



PASADENA ROTARY CLUB
ROTARY INTERNATIONAL

SPOKES NEWSLETTER

DISTRICT 5300 * Rotary Club 794 * May 22, 2020 * #629
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This Week's Program

Speakers: Shel Capeloto & K. "Sara" Saravanan

Are You Ready For Some Good News?

Visit to RC Madras South, India & Caring Little Hearts

Joining Past President Shel Capeloto from 9,000 miles away will be Immediate Past President K. "Sara" Saravanan of the Rotary Club of Madras South. He is the creator and catalyst for the Global Grant Project.



Immediate Past President K. "Sara" Saravaran, RC of Madras South & Past President Shel Capeloto.

Speaker Introducer: Cathy Simms

Song Leader: Ross Jutsum

Inspiration: Wendy Anderson



You're invited to a Zoom meeting.

Topic: Pasadena Rotary Club Weekly Meeting – May 27, 2020

Time: May 27, 2020 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/918579540503>

[https://us02web.zoom.us/j/81857854959?
pwd=OE1zZlRLUmxwbjhFckt4ZGoxazNWQT09](https://us02web.zoom.us/j/81857854959?pwd=OE1zZlRLUmxwbjhFckt4ZGoxazNWQT09)

Meeting ID: 818 5785 4959

Password: 386350

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 JOE'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

Thank you **Frank Fish** for inspiring the Pasadena Rotary Club, and

reminding us that there is light at



*This time last year (May 22, 2019), then **President Elect Scott**, and husband **Tony**, traveled to Germany to attend the Rotary International Convention in Hamburg, Germany.*

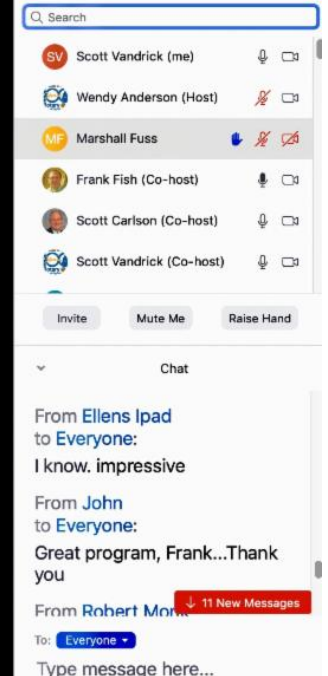
reminding us that there is light at the end of this tunnel. And thank you for inspiring me to go through my digital photo album to walk through pictures of my amazing adventure in Germany at this exact time last year.

Hearing industry experts talk candidly about the easing of travel restriction in the near future was heartening. Although we have some cautious days ahead, thanks to the collaborative work of our community (by staying safely at home!), our elected representatives, and many on the frontlines, we're seeing a path toward socializing once again. We'll be taking small steps, and our weekly lunches are still considered the last of the phases which will reopen, but we're taking steps nonetheless.

I encourage you to sit down with your family and review the last trip you took together. And plan for the

next one. There will be a next one. Cappuccino in Venice, Italy is a must-do in a lifetime, and if you haven't been, you will get there.

I appreciate all of the members who are joining us every Wednesday at noon for our weekly virtual meetings. We've gotten the hang of them, and it's so great to see everyone even if only on a computer screen. Thank you to the inexhaustible "Zoom Team" – **Wendy Anderson**, **Frank Fish**, **Scott Carlson** and **Kat Rogers** – for stepping up and helping the meetings to run smoothly. My hat is off to the determined Program Committee Co-Chairs, **Leah Snell** and **George Falardeau**, the Music Committee Co-Chairs, **Cory Brendel** and **Don Andreus** and the Inspiration Co-Chairs, **Russ Guiney** and **Hillary Schenk**, for helping to structure our virtual meetings as closely to our in-person meetings as possible. I appreciate that we're keeping with Rotary tradition.



Remember if you have a technical issue, 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, May 26, 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.

Keep connecting our world as one Club – just think of the stories we get to tell together!

Yours in service,

President Scott, 2019–2020

Scott Zone

By Past President Mary Lou Byrne, Bureau Chief Emeritus

Centennial President Scott Vandrick called the virtual meeting to order right on time and **Past President Mary Lou Byrne** led everyone in a most appropriate song, "[I just can't wait to be] On the Road Again," followed by the Pledge of Allegiance featuring a full-size flag in her chambers at the Pasadena court. In the absence of **Roger Adams**, **Russ Guiney** gave a moving inspiration on the fly.



