



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

**SPOKES NEWSLETTER**

DISTRICT 5300 \* Rotary Club 794 \* May 15, 2020 \* #628  
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**This Week's Program**

**Speaker: Frank Fish, President  
Travel Gallery, Inc.**

**Topic: Snapshot of the Travel  
Industry During the Crisis**



Speaker Introducer: Leah Snell

Song Leader: Mary Lou Byrne

Inspiration: Roger Adams



You're invited to a scheduled Zoom meeting.

Topic: Pasadena Rotary Club Weekly Meeting – May 20, 2020

Time: May 20, 2020 12:00 PM Pacific Time

Join Zoom Meeting

[https://us02web.zoom.us/j/89908232470?  
pwd=SWxyNlVpchlJQU5TK0U0L2x5TlIZUT09](https://us02web.zoom.us/j/89908232470?pwd=SWxyNlVpchlJQU5TK0U0L2x5TlIZUT09)

Meeting ID: 899 0823 2470

Password: 696418

**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.**

CURRENTLY OUR NEXT, OFFICIAL IN-PERSON MEETING IS SCHEDULED FOR JULY 1, 2020 –

THE START OF PRESIDENT ELECT KEN LOE'S ROTARY YEAR

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!



by President Scott Vandrick



**President Scott** arrives from the past, October 19, 2019 (the date of Pasadena Rotary Club's Centennial Ball) and calls member **Wendy Anderson** and ask why no one is at the University Club for the weekly meeting. He's surprised by the answer...

What a trip – broadcasting live and being interwoven in an interactive meeting is amazing! You may not know this but once the doors of the time machine opened and I emerged from "October 2019", I was unable to hear or see any of the membership participating in last Wednesday's meeting. I missed **Past President Phil's** joke about the sound echo, the many member congratulations for **Bill Opel's** Inspiration and the hands that were raised for announcements at the end of the meeting. I was trusting in the always-on-point, Jonathan Camacho at the University Club to point at me from off stage when a member was finished with their section of the meeting. My apologies to you all if you thought I could hear/see

with their section of the meeting. My apologies to you all if you thought I could hear/see you, when I could not. That being said, I thought our Time Machine meeting was a lot of fun! Thanks again for your flexibility as we figured it out on the fly. I hope you got as much joy as I did in seeing the University Club and the Time Machine as I did. It was a treat to be back home again.

I said it in the live broadcast, and I'll say it again here: I am so proud of all we've been able to accomplish together as a dynamite community service club – together with all of your fellow Rotarians, the Rotary Club of Pasadena set and surpassed its centennial goals including 1) a \$75,000 contribution to support Union Station Homeless Services, 2) a significant gift to PolioPlus (now address COVID-19 response), 3) an increase to \$62,000 for local, community grants, and 4) an increase to international project by \$10,000. So a pandemic stopped us from meeting in-person, okay, but it could never stop our Club from doing good work to make our community and our shared world a better place. Plus, we're having a whole lotta fun doing it, aren't we? My gratitude goes out to all of the Board members, Chairs and Co-Chairs and committee members who worked in collaboration to make our Centennial Year so smashing! We should all be proud to be Pasadena Rotarians.

Many thanks to our partners at the University Club and Rotarian **Cyrus Afshin** for making it all happen. As always, many thanks to the creativity and the willingness to have some fun **Robert Lyons** – you connect the world, and I appreciate you!

During the meeting, I presented a Time Capsule celebrating the Rotary Club of Pasadena's Centennial Year – if you missed it, you can view it here:



Remember that your Pasadena Rotary "Zoom Team," made up of **Frank Fish**, **Scott Carlson**, **Kat Rogers** and **Wendy Anderson**, is here to help solve any tech issues related to our virtual meetings. Please contact **Wendy Anderson** at [Office@PasadenaRotary.com](mailto: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](mailto:Office@PasadenaRotary.com) before Tuesday, May 19, 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.

Let's keep exploring together – this time can be our Rotary adventure. Let's keep connecting.

