



PASADENA ROTARY CLUB
ROTARY INTERNATIONAL

SPOKES NEWSLETTER

DISTRICT 5300 * Rotary Club 794 * May 29, 2020 * #630
Stay up-to-date at www.pasadenarotary.com

This Week's Program

Speaker: ELLEN SIMON

Executive Director HEAR Center Pasadena

Topic: "How I Became a Black Belt"



Ellen Simon, Executive Director HEAR Center

Speaker Introducer: Leah Snell

Song Leader: Don Andruess

Inspiration: Terry Masango



You're invited to a Zoom meeting.

Topic: Pasadena Rotary Club Weekly Meeting

Time: June 3, 2020 12:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/84936886724?
pwd=QVIQYjdTL0lzT2dDNHh6QnpMaGJpUT09](https://us02web.zoom.us/j/84936886724?pwd=QVIQYjdTL0lzT2dDNHh6QnpMaGJpUT09)

Meeting ID: 849 3688 6724

Password: 187706

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



This week was touched with sadness and inspiration.

Sadness because on Tuesday, our long-time friend and Rotarian, **Jack Bonholtzer**, passed away. Our thoughts and love go out to his wife, Joan, and all of his family. It has been reported that there are currently no plans for a memorial or service, and Joan has requested *no flowers*. As more information comes in, we'll pass it along to the membership. Working with Jack throughout the Pasadena Rotary's Centennial Year was one of the highlights of the year, and he will be deeply missed.

And inspirational because of the amazing work of Past President

Shel Capeloto and K. Sara Saravanan of sister Rotary Club of Madras South through our Global Grant project, Caring Little Hearts. Shel's presentation, and his uplifting slideshow of his time in India this year touched the heart of everyone at this week's meeting. "This is what being at Rotarian is all about," said Past President Shel. And I couldn't agree more. Thank you for your service, Shel.

As we move into June, please **SAVE-THE-DATE** for Wednesday, June 17 at noon when I preside over my last meeting as the President of Pasadena Rotary Club. I look forward to acknowledging many of those members who supported the success of Pasadena Rotary's Centennial Year. We've done some amazing things together, and I'm incredibly grateful for all of you.

I'm excited about the just-announced 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. Please plan to join us.



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, June 2, 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.

We remain united as the Rotary Club of Pasadena – and I'm so proud of that. Let's keep connecting our world.

Yours in service,

A handwritten signature in blue ink that reads "Scott". The signature is written in a cursive, flowing style.

President Scott, 2019–2020



President Scott starts the meeting

No one expected our Centennial Year to turn out this way. Another Wednesday during the pandemic and we're getting better at a virtual meeting over Zoom. Surprise silver lining: One of the speakers was K. "Sara" Saravanan, Immediate Past President of our sister club, Rotary Club of Madras South in India. He joined us from 9,000 miles away where it was 12:30 AM on Thursday.

Sadly, we learned that Past President and long time member **Jack Bonholzer** passed away this week.

Ross Jutsum, celebrating his citizenship 16 years and 1 day earlier, lead us in singing "*Proud to Be an American*" by Lee Greenwood.

Wendy Anderson gave the inspiration, speaking eloquently about Rotary Family and ending with a quote by Winnie the Pooh. "*Any day spent with you is my favorite day. So, today is my new favorite day.*"

President Scott Vandrick will be giving out awards on June 17 to thank the many people who made the Centennial Year a success. He will let you know if you are getting one. There will be a rehearsal because we haven't given awards on Zoom until now.

Speaking of Zoom, **Frank Fish** announced that there is a mandatory update that you need to install if you use Zoom on a mobile device. Otherwise, it won't work after May 31. If you use Zoom in a browser, no action is necessary.

Past President Roger Adams is recovering well from outpatient surgery.

Scott Carter donated to the Polio Pig to announce that he retired from his psychiatric practice on April 30 to travel more with his wife. His timing may not have been ideal.

Jan Sanders announced that Rotary Readers will meet via Zoom (of course) on June 1. They will discuss "*Becoming*" by Michelle Obama. In addition, they will choose the books for next year. If there is a book that you have read *in its entirety* that you want to submit, please contact Jan for the form and attend on Monday.