Centennial President Scott explained that last week he couldn't see any of us and was reacting to hand signals from Jonathan at the U Club and apologized for not laughing at **Past President Phil Mile's** jokes! He said it was a fascinating experience and that the video producers told him afterwards that it was the hardest thing they'd ever done because it mixed live, recorded video, and interaction with the audience. Our meeting



challenged them and they learned a lot. **Scott** thanked our Club for being so patient and hanging in there. Fortunately, the crew got the hang of it as the meeting went on. Thanks to **Cyrus Afshin** and Jonathan Camacho at the U Club for making it happen and to **Robert Lyons** for bringing the Time Machine.

News flash: Videographers Nick Seth-Smith and Brian Patamakanthin will be broadcasting the Time Machine live again on June 13 for our final Time

Machine and this time **President Scott** will be able to hear us!

Centennial President Scott had some other exciting announcements:

* We will do a virtual check presentation of the \$75,000 Centennial Grant to Union Station at our next meeting. Their Board and our Board will be present virtually and a giant (physically and numerically) check will be exchanged.

* We are also making a significant contribution to Polio Plus and that check presentation will be made very soon virtually with the President of the Rotary Foundation in Chicago.

* Thanks to Co-Chairs **Del Lile** and **Lisa Cavalier**, Teachers of Excellence is underway and we are hoping it will be able to happen virtually very soon.

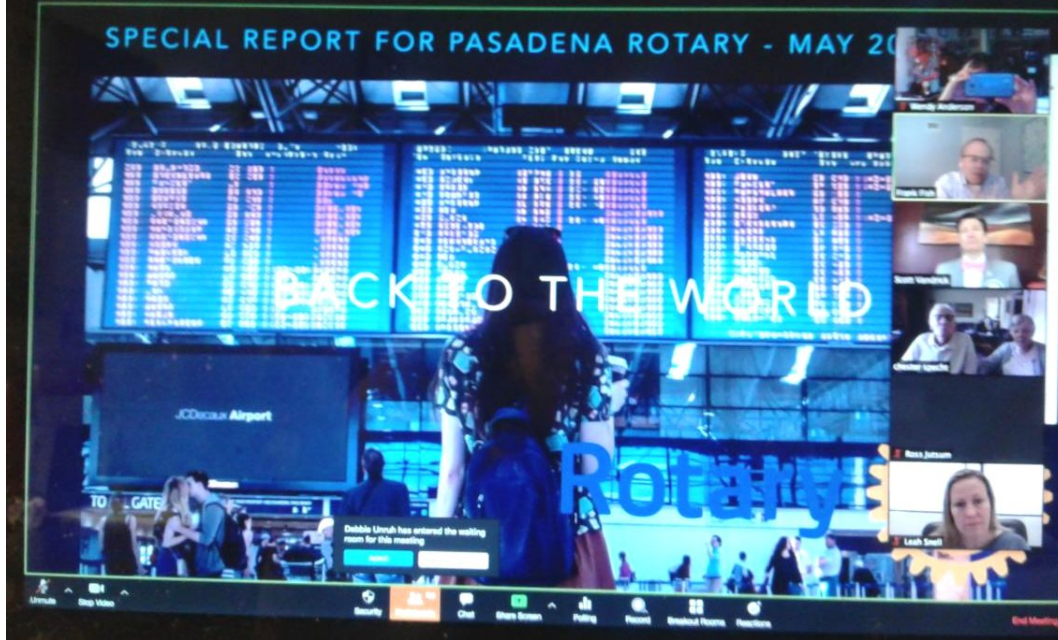
* Co-Chairs **Julie Bank** and **Helen Baatz** will be talking about International Projects at upcoming meetings so don't miss that. There are six projects and they are exciting!

* **Centennial President Scott** contributed \$20 to Polio Plus to thank **George Falardeau** and Pasadena Media for featuring Lara Unger and David Lockington of the [Pasadena Symphony and POPS](#) on last night's program.

* **Ross Jutsum** congratulated **President Scott** on his fantastic video last week and for using one of **Ross's** favorite pieces of music, David Foster's [Winter Games](#)."



Leah Snell introduced our speaker, **Frank**



our speaker, **Frank Fish**. Frank is the founder and owner of Travel Gallery, Inc located in Pasadena. With over 35 years in the travel industry, Frank has extensive knowledge & connections for group travel to Asia, Africa, Australia, Europe, and here at home in America. Travel Gallery currently has a family of brands that include Cruising Holiday

and Tours, Great Western Tours, Panda North America, and Taking Music Everywhere. These entities have supported travel, tourism, adventure, education, exchange, religious pilgrimage, and performance tours. **Frank** has been a member of Pasadena Rotary since April 1996.

