



PASADENA ROTARY CLUB

ROTARY INTERNATIONAL

SPOKES NEWSLETTER

DISTRICT 5300 * Rotary Club 794 * April 24, 2020 * #625
Stay up-to-date at www.pasadenarotary.com

This Week's Program



SPEAKER: JOSHUA LEVINE GRATER

Executive Director, Friends Indeed

TOPIC: Feeding People during COVID-19:

An Update on Friends In Deed's Food Pantry

Song Leader: Ross Jutsum

Inspiration: Howard Smith



beginning at noon on April 29, 2020

Topic: Pasadena Rotary Club Weekly Meeting – April 29
Time: Apr 29, 2020 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/89645141703?
pwd=SFAXTOUvWFhuaE1leDc4ZjBJKzJ5UT09](https://us02web.zoom.us/j/89645141703?pwd=SFAXTOUvWFhuaE1leDc4ZjBJKzJ5UT09)

Meeting ID: 896 4514 1703

Password: 564217

One tap mobile

+16699006833,,89645141703#,,#,564217# US (San Jose)

+13462487799,,89645141703#,,#,564217# US (Houston)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 346 248 7799 US (Houston)

+1 301 715 8592 US

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 253 215 8782 US

Meeting ID: 896 4514 1703

Password: 564217

NOTE:

IN ACCORDANCE WITH STATE AND COUNTY MANDATES, AND IN CONSIDERATION OF THE SAFETY AND WELL-BEING OF THE PASADENA ROTARY CLUB MEMBERSHIP, ALL IN-PERSON MEETINGS THROUGH **MAY 15, 2020 ARE CANCELLED**. CURRENTLY OUR NEXT, OFFICIAL IN-PERSON MEETING WILL BE MAY 20, 2020.

THEREFORE, THE PASADENA ROTARY CLUB'S WEEKLY IN-PERSON MEETING SCHEDULE FOR **APRIL 29, 2020 IS CANCELLED**.

SEE ABOVE FOR VIRTUAL MEETING INVITATION – SEE YOU THERE!

STAY SAFE, PASADENA ROTARY!



by President Scott Vandrick



Last Wednesday's Pasadena Rotary Club meeting was one of my favorites – the announcement of Community Grants Awardees. Three cheers to the Community Grants Co-Chairs, **Deborah Lewis** and **Gail Scanlan**, for a smoothly run process to provide funds for Pasadena nonprofits serving the health needs of the community. I also appreciated the Co-Chairs' passion that during this difficult time Pasadena Rotary Club's funds would be "unrestricted" and as a Club we would look to our nonprofit partners to decide where the funds are needed the most. Thank you to all of the members of the Community Grants Committee – find all of there names in the *Scout Zone!* Congratulations to all of the awardees, and thank you to all of the work you do to make the City of Pasadena the great community that it is!

And a special thanks to member **Wende Lee**, whose fantastic business The Print Spot, printed the giant check you see above. Look for this check to show up again as we continue to celebrate the Pasadena Rotary Club's Centennial Year!

Congratulations and welcome, as well, to new Honorary Pasadena Rotarians: legacy Rotarian **Chet Specht** and longtime friend (and amazing bookkeeper!) **Sandi Mejia**. Now you're official!

PASADENA ROTARY CLUB HELPING MEMBERS: During this time, the Pasadena Rotary Club doesn't not want to lose any member due to the financial impact of COVID-19. There

are many options for you to maintain your membership if you're having a financial issue

and we will review the options to reduce your monthly billing and keep you as a member. My email is always open and I ask, before you make a decision about membership, please email me and let's talk about it: President@PasadenaRotary.com.

So we've transitioned to the online platform Zoom, and note that when you enter the first time you'll need to download the program to enter the "meeting room".

As last week, above is the invitation to the virtual meeting on Wednesday, April 29, 2020 beginning at noon. If you need a step-by-step of "how-to participate in a virtual meeting", please contact **Wendy Anderson** at Office@PasadenaRotary.com and she'll help you the day before the meeting.

The Pasadena Rotary Club bell will ring at noon, and the meeting will begin with a Song, the Pledge, an Inspirational moment and Club 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 28, 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.

In the *Scout Zone* this week, you'll find a recap of the terrific organizations which received a grant from the Pasadena Rotary Club's Community Grants, as well links of what Rotary International is doing to combat COVID-19, the CARES Act (and opportunities for small businesses and nonprofits), Community Resource Page created by District 5300 to support members, and an reminder and menu from the University Club, Pasadena Rotary Club's community partner, who are offering curbside takeout lunch/dinner service.

