



**PASADENA ROTARY CLUB**  
**ROTARY INTERNATIONAL**

**SPOKES NEWSLETTER**

DISTRICT 5300 \* Rotary Club 794 \* April 3, 2020 \* #622  
Stay up-to-date at [www.pasadenarotary.com](http://www.pasadenarotary.com)

**This Week's Program**



**beginning at noon on April 8, 2020**

**Invitation below**

**Pasadena Rotary Club – Weekly Meeting**

**Wed, Apr 8, 2020 12:00pm**

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

**<https://www.gotomeet.me/PaulMartin3/pasadena-rotary-club---weekly-meeting>**

You can also dial in using your phone.

United States: +1 (872) 240-3212

Access Code: 808-598-597

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

<https://global.gotomeeting.com/install/808598597>

**NOTE:**

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

**APRIL 8, 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 THE**

**END OF APRIL 2020 ARE CANCELED.**

**STAY SAFE, PASADENA ROTARY!**



by President Scott Vandrick

Wading through these uncharted waters can be scary, Pasadena Rotary, but together we'll navigate them successfully – and come out a stronger Club for the experience!

Above is the invitation for our first virtual meeting on

GoToMeeting on



GoToMeeting on Wednesday, April 8, 2020 beginning at noon. I wanted to offer a step-by-step of "how our first virtual meeting will go" next Wednesday:

1. At noon, click or cut-and-paste the website address from above which has member **Paul Martin's** name in it – thanks, Paul!
2. 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 Co-Chairs, **Cory Brendel** and **Don Andruess**, (with **Ross Jutsum!**) leading us in a song, 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](mailto:Office@PasadenaRotary.com) before Tuesday, April 7, 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 speak within our Club. I'll call for questions and finally close the meeting.



*This is an example of a Rotary District 5300 President's meeting President Scott participated in on Thursday, April 2. You'll be identified as your initials, and will only be on video if you chose to be – we hope you'll join by video! Note the red microphone icons, only Governor Lu should be green, and note the top right – # of members participating on the video chat.*

**NOTE:** This first virtual Pasadena Rotary Club meeting is for all of us to get used to video conferencing technology. Things will go wrong and that's okay, we'll make it through and have fun doing it!

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.

I want to remind you that *Spokes* will continue to be published each Friday during our closure, so please find possible future cancellations communicated here.

**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](mailto: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!

In the *Scout Zone* this week, Immediate Past President **Mary Lou Byrne** takes us down memory lane with a look-back on her impactful Rotary Year. If you keep scrolling down, you'll find member resources including 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.



I look forward to spending some virtual time with you, Pasadena Rotary, and until then stay safe.

Yours in service,

A handwritten signature in blue ink that reads "Scott". The signature is stylized and cursive.

President Scott, 2019–2020

**TELL US WHAT YOU'RE DOING:**

Now that you have the time to fix that recipe you've been putting off or planting those zucchinis or painting that landscape, let the rest of the Club know what you're up to and we'll update this section each week. We see a lot of bread being baked on social media, so share the recipe!

-  
Email:

[President@PasadenaRotary.com](mailto:President@PasadenaRotary.com)

Include a short description of your activities and a photo, and look for it here!

## Scout Zone

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

In the absence of our weekly meetings, one of the ways I've been staying connected with Rotary is by





*Michael Farrand, Mel Cohen, (in back) Past President Phil Miles, (then) President Mary Lou, (future) Centennial President Scott, and Ken Hill celebrating Mary Lou's birthday!*

brainstorming with Centennial President Scott about how to make the rest of his presidential year work (spoiler alert: he's crushing it!), and that has led me to reflect on my own presidential year, which ended less than 12 months ago but now seems like it happened in another world. Which, I guess, it kind of did.

There were SO MANY THINGS I took for granted and even (good-naturedly) complained about, that in hindsight were very special and meaningful. So with a nod to David Letterman, here's a top six list (tried to do top five but couldn't do it!) of My Favorite Presidential Things That Seem Like They Happened in Another Universe:

1. One year ago this week, Former First Gentleman Gary Kearney and I volunteered as facilitators at RYLA (Rotary Youth Leadership Awards). It was quite an experience to sleep in (separate single sex) dorms and hang out with a bunch of high schoolers during the day! Check out the highlight reel [here](#). No social distancing for that crowd!
2. In a world where we are all counting on science to come to the rescue, I look back with pride on our Club's co-sponsorship of the [Rotary Humanitarian STAR Awards](#), which recognized scientists whose work contributed to the betterment of humanity. You can watch the whole darned thing [here](#)!

