

PASADENA ROTARY CLUB

ROTARY INTERNATIONAL

SPOKES NEWSLETTER

DISTRICT 5300 * Rotary Club 794 * May 1, 2020 * #626
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This Week's Program



SPEAKER: PAUL LITTLE

President & CEO, Pasadena Chamber of Commerce

**TOPIC: From the Front Lines: Pasadena small businesses,
the local economy and more amid COVID-19**

Speaker Introducer: Jim Osterling

Song Leader: Eric Olson

Inspiration: Richard Cornfield



beginning at noon on Wednesday, May 6, 2020

Topic: Pasadena Rotary Club Weekly Meeting – May 6, 2020

Time: May 6, 2020 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/86764024417?
pwd=UVg3OXVzdm5aclJxdlRvWWhwTmc1dz09](https://us02web.zoom.us/j/86764024417?pwd=UVg3OXVzdm5aclJxdlRvWWhwTmc1dz09)

Meeting ID: 867 6402 4417

Password: 651624

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

MAY 6, 2020 IS CANCELLED.

SEE ABOVE FOR VIRTUAL MEETING INVITATION – SEE YOU THERE!

STAY SAFE, PASADENA ROTARY!

President Scott, 2019-2020

CONNECTION CORNER

by President Scott Vandrick



As spring sprung over the last couple of weeks, I've tried to focus on the little things and be grateful. My health, my home and my family, but also the explosion of color I witness as I stroll my neighborhood in the late afternoons. The lazy sway of the clouds and the popping chirp of the birds continually remind me that this is only for now; that time, with its whisking minutes and fleeing hours, waits for no one, will renew and refresh and carry on. To be confined to my dining room table during this season inspires me that good times will come again, and when they do, we'll be ready for them.

Thank you again, **Debi Kroman** and **Stephen Smith** (and **Wendy Anderson!**) for planning the Pasadena Rotary Club's first ever virtual Happy Hour last Friday. It was fun to gather with 25 members and get to know everyone just a little bit

better. Thank you for all of those who participated. Stay tuned for other opportunities to connect.



Member Jane Waas and husband Curt join Pasadena Rotary Club's virtual Happy Hour with newly sprouted 'staches.

As was mentioned at the meeting, and in the *Scout Zone* below, we'll be voting on new members of the Board of Directors for Pasadena Rotary Club. The nominees include: **Desiree Alvarado, Mary Chalon and Mic Hansen**. Please be prepared at next week's meeting to vote these candidates to the Board, or to offer another "write in" nominee.

I misspoke on Wednesday's call, Pasadena Rotary, and I apologize: the Time Machine will make its "appearance" on Wednesday, May 13, 2020 not May 6 as stated. Be sure to be on the May 13 virtual meeting as I'll be sharing my screen and viewing with you the Time Machine's landing. As I mentioned, I would love to have any pictures, movies, .gifs or other captured moments that you'd like to share with the Club for our present-day time capsule – please email them to me at President@PasadenaRotary.com and I'll weave them into a celebration of our Centennial Year!

–
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.

We've engaged a "Zoom Team" made up of **Frank Fish, Scott Carlson and Wendy Anderson**, to help solve any tech issues related to our virtual meetings. Please contact **Wendy Anderson** at Office@PasadenaRotary.com and she'll trouble-shoot with you. Also, yes, we'll be "enabling the chat with everyone" function so that members, should they care to, can chat during the meeting.

A reminder: **HOW DO YOU MAKE AN ANNOUNCEMENT?** Email Wendy at Office@PasadenaRotary.com before Tuesday, May 5, 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.

After the *Scout Zone*, you'll find links of what Rotary International is doing to combat COVID-19 and support Clubs, the 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 curb-side takeout lunch/dinner service.

Stay strong, Pasadena Rotary.