We're here for each other and our community – take care of yourselves.

Yours in service,

A handwritten signature in blue ink that reads "Scott". The signature is stylized with a large, looping initial 'S'.

President Scott, 2019–2020

Scout Zone

By Past President Mary Lou Byrne, Bureau Chief Emeritus

COMMUNITY GRANTS

We switched our online meeting platform to Zoom today and Centennial President Scott rang the bell promptly at 12:00 noon. He thanked everyone for their feedback on the past three online meetings and asked for patience as issues inevitably arise. We will start recording our meetings next week so that will be great.

Music co-chair and President Elect Cory Brendel, accompanying himself with his trusty ukulele, led us in a song called "Hang on, Little Tomato" by Pink Martini. We were all muted, but he could see us applauding! Fun fact: the writer of the song was inspired by a mid-1960s [ad in Life Magazine](#) featuring a photo of a tomato. We followed that with My Country 'Tis of Thee. He then led us in the Pledge of Allegiance with a little flag on a stick, which he waved proudly.

Shirley Burton gave a wonderful Inspiration, on the theme of "this, too, shall pass" featuring quotes from the poet Rumi and Abraham Lincoln.

Department of Announcements Department:

Centennial President Scott announced the Board of Directors is meeting this week and will be considering ways to adapt to the pandemic and support our members as best we can. We will be approving the budget of President Elect Ken Joe at this month's meeting.

Wendy Anderson made a donation to the Polio Pig and announced that the Pasadena Chamber of Commerce (of which our Club is a member) is raising funds to support First Responders, Emergency Room, Urgent Care workers as well as Critical Care Workers at the Huntington with meals they purchase from local restaurants. To donate go to <http://www.pasadenayouthworks.org>, a project of the Pasadena Chamber of Commerce Foundation.

Wendy also announced that in response to today's world, we are bringing back the R2R (Rotarian to Rotarian) Committee that Jim Osterling and Paul Little co-chaired a few years ago. Wendy will be serving as Co-chair with Jim Osterling. Her goal is to also bring back the Business Alliance Committee so in addition to networking and connecting we also have one on one resources for fellow Rotarians as businesses open back up. More to come soon but send an email to <mailto:office@pasadenarotary.com> if you would like to be on this committee.

Debi Kroman, on behalf of the Social Committee, reminded everyone of the Zoom Virtual Happy Hour on Friday, April 24 at 5 p.m. Bring your favorite drinks and snacks and join us for some fun!

You are Invited Pasadena Rotary's Virtual Happy Hour

Friday
April 24, 2020
5:00 pm

BYOB
Join us on Zoom

Instructions on Spokes 4/24/20
& Email Invitation



Centennial President Scott introduced Deborah Lewis and Gail Scanlan, co-chairs of the Community Grants Committee, noting that this committee is very near and dear to his heart.

Gail kicked off the program as follows:

- During this Centennial year, the Community Grants program focus has been on health programs in preventative, education, or direct services. Due to the funds raised during the Centennial Ball last fall, we were able to increase the amount of grants from a range of \$1,000 to \$4,000 to a range of \$2,000 to \$6,000.
- The committee was able to review and visit 18 organizations before the quarantine, and the committee chairs were able to review the completed reports in order to determine the grantees. Due to the economic issues as a result of the shut down, these grantees are being given the opportunity to use these funds for their greatest need. This may mean that they will continue with the program they applied for, or use it for staff or general support.
- On behalf of Deb and myself, I want to thank the members of the grants committee, the Rotary members who wrote letters of support, the members of the Foundation board, President Scott, and Wendy Anderson for their help in the determination and distribution of these grants.
- Since 2004, a total of 370 grants valued at \$703,659, including those awarded today, have been distributed by Pasadena Rotary.



BOYS & GIRLS CLUB
OF PASADENA

\$6,000
Greatest Need



CANCER SUPPORT
COMMUNITY
PASADENA

\$3,000
Greatest Need



CONVALESCENT
Aid Society

\$6,000
Greatest Need



\$4,000
Greatest Need



\$6,000
Greatest Need

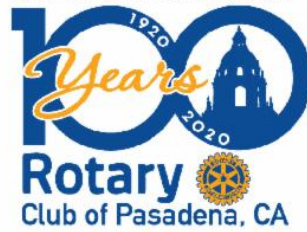


\$3,000
Greatest Need



\$3,000
Greatest Need

A CENTURY OF SERVICE



CENTENNIAL YEAR TOTAL
LOCAL GIVING:
\$62,000



\$6,000
Greatest Need



\$3,000
Greatest Need



\$4,000
Greatest Need



\$6,000
Greatest Need



Ronald
McDonald
House



VILLA ESPERANZA SERVICES
Where Hope is Here at Work for Individuals with Intellectual/Developmental Disabilities