3. I had a milestone birthday

during my year, and celebrated by chartering a party boat and sailing around New York Harbor with 60 of my closest friends including five of my fellow club presidents (see pic, L to R **Mike Farrand**, **Mel Cohen**, **Phil Miles**, **Scott Vandrick**, **Ken Hill**). Bonus points to former president **Cathy Simms** for impersonating me at the Wednesday meeting so well that nobody even knew I was gone! Won't it be a happy day when New York is up and running and out of danger and hosting parties again?

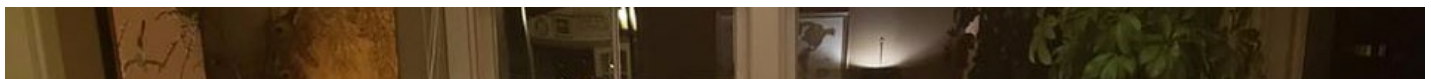


4. Bikes for Christmas! So many bikes! So many people! So close together!! Re-live the magic [here](#)! All of our hands-on service projects were amazing (looking at you, **Cory Brendel** and Done in a Day!) but this one, bringing together Rotarians from all over the area, was the granddaddy of them all!

5. [A Rotary Carol](#) and [Demotion](#), featuring so many talented Rotarians giving such fun performances before such big crowds! I can't wait for the arts to make a comeback, in our Club and everywhere!

6. **The dinner parties!** Gary and I hosted some 36 "Sunday Suppers at the Chateau" (that would be our house, "Chateau Kearney"), with more than 100 Rotarians and their guests. Without a doubt, the best part of my presidential year was getting to know so many of you up close and personal by breaking bread together. Now it's just the two of us rattling around in the house, but we have lots and lots of wonderful memories to keep us company!

Pasadena Rotary, we are all in the thick of trying times now, but I know we will come roaring back better than ever! I can't wait to engage in "social closing the distancing" with each and every one of you as soon as it's safe to do so! Until then, you all are still my inspiration!





*Sunday Supper at the Chateau with Mike Farrand, Debi Kroman, Scott Carlson, Gary Kearney, Scott Kroman, Terrie Farrand and Mary Lou Byrne.*

**PASADENA ROTARY CLUB MEMBERSHIP:**



*Program Co-Chair, George Falardeau toasts to Pasadena Rotary's Centennial Birthday!*



\*HAPPY\*

# Birthday!

*A very special VIDEO message from our Centennial Mascot! CLICK ON THE BIRTHDAY!*