Yours in service,

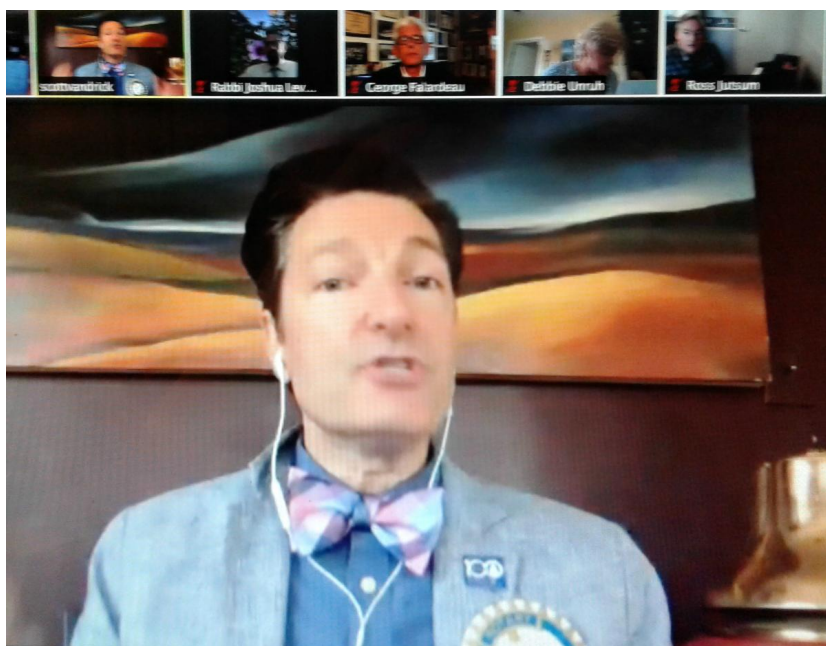


President Scott, 2019-2020

Scout Zone

By Past President Mary Lou Byrne, Bureau Chief Emeritus

We're really getting the hang of this online meeting thing! This week **Centennial President Scott Vandrick** rang the bell promptly at 12:00 noon, but not before sharing this topical pickup line with the early arrivals: "So I hear the coronavirus hasn't taken you out – maybe I could!"



President Scott opens the meeting with a chuckle.

President Scott shared the not-expected news that we are expecting our in-person meetings to be suspended through the end of May, but watch this space for the latest updates. The program committee has met and decided to increase our online meetings from 30 minutes to one hour going forward. We also have recruited a "Zoom Team" to help with technical difficulties. **Wendy Anderson, Frank Fish, and Scott Carlson** will be here to help it go smoothly for everyone!

wonderful program last week, and thanked **Wendy Anderson** for the press release that led to some [great coverage](#) of our good works.

Ross Jutsum, from his home music studio, shared some good news from his family

President Scott commended the Community Grants team for its

including an exciting report that a new set of grand-twins are expected any day now, which led him to lead us in the classic "[What a Wonderful World](#)." We followed that up with our National Anthem and the pledge of allegiance.

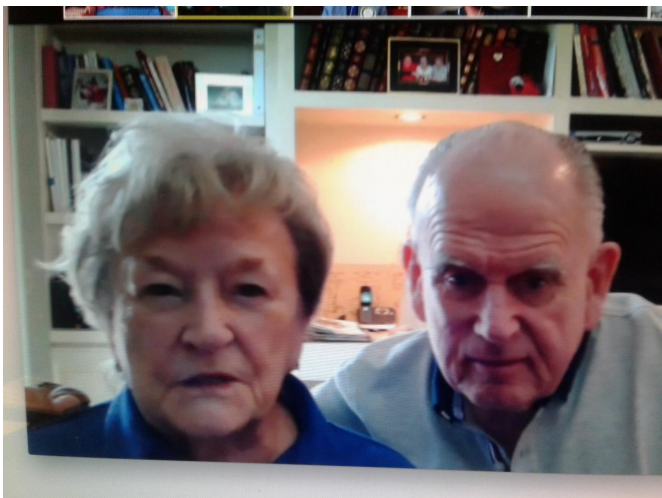
Russ Guiney, pinch-hitting for **Howard Smith**, gave the inspiration in the form of a quote from Rosa Parks: "I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear."

Next up, **Centennial President Scott** gave some administrative updates. Most notably, we don't want to lose any members during this time so if you are having difficulty with your Rotary financial obligations, please contact Club administrator **Wendy Anderson** at office@pasadenarotary.com or **President Scott** at president@pasadenarotary.com or on his cell at 323-428-8091.

Great news! The lockdown has not stopped the Time Machine! On May 13th it will arrive from the present, so if you have any photos from this Rotary year, send them along to **President Scott** so he can include them in the time capsule!

Special thanks to **Debi Kroman** and **Stephen Smith** for hosting our first virtual happy hour last Friday. **President Scott** said he learned a lot about his fellow members and had a blast!

In sad news, former Pasadena Rotary administrator & Rotarian, **Mary Ferguson** passed away last week. Her son **Bill** wrote to us to let us know she had fond memories of her time with the Club. (*Editor Note: The first three women inducted into Pasadena Rotary were Mary Ferguson, Joyce Richards and Kathy Meagher on June 17, 1987. Mary was the first woman inducted on that date.*)



Past President Kathy Meagher accompanied by Jim Meagher announced Slate for 20/21 Board.