Sandy Goodenough donated \$200 to the Polio Pig to announce that her father came home from the hospital where he had been for a month battling Covid 19. Sandy's parents have been married for 73 years.

Immediate Past President Mary Lou Byrne donated to the Polio Pig to congratulate President Scott for crushing it this past year.

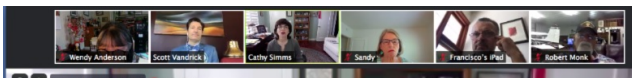
She also announced that demotion will take place on Wednesday June 24th at 6 pm on, you guessed it, Zoom. The University Club will have a special takeout menu. If you want to be part of the show or if you have fabulous technical expertise to help with the Zoom aspect, contact [Mary Lou](#).

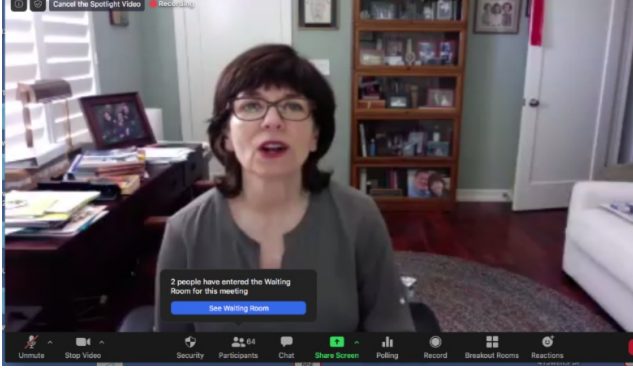


Song Leader Ross Jutsum

Past President Cathy Simms

introduced Past President Shel Capeloto. She got to know Shel when he succeeded her as





Speaker Introducer, Past President Cathy Simms

got to know Shel when he succeeded her as chair of the International Projects Committee. During Shel's presidency, Pasadena Rotary joined in a Global Grant with our sister club, Rotary Club of Madras South, guided by Shel's co-speaker from India, K. Sara Saravanan.

Shel noted that International Projects is broader than just the Global Grant. Our club sponsored 6 major International Projects during the Centennial Year.

Our Global Grant project was Caring Little

Hearts, which provides surgeries in India for children with congenital heart defects. A Global Grant is awarded for a minimum of \$30,000. The Rotary Foundation matches cash raised by the club by 50% and District dedicated funds by 100%. With the various matching funds, we were able to provide the surgeries for only \$90 a surgery.

K. Sara Saravanan is the Immediate Past President of Rotary Club of Madras South, India. Sara, on the ground in India, managed the implementation. With his accounting expertise, he completed the intensive reporting for the Rotary Foundation on how the money was spent. Sara was also responsible for developing the project. He had a heart attack and, as a result, met the heart surgeon who performs all the surgeries. He also brought in the Indian sponsors who cover the ancillary costs.

Shel had the opportunity to travel to India on February 26 – March 3, returning to the US just in the nick of time. While there, he stayed with members of our sister club. There were photos of him (see above) at the bedside of the 7-year-old girl who was the 300th recipient of the surgery. She had only had the surgery the day before. Then it was on to the celebration of the 60th "Diamond" anniversary of the Rotary Club of Madras South.



Co-Speaker – K. Sara Saravanan



To end the meeting, President Scott told us that each of us has the power to connect the world and to go out there and use it.

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

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

Times have changed, and your DIAD co-chairs Cory Brendel and Mary Chalón realize that DIAD can change also. We don't have to sit and nostalgically recall the good old days.

ANNOUNCING the Weekly It Only Takes One Rotarian DIAD Report. Submit to Cory or Mary a brief mention and photo for Spokes of what you are individually doing. We all want to know, and 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.

WHAT'S UP KATHY & JIM MEAGHER?

Kathy was volunteering at Our Lady of Guadalupe School in Rose Hills, a very poor section of LA. First graders, age seven couldn't read, because they don't have the basic sight words.



Sight Words: According to Kathy, this is how they teach reading



Jim & Kathy Meagher with Ms. Coco.

