



# the CLARifier

## CLAREMONT ROTARY NEWSLETTER

SERVICE ABOVE SELF

Claremont Rotary Year 92 | Week 4 | January 24, 2020

### Program: Pilgrim Place CEO, Ron Bolding

*submitted by Harry Sparrow*

Our program this week was a presentation by Ron Bolding, President and CEO of Pilgrim Place. Mr. Bolding was introduced by Honorary Member, **Rizek Abusharr**, a resident at Pilgrim Place.



Mr. Bolding was appointed to his current position October 1, 2019 after serving as interim president and CEO for 8 months. He is a native of Los Angeles. Upon graduation from Ripon University with a BA in Economics and History, he entered the US Navy serving for 28 years and retiring with the rank of Navy Captain.

Following his military career Mr. Bolding worked in management of health care institutions. Most recently he completed 12 years as President and CEO of Inter Valley Health Plan, a senior health plan headquartered in Pomona, California. As a result of this job, he and **Chuck Cable**, former CEO of Hillcrest, became colleagues. And of course, Ron knows Honorary Club members **Butch Henderson** and **Rizek** who live at Pilgrim Place.

Mr. Bolding began his presentation by discussing planning for retirement. He said that we all should (or should have begun to) plan for retirement as early as possible in our working careers. However, he noted that only 14 percent of Baby Boomers have a written retirement plan. This group is composed of 70 million Americans who, collectively, have a net worth of \$2 trillion.

Ron said that attitudes regarding retirement have changed as people have begun to live longer. Average life spans today are 82 for men and 86 for women. Mr. Bolding pointed out that the Greatest Generation, the one before the Baby Boomers, includes over 70,000 centenarians. He said that he recently sat at a table with four residents all of whom were older than 100.

This led Mr. Bolding to outline the retirement options that all of us have. These include:

1. *Aging in Place*, which advises a personal evaluation of Stay at Home Support Services and Community Senior Services (Real Connections or Village Concept)
2. *A Retirement Community*, which may include three tiers of service:
  - Independent Living
  - Assisted Living
  - Continuing Care Residential Communities (CCRCs) which include the above and skilled nursing.

Pilgrim Place is a CCRC. It is well over 100 years old. It was founded by Helen Renwick, a well know Claremont philanthropist; our community library is named for her, as is Renwick House, her historic home at 211 N. College Ave. She donated the five tracts of land where the Claremont Missionary Home was established in 1915. When it was founded, the purpose was to provide a

*Continued on page 4*

### Graber Olive House Tour

You're going to wish you had joined us! A group of Claremont Rotarians had a great time taking a tour of the Graber Olive House on Sunday with Cameron's mother, Claire, a docent there. We learned a lot about why Graber Olives are so differently delicious. Read more and see more pictures on page 5.



## CLAREMONT ROTARY: THE MEETING submitted by Lark Gerry

Club President **Cameron Troxell** gaveled the meeting to order, **Jerry Goldman** led in the Pledge of Allegiance, and **Chris Shaner** conducted *Smile and God Bless America*. **Don Gould** staged an intervention at the keyboard.

### WELCOME GUESTS

**Susie Ilsley** introduced guest Wayne Wright, who brought his friend Alexander Ruiz, founder of Link Educational Institute housed at the Old Schoolhouse. The institute provides students with educational support through tutoring and group classes.

**Ian Standley** (PP), introduced Matt Mori, Cubmaster for Pack 408 Claremont.

**Jim Marchant** introduced his guest Mary Segawa, Consultant and Educator - Public Policy and Substance Use Disorder Prevention. She is a past president of the Rotary Club of Lacey, WA.

### ANNOUNCEMENTS

Services for Jackie Stickels will be held on Feb. 1st at 9:30 am at 811 N. Mountain Avenue in Ontario followed by a reception at her daughter Carol Bradford's house. Jackie and her husband Jim (President 1988-89) were active for many years in Claremont Rotary, as memorialized in the James Stickels New Member Award, most recently earned by Susie Ilsley for '18-19.

