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# Rotary

## Club of Pasadena, CA



## SPOKES NEWSLETTER

DISTRICT 5300 \* Rotary Club 794 \* September 23, 2022 \* #22-189  
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### This Week's Program

## JIM OSTERLING

### *"Solving the Affordable Housing Crisis"*

**Introducer: Diana Peterson-More**



In Jim Osterling's 43-year career in the real estate industry, he has served as a senior executive and board member for several developers, including California Pacific Homes and Shea Homes, both as CFO, and currently is on the board of Villa Riviera Estates, building affordable housing for Santa Barbara Cottage Hospital employees. He was an Adjunct Professor at the USC School of Planning teaching Real Estate Development and Finance. In 2002, he founded Bridge Advisors, a real estate development and advisory company.

Jim has been involved in the development of projects with a value of over 5 billion dollars in a variety of property types including residential, affordable housing, retirement, retail, office, industrial, self-storage, resort, golf course, aviation, and master-planned communities.

Jim is a trustee for Pasadena City College, representing Seat #2, and served as the Vice-Chair of the Altadena Community Standards District (CSD) Committee, which updated the land use policies.

Jim earned a BS in Business from Iowa State University and his MBA from Northwestern. He is a CPA, member of the Urban Land Institute and served on the government affairs committee of the California Building Industry Association.

Jim's hobbies include historic renovation, creating music playlists, basketball, tennis, and swimming. Jim and Scarlett have two adult children and celebrated their 43rd wedding anniversary in 2022.

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# September 28th Meeting

12:00 pm - RECEPTION & LUNCH BYRSVP ONLY  
12:30-1:30 pm - MEETING: President Mary Lou Byrne  
Song Leader: Phil Miles

Scout Zone Reporter: PE Justene Adamec  
Photographer: Hillary Schenk & Tammy Silver  
Sergeant At Arms: Robert Lyons  
Tech: Frank Fish & Scott Carlson

To attend LIVE - RSVP Below

By ZOOM on the One-way "Zoomcast"

Wednesday, -- Zoom opens at 12:15 pm

<https://us02web.zoom.us/j/81957991086?pwd=SINHQWhGTnVjY1I5dVBmU1IwaG1IUT09>

Meeting ID: 819 5799 1086 - Passcode: 783239

**IF LINK doesn't work, cut and paste link in your browser**

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## IMAGINATION STATION

*By President Mary Lou Byrne*



Greetings, Pasadena Rotary! It's great to be back and I loved seeing all your smiling faces at Wednesday's meeting. Two things this week:

1. As you know, the fight to eradicate polio has taken a step backward recently as the polio virus has been detected in New York. Thanks to Club administrator Wendy Anderson for sending me this very interesting and sobering article from our local online paper:

<https://www.pasadenanow.com/weekendr/with-polios-return-heres-what-back-to-schoolers-need-to-know> . What can we do? Keep spreading the word about Rotary's polio eradication

efforts, keep making those Polio Pig announcements, and if you're too shy to stand up in front of the Club, you can donate here: <https://www.endpolio.org/donate>.

2. I had a very interesting conversation with a longtime member this week on the topic of "what counts as 'service' for the purpose of being a Rotary Service Star?" The short answer to this member's question "do you have to be actually saving lives?" is "of course not – we do what we can." I'd say the question to ask yourself when filling out your service pledge form is "did this activity benefit my community and in particular, those less fortunate than I?" I think this covers a whole multitude of good works! So, for example, we have awarded Service Stars for pro bono legal work, for maintaining our Pasadena Rotary web site (because Rotary is a service club and a healthy Rotary means more service to the less fortunate), and for keeping the Mount Wilson 100-inch telescope in good repair (because science benefits everyone), as well as more obvious activities like working in our wonderful food banks. With that in mind, I trust your judgment, Pasadena Rotary. So keep doing that service and submitting those forms and getting your Service Stars!

