

PASADENA ROTARY CLUB
ROTARY INTERNATIONAL

SPOKES NEWSLETTER

DISTRICT 5300 * Rotary Club 794 * June 5, 2020 * #631
Stay up-to-date at www.pasadenarotary.com

This Week's Program

TEACHERS
of Excellence

Eric Gothold

Rose City High School, Photography and Studio Art Teacher

Mario Hernandez

John Muir High School, Honors Math Teacher

Marysia Narvaez

Marshall Fundamental School, 6th Grade Teacher

John Newell

Lauren Partma

William McKinley School of the Arts, 6th Grade English/History Teacher

Pasadena Rotary is proud to present the 30th annual Teachers of Excellence Award Program. The program fosters, -encourages and recognizes excellence in teaching and dedication to public education in the Pasadena Unified School District. PUSD schools were invited to nominate teachers for this honor and twenty-three nominations were received this year. A selection committee composed of Rotarians, previous award recipients, and a former PUSD educator and administrator reviewed the nomination packages, which included three essays from each nominee and three essays from their respective principals. Ten semi-finalists were then chosen and interviewed via Zoom by the committee, in lieu of the in-class evaluations that are typically conducted. The five awardees are subsequently announced.

Each Teacher of Excellence is awarded \$1,500, with an additional \$500 being awarded to their schools. Funding is primarily provided by the Pasadena Rotary Foundation. The awardees additionally receive recognition from the city of Pasadena and state officials.

The program's genesis in 1990 was the product of hard work and dedication on the part of Pasadena Rotary's honored members, **Joe Lonergan**, celebrating his 60th year with our club, **Al Lowe**, and **Christle Balvin**, among others. They were inspired by the story of Jaime Escalante, the charismatic former East Los Angeles high school teacher who taught the nation that inner-city students could master subjects as demanding as calculus.

Special Guest: Brian McDonald, PUSD Superintendent

Co-chairs: Del Lile & Lisa Cavalier

Song Leader: Cory Brendel

Inspiration: Bob Monk

Toast: Erika Endrijonas



Pasadena Rotary Club Weekly Meeting
June 10, 2020 12:00 PM

Join Zoom Meeting
[https://us02web.zoom.us/j/81729127787?](https://us02web.zoom.us/j/81729127787?pwd=eEEzeFZhTWVqUDVCbG82WG45NTYyUT09)
[pwd=eEEzeFZhTWVqUDVCbG82WG45NTYyUT09](https://us02web.zoom.us/j/81729127787?pwd=eEEzeFZhTWVqUDVCbG82WG45NTYyUT09)

Meeting ID: 817 2912 7787
Password: 345302

-
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:

**THE REMAINDER OF IN-PERSON MEETINGS
FOR THE ROTARY YEAR THROUGH**

**JUNE 30, 2020
ARE CANCELLED.**

MORE INFORMATION ABOUT MEETING CLOSURE WILL BE FOUND HERE SHORTLY – PRESIDENT ELECT KEN JOE WILL REPORT ON THE STATUS IN THE TIME AHEAD.

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.

SEE ABOVE FOR VIRTUAL MEETING INVITATION – SEE YOU THERE!

CONNECTION CORNER

by President Scott Vandrick



I appreciated **Bob Risley's** kind words about the loss of long-time member, **Jack Bonholtzer**, who passed away suddenly last week. Jack exemplified Rotarian values, and was a true friend of the Pasadena Rotary Club. He will be deeply missed.

Thank you as well to **Julie Bank**, Co-Chair of the International Projects Committee, who along with Co-Chair **Helen Baatz**, represented our Club (along with the entire IP Committee!) by vetting and awarding funds to a half a dozen international projects during our Centennial Year. I'm proud that through the generosity of the Club, the Committee was able to distribute funds in the total of \$18,400 for great international projects. Cheers!