Frank began by saying that there are three big travel questions on everyone's mind at the moment:

1. When will we feel like we can travel again? He noted that this is really up to everyone's personal comfort level.
2. What will travel look like? Again, it will be different for everyone, depending on what we all feel comfortable with.
3. When will countries begin to open up again? Ah-ha! THAT, he said, he can address, noting that he has contacted tour operators around the globe and will pass on what they have told him. And because he is such a Zoom maven, he was able to share a Power Point from his computer with all of us in the Zoom meeting.

He began by saying that during his career he has worked with groups from solo travelers to 1000 people, going all over the world. Alas, he and his staff have spent the past weeks canceling everything they had spent the last 18 months booking. It's hard but we are living through an event that's once in 100 years.

Fun fact: One-tenth of all the jobs on the planet involve travel and tourism in some way. Not-so-fun fact: At this point, travel is almost dead with 82% of flights canceled and most are operating with very few people, mostly medical personnel.

Travel has shaped our world in very meaningful ways, said Frank. It shapes us and gives us international perspectives. Travel shapes your world view whether you're traveling near or far.

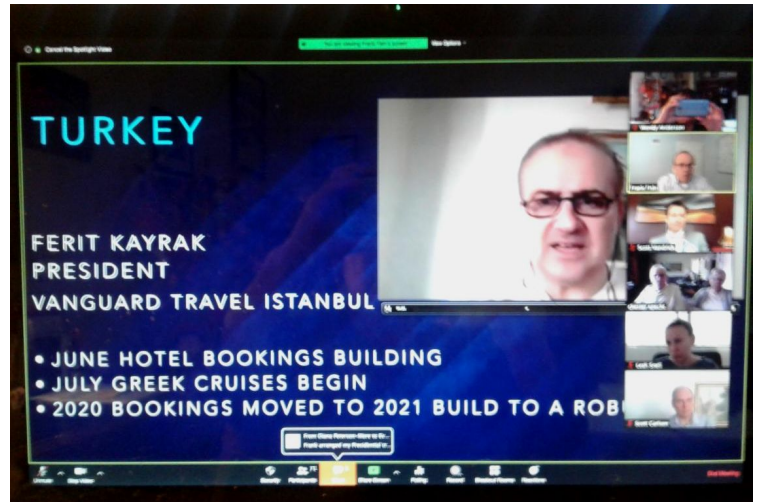
Frank has contacted some of his colleagues in various countries, and here are their reports:

Iceland: First off we heard from a representative from [Iceland Travel](#). Their travel season is only in summer so they are desperately trying to save it. Currently Iceland is allowing entry from the [Schengen Zone](#) under certain circumstances: Travelers may either present a health certificate from a Schengen Area country, purchase a COVID-19 test on arrival, or quarantine for 14. In addition, people entering the country must install an app called [RAKNING C-19](#) to trace contacts.

Ireland: According to David Buckley at [Celtic Horizon Tours](#) in Dublin, Ireland is opening up in stages from Phase 1 on May 18 through hotels opening on July 20. The last phase is scheduled for

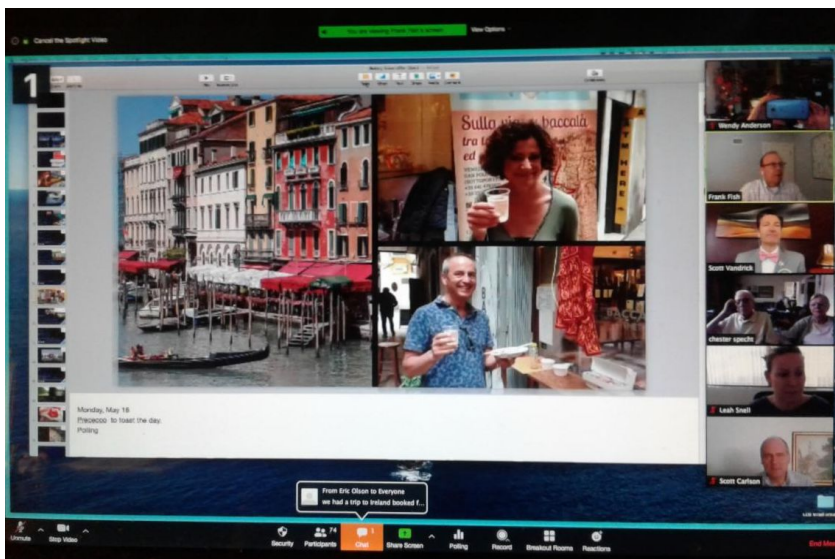
August 10 and includes pubs. **Frank's** opinion: "That is way too late! How can you go to Ireland and not have a Guinness?" David says "we're cocooning at home" in the meantime. Love that phrase, said Frank! Ireland has assigned a police officer to every district to check in on at-risk people and help with errands.

