



PASADENA ROTARY CLUB
ROTARY INTERNATIONAL

SPOKES NEWSLETTER

DISTRICT 5300 * Rotary Club 794 * April 10, 2020 * #623
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This Week's Program



SPEAKER: Eric Duyshart, City of Pasadena



beginning at noon on April 15, 2020

Invitation below

Pasadena Rotary Club – Weekly Meeting

Wed, Apr 15, 2020 at 12:00pm

Song Leader: Don Andrues

Inspiration: Russ Guiney

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/734156637>

You can also dial in using your phone.

United States: +1 (646) 749-3122

Access Code: 734-156-637

New to GoToMeeting? Get the app now and be ready when your first meeting starts:

<https://global.gotomeeting.com/install/734156637>

NOTE:

PASADENA ROTARY CLUB'S WEEKLY IN-PERSON MEETING SCHEDULE FOR

APRIL 15, 2020 IS CANCELLED.

SEE ABOVE FOR VIRTUAL MEETING INVITATION – SEE YOU THERE!

DUE TO UNPRECEDENTED HEALTH EVENTS AND IN CONSIDERATION OF THE SAFETY AND WELL-BEING OF THE PASADENA ROTARY CLUB MEMBERSHIP, MEETINGS **THROUGH APRIL**

30, 2020 ARE CANCELLED.

STAY SAFE, PASADENA ROTARY!





President Scott makes announcements at Pasadena Rotary Club's first virtual meeting – staying physically distant but still social!

Even with Pasadena Rotary Club's bell high on a makeshift tower of books, our virtual meeting was a great success! The opportunity to "see" members during made the short time we spent together very special for me, personally. As we watch as our worlds shift and change under these extraordinary events, it was uplifting to spend a few precious moments with a group that I've come to think of as family.

Thank you, President Elect Elect **Cory Brendel** and **Don**

Andrues for leading our opening song, and three cheers for **Ross Jutsum** who heroically played with us on a platform designed to "stop multiple talkers" – something we'll have to adjust to in the future.

Remember I mentioned last week that our first meeting (and perhaps our first couple of meetings!) will be bumpy, that we'll learn things about technology together and we'll adapt. All things considered, our first GoToMeeting was great fun and brought us all together. Another big shout out to **Paul Martin** who secured a membership to GoToMeeting for Pasadena Rotary Club's use. This platform has tighter security protocol than Zoom as you might have read on NPR: [READ ABOUT ZOOM SECURITY ISSUES](#).

ONWARD, Pasadena Rotary: As last week, above is the invitation for the Pasadena Rotary Club's next virtual meeting on GoToMeeting on Wednesday, April 15, 2020 beginning at noon. I wanted offer once again this step-by-step of "how-to participate in a virtual meeting":

1. At noon, click on or cut-and-paste the website address from above ending in "6637".
2. At that time, your computer will join you to an online video conference chat room. You can decide to a) use your computer's camera and microphone or b) block the camera and just use the audio. Your choice. I do recommend the video option as we haven't seen other members for a while, and it will be really nice to see as many of you as possible. You can also just call in from the number and access code provided in the invitation.

3) The Pasadena Rotary Club bell will ring at noon, and the meeting will begin with Music

3) The Pasadena Rotary Club bell will ring at noon, and the meeting will begin with music Co-Chair, **Don Andruess**, (with **Ross Jutsum**) providing a song for us, an Inspirational moment by **Russ Guiney**, and then I'll invite those members who have announcements to make them to the Club one by one. **HOW DO YOU MAKE AN ANNOUNCEMENT?** Email Wendy at Office@PasadenaRotary.com before Tuesday, April 14, 2020 at 5pm and let her know you'd like to make a quick 1 minute announcement. We'll gather a list together and I'll call on you during the meeting.

4) After announcements... we'll hear a short presentation by a guest speaker within our Club – next week will feature **Eric Duyshart**. I'll call for questions and finally close the meeting.

Again, here are some tips for a successful meeting:

- Sign in a few minutes before the meeting begins to get comfortable with the navigation toolbar.
- Once you enter the meeting, **MUTE** your computer's microphone by hitting the green microphone icon and making it red. This will reduce feedback and echo. As the meeting progresses, we'll learn how to mute/unmute when you want to talk.
- There's a "chat" connected to the balloon icon in the upper right – you can click that and ask questions of the group or have side conversation in private by selecting a member from the "pull-up" menu at the bottom of the chat sidebar.
- If you have technical issues that you'd like to discuss, our fantastic Office Administrator and fellow Rotarian, **Wendy Anderson**, will help you as best she can, just email her at Office@PasadenaRotary.com.