And finally, at the meeting I was bursting with excitement as we presented our Centennial Project check to Union Station Homeless Services in the amount of \$75,000 to support the renovation the kitchen at the Adult Center on Raymond Avenue. Fellow Rotarian and Union Station Homeless Services Chief Executive Officer, **Anne Miskey**, was on hand to receive the "giant check," and I was so excited to tell the story once again how the Pasadena Rotary Club imagined the good we wanted to see in our community and WE MADE IT HAPPEN! Congratulations to each and every member – and thank you – these are your donor dollars hard at work.

I'll see you next Wednesday for the "LIVE" and "IN PERSON" broadcasting from the floor of the University Club as the Time Machine lands for its final time to celebrate "The Future." My appreciation to **Cyrus Afshin** and Jonathan Camacho of the UClub for helping to make

this final voyage possible. And a salute to the Time Machine Captain, **Robert Lyons**. "See"

you all there.

I'm excited about the Demotion on Wednesday, June 24 at 6pm via Zoom; I know that **Immediate Past President Mary Lou** and the famed Pasadena Rotary Players are cooking up an evening to remember. I hear there's a bidding war around the script, impressive. Betcha Warner Bros. gets it.

Remember if you have a technical issue with our Zoom meetings, please contact **Wendy Anderson** at Office@PasadenaRotary.com and she (and the Zoom Team!) will troubleshoot with you.

And finally, a reminder: **HOW DO YOU MAKE AN ANNOUNCEMENT?** Email Wendy at Office@PasadenaRotary.com before Tuesday, June 9, 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.

As we navigate in our own way through this tumultuous time in our history, stay true to our Rotarian spirit and lead with compassion for everyone.

Yours in service,

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

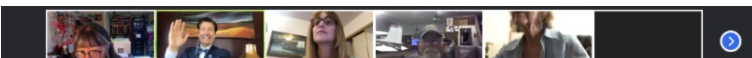
President Scott, 2019–2020

Scout Zone

By Past President Mary Lou Byrne, Bureau Chief Emeritus

Centennial President Scott Vandrick called the meeting to order right on time at 12:00 noon.

Don Andruess, music committee co-chair, started things off with his trusty guitar, singing "I'm Beginning to See the Light" in hopes that brighter days are ahead soon. He followed that up with a singalong of "America the Beautiful" and the Pledge of Allegiance.





President Scott welcomes all.

President Scott welcomed everyone and said he hopes we are all staying safe in this "dark time on top of a dark time." As our inspiration, Terry Masango gave the prayer of St. Francis of Assisi, with a lovely addition of his own at the end:

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow

love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love:

For it is in giving that we receive;

it is in pardoning that we are pardoned;

it is in dying that we are born again to eternal life. – St. Francis of Assisi

Terry's addition:



Terry Masango gives us our Inspiration.

Teach me to say, and to live by the truth; even in the presence of uncertainty

Help me to love and to respect all, despite our differences

Give me strength to forgive those who have hurt me,

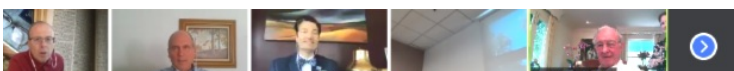
Assist me to embrace that which stretches me to become better

Lord, make me an instrument of peace, an agent of grace, and a dispenser of love to many.

Bob Risley gave a tribute to our fallen comrade, Past President Jack Bonholtzer:

Jack Bonholtzer's sudden, unexpected passing is a serious loss to many of us. He was Mr. Rotary. He was president of this club in 1975. He remained active in many ways since then. He was often the club auctioneer before Robert came on board. In the mid-1990s he and Joan, his wife, often hosted Tyros meetings at

their home in Monrovia. He participated





Bob Risley with Rosemary looking on.