Next, **President Scott** turned things over to **Past President Kathy Meagher** for the election of new board members for **President-Elect Ken Joe's** year. The slate selected by the Nominating Committee is **Desiree Alvarado**, **Mic Hansen**, and **Mary Chalon**. If any one wants to make a nomination from the floor, they may email president@pasadenarotary.com. We will vote next Wednesday, May 6.

Alex Boekelheide made a donation to the Polio Pig and announced Pasadena City College's community update for its master plan, which took place yesterday. Review the plan online [here](#).

President Scott asked **Past President Mary Lou Byrne** to explain the Polio Pig, which she did (we make contributions to Rotary International's polio eradication project, which are matched two-for-one by the Bill and Melinda Gates Foundation, if we want to make non-Pasadena Rotary announcements) and demonstrated how it works by donating \$20 to honor **Centennial President Scott** and his husband **Tony Foster** on the occasion of their fourth wedding anniversary.

Calvin Chan made a Polio Pig announcement to recruit for volunteersurge.com, which is training community volunteers to relieve healthcare workers who are overwhelmed in the face of the COVID-19 epidemic. Check out all the details of this amazing program [here](#).

Past President Kathy Meagher introduced our new

honorary member, **Sandi Mejia**. Sandi has been our bookkeeper



Sandi has been our bookkeeper since Mel Cohen's year as Club president ("probably the one good thing he did in his year," quipped Kathy). Kathy made Sandi a Paul Harris Fellow but Centennial President Scott has gone one better by making her an honorary member. Sandi holds an MBA degree and owns her own bookkeeping business whose clients include Pasadena Rotary and the University Club. She just lost her husband, Gil, after a long illness and we extend her our great love and sympathy. Sandi's grandparents moved to Pasadena in the early 1910s and she is a true daughter of Pasadena, serving on multiple boards including the Pasadena Foundation. Said Kathy, "She gives so much of herself to the community that she is a natural born Rotarian



Newest member, Sandi Mejia.

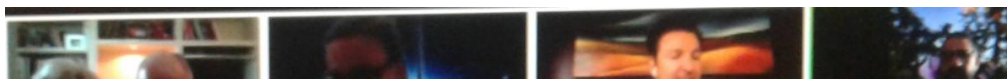
Sandi said "This is truly an honor. Thank you so much for your support during the loss of my husband, but also during the years he was ill. I always felt like a Rotary foster child but today I was finally adopted!" Welcome, Sandi!

Leah Snell introduced our speaker, Rabbi Joshua Levine Grater, Executive Director of Friends In Deed.

Friends In Deed has five main programs, all of which, alas, have been suspended during the COVID-19 lockdown. The bad weather shelter had already wrapped up operations for the spring. The women's room, street outreach, and homelessness prevention program are on hold until circumstances change enough to make them viable again, however Friends In Deed personnel are in touch with their clients to the extent they have contact information. They hope to open these programs in a limited way as soon as possible.

Accordingly, the main

program now is the food pantry. Joshua





Rabbi Joshua Levine Grater, the Executive Director of Friends Indeed.

explained, "We try to serve with compassion and dignity, so normally we let people come in and shop in our pantry to take what they like and want. Unfortunately, we can't do that now because our space is so small. People are lining up alongside of the building and our staff and volunteers (including city workers who are not able to be engaged in their usual jobs) are helping out." Most of the food pantry clients are not homeless. They are seniors, the working poor, single moms, and large families who use the food pantry to supplement their food supply. Said Joshua, "If you need food, you can

come and get food. Right now we are offering bags/boxes of food with limited choice. Normally we try to be culturally sensitive/diverse but right now everybody is getting pretty much the same: A bag of produce and some sort of frozen protein." They can do this while practicing social distancing, he explained. "It's in the parking lot – our staff signs them in and gets the food and we try to move them along."

Generally, the food pantry serves 350 per week, but in the 10 days before it temporarily closed (for two weeks because a volunteer had symptoms) it was 500 per week. Since re-opening, said Joshua, "It's been a little slower than that, but we expect it to pick up as people learn we are open. We are expecting to see a lot of first time people because of so much unemployment." He explained, "It's really [emotionally] hard for first time people and we try to make it as easy as possible."

One of the current challenges is that food is in shorter supply. L.A. Regional Food Bank supply is down, and all area food banks are struggling. "We're gonna do our best," said Joshua, "but we are struggling. I'm not asking for donations, but I will tell you we take food donations on Fridays and Saturdays."

Joshua was quick to point out that Friends In Deed doesn't do this alone. "We have partners who are helping us including Rotary members: Union Station Homeless Services and Anne Miskey, and Captain Terry Masango and the Salvation Army."