2a. And while we're thinking thinky thoughts about Service Star awards, it has come to my attention that many of you are doing good works but are too shy/modest/possibly disorganized (?) to actually fill out your service challenge forms. As you know, I have recognized a few such people already, most notably some of our fabulous Pasadena Rotary committee chairs. Now I am deputizing all of you to nominate your fellow Pasadena Rotarians for Service Stars! If you know somebody has put in their hours, fill out a form on their behalf (include your name as nominee) and we will make it happen! Hooray!!



Pasadena Rotary, you are the super best and I love your enthusiasm and curiosity and passion. I hope you enjoyed my summer vacation photos in the lunchtime slide show, and I hope you'll share some of yours. Send those photos, plus your comments, and suggestions, to [president@pasadenarotary.com](mailto:president@pasadenarotary.com) or 310-710-7701. And just imagine what we can do, together, as we continue to build community through service!

Yours in benefiting the community,  
**Mary Lou**

## THE SCOOT ZONE

By President Elect Justene Adamec  
Photographers: Barbara Bishop & Tammy Silver



**President Mary Lou Byrne** called the meeting to order. She greeted us in Italian after her recent vacation. However, this reporter only took a year of Italian over 40 years ago and couldn't understand a word of what she was saying. I can only assume that she said nice things.

**Don Andrues** led us in singing *This Little Light of Mine*, which he described as a nursery rhyme from the early 1900s. **Rabbi Joshua Levine Grater** backed him up on tambourine.

**Janine Hamner Holman** shared a marvelous quote by Maya Angelou: I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

A Celebration of Life for **John Burrows** will be held at the University Club of Pasadena on October 14, 2022, at 11 am. Please RSVP to the University Club.



**JP Harris** earned his service star for volunteering at the Friends in Deed food bank.

**Paul Martin** earned his by volunteering with Adopt a Meal and for his work on the website, a "challenge of its own."

**President Mary Lou** sent a last call out for the Presidents' Cocktail Party on Sunday. She is mortified that it was scheduled on September 25, the first night of Rosh Hashanah. The Social Committee will check for religious holidays before scheduling future events.

**Past President Phil Miles** gave a primer on what District 5300 does. On behalf of the District Governor, PP Phil presented **Fred Findley** with his badge for serving as *District Treasurer* (!! for the next 3 years.



**Judy Taylor**, co-chair of the TYROS committee, announced that the September lunch will be moved in honor of Rosh

Hashanah. There will be two lunches in October – the 3<sup>rd</sup> and the 30<sup>th</sup>, both at California Pizza Kitchen at noon.

There were a lot of Polio Pig announcements. For 35 years, Rotary International has been the leader in the effort to



eradicate polio in the world by vaccination programs. The efforts were so close. Only Pakistan and Afghanistan still had cases. This year, the fight is sliding back, including a case in the United States, which was one of the first areas declared polio free.

One of the ways we raise funds for RI's effort is to allow people to make non-Rotary announcements for a minimum \$20 donation to feed the Polio Pig. All of the money is passed on to Rotary International.

**Past President Scott Vandrick** announced that the Pasadena Symphony and Pops is holding its annual fundraiser, Moonlight Sonata, under the iconic dome of City Hall. The recipients of the Philanthropist Luminary Award will be **Past President Ken Hill** and his wife, Freddie. Saturday September 24<sup>th</sup> starting at 5:30

pm.

**Lisa Cavalier** announced that their annual Black Tie and Burgers event is going back to the 1980s to celebrate 85 years of the Boys and Girls Club. October 15 in Centennial Square in front of City Hall.

**Mark Waterson** (who donated \$50!) announced that the Convalescent Aid Society needs **volunteers** for its Ninth Annual Garden Party on October 2nd at 4 pm at the Chevy Chase Country Club.

**George Falardeau** introduced our speaker, Opera Singer Nandani "Nani" Sinha, who began voice lessons at the age of 9 and gone on to sing with the LA Opera and the Santa Barbara Opera. Why talk about her singing when you can hear it for yourself? Nani showed us a portion of a video of one of her performances. You can view the entire piece [here](#).