YOUNG & HEALTHY

\$3,000
Greatest Need

\$6,000
Greatest Need

\$3,000
Greatest Need

Deborah Lewis, looking very professional in front of a Zoom virtual backdrop of the Pasadena City Hall, announced the grants on behalf of the committee. The checks will be mailed today. The grantees and Rotary sponsors are as follows:

[Boys and Girls Club](#), \$6,000

Lisa Cavelier, Chief Executive Officer
Anne Lee, Director of Development
Frank Nicholas, Letter of support

[Convalescent Aid Society](#), \$6,000

Mark Waterson, CEO
Kathy Meagher, Letter of Support

[Chapcare](#), \$4,000

Alexandra Roman, Grant Writer
Margaret B. Martinez, CEO
Steven Abramson, COO
Diana Peterson More, Letter of support

[Cancer Support Community Pasadena](#), \$3,000

Patricia Ostiller, Executive Director
Jennifer DeVoll, Letter of support

[Elizabeth House](#), \$6,000

Debora Unruh, Executive Director
Judy Taylor, Letter of support

[Families Forward](#), \$3,000

Elva Sandoval, ED
Jim Osterling, Letter of support

[Flintridge Center](#), \$3,000

Chris Finney, Outreach Specialist
Mary Wilson, Letter of support

[HEAR Center](#), \$6,000

Ellen Simon, Executive Director
Armida Baylon, President
Hillary Schenk, Letter of support

[Hillsides](#), \$3,000

Carrie Espinoza, Chief Advancement Officer
Leah Snell, Letter of support

[Pasadena Meals on Wheels](#), \$4,000

Patti Feldmeth, President
John Peck, Letter of support

[Pasadena Ronald McDonald House](#), \$3,000

Mara Leong-Maguinez, Executive Director
Geoff Johansing, Letter of support

[Pasadena Senior Center](#), \$6,000
Akila Gibbs, Executive Director
Marie N. Cantor, Associate Director, Foundation Relations
Justene Adamec, Letter of support

[Villa Esperanza](#), \$6,000
Kelly White, Chief Executive Officer
Gioia Pastre, Vice President of Development
Scott Jenkins, Letter of support

[Young & Healthy](#), \$3,000
Jan Cantwell, Development Director
Jan Sanders, Letter of support

Community Grants Committee members: Desiree Alvarado, Julie Bank, Mary Chalon, Victor Currie, Edsel D'Souza, Sheryl Guerrero, Akila Gibbs, Sandy Goodenough, Matthew Hourihan, Laura Huang, Wende Lee, Joshua Levine Grater. Deborah Lewis, Norma Mardelli, Gail Scanlan, Judy Taylor

After **Deb** finished, all the committee members and representatives from the recipient agencies waved at the camera while we all applauded in the privacy of our home! **President Scott** commended the co-chairs and their committee for making this happen despite the current difficulties, and also for their flexibility in removing the restrictions from the grants and saying just "hey, non-profits, go out there and do your important work!"

When **Centennial President Scott** opened up the floor for other announcements: **Past President Mary Lou Byrne** turned on her camera and announced she spilled her lunch on her shirt and gave \$20 to Polio Pig to commemorate the occasion.

Debbie Unruh made a Polio Pig donation and announced the Elizabeth House virtual fundraiser at www.elizabethhouse.net.

Past President Phil Miles announced the passing of Club bookkeeper **Sandi Mejia's** husband, Gil. **President Scott** noted that we have made Sandi an honorary member of our club in recognition of all her support.

We also have made longtime member **Chet Specht** an honorary member, effective this week.

President Scott reminded everybody to take advantage of the University Club's takeout lunches and dinners. **Past President Mary Lou** piped up with "Fun fact: The lunch I spilled on my shirt was leftover tacos from last night's U Club Taco Tuesday!"

Dave Mans made a \$100 Polio Pig announcement in honor of his two nieces who are currently battling COVID-19 but doing well and expected to recover.

Joshua Levine Grater announced Friends In Deed's food pantry will be re-opening next week on April 28, and donations will be accepted this coming weekend. They also need masks if anybody can donate them. They need shelf-stable food such as peanut butter, rice, and so on.