Yours in service,



President Scott, 2019–2020

## Scott Zone

*By Justene Adamec, Bureau Chief*



The time machine flashed and whirred and finally opened. **President Scott Vandrick** leapt out in his formal wear carrying Centennial swag. He had just arrived from the Centennial Ball on October 19, 2019. He thanked the Committee, chaired by **Colleen Carey, Edsel D'Souza, and Victoria Alsabery**. He applauded **Will Hoyman's** large gift. Then, he... wait, his eyes widened at the empty room

at the University Club. He called **Wendy Anderson** and learned of the pandemic. Quite the shock to someone who just left October of 2019. However, Pasadena Rotary was still able to give \$75,000 to Union Station Homeless Services, increase Community Grants to \$62,000, add another \$10,000 to International Projects and make a significant gift to Polio Plus – which has now shifted its focus to fighting COVID-19. Unfortunately, his *Hamilton* tickets weren't good.

**[PREVIEW MOST OF THE PASADENA ROTARY TIME MACHINE MEETING HERE.](#)**



**Watch Video**

President Scott showed a time capsule video of all the good we did over the last year.

Past President Phil Miles led us in singing I Want to Hold Your Hand by the Beatles.



Bill Opel gave the inspiration. He read from *Theodore Roosevelt, an Autobiography*.

Do what you can, with what you've got, where you are.

The scheduled speaker, **Immediate Past President Mary Lou Byrne**, had to reschedule so there was a last minute change. **George Falardeau** introduced the University Club's Executive Chef, Heriberto Gomez.

Executive Chef Heriberto Gomez has an extensive culinary background, and is a graduate of California Culinary Academy (CCA) in San Francisco.



He began his culinary career at the age of fifteen as a dishwasher but quickly worked his way up to head cook and from there, Chef Heriberto's culinary path has included work at the Four Seasons in Newport Beach as Sous Chef. He has worked at

some of the best restaurants and Hotels such at Tommy Bahamas, Westin Bonaventure, Morton's Steakhouse, Brookside Country Club, and most recently at the award Winning Pines Steakhouse.

Chef performed a cooking demonstration on the University Club patio. Under the bright

sunshine, he whipped up Sauteed

Mussels & Shrimp with pasta. Most of our at-home lunches paled in comparison.

Chef shared that The University Club is offering lunch and dinner for Rotary Club members curbside or delivery. The cost may be charged to your Rotary account. (See menu listed below)

**Dave Mans** made two Polio Pig announcements. His second hip surgery is finally scheduled for May 20, after 2 postponements. He recommended that anyone needing help with things like business loans turn to the [Pasadena City College Small Business Development Center](#) which provides no-cost business advising.

**Kat Rogers** will make a donation to Polio Pig and announced that she is giving a free webinar on the California Retirement Mandate. Contact Kat at [ekrogersucla@icloud.com](mailto:ekrogersucla@icloud.com). The webinar takes place on Tuesday, May 19, at 9 am.

**President Scott** asked us all to secure our glasses for the Toast and called upon Kat Rogers who toasted us out with the following story:

I was at a workshop when the speaker started by holding up a crisp \$100 bill. She then asked, "What is this worth to you?"

We all said, "\$100."

She said, "And what if do this?" She crumpled the bill up.

She then asked, "What is it worth? Who would still want it?"

We all said, "\$100." And raised our hands.

"Well," she replied, "What if I do this?" Then she dropped the bill to the ground and stomped on it.

"Still want it?" she asked us. We did.



#### INGREDIENTS

(SERVES 2)

Medium-Sized Pot, Two Pans, Pasta Strainer, Spoon, & Pasta Bowls

- 1 TBL Minced Shallots
- 1 TBL Minced Garlic
- 2+ TBL Olive Oil
- 1 oz. Asparagus Tips
- 1 oz. Cherry Tomatoes
- 1 Pour White Wine
- 8 ea Mussels
- 8 ea Shrimp
- 18 oz. Linguine Pasta
- 1 Squeeze Lemon Juice
- Salt & Pepper
- 2 ea Parsley Sprig

#### DIRECTIONS

1. Sauté shallots and garlic in a little olive oil in a pan. While doing so, place a pot on the stove with water, a little bit of oil, and salt. Bring water to a boil.
2. Add asparagus tips and tomatoes to the shallots and garlic and simmer for 5 minutes.
3. In a separate saucepan, heat two tablespoons of olive oil. Add white wine and mussels and steam until mussels open. Remove mussels.
4. In the same liquid, steam shrimp until barely done. Meanwhile, cook linguine to the desired doneness. Drain.
5. Mix mussels and shrimp together. Add lemon juice, salt and pepper.
6. Add on asparagus tips, tomatoes, and pasta. Assemble by placing seafood around the pasta bowl and garnish with parsley sprig. Pair with Sauvignon Blanc or Chardonnay.