Her career is not what Nani came to speak about. Nani's father was a Mensa member, Ph.D. and college Professor. At first, he started forgetting things like when he was to pick up his kids. His problem progressed until he was diagnosed with Alzheimer's disease



Alzheimer's is on the rise. While deaths from heart disease declined 7.3%, deaths from Alzheimer's increased 145%. 1 in 3 seniors dies with Alzheimer's or another form of dementia. Current medical research hasn't agreed on the cause or causes but more importantly, there is *no known treatment* to cure or even slow the progression of the disease.

Nani discovered the powerful effects of music on patients with Alzheimer's. During the pandemic, she formed Music Heals Minds, a non-profit dedicated to bringing engagement-centered programs to Memory Care communities.

Nani shared moving stories of the results of their work. A song can bring a patient alive, The singer will engage the patient with trivia questions about the song. Soon enough, the patient will begin engaging not only with the artist but with their family members, telling stories and sharing memories.

Songs can also calm a patient stuck in the terror of their own minds. She shared a particularly poignant story of interacting with a man who only spoke Korean. In college, she had a roommate who taught her a Korean children's song. She sang it to him, and his agitation quieted. The staff can now use it to calm his night terrors and go back to sleep.

The members asked many questions and shared some of their own experiences of family members with the disease. Then **President Mary Lou** gave Nani the speaker's gift.



**President Mary Lou** closed the meeting by noting that the Nani is a prime example of Imagine what you can do to build community through service.



*President Mary Lou, John Cushman, Speaker Nani Sinha, George Falardeau*



**To attend the 9-28-22 meeting**  
**RSVP by MONDAY 9-26-22**  
**at 5:00 pm**

**Join Us Wednesday!**  
**Check In with Jane Waas, Frank**  
**Fish & Barbara Bishop**

*Photo: Frank Fish, Jane Waas, Rande Sotomayor,  
Immediate Past President Cory Brendel, Ken  
Chawkins*

**CLICK HERE TO**  
**RSVP TODAY**

## **THIS WEEK'S MENU**

*Rotarian Meal choices - Please select from the following Lunch options. No substitutes. If you have allergies or food restrictions contact Wendy and we can work with it so you have a meal and can attend the meetings.*

### **MENU**

- Polynesian Pulled Pork Sandwich: Slow cooked pulled pork, Polynesian BBQ sauce, crispy shoestring onions, cabbage slaw, brioche bun, house made potato chips, pickle spear
- Caesar Salad with Grilled Chicken Breast
- Falafel Grain Bowl: House made chickpea falafels, tahini, brown rice and quinoa, house made hummus, cucumber and tomato salad

You may also RSVP by emailing Wendy at [office@pasadenarotary.com](mailto:office@pasadenarotary.com) or 626-683-8243 and remember to give your menu selection

You will always receive a **CONFIRMATION** of your reservation.  
**\*\* Note:** If you can't make the meeting -make sure you contact Wendy to cancel your meal.

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## MEETING & EVENTS CALENDAR

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**TYROS LUNCH MEETING**  
**MONDAY OCTOBER 3, 2022 AT 12:00PM**

**CALIFORNIA PIZZA KITCHEN**  
**99 N. LOS ROBLES AVE. X UNION**

**PLEASE REACH OUT TO ELLEN SIMON OR JUDY TAYLOR TO RSVP & PLACE YOUR LUNCH ORDER.**

**[ELLENSIMON@HEARCENTER.ORG](mailto:ELLENSIMON@HEARCENTER.ORG) -**

**[JUDY@JUDYTAYLORID.COM](mailto:JUDY@JUDYTAYLORID.COM)**



### **CELEBRATION OF LIFE**

for John Burrows on October 14th at 11:00am  
University Club of Pasadena

RSVP to

**[frontdesk@universityclubpasadena.com](mailto:frontdesk@universityclubpasadena.com)**

John was a Pasadena Rotarian since 2003  
and a member of the University Club.