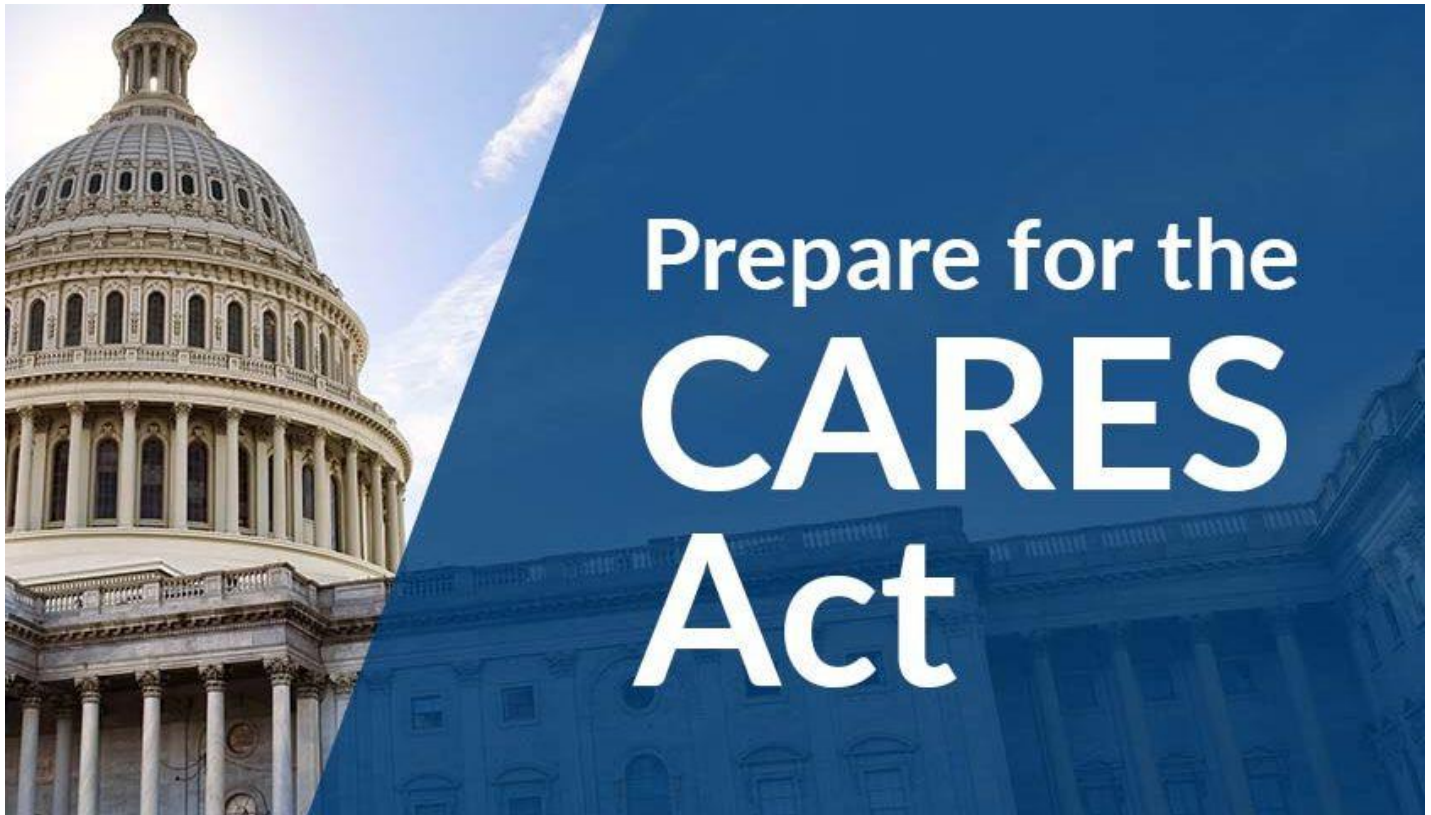


*Jim Meagher*

**MEMBER RESOURCES:**

*This section contains information and resources sent to Spokes by members to help keep anyone interested updated during these difficult time.*

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 ON THE IMAGE BELOW TO REVIEW THE SUMMARY.



Kat Rogers has invited interested Pasadena Rotary members to a webinar which she's hosting:

A BEAR, A BULL, & BREAKFAST webinar on ESG (environmental, social, and government) investing on Tuesday, April 7th from 8:00-9:30am. Kat wrote: this is something near and dear to my heart and I can't wait for more people to learn all about it!!


If you're interested, please either call/text Kat Rogers directly at (805) 990-3946 or email me at [kat.rogers@primerica.com](mailto:kat.rogers@primerica.com).

Governor Lu Arredondo offered a new webpage resource page on the Rotary Distirct 5300 site - [CLICK HERE TO LEARN MORE.](#)

***SPECIAL NOTICE OF CURBSIDE LUNCH/DINNER PICKUP FOR PASADENA ROTARY CLUB MEMBERS FROM THE UNIVERSITY CLUB OF PASADENA. ITEMS CAN BE CHARGED TO YOUR ROTARY ACCOUNT!***

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.



## UNIVERSITY CLUB OF PASADENA

### TO GO MENU

Monday - Friday | Members Only

Place Orders 10am - 3pm | Pickup 11:30am - 6pm  
(626) 793-5157

#### SOUP

**Chef's Daily Soup of the Day** \$3

#### SALADS

##### Mixed Greens Salad

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

##### Baby Arugula Salad

Tomatoes, Hearts of Palm, Red Onions,  
Artichokes, Dijon Vinaigrette \$8

##### Spinach & Baby Kale Salad

Small Salmon Pieces, 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

##### Fresh Seasonal Fruit

Assorted Fruits with Cottage Cheese \$8

##### Tortellini Pasta Salad

Fresh Vegetables, Artichokes, Cubed Pepperoni,  
Cheese, Creamy Italian 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 Chicken, Tri Tip, or Quinoa Wrap