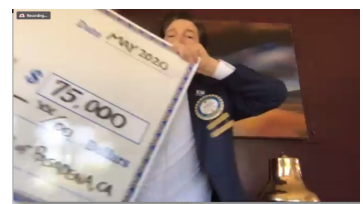
in many committee events and celebrations and donated generously to Rotary causes. Jack was an educator. He was the principal owner of the Fashion Institute of Design and Merchandising in Los Angeles. We know the school as FIDM. The School trained, educated and graduated hundreds of clothing and furniture designers every year. Joan and their son Greg will carry on with FIDM. Before starting FIDM. Jack was a principal in the Los Angeles Sawyer Business School. Recently Jack owned and operated the Changstrom Real

Estate company. He was president of the University Club Board of Trustees, the year that women were first admitted to club membership. More than all of that Jack was a man of character. He was genuinely interested in people. He greeted new acquaintances cheerfully, and always asked insightful sometimes penetrating s. He was kind to all, even those with differing political views. Jack was a pillar of our society and club. He will be sorely missed.

President Scott called for a moment of silence in Jack's honor.

Next up, we had something fun to do. Back in October of last year, we raised Centennial Funds to accomplish Centennial projects. **President Scott** explained that we blew past our goal at our October 19, 2019 Gala. One of our main projects was to partner with Union Station Homeless Services to do an impactful, meaningful Centennial Project. We brainstormed ideas and came up with a tiered project to renovate the kitchen in their facility on Raymond Ave, at least \$25,000 and up to \$75,000. The Club rose up and that night during the paddle raise, we blew right to \$75,000.

"So," he said, "it is absolutely my pleasure on behalf of Pasadena Rotary to present this check for \$75,000 to Union Station Homeless Services CEO **Anne Miskey!**" And what fun: There was a giant check that somehow was magically passed from **President Scott** on his computer screen to **Anne** on her computer screen!



In accepting it, **Anne** said, "Thank you **Scott** and thank you Rotary. This is so thrilling. I cannot tell you how incredibly grateful we are for your generosity and huge hearts of all of your Rotarians. The kitchen is the heart of the home and for many people who don't have

homes, they can at least have a hot meal. We have been feeding over 8,000 people a week and our kitchen is going 24/7 and we are looking forward to the renovation. The

and our kitchen is giving 2,771 and we are looking forward to the renovation. The homeless count just came out and Pasadena went down a little bit compared to the rest of LA County, where numbers went up. That's a testament to our community. From the bottom of my heart and the people we serve, thank you for your beautiful generosity."

Next up, **Julie Bank**, Co-Chair of the International Projects Committee, reported that this was a second area the Centennial Ball supported by increasing the usual level funding. "We met monthly and our goal was to find as many projects as possible," said Julie, thanking committee members Co-Chair **Helen Baatz**, Past President **Shel Capeloto**, Past President **Cathy Simms**, **Sandy Goodenough**, **Laura Huang**, **Dennis Juett**, **Norma Mardelli**, and **Judy Taylor**. She gave special shoutouts to **Cathy** "for keeping us on track and keeping the spreadsheet," **Shel** "for writing our committee policy and getting our projects on the website," and "a massive thank you to **Helen Baatz**, the best co-chair I could ever have." You can check out all the deserving projects [here](#).



Pasadena Rotary Club photos of its International Projects

President Scott led a Zoom round of applause, noting that usually we do \$10,000 for International Grants and this year we increased that to \$18,400 for the Centennial year.

President Scott kicked off the announcements with this: "June 17 is my last meeting and I hope you will all join us. I have sent messages to people who will be recognized and if that's you, please respond and let me know if you'll be on the call. First Husband Tony and I have some fun things planned and a treasure trove of stuff to show you that you won't want to miss."

Next up, **President Elect Cory Brendel**, resplendent in a ukulele-printed shirt, announced that the Done in a Day Committee is doing Food Pantry Food Drive on Sat. June 13. We

that the Done in a Day Committee is doing Food Pantry Food Drive on Sat, June 19! We need 100 donors -- See below for the list of foods that are especially needed. We also need runners to ferry the food from Cory's house to the food pantry. Remember, said Cory, The antidote to discouraging news is service to others: The DIAD committee is not done!