Turkey: Next up we heard from Ferit Kayrak, President of [Vanguard Travel](#) in Istanbul, "where two worlds meet each other - Europe and Asia!" Ferit said, "I have good hopes! We are going through challenging times but our old world has experienced even worse in history!" Looking at history "takes my morale way up," he said. Hotels in the local market are returning back by the third week of June, "and I am delighted to say we have bookings. July and August are very busy. Foreign markets are a little cautious and I understand that, but Greek cruises in the Aegean will start operating in July."



Austria/Czech Republic/Slovakia: Terezia Spozdrvom of [Agritours Slovakia](#) described a staged opening for the area: May 6 Stage 1, May 8 no new cases, May 18 KLM Amsterdam to Prague flights began, May 20 opening hotels, theaters, and restaurants.

Italy: Daniele Panzarin and Enrica Cazzin of [Target Travel Venice](#) were delighted to be with us as they celebrated the opening of Venice and the rest of Italy on May 18! They spoke to **Frank** by video call that morning local time, and he asked if they were drinking cappuccino. "No!" they replied, "Prosecco!" Italy plans to open its borders with the rest of Italy on June 3.



"Ciao, Frank-a," said Enrica. "We are very optimistic and very happy because all bars restaurants and shops are opening. Many people are going back to work and there are a lot of cars in the streets. Life is starting again and I'm so happy because this morning I drank my first coffee at the bar after 2 ½ months and it was so nice to talk with the bar woman. This morning we went to Venice to take photos and videos. We are positive, things are going better, there is less contagion, many people have been discharged from the hospital. We are really very happy because we

feel much safer now."

Germany: Christian Utpatel, from [Terra Lu Travel](#), had a similarly optimistic report from Germany. Restaurants, hotels and campsites opened on May 18 with three-foot distancing and masking if distancing is not possible. Local and regional areas will open and then borders will open in June.

Frank noted that going to the Mediterranean beaches in the summer "is embedded in the European psyche" so hopefully that will happen as well.

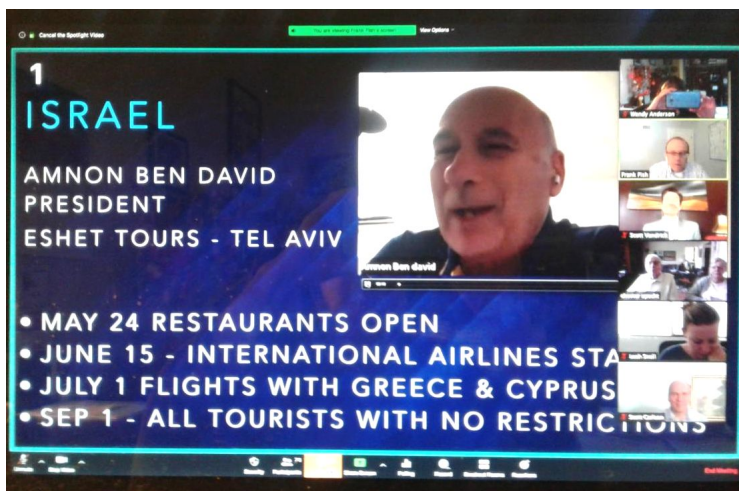
Christian saw the amount of travel



Christian says the amount of travel will be impacted this summer by the amount of funds people have. Also during the last 4-5 years sustainable travel has been popular even though it costs a bit more, but he thinks that market segment will suffer and be pushed back 5-10 years as people want to get back to normal.

Israel: Amnon Ben David with [Eshet Tours](#) Tel Aviv spoke to us from "the same place I've been for past two months - at home." His very optimistic report was that

"Israel is over the corona crisis - school are back, restaurants are back, beaches are full, except for social distancing and masks everything is back to normal." Hotels are opening ready for [Shavuot](#) and many are already full and doing very well. They are going to follow very strict health regulations. The only issue now is international flights at airport. We will allow international tourism within about two weeks from certain countries and by mid-June add more. All the middle east is doing very well compared to Asia, Europe, North and South America. As of yesterday, 100 of 143 airlines that fly to Israel have asked to resume their flights from early June to Sept 1. All tourists will be able to enter by Sept 1 with no restrictions."



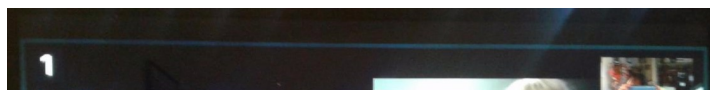
Frank noted he still has a group planning to go to Israel in October and they have their fingers crossed it will happen.