George Falardeau talked about a new show called Arroyo Live on Pasadena Media's public access TV. Yesterday **Diana Peterson-More** and **Bill Bogaard** were guests, talking about how to deal with the pandemic. **George** said **Diana** "did an amazing job" and encouraged everyone to watch the show on Fridays at 5:30 and Tuesdays at 6:00 p.m. at www.pasadenamedia.org. **Diana** chimed in to say it was a great experience and it's a wonderful show

wonderful show.

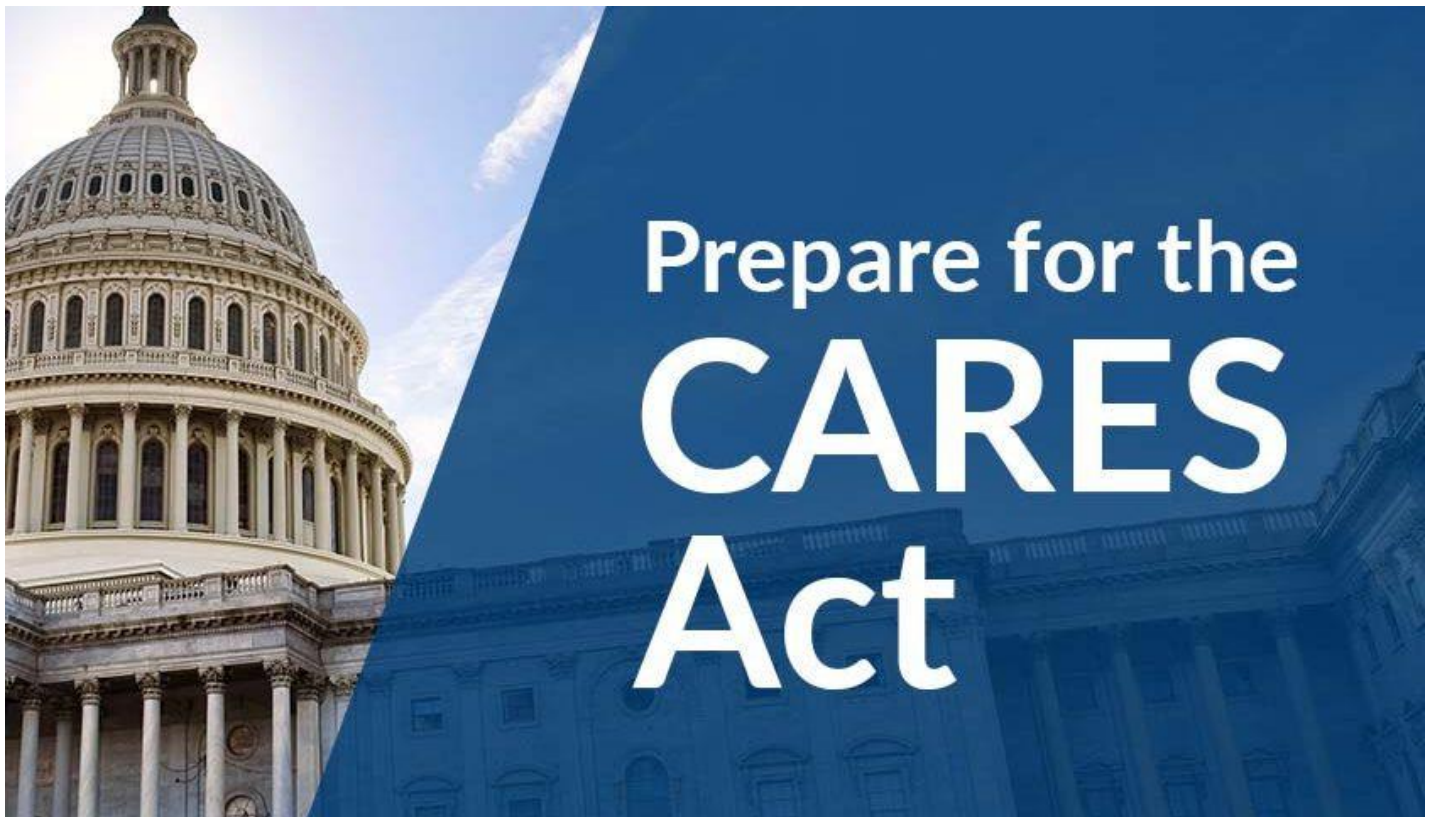
Next week, April 29, we will hear from our own **Joshua Levine Grater** about what's happening in the nonprofit community in Pasadena. In closing, **Centennial President Scott** reminded us to stay active, stay positive, and find a project (**President Scott** is gardening). "You all, as Rotarians and people, have the power within you, even when you're at home" he said. "So go and connect the world!"