How will this end? He admitted, "I don't know how this ends. Part of my job is to look to the future and see how we can return but at this point I just don't know. When can we open Women's Room with community aspect? That's one of our most significant programs because it's mostly homeless seniors and we don't know when we can resume."

Finally, he asked "what is the hope in this time? We on this [Rotary Zoom] call are very blessed. We are in our homes and offices and this is a challenging and frustrating time but most of us are able to make it through despite the inconvenience." But the Friends In

Deed clients? He noted, "Their life was already hard enough and this makes it worse. But the gratitude is still there and that's inspiring. People are rising to the occasion and people are trying to reach out. I hope that something is going to be different when we come out of this and we can hang on to the positives. We need less, we're outside more – hopefully the ways we've changed our lives will stick with us."

One bright spot he pointed out is that IdeaLab started Pantry Fill the Gap which had local restaurants delivering food to hungry families. "We've raised about \$30,000 for this program," he said. "Pasadena is really special that way – we are helping local independent restaurants and also helping hungry neighbors."

We had a lively Q and A session:

President Scott asked how and whether Friends In Deed tracks the clients who are using the food pantry. Yes, they are tracking who are new clients and who are returning. **Joshua** said, "our director Tim is very good at data collection" and "we keep track of how much food comes in and goes out."

And of course, the big question was "What do you need?" **Joshua** said the big needs are "Rice, peanut butter, canned fishes (don't bring canned fruit we got a lot of that), hearty soup, pasta, pasta sauce. Things that will last. We always need frozen meats, but we have limited space. Drop off times Friday and Saturday only (when the food pantry is closed) Washington and Los Robles, from 8 a.m .to 3 p.m."

Can people donate citrus from their home trees? Yes!

After **Joshua's** presentation, **Centennial President Scott** wrapped things up with a couple of announcements: As we go forward, the Program Committee is working to intersperse some fun including some crafts or cooking or other activities. And don't forget to patronize the University Club for lunches or dinners (and wine and cocktails) to go!

Finally, he reminded us, "You're all awesome. Remember, no matter the time, you have the power inside you. Go connect the world!"



MEMBER RESOURCES:

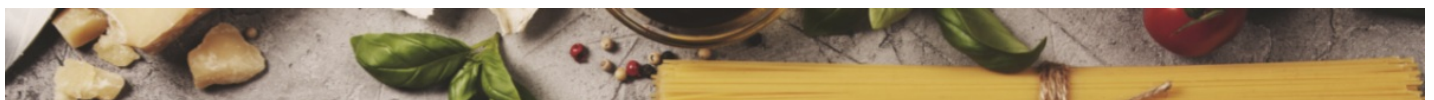
Rotary International and PolioPlus Responding to the Covid-19 Challenge

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...](#)



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



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Upcoming Events

[CLICK HERE FOR MORE INFORMATION ABOUT ROTARY](#)

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



District 5300



DISTRICT 5300 ASSEMBLY & CONFERENCE

MAY 1 & MAY 2, 2020

WESTIN, PASADENA

POSTPONED

ROTARY INTERNATIONAL FOUNDATION GALA DINNER

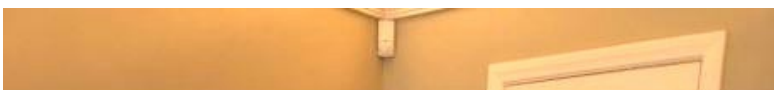
SATURDAY, MAY 2, 2020

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**.

Exercise 2:

Grab hold of the back of the chair with both hands. Place your right foot on the chair seat and lift your left leg as high and as straight as you can. Hold the pose for a full breath, then place your right foot back on the floor. Repeat up and down 3 to 5 times.

Placing your left foot on the chair repeat exercise on other side 3 to 5 times. Good for strengthening the hamstrings and quadriceps.

Happy Birthday To These Rotarians!

Pat Wright	May 4
Jane Imai	May 5
Kat Rogers	May 6
Anthony Shapiro	May 6

Rotaversary

John Bonholtzer	May 1, 1968	52 years
Maria Way	May 1, 1989	31 years
John Grech	May 1, 1979	41 years
Prakash Shrivastava	May 2, 2012	8 years
Akila Gibbs	May 6, 2009	11 years
Robert Lyons	May 5, 2010	10 years

Resignations

Resignations

Robert Martin

Matt Hourihan

Upcoming Program

May 13 Commissioner Mary Lou Byrne

"How the Superior Court is Responding to the Coronavirus Emergency."

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

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Pasadena CA 91105

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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!