Immediate Past President Mary Lou Byrne reminded everyone to join us for **President Scott's Zoom Demotion** on Wednesday, June 24 at 6 p.m. Watch this space for further details!

President Elect Ken Joe announced that the Board has been grappling with the issue of when we will be able to meet again in person. Everyone's safety is Number One, he said, and we have begun a conversation on safety and strategy. "We will not be meeting in July," he said. "I hope to meet in September but even that is tentative. Stay safe and we will be in communication with you."

President Scott gave a special shoutout to **Wende Lee** of [The Print Spot](#) for providing the giant checks. "You're awesome and the checks are fantastic!"

Leah Snell introduced our speaker **Ellen Simon**. She was familiar with Rotary because of polio. **Ellen** has been with the [HEAR Center](#) in Pasadena since 1983 and has been its Executive Director since 2007. She has been married since 1982 and has two sons, one in New York and one in Silverlake, along with two pugs.

Ellen came to talk about a very fun non-HEAR Center topic, which she introduced as follows:

"We all need our community with what's going on. Rotary is one of my communities and the other is what I call my karate family. About 1993-1994 my two adorable little children decided they wanted to take martial arts. We shopped around and landed at a studio called [Billy Blanks World Training Center](#). I as a good mommy sat and watched them. One day Billy handed me and a lot of other moms uniforms and asked us to come and take class. I decided as a show of faith for my kids I should probably take the class."



Ellen Simon's story inspires us

And the rest, as it turned out, was history. **Ellen** told the story about how she and a lot of other moms worked hard for the next five years, and showed us a photo of the day she

finally earned her black belt! "I had a lot of help along the way," she said. "We had a lot of female instructors; a lot of moms took the class. It took a lot of hard work and a lot of years." She gave her karate experience credit for helping her career, too! "Without all those years from 1993 to 1998 to earn my black belt, I don't think I would have persevered in my career the way I have. Taking all those classes, week after week, night after night, practicing, really made it possible to continue I my career."



Ellen with instructor Billy Blanks.

"We went to class 2-3 times a week and started competing in tournaments in places like Pomona. We had belt level tests, which were the scariest things I ever did. The worst thing I ever did was get in the car and drive to the test to get my yellow belt and stand in front of Billy Blanks and other karate masters and be asked to do all kinds of physical things. The most frightening to me was the self defense. I grew up with one sister in a house where you didn't raise your voice and you certainly didn't knock down people or physically defend yourself." Ellen said, "I want to give a big shoutout to my husband who let me use him as a practice dummy for many years. When I got my green or blue belt I could finally land a punch and he started paying attention!"

What was the biggest lesson? **Ellen** said, "Because my kids wanted to take karate and I didn't want to look like a chicken and didn't want to disappoint them, it led to so much fellowship. Earning a black belt is one of the hardest things I ever did. I was thinking about going back to school and getting another master's degree - I needed another challenge and it never occurred to me that this would be the challenge!" Bottom line: "If you are even considering it for yourself or your family, I would strongly encourage it. It's been one of the best experiences of my life."

Fun fact: She still works out with those moms every morning on Zoom!

After a spirited Q and A session, **President Scott** announced, "we have a very exciting meeting next week: Teachers of Excellence and Time Machine live from the University Club from the future. And there will be a very special surprise at the end of the meeting!"

In closing, he said, "you inspire me every time I have a conversation with each of you. You all have the power inside you to connect the world and do good things in the world, so go do it!"

ROTARY DONE-IN-A-DAY IS NOT DONE!

FRIENDS IN DEED FOOD DRIVE!!

FRIENDS IN DEED is an interfaith organization that provides supportive services to meet basic human needs, so our homeless and at-risk neighbors can rebuild their lives.