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

##### Turkey Club Panini

Oven Roasted Turkey Breast, Smoked Bacon,  
Swiss Cheese, Garlic Aioli \$10

##### 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

##### 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

##### Grilled Lemon Chicken Breast

Steamed Brown Rice, Vegetable Medley \$12

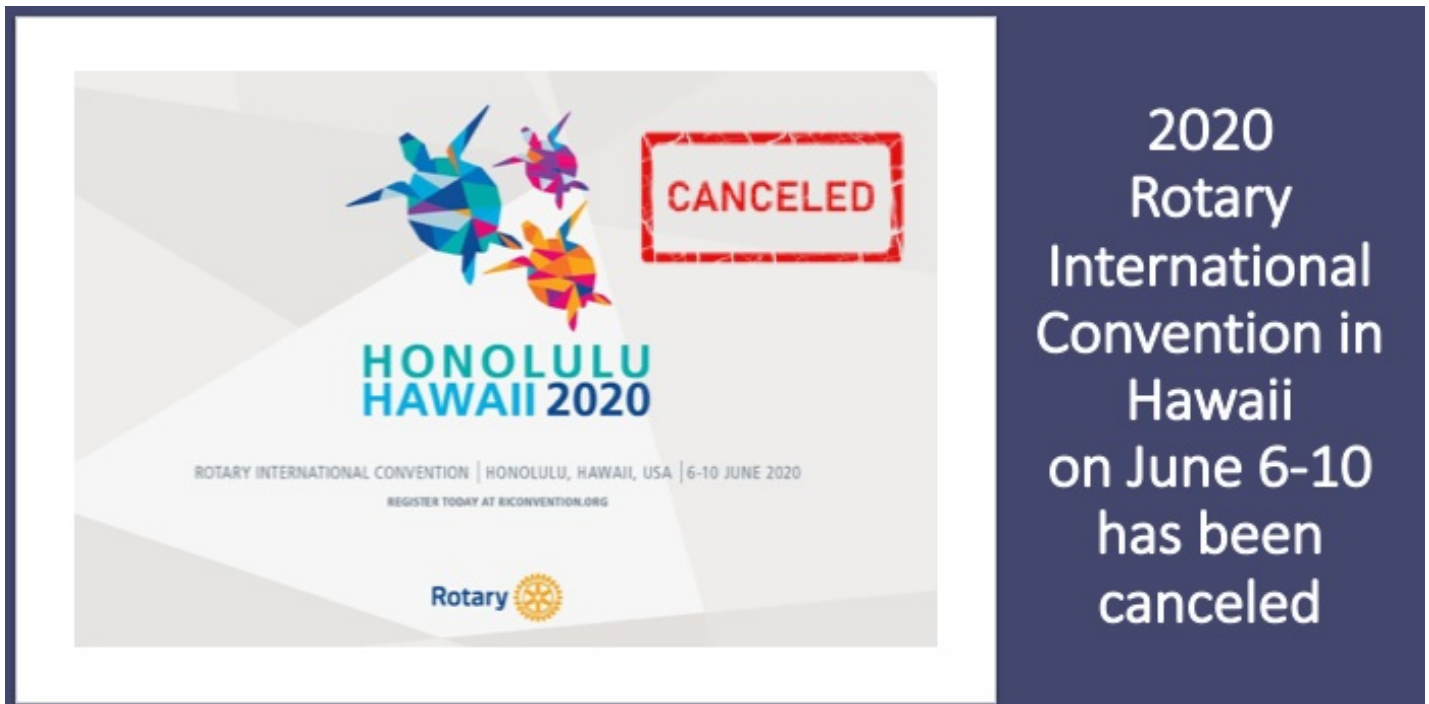
##### Portobello Mushroom Ravioli

Creamy Tomato 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 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!

**Happy Birthday To These Rotarians!**

Jon Andersen

April 4

Jim Belcher

April 6

## Rotaversary

<b>Fred Findley</b>	April 5, 2017	3 years
<b>Phyllis Crandon</b>	April 6, 2016	4 years
<b>Norma Mardelli</b>	April 6, 2016	4 years
<b>Julie Gutierrez</b>	April 7, 2010	10 years
<b>Roy Rico</b>	April 7, 2010	10 years

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

**Mailing Address:**  
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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](mailto:office@pasadenarotary.com).

Visit our website [www.pasadenarotary.com](http://www.pasadenarotary.com)



*See you on Wednesday!*