Finally Frank showed a clip from Catherine Prather, President of the [National Tour Association](#) based in Lexington Kentucky. She has been working tirelessly coordinating COVID-19 issues with the government. At one point she was one of three people on a flight from Kentucky to D.C. which really demonstrated to her that "the travel world has stopped."

Catherine's big take-away for us was this: "We need to do a re-set on flexibility. We all want flexibility and choice. Choice was already happening and now we've got to be patient on our choices as things re-open and have different practices. The things we are seeing today may be entirely different tomorrow so we need to re-set on flexibility."

Frank agreed, saying "The way we travel in the future is going to be different so we need to be flexible. When you're ready, we'll be there. We need to decide whether we are going to let the travel industry be market driven or government/policy driven? New paradigm will be that we've ALL had this shared experience. We're all human, we're all mortal, and we all need each other. I hope we bring a sense of wonder and not suspicion. We've never been able to travel so far, so fast, because everybody does their job the way they're supposed to. What wonderful thing. Hopefully we catch that wonder and we keep it."

As you might expect, there was a lively Q and A period:



Q: What about the cruise lines?

A: They've taken a very big step this summer by suspending service into September. Right now there are 80,000 crew members sitting off the coast of U.S. who can't get home. Carnival says they have enough cash on hand to last 15 months so they can step back and bring it back in a responsible and safe way.



Q: We're thinking of doing a driving/hotels trip. Do you think that would be reasonably safe.

A: Yes if you are careful. We are going to see an interrupt policy where they spend a day cleaning rooms between guests. Next the next two to three weeks are going to be critical as we see what lessons are learned in Europe.

Q: What about trips scheduled this year? Is that a good idea or should we reschedule?

A: When was the trip booked? When will the airlines let you get out of your reservations? There are different rules for each one. We have to keep our ears to the ground but I think things will start to open up and we will have more comfort level.

At the end of the presentation, a very impressed **Centennial President Scott** suggested that **Frank** consider taking his show on the virtual road and present to other Rotary clubs.

Next week: Are you ready for some good news? **Shel Capeloto** will talk about Caring Little Hearts with our sister club in India and his trip to visit them. And remember, said **President Scott**, even if we're cocooning at home, we have the power to connect the world.



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

A MESSAGE FROM CO-CHAIRS, PRESIDENT ELECT ELECT CORY BRENDDEL 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.**

INNOVATION & REINVENTING – Print Spot

Wende Lee of the Print Spot is making a PolioPig donation and sharing her company's focus on an innovative effort in her home-town of South Pasadena.

Wende collaborated with the South Pasadena Chamber to communicate and coordinate which



We are OPEN

HOW TO PLACE AN ORDER:

Text 000.000.0000

Phone 000.000.0000

Email 000000@0000.com

HOW TO PICK UP

Personalized Instructions



businesses are "virtually: open, which businesses are "taking orders" and which businesses' are closed until further notice. (see sample left)

Last Friday they put the first round of signs up, with coverage by the local paper. Print Spot created, printed and delivered all the signs Pro Bono. Call Wende if you need an open/close sign for your business, it's free to Pasadena Rotarians.

They also coordinated with the South Pasadena High School, and created and printed 340-yard signs to say congratulations to the seniors. They provided this at a minimal cost.

With this 180 turn, the Print Spot is working on "reinventing" themselves and cater to what may become a less-printing world. So banners, signs, flags, etc. are now their focus along with bulk mailings. [CONTACT WENDE](#)

What have you been up to? Write to us and let us know!

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, and Mary Chalon, 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...](#)



District 5300

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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175 NORTH OAKLAND AVENUE | PASADENA, CA 91101

YOGA BY KEN

Chair Yoga Poses & Exercise by Past President Ken Hill

Exercise 5:





Exercise 5 - This is the same exercise as Michele demonstrated in Exercise 4 except you will not hold the back of the chair.

With your hands by your side, place your right foot on the chair seat. Then step up onto the chair raising your hands out front for momentum and balance. Repeat 3 to 5 times. Try to keep your back as straight and upright as possible.



Repeat the exercise 3 to 5 times on the other side. Left foot on chair, step right foot up and down. Remain mindful of your back keeping it straight and strong. Good for strengthening the legs and improving balance.

Happy Birthday To These Rotarians!

Frank Waterman

May 23

Ken Henning

May 23

Sonia Amin

May 25

Upcoming Program

June 3

ELLEN SIMON - How I Became A Blackbelt.

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

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 The University Club
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 Pasadena CA 91101
 *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.

Visit our website www.pasadenarotary.com



See you on Wednesday!