MEMBERS HELPING MEMBERS: A few members have offered to help others with brief errands, meal pickup, pet care, etc. should you need support as a Pasadena Rotary Club member during this time. If you need some help, please email Wendy at Office@PasadenaRotary.com or telephone her at (626) 683-8243. If you'd like to be on the growing list of Rotarians who are available to assist members with tasks, email Wendy and put yourself on the "I'm Here to Help!" list!

After the *Scout Zone* this week (thank you IPP **Mary Lou!**), you'll find an overview and link of what Rotary International is doing to combat COVID-19 as well as a summary on the CARES Act (and opportunities for small businesses and nonprofits), a link to a new Community Resource Page created by District 5300 to support members, and an reminder and menu from the University Club, who are offering curbside takeout lunch/dinner service.



Keep looking through the rain to the springtime to come, Pasadena Rotary, and until then stay safe.

Yours in service,



President Scott, 2019–2020

Scout Zone

By Past President Mary Lou Byrne, Bureau Chief Emeritus



This is a snapshot of Pasadena Rotary Club's first virtual meeting held on April 8, 2020 – thank you to the 48 members who joined us. Fingers-crossed we'll work out all the bugs soon – hang in there, Pasadena Rotary!

The first teleconferencing meeting of the Pasadena Rotary Club was called to order at noon on Wednesday, April 8, 2020. Centennial President Scott Vandrick rang the bell at noon and thanked everyone for joining us. He said he hopes everyone is taking care of themselves and their families in these difficult times, and confided that things are difficult at the Pasadena Symphony where he works – "we are a performing arts organization with no audience, so we are trying to come up with scenarios for survival."

Music Committee co-chairs President Elect Cory Brendel and Don Andruess, accompanied by Ross Jutsum, led us in song. Ross, from his home in Sierra

Madre, noted "This is the biggest audience I've had since the last Rotary meeting, although we did have ten people at the end of my driveway last week." We gamely sang a patriotic medley of Oh Beautiful, My Country Tis of Thee, and God Bless America. It was a little challenging because not everybody was in-synched but everyone was enthusiastic. Ross then led us in pledge with small flag.

Russ Guiney was to do the inspiration but he was having technical difficulties logging into the meeting, so President Scott winged it and shared an off the cuff inspiration about how much he misses us all. (Ed. Note: Moments later, Russ texted his prepared material, a quote from Mahatma Gandhi, to your reporter: "I offer you peace. I offer you love. I offer you friendship. I see your beauty. I hear your need. I feel your feelings. My wisdom flows from the Highest Source. I salute the Source in you. Let us work together for unity and

love." Amen, friends. Amen.)

President Scott then shared the rules for videoconferencing: If you're not talking, please mute your mic. You may or may not use camera, but it's fun to see you. You can ask questions in the chat bar at top of screen.

Tip of the day: If you're presenting in an online meeting, "it's all about lighting in front of you!" It must work because **President Scott** looked great!

President Scott then shared some sad announcements:

The Rotary International Convention, District Assembly, District Conference, and the District Rotary Foundation Gala are all canceled due to the Coronavirus.

The remaining rounds of the Dan Stover Music Competition and the Four Way Speech Contest are tentatively postponed until May 30, with the finals tentatively scheduled to take place at a District BBQ in July (TBA).

There will be a District 5300 Netflix movie night for up to 1000 people to join online to watch a family-friendly movie! Stay tuned for details.

Despite the COVID-19 crisis, our Club's Community Grants Committee has made a number of grants that will be processed in April so checks will be going out. We are releasing restrictions on funding so the recipient organizations can use the money for their for areas of greatest need.

International Grants has also completed their grants cycle for 2020.

We are still planning on giving significant gift to Polio Plus for our Centennial year. Rather than the dramatic announcement we had hoped to make at the Foundation Gala, the check will be mailed.