**Together We Prepare** is scheduled for February 19, 20, 21. **Rich Laughton** pointed out that sign-up sheets are on the tables. It's an all-club event and all hands are needed, especially on Friday, Feb 21. Sorry (but thankfully), Wednesday Feb.19th is full!

**John Howland** - the Rotary Work Day @ Rancho Santa Ana Botanic Garden will take place mid- March. Stay tune for further information.

**PDG Sylvia Whitlock**, will travel to India in February to work with teachers at the [PACE Piyali School for Girls](#) near Kolkata. She has also accepted an invitation to travel to Abidjan on the Ivory Coast of Africa in April.

### VOLUNTEERS NEEDED

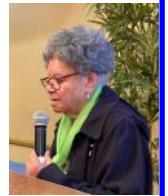
Cameron encouraged members to find time to help with two important initiatives. We need volunteers to sign in residents in the evening for the Claremont Homeless Advocacy Program (CHAP) at the Friends Meeting House at 727 Harrison Avenue. The program depends on volunteers. Please read this recent opinion article in [the Courier](#) for background.

Rotarians are also welcome to serve lunch at one of the Senior



### Inspirational Thought for the Day

**PDG Sylvia Whitlock** presented quotes from Dr. Martin Luther King in celebration of him as a leader and champion for civil rights:



*Our lives begin to end the day we become silent about things that matter.*

*The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.*

*Change does not roll in on the wheels of inevitability, but comes through continuous struggle.*

*Love is the only force capable of transforming an enemy into friend.*

*Be a bush if you can't be a tree. If you can't be a highway, just be a trail. If you can't be a sun, be a star. For it isn't by size that you win or fail. Be the best of whatever you are.*

Centers for the Claremont Senior Nutrition Program.

Our Club supports these programs with funds, but hands-on workers are needed too!

For more information, contact [Anita Hughes](#).





## Spread the Fines, Sergeant Nona Tirre

**Cameron Troxell** was fined for cutting the sergeant's time short last week!

Tongue learily in cheek, Nona fined **Ned Paniagua** was fined in recognition of his skill at doing amazing implants.....dental implants that is! **Chrissie** was wondering for a moment! Well played, Nona!

**Anita Hughes** was called out for slowly following a woman walking her dog on Scripps Dr. She explained that there is a speed trap on that street...please slow down when driving there!

Also in Nona's Scripps neighborhood, **Bernadette Kendall** recently took on a on a house that had been on the market a long time, which she then sold in a snap. She was fined for exercising her wonderous real estate skills!

Felix Villanueva and Corina Christiansen paid the pig for attending the club board of directors meeting in an effort to check off their Red Badge "to do" list. As if attending a board meeting weren't fine enough!

**Buff Wright** was fined for her special Clarifier edition plea soliciting volunteers for the Clarifier editor position.

**Peter Weinberger** paid up for a wonderful program presentation. No good deed goes unfined!

**Lark Gerry** was fined for stepping up to serve as the newest member on board of directors.

**Arman Arian**, as predicted, was fined for the great marketing spread in the Courier as part of Peter's new merchant of the week program.

**Zoe TeBeau** took the fine opportunity for a shameless self-promotion of her upcoming estate sale!

**Chuck Cable** was fined just because!

**Don Ralls and John Allen** were fined for the chaos in their merging offices- What is going on with your furniture?

**Nona** wrapped up a la Coleman, Did you hear about the joke regarding peanut butter? I am not going to tell you, because I am afraid you might spread it!



## 3 Truths and a Lie

Today's Contestant:

**PEEE Jim Marchant**



1. I was interviewed by the BBC regarding the 1992 Presidential Election, before Bill Clinton defeated George H. W. Bush. (Why?)
2. When I was in high school I played basketball against both Magic Johnson and Kevin McHale. (Note: he didn't say he won!)
3. I am related to a actor Rob Lowe, who was initially famous for his movie career and more recently for his work in television (West Wing, and Parks & Recreation).
4. I once drove a limousine from San Francisco to Lake Tahoe wearing a chauffeur hat while my boss and his friend drink and smoked in the back.

