

The Wheel

The Official Newsletter of the Rotary Club of Glendora



May 6, 2025



Club Meeting

Glendora
Meets at Peppertree Cafe
1020 E Rte 66
Glendora, CA 91740
Time: Tuesday at 08:00 AM

Club Leaders



Rudy Hayek
President



Kathleen A. Clark
President-Elect
International Service Chair



Jane Adair Bock
iPast President



Kathy Boyer
Secretary



Steve Sciarba
Treasurer



Joseph Cina III
CCO-Club Comm. Officer
Club Director
Public Image Chair



Gary L. Boyer
Special Projects



Christine S. Storm-Smith
Club Director



Susanne Kallis-Hayek
Bulletin Editor



Dennis M. Franklin
Programs Chair
Club Director
Membership Chair



Craig Henderson
Rotary Foundation Chair



Lisa Frank
Club Director
Club RYLA Chair
Youth Service Chair

Events

In Memory of PDG Sal Briguglio

By Susanne Kallis-Hayek

The Rotary world is saddened to learn of the passing of Rotary District 5300 Governor, (2001-2002) Sal Briguglio. Sal was a member of the Rotary Club of Rancho Cucamonga. He was a well-respected attorney with a private practice in the same city. Rudy and Susanne Hayek had the honor of working with him in their roles as 2007 district conference co-chairs. Sal provided a steady hand and valuable guidance on all contracts negotiated on behalf of the district. He was an intelligent, hard-working, calm and helpful Rotary leader. God speed Sal, and sincere condolences to your family.



For information on services, kindly follow this [link](#).

The Heart of the Matter: Strategies for Cardiovascular Health

By Susanne Kallis-Hayek

The Club was grateful to learn about cardiovascular health from Dr. Lucia Schroeder-Hart, DO MPH this past Tuesday.

It is an important topic as evidenced by the following statistic: Heart disease and stroke claimed more lives in 2021 than all forms of cancer and chronic respiratory disease. While much of her information was sobering, it was also inspiring to learn that 80% of heart disease is preventable through lifestyle changes.

Cardiovascular Disease includes coronary artery disease (a disease of the arteries that supply the heart with blood it needs to function), heart failure, stroke and arrhythmias. It is caused by plaque building up, inflammation, hypertension, and poor vascular function.

When assessing cardiovascular health, the following "Essential 8" points are used:

1. Not smoking
2. Physical Activity
3. Healthy Blood Pressure
4. Healthy Diet
5. Healthy Body Weight
6