The University Club is offering takeout for lunch or dinner for all Rotarians and the cost can be charged to your Rotary account. Later **Cyrus Afshin** chimed in and said "We miss you and appreciate your support. We are offering Easter Brunch if anybody wants to order, and Rotarians get member price. You can call 626-703-1070 to talk to Cyrus. I wish you all to be safe."

Our Club's bookkeeper Sandi Mejia's husband Gil has passed away and we are sending her support and love. This was not related to COVID-19.

President Scott then opened the floor to the members for announcements:

Debbie Unruh announced that Elizabeth House is having a virtual gala April 25, and showed that she is getting ready by pricing a bunch of high-end wine for the silent auction. More details are available at www.Elizabethhouse.net. **Wendy Anderson** made a Polio Pig donation on behalf of Elizabeth House.

President Scott

welcomed **Past President Bob Monk** to our meeting. **Bob** said, "Greetings from the North Pole – northern Wisconsin 15–20 miles from Lake Superior, we still have snow on the ground. It's so nice to see all of you!" Alas, **Bob** was packed to drive to the March 18 centennial meeting when it was cancelled.

In technical news, **President Scott** noted, "All devices are different and I encourage you to use a PC for the GoToMeeting App because it's a smoother experience."

We've conducted our first virtual member induction! **Jim Osterling** unmuted and introduced our newest corporate member, Pasadena City College. (But first he made a Polio Pig donation to announce that he was successful in re-election bid as PCC Trustee and thanked the Rotarians who helped



Bob Monk joins in from Wisconsin.

make that possible with a 62% vote plurality, which was one of highest margin for a contested race in L.A. County.) **Erika Endrijones**, PCC Superintendent of just over a year, joined PCC most recently as former president of L.A. Valley College, part of L.A.C.C.D., largest community college district in the nation. **Erika** said "it is my honor to be here and be inducted as a corporate member. I have spoken to this club and it's an honor to be back." In alphabetical order she introduced fellow PCC corporate members **Bobbi Abrams**, Executive Director of PCC Foundation, who recently raised \$16,000,000 in a \$10,000,000 fundraising campaign; **Alex Boekelheide**, special assistant to the the superintendent/president, who is "basically my chief of staff and serves as public information officer and does a lot of advocacy," and **Salvatrice Cummo**, Executive Director of Economic and Workforce Development. **Erika** noted, "she's very important to our COVID-19 response. You can find out more at www.pccsbdc.org We are the go-to community college in the community."

President Scott welcomed our new members and noted, "As of now, since our next live meeting back at the University Club will be May 6 (keeping checking back in Spokes for updates), we will be asking our members to do short 10–15 min presentations on topics that have resonance during this time. If you have something to share with the Club, coordinate with Program Co-Chairs **Leah Snell** and **George Falardeau**."

George Falardeau introduced **Ken Hill** as our first online speaker. Alas, **Ken** couldn't turn on his camera, perhaps because too many people had their cameras on. So **Ken** talked about the benefits of yoga, which are blood flow, balance, strength. By doing yoga

postures you can strengthen the muscles that help your balance. He described the following three exercises we can do in our chairs:

following three exercises we can do in our chairs.



CLICK ON SILHOUETTE TO DOWNLOAD
.PDF OF YOGA POSTURES FROM PAST
PRESIDENT KEN HILL.

1. Sit upright in your chair with a back but no arms, lean forward in the chair, try to get your chest to your lap while keeping a straight back.
2. Sit sideways in the chair, grab the side of the chair and twist so your face is facing the back of the chair. Twisting is very excellent for stretching the body and massaging the organs in the body.
3. Cross one leg on top of the other so ankle in on top of the thigh, pull toe toward shin and with knee as low as possible bend forward as far as possible. Should feel no pain in knee but stretching in hip. Those three postures are good for working on a chair.