He passed away at Huntington Memorial  
Hospital on July 18, 2022

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### **ADOPT-A-MEAL COMMITTEE**

Chair: Sandi Mejia-Ramirez

24 Members of the Adopt-A-Meal





Committee help underwrite monthly dinner meals for the Union Station Homeless Services Family

This Month Members:  
 Michele Ferroni picked up and delivered the food  
 Sandy Goodenough selected and delivered the drinks & dessert

Our restaurant partner this month:

**STONEFIRE GRILL -**  
**stonefiregrill.com**

473 N. Rosemead  
 Blvd., Pasadena, 91107 626-921-1255

Monday-Sunday 11:00am-8:30pm Sat/Sun til 9:00pm

## POLIO PIG & COMMITTEE ANNOUNCEMENTS AT WEDNESDAY MEETING

Wish to "Show & Tell" us what you are up to or make an announcement about your family, business or a favorite nonprofit or a Committee announcement? Email Wendy at [office@pasadenarotary.com](mailto:office@pasadenarotary.com) by **Tues at noon**. Minimum donation for Polio Pig Announcement: \$20.00 which is billed to your account. Additional \$20 If you wish to leave flyers (in a stack on the table not individual) or a hand-out at end of meeting.

## Happy Birthday To These Rotarians!

Angela Hawekotte	Sept. 23
Chet Specht	Sept. 24
Mary Lou Byrne	Sept. 26
Phil Hawkey	Sept. 26
Eszylfie Taylor	Sept 27

## Happy Rotaversary!

Brian McDonald	9/23/15	7 years

Charles Kiu	9/27/06	16 years
Barbara Bishop	9/27/21	1year

## UPCOMING PROGRAMS

October 5th - John Mulcahy, "What's New In the Sky", Carnegie Observatories
October 12th - Jeff Kightlinger - Interim GM of Pasadena Water & Power
October 19th - Kate and Adam Vourvoulis, Natural Wines
October 26th - Laura Farber and Kevin Ash - The Future of the PAC 10

**SPOKES is the weekly newsletter published by the  
Rotary Club of Pasadena**

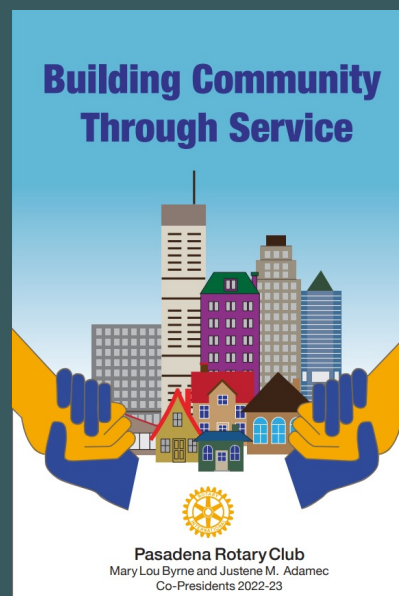
**Weekly Live Wednesday Meeting by RSVP  
The University Club Pasadena  
175 N. Oakland Ave., Pasadena, CA 91101**

**Scout Zone Reporters: Justene Adamec & Dean Billman**

**Proofers: Mary Wilson & Kathy Meagher**

**Photographers: Jonathan Edwards, Wende Lee, Hans  
Rosenberger, Hillary Schenk & Tammy Silver.  
Back-up: Barbara Bishop & Desiree Alvarado**

**Editor: Wendy Anderson  
Bureau Chief: Justene Adamec  
Bureau Chief Emeritus: Mary Lou Byrne**



### ROTARY CLUB OF PASADENA 2022-2023 BOARD OF DIRECTORS

*Meets: 2nd Thursday of the month at 5:00pm-University Club*

**PRESIDENT: Mary Lou Byrne**

**PRESIDENT-ELECT: Justene Adamec**

**IMMEDIATE PAST PRESIDENT: Cory Brendel**

**SECRETARY: Michele Ferroni**

**TREASURER: Tony Phillips**

**CLUB DIRECTORS: Desiree Alvarado, John Burt, Lisa Cavalier, Mary Chalon, Sandy  
Goodenough, Mic Hansen, J.P. Harris, Wende Lee, Hillary Schenk, Tammy Silver,  
Cyril Vergis, Mark Waterson.**

## Rotary Club of Pasadena

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