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...](#)

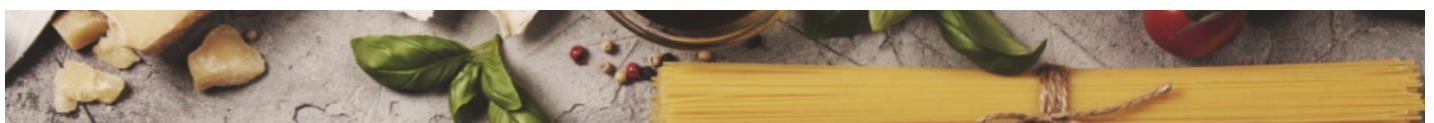
Dave Mans forwarded a summary of the CARES Act, recently signed into law during the COVID-19 health crisis, which outlines resources resources for small business including nonprofits. [CLICK HERE OR ON THE IMAGE BELOW TO REVIEW THE SUMMARY.](#)





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

You Are Invited

Pasadena Rotary



Pasadena Rotary "VIRTUAL HAPPY HOUR!"

Friday,
April 24, 2020
5:00 pm

BYOB & Hors d'Oeuvres

JOIN US on Zoom!

Debi Kroman & Stephen Smith
Social Committee Co-Chairs

Join the "VIRTUAL HAPPY HOUR" on Zoom
[https://us02web.zoom.us/j/84320098962?
pwd=K285UXE3R2lVdHMvYUhlQjNpZE5EUT09](https://us02web.zoom.us/j/84320098962?pwd=K285UXE3R2lVdHMvYUhlQjNpZE5EUT09)

Meeting ID: 843 2009 8962
Password: 085329

One tap mobile

+16699006833,,84320098962#,,#,085329# US (San Jose)
+13462487799,,84320098962#,,#,085329# US (Houston)

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+1 346 248 7799 US (Houston)
+1 312 626 6799 US (Chicago)
+1 929 205 6099 US (New York)
+1 253 215 8782 US
+1 301 715 8592 US

Meeting ID: 843 2009 8962
Password: 085329

SPECIAL 'VIRTUAL HAPPY HOUR MENU'





UNIVERSITY CLUB OF PASADENA ROTARY VIRTUAL HAPPY HOUR

3 Chicken Tacos and One Margarita \$12

**Lemon Garlic Parmesan
Shrimp Pasta & One Bottle of
JW Morris Chardonnay \$20**

**Please place all orders by 3:00pm
Pick up no later than 6:00pm**

*For full menu options that we offer
please visit our website.



CONTACT

CINTHIA or JONATHAN at (626) 793-5157
UNIVERSITYCLUBPASADENA.COM

175 NORTH OAKLAND AVENUE | PASADENA, CA 91101

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

DISTRICT 5300 ASSEMBLY & CONFERENCE

MAY 1 & MAY 2, 2020

WESTIN, PASADENA

POSTPONED

ROTARY INTERNATIONAL FOUNDATION GALA DINNER

SATURDAY, MAY 2, 2020

WESTIN, PASADENA

POSTPONED

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

YOGA BY KEN



Chair Yoga Poses & Exercise by Past President Ken Hill featuring positions by Rotary Board Director Michele Ferroni.

Standing sideways to the chair place your right foot on the seat of the chair. Your left leg is extended away from the chair.

On an exhale bend your right leg as much as possible and on an inhale straighten the left leg as much as possible.

Feel the stretch in the inner thigh of the left leg and the strengthening of

the quadricep of the right leg.

Repeat 5 times. Turn around and repeat the exercise on the other side – left foot on chair.

Happy Birthday To These Rotarians!

Frank Nicholas

April 27

Eric Klinkner

April 29

Rotaversary

Jennifer DeVoll	April 23, 2003	17 years
Helen Baatz	April 26, 2000	20 years
John McDannel	April 29, 1973	47 years

Upcoming Program

May 6 Paul Little, President, Pasadena Chamber of Commerce From the Front Lines: Pasadena small businesses, the local economy and more amid COVID-19

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

Mailing Address:
Rotary Club of Pasadena
556 S. Fair Oaks Ave. Suite 101 #379
Pasadena CA 91105

Weekly Meeting Address:
The University Club
175 N Oakland Avenue
Pasadena CA 91101
*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!