Finally, the Q and A:

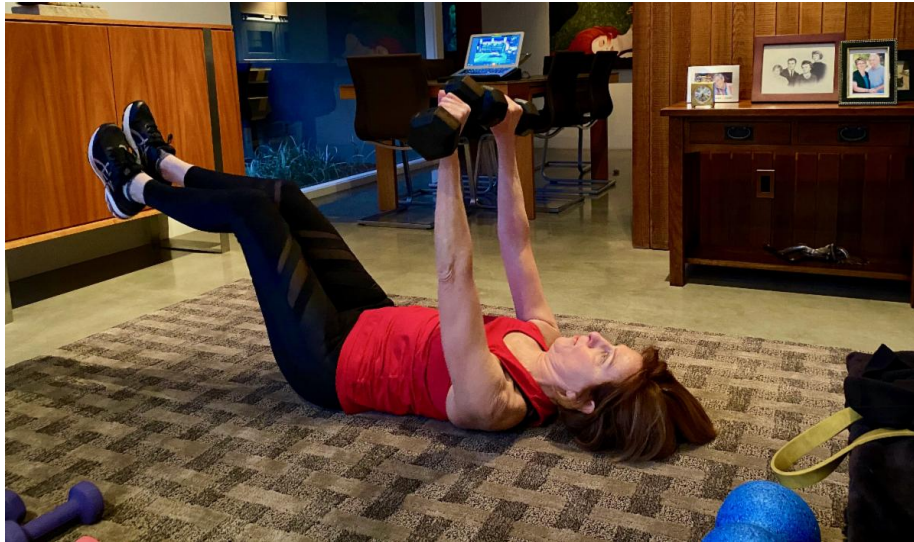
Question by **Prakash Shrivastava**: Will next week be the same?

Answer: Yes! Watch Spokes -- there will be another invitation with a unique URL. Contact **President Scott** before 5 p.m. Tuesday if you have an announcement.

Next mtg: April 15 at noon. Again, said **President Scott**, thanks to **Robert Lyons** for Time Machine video. It was fun to make and hopefully fun to watch. He closed by saying "We have the power to influence people by what we do and how we react. Go out there and connect the world." And with a ring of the bell, our first online meeting was history!



Watch the 2010s Time Machine video message here for those who missed it!



Member Debi Kroman wrote: "Exercise has been the key to keeping my sanity. Breakthru Fitness is offering great, free online classes through Zoom. If you don't have weights, FULL wine bottles are an option."

MEMBER RESOURCES:

Rotary International and PolioPlus Responding to the Covid-19 Challenge

A program begun by Rotary is employing thousands of health workers to address the Covid-19 pandemic. The program is the Global Polio Eradication Initiative (GPEI) which includes Rotary's PolioPlus program. From the earliest days of polio eradication in the Philippines, the generosity and advocacy of Rotarians and our partners has nearly stopped polio, stopped Ebola from becoming an epidemic in Nigeria and now responds to COVID-19. [READ MORE HERE...](#)

Dave Mans forwarded a summary of the CARES Act, recently signed into law during the COVID-19 health crisis, which outlines resources resources for small business including nonprofits. [CLICK HERE OR ON THE IMAGE BELOW TO REVIEW THE SUMMARY.](#)





Prepare for the **CARES** Act

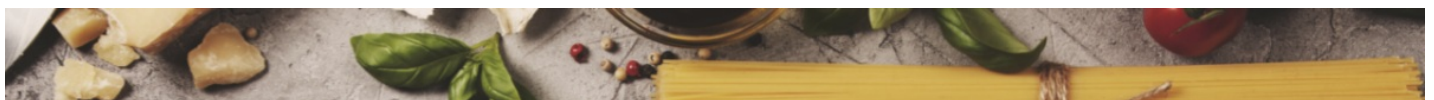
Rotary



District 5300

The leadership of **Rotary International District 5300** is offering a webpage of COVID-19 resources for members, their families and their business during this difficult time. Click on the logo or [HERE for more information.](#)

The University Club of Pasadena is now offering curbside pickup for lunch and dinner to go Monday-Friday! Simply call (626) 793-5157 to place your order between 10am-3pm and schedule your curbside pickup between 11:30am-6pm. When you arrive to pickup your order, call the Club and a member of their staff will take your order to your car with gloved hands. During these unprecedented times, the University Club hopes their service can help make your days easier. Pasadena Rotarians can have meals charged to their Rotary accounts!



UNIVERSITY CLUB OF PASADENA

TO GO MENU

Monday - Friday

Place Orders 10am - 3pm | Pickup 11:30am - 6pm
(626) 793-5157 | ^{NEW} Ask about Delivery Options!