THE FOOD PANTRY PROGRAM. The Food Pantry provides food assistance to low-income and no-income families in the greater Pasadena/Altadena area. The households served are made up of "working poor" individuals, senior citizens and people with disabilities on fixed incomes, and those who are experiencing homelessness. This allows many of the families to offset the rising cost of food to pay for rent or other monthly necessities. **The Pantry is set up like a neighborhood market where community members can come in and select their own groceries.** The shelves are stocked with canned goods, dry goods, juice, cereal, and other shelf

stable foods. This dynamic and compassion-driven program is one of FRIENDS IN DEED'S largest and farthest-reaching.

HOW ARE WE HELPING? Donating food safely.

WHEN? Saturday, June 13, 2020, in the afternoon.

WE NEED TWO THINGS FROM ROTARIANS:

- 1) Food items- see list below. **NO ITEMS THAT NEED REFRIGERATION.**
- 2) "Runners" - Rotarians willing to pick up food from donating Rotarians who are not leaving their homes during this period, or have some transportation issues.

THE FOOD:

The Gold Items - NEED MOST: Canned tuna/chicken. Hearty Soups. Beef Stew. Chili, Peanut Butter, Cereal, Rice, Cooking Oil, Flour, Sugar, Coffee, and can openers

Dried Beans, Pasta, Oats, Other Whole Grains

Milk: Shelf Stable or Powdered

Other: Jelly, Tomato Sauces, Soups, Other Baking Items

Single Serve pop-top cans, single serving food (such as applesauce, Capri sun, raisins, granola bars) for homeless clients.

START DELIVERING NOW TO CORY. ADDRESS: 815 N. Mentor Avenue, Pasadena, CA 91104, old Craftsman bungalow, green with mustard-colored stucco columns. NW corner of Boylston and Mentor. **Text Cory the day you are delivering please, so he knows to look for it. 818 636-3435.. There will be boxes outside on the porch.** Expect the dogs to loudly announce your arrival, there is nothing I can do about that. MASKS APPRECIATED.

DEADLINE FOR DELIVERIES TO CORY: FRIDAY JUNE 12 IS THE LAST DAY.

RUNNERS:

You will, if needed, be asked to contact a donor directly and arrange for pick-up from them and delivery to Cory. You and the donor will decide on safe procedures. **If you are willing to be a runner, or to request the services of a runner, contact the**

Direct questions/concerns/brilliant ideas to Cory at corybrendel@sbcglobal.net or to Mary.

**It's TIME to Celebrate our Time Travelin', Zoomerific, Decade-tastic
Centennial President Scott Vandrick at his**

ZOOM DEMOTION!

Wednesday, June 24 at 6:00 p.m.

Zoom details and Special U Club Takeout Menu to follow



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...](#)



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!

YOGA BY KEN

Chair Yoga Poses & Exercise by Past President Ken Hill



Exercise 7:

Begin this exercise with the posture shown above, legs stretched straight in front and horizontal. Hold the chair for stability. Engage the core muscles and straighten the back as much as



possible by lifting the chest the entire time you do this cycle.

On an inhale open the legs as wide as you can keeping them in the horizontal plane, shown in the photo to the right.

On an exhale cross your legs right over left. Inhale your legs wide again then exhale crossing left over right. Inhale the legs wide apart again. This is one cycle. Repeat 3 to 5 times.

This is excellent abs work, strengthens the quadriceps and works the inner thighs.
Engages the lower back muscles.

Happy Birthday To These Rotarians!

Michael Hope June 5

Diana Peterson-More June 11

Rotaversaries!

Stephen Smith 6/5/13 7 years

11 years

Hans Rosenberger 6/5/09

Kevin Callahan 14 years

6/7/06

Mark Nicoletti 6/10/15 5 years

Upcoming Program

June 17

PRESIDENT SCOTT'S FINAL MEETING

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



See you on Wednesday!

Should you have questions regarding this publication, please call us at 626-683-8243 or send us an email to office@pasadenarotary.com

828 638 6278 or send us an email to info@pasadenarotary.com.

Visit our website www.pasadenarotary.com