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Then she picked it up and ripped it in half. Everybody gasped.

"Still want it?"

All the hands still went up.

"My friends," she said, "No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$100. How many times in our lives, have we been crumpled up, stomped on, made bad decisions, or felt broken?"

But, I want you to remember this. No matter what has happened or what will happen, you will never lose your value. You are special – and today I toast to the value, uniqueness, and joy of you all.

As we all individually but collectively clinked our glasses to this Toast, **President Scott**, after encouraging us to use our power to connect the world, disappeared into the time machine.



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

A MESSAGE FROM CO-CHAIRS, PRESIDENT ELECT ELECT CORY BRENDEL AND MARY CHALON:

I have a confession – in my initial shock/confusion/daze over the new CV19 era, I concluded that Done-In-A-Day was finished for the foreseeable future. I mean, our projects were always about serving the community side-by-side in close contact, whether we were painting, cooking food, serving food, monitoring children's picnics, helping out at the Pasadena Senior Center, etc. etc.



Times have changed, and your DIAD co-chairs Cory Brendel and Mary Chalon have realized that DIAD can change also. We don't have to sit and nostalgically recall the good old days. I believe that many Rotarians are serving all over Pasadena during this unprecedented time in many ways. Maybe we can't stand side by side as we would like, but that should not and WILL NOT stop Pasadena Rotarians!

**ANNOUNCING** the new **Weekly It Only Takes One Rotarian DIAD Report**. Please submit to Cory and Mary a brief mention and photo for Spokes of what you are individually doing. We all want to know, and want to be proud of each other. The Rotarians (safely) getting out there where it's scary deserve mention. Every single one of us has some gift to give, whether it's shopping for those who can't, making masks for others, reading to a blind person, walking somebody's dog, or picking up a telephone to call somebody who lives alone. **Your individual reports will inspire others and lead to more service.**



On Friday, May 1<sup>st</sup>, President elect-elect Cory Brendel took his ukulele on the road. He loaded his Pasadena Pops wagon with amplifier and ukulele, and did a Sidewalk Corona Concert outside a senior residence facility in Pasadena, Pilgrim Tower North. It is a high-rise building on Villa. The residents, who no longer have any live entertainment or group activities can't even eat together these days. Their food gets delivered to their rooms, like some sort of solitary confinement. But they were able to come out on their balconies to hear hits from the 20's, 30's, and 40's! See the photo. **Your turn, my friends! What have you been up to? DIAD FROM HOME.** Stay tuned as we ponder some way to coordinate some sort of group service that can be coordinated and done in our homes. The results of our labors would be safely collected and delivered where needed. Sort of a curbside delivery service.

Send your ideas to Cory Brendel, [corybrendel@sbcglobal.net](mailto:corybrendel@sbcglobal.net), and Mary Chalon, [mary@parsonsnose.com](mailto:mary@parsonsnose.com)

#### **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

## MAY TO GO MENU

Lunch & Dinner Monday-Friday | (626) 793-5157  
Place Orders 10am-3pm | Pickup or Delivery

**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

\*Add Salmon, Chicken, or Steak  
to Any Salad for an Additional \$6

#### Spring Mix Salad

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

#### Classic Cobb Salad

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

#### **NEW** Tostada Salad

Black Beans, Roasted Corn, Pico de Gallo, Queso  
Fresco, Sour Cream, Cilantro Lime Dressing,  
Choice of Grilled Herb Shrimp \$17,  
Chicken \$15, or Beef \$15