French Bulldog/ Chihuahua mix from Adopt-A-Pet that Fiona Cameron suggested. Ms Coco they think is 2 years old but visits the vet on the June 6. She does a slow waddle as she walks which Kathy says is actually good for the senior citizens walking her. She sleeps most of the day, Kathy is thinking "diet" and Ms Coco is learning to climb the stairs in their home. She's a cutie, doesn't bark and is very polite when meeting new dogs on their walk.

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. Send your ideas to Cory Brendel, corybrendel@sbcglobal.net, and Mary Chalon, mary@parsonsnose.com.

they teach reading. Many words don't have a meaning. House means something, the word "the" doesn't. So children are being taught to recognize and memorize sight words.

With the school closed she volunteered to take her neighbor girls, ages 5 and 3 ½ years old for an hour a week and work on sight words. Parents, Kathy said, don't care if they learn, they like getting a break. Last week they made Peanut Butter cookies and worked on their sight words.

Jim and Kathy also pick up food each week from the University Club to deliver to their "more " elderly neighbors and their priests at Holy Family. Kathy says they are trying to keep busy.

NEW MEMBER OF THE FAMILY – Kathy and Jim just adopted Ms Coco, a





Hey, you! Yes, YOU!

**Save the date for the Demotion of our Time Travelin'
Centennial President, Scott "Zoomerific" Vandrick!**

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!



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

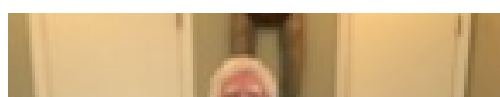
Cauliflower Mac & Cheese, Lemon Zest Heirloom
Carrots, Shallot Port Wine Reduction \$26

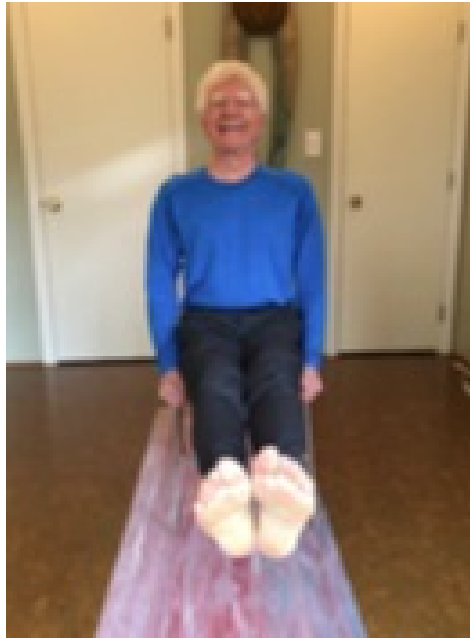


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YOGA BY KEN

Chair Yoga Poses & Exercise by Past President Ken Hill





Exercise 6:

Begin this exercise with your legs straight out and feet on the floor. Hold the chair for support but do not use your arm strength for the exercise if at all possible.

Bend your knees, pulling them into your chest as tightly as possible.

Straighten your legs out in front of you putting your body in an L shape (upper body vertical, legs horizontal). Lower the legs to an inch off the floor. That is one cycle. Repeat 3 to 5 times. Throughout the cycle keep lifting your chest to avoid strain on the low back. Very good for strengthening the abs and quadriceps.

Happy Birthday To These Rotarians!

Hank Maarse

May 31

Dennis Juett

June 2

Gene Buchanan

June 3

Christle Balvin

June 4

Rotaversaries!

Jon Andersen	6/1/05	15 years
Mark Batatian	6/1/76	44 years
John Foulkes	6/1/94	26 years
Harry Gage	6/1/83	37 years
John Gordon	6/1/85	35 years
Tamia Hope	6/1/91	29 years
Rufus Rhodes	6/1/05	15 years
Julia Shih	6/1/96	24 years

Upcoming Program

June 10

TEACHERS OF EXCELLENCE
FINAL TIME MACHINE - What Does Our Future Hold?

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.

Visit our website www.pasadenarotary.com



See you on Wednesday!