After several wrong guesses. Jim said "#3 is the lie...I may have his good looks, but I am NOT related to Rob Lowe, who is not Canadian." The Lowe name is in the family, however.

## January Board meeting

With Corina Christiansen and Felix Villanueva in attendance to keep the Directors in line, the Board met on January 21 and reviewed financial reports and discussed a request for funding from a CHS student for the Lymphoma and Leukemia Society. The Board matched the \$200 donation received January 10 from the El Roble Interact with a \$300 donation from our foundation. The Board is examining ways to resolve an operating deficit created by cost overruns from the 90th Anniversary and Holiday parties. Stay tuned!

**New Director Lark Gerry** was approved by the Board to complete **Jim Marchant's** term, which expires in June 2022. Welcome Lark!

21st ANNUAL ROTARY CLUB OF CLAREMONT



# TASTE



CLAREMONT APRIL 25 5-9 PM

**SAT, APR 25 AT 5:00 PM - 9:00 PM**

## Pilgrim Place, continued

place where missionaries who had served around the world could retire.

Mr. Bolding said that the typical CCRC is a community of people, largely over 60, that provides 3 levels of living – independent living, assisted living and skilled nursing.

Independent living is where the individual is living in a home that they have “contributed to” and they are largely responsible for their own day to day living. The costs of living at Pilgrim Place, are based on the square footage of the residence; there are both standalone homes and apartment residences. the 2020 rates for this service are approximately as follows. The most common size unit is 1000 – 1200 square feet, for which the non-refundable fee for a couple is \$285,388 - 342,465 with a monthly fee range of \$3,946 - 4,362. The monthly fee includes rent, residential fee and dining fee. Residents pay directly to companies providing gas and electric utilities, cable/satellite TV and phone service. There is another more expensive option where 50 percent of the buy-in fee is refundable upon leaving the community.

CCRCs include another level of living called assisted living (AL). In this instance the individual is living in a facility, not an individual residence. In this situation, the staff of the CCRC can provide health care for the residents and it includes dining services. AL staff are well positioned to conduct on-going assessments of how well the individual residents are doing. At Pilgrim Place the assisted living options include two different facilities, Friendship Court and Pitzer Lodge.

If a resident’s health begins to fail and the required care is more than the individual’s partner can provide, a skilled nursing level of care is available. This kind of service not only benefits the individual with the health issue(s), but it makes it easier for the partner; Mr. Bolding said that when a couple does not have a skilled nursing service, it can take a heavy toll, both emotional and physical, on the care-giver. He said the “dire” perspective on what “nursing homes” are like and what occurs there, is shifting as a result of the concept of skilled nursing at a CCRC. He said that the point of skilled nursing is to uplift life, not to give up on life. CCRCs promote overall wellbeing as residents age.

Mr. Bolding said the residents at Pilgrim Place, as at most CCRCs, come from a wide range of life experiences. There are still some residents at Pilgrim Place who are retired missionaries, but for some time they have welcomed folks who had careers in the non-profit sector and are socially conscious activists. He said that this mix of likeminded residents creates a nurturing environment. He used the metaphor of a single hot coal off to the side of a barbecue versus a pile of hot coals. The single coal quickly loses its heat/energy while



the pile creates a sustained source of heat/energy. His point is that bringing together people with a variety of experiences and a sense of social activism creates a community that contributes to sustaining itself.

He enumerated several reasons why people should consider living in a CCRC.

- Friends and a built-in support system, including activities that are intellectually stimulating for healthy aging
- Freedom from the responsibility of home up-keep and the burden of finding reliable maintenance people
- Good nutrition and exercise, including access to health and wellness programs, an exercise center and swimming pool, and
- Access to health care through the continuum, providing a safety net

Mr. Bolding wrapped up his prepared presentation by posing the rhetorical question, “What are you preparing for?” and then added some thoughts about why Pilgrim Place is worthy of our consideration.

