, Founder/International Director, Speak Up For the Poor

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](#).