^{NEW} **ASK ABOUT OUR WEEKLY SPECIALS,
FAMILY STYLE & CHILDREN'S MEALS,
PLUS COCKTAILS, WINE, & BEER* TO GO**

*Purchase of Food Required
with Alcoholic Beverages To Go

SOUP

Chef's Daily Soup of the Day \$3

SALADS

Spring Mix Salad

Sliced Strawberries, Fresh Mozzarella,
Grape Tomatoes, Sweet & Sticky Pecans,
Balsamic Vinaigrette \$8

^{NEW} **Classic Cobb Salad**

Bacon, Diced Chicken, Tomatoes, Eggs, Avocado,
Blue Cheese Crumbles, Italian Dressing \$11

^{NEW} **Pan Seared Salmon Salad**

Spinach, Baby Kale, Avocado, Blueberries,
Walnuts, Citrus Herb Vinaigrette \$12

Caesar Salad

Romaine Hearts, Grape Tomatoes, Garlic Herb
Croutons, Shaved Parmesan, Caesar Dressing \$8

Beets Salad

Golden Beets, Crumbled Bleu Cheese,
Sliced Apples, Walnuts, Poppy Seed Dressing \$10

*Add salmon, chicken, or steak
to any salad for an additional \$6

COMPLIMENTARY DESSERT

Homemade Chocolate Chip Cookie

SANDWICHES & WRAPS

Chicken Caesar Wrap

Romaine, Croutons, Shaved Parmesan,
Creamy Dressing, Wrapped in a Tortilla \$10

BBQ Chopped Tri Tip Wrap

Mixed Greens, Black Beans, Roasted Corn,
Tortilla Strips, Wrapped in a Tortilla \$12

Chicken Pesto Panini

Grilled Chicken Breast, Homemade Pesto,
Tomatoes, Provolone Cheese \$10

Tuna Melt

Homeade Tuna Salad, Tomatoes, Avocado,
Jalapeños, Cheddar Cheese, Wheat Bread \$11

ENTRÉES

^{NEW} **Chicken Florentine Pasta**

Spinach, Mushrooms, Garlic Herb Cream Sauce \$12

Mediterranean Grilled Chicken Kabobs

Jasmine White Rice \$12

Slow Oven Roasted Brisket

Garlic Mashed Potatoes, Vegetable Medley \$12

Pan Seared Basa Sole

Quinoa Rice Pilaf, Steamed Broccoli,
Homemade Tartar Sauce \$12

^{NEW} **Orange Ginger Glazed Chicken Thigh**

Sesame Scallion Rice, Pan Sauteed Broccoli \$12

^{NEW} **Lemon Garlic Parmesan Shrimp Pasta**

Spinach, Cherry Tomatoes, Parmesan Cheese,
White Wine Butter Sauce \$12



UNIVERSITYCLUBPASADENA.COM
175 NORTH OAKLAND AVENUE | PASADENA, CA 91101

Upcoming Events

[CLICK HERE FOR MORE INFORMATION ABOUT ROTARY
INTERNATIONAL 2020 CONVENTION CANCELLATION](#)



District 5300



DISTRICT 5300 ASSEMBLY & CONFERENCE

**MAY 1 & MAY 2, 2020
WESTIN, PASADENA**



ROTARY INTERNATIONAL FOUNDATION GALA DINNER

**SATURDAY, MAY 2, 2020
WESTIN, PASADENA**



PASADENA ROTARY CLUB WILL BE MAKING A BIG ANNOUNCEMENT THAT EVENING
– YOU WON'T WANT TO MISS IT! MAK YOUR CALENDARS TO JOIN US!

Happy Birthday To These Rotarians!

| | |
|------------------------|----------|
| Catherine Haskett Hany | April 9 |
| Phyllis Currie | April 10 |
| Michael Davis | April 10 |
| Shirley Burton | April 12 |
| Julie Bank | April 13 |
| Del Lile | April 15 |
| Diana Sedenquist | April 15 |

Rotaversary

| | | |
|---------------------|----------------|----------|
| Florence Helmberger | April 9, 2008 | 12 years |
| Bill Opel | April 9, 1975 | 45 years |
| Joshua Levine | April 10, 2019 | 1 year |
| Portia Wood | April 10, 2019 | 1 year |
| Pierre Mainguy | April 13, 2011 | 9 years |
| Armida Baylon | April 15, 2009 | 11 years |

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 626-400-6750 or send us an email to office@pasadenarotary.com.

Visit our website www.pasadenarotary.com



See you on Wednesday!