#### **NEW** Dungeness Crab & Shrimp Louie Salad

Thousand Island Dressing, Cocktail Sauce \$20

#### Pan Seared Salmon Salad

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

#### Beets Salad

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

### COMPLIMENTARY DESSERT

**Homemade Chocolate Chip Cookie**

### SANDWICHES

\*Come with Sweet Potato Fries or Garlic Herb Fries

#### **NEW** Seared Ahi Tuna Burger

Caramelized Onions, Asian Slaw,  
Chipotle Aioli, Brioche Bun \$17

#### **NEW** Signature Club Burger

Provolone, Green Leaf, Tomatoes, Caramelized  
Onions, Mushrooms, Garlic Aioli, Brioche Bun \$15

#### **NEW** Classic Philly Cheese Steak

Thinly Sliced Ribeye, Provolone, Bell Peppers,  
Onions, Sauteed Mushrooms, Baguette \$16

#### **NEW** Chef's Signature Club Sandwich

Grilled Chicken, Lettuce, Tomato, Onions,  
Mushrooms, Avocado, Bacon, Cheddar, Ciabatta \$16

### ENTRÉES

#### Chicken Florentine Pasta

Spinach, Mushrooms, Garlic Herb Cream Sauce \$12

#### Lemon Garlic Parmesan Shrimp Pasta

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

#### **NEW** Chicken Picatta

Capellini Pasta, Asparagus,  
Lemon Herb Caper Sauce \$17

#### **NEW** Pan Seared Wild King Salmon

Herb Saffron Rice, Grilled Asparagus,  
White Wine Mustard Sauce \$18

#### **NEW** Pistachio Crusted Halibut

Summer Succotash, Roasted Eggplant,  
Pickled Red Grapes, Lemon Dill Reduction \$23

#### **NEW** Center Cut Prime Filet

Cauliflower Mac & Cheese, Lemon Zest Heirloom  
Carrots, Shallot Port Wine Reduction \$26



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FROM MEMBER KAT ROGERS (THANKS FOR THE POLIO PIG DONATION!)



A Bear a Bull &

# Breakfast

Hosted by  
Kat Rogers

Come enjoy a morning webinar highlighting a retirement plan solution, featuring Adam Barker, of July Services.

TUESDAY, MAY 19th  
8:00 AM - 9:30 AM

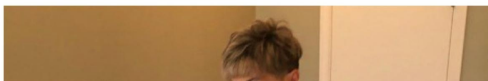
This will be held as a webinar until further notice.  
**Please email [Kat.Rogers@primerica.com](mailto:Kat.Rogers@primerica.com) for further information.**



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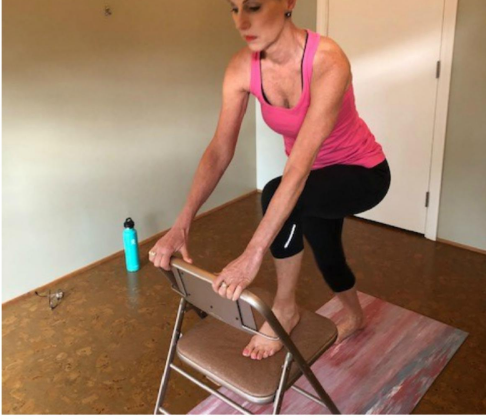
## YOGA BY KEN



Chair Yoga Poses & Exercise by Past President Ken Hill



featuring positions by Rotary Board Director Michele Ferroni.



#### Exercise 4:

Grab the back of the chair as before and place your right foot on the chair seat. Then hop your left foot up onto the chair seat as shown in the next photo.

Repeat stepping the left foot on the chair seat and down to the floor 3 to 5 times. Repeat the sequence with the left foot on the chair stepping the right foot up and down 3 to 5 times.

Good for strengthening the legs.

Increases heart rate.

Take a one-minute rest following this exercise.

## Happy Birthday To These Rotarians!

Dave Mans	May 15
Stephen Smith	May 15
Kevin Callahan	May 15
Colleen Carey	May 16
Joshua Levine Grater	May 20

## Rotaversary

Wende Lee	May 15, 2019	1 year
Stephen McCurry	May 15, 2019	1 year
Cyril Vergis	May 15, 2009	1 year
Cathy Simms	May 16, 2001	19 years
Christine Franke	May 16, 2018	2 years

## Upcoming Program

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 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!*