Afterward, he took questions from the audience.

- What are the costs at Pilgrim Place (PP) if you are single? He said they are about 60% of the numbers he shared earlier, but the monthly fees are less, perhaps 50 percent.
- What is the age range of the PP residents? Entry age is 62, but sometimes a spouse will be younger than that. So the age range is from 55 to over 100.
- Does PP allow adult dependent children? It does not. There are other facilities that might.
- How many residents are there at PP? About 350.
- Are there programs that interact with the academic community? Yes. The Napier Project involves interaction between residents and students in the Claremont Colleges. There are other world-wide connections. In addition, the local high school has kids come to PP monthly to assist residents with their computers among other things. *And, by the way, our club is seeking to involve residents in reading to young children.*

Thank you for your service, Ron Bolding!



## Graber Olive House Tour



Graber Olives has been producing tree-ripened olives since 1894. We were given a tour of the processing facilities. This functioning plant looks like an antique. Much of the equipment dates from the 1920's! Newer machines are more likely to break down.

Claire told us that Graber olives are allowed to mature on the trees to a cherry-red color which denotes tree-ripeness. The cherry-red colored and tender tree-ripened Graber Olives are carefully hand picked, sorted by size in a vintage mechanical structure and cured in 550 covered concrete vats for three weeks without being oxidized like other olives. The recipe is a family secret.



And off we went!. At left is the structure that sorts the olives by gently dropping them into boxes by size. Then they move on, with more human intervention, to the curing process, in vats, as shown at left below.



After the curing and canning processes, the olives are of varying shades of nut-like colors.



Last, the labeling machine at right. Next stop, your mouth!

*Retired equipment is not much different from the current.*



Olives drop into the basin above and are hand-scooped into the holes where the cans wait. The cans then proceed to the Panama Paddling Packer Can Closing Machines. (below) Cans are filled with water at 200 degrees, and the paddles squeeze out excess water and steam as the lids hermetically seal each can! Then they're rolled into a boiler that sterilizes them under steam pressure.







**Cameron Troxell**  
Claremont Rotary  
President  
2019-2020



## UPCOMING PROGRAMS & EVENTS

Jan 31	Political Situation in Spain, Juli Minoves-Triquell
Feb 7	Bringing High End Cancer Care to our Community Dr. Larry Wagman, City of Hope
Feb 14	4-Way Speech Contest
Feb 19-21	Together We Prepare, El Roble Intermediate School (sign up with Rich Laughton)

### Photo of the Week



Photo by Cameron Troxell on an early morning hike near the top of the Wilderness Trail



I took this photo.  
I'm hoping to take  
the trail in the dis-  
tance some day.

Move over  
Steve and  
Peter!

Actually, they weren't  
on the trail....



### Bacon Bits

Let's fill up the pig!

### On line:

Information about the club and back edi-  
tions of this newsletter are always available  
on [DACdb](http://DACdb) and [www.claremontRotary.org](http://www.claremontRotary.org)

### Join us on Facebook:

[www.facebook.com/RotaryofClaremont](https://www.facebook.com/RotaryofClaremont)

Club [Bylaws](#)/[Policies](#) are posted for  
member access on DACdb

### January Birthdays

Frank Hungerford 1/16  
Anita Boling 1/17  
Butch Henderson 1/21  
Chuck Cable 1/22



**Notes:** Lark Gerry (meeting), Harry Sparrow (program). Photos: Steve Schenck  
**The Claremont Rotary Club meets at the Claremont DoubleTree on Foothill at 12:10pm**

Sergeants committee  
meets every Friday at  
11:30 AM in the  
Orchard Lounge at the  
DoubleTree Hotel  
and anyone  
with information to  
share is welcome!!

### Clarifier Committee

Bill Burrows  
Mike DeWees  
Lark Gerry  
Bobby Hyde  
Jim Lehman  
Steve Schenck  
Chris Shaner  
Harry Sparrow  
Peter Weinberger  
Buff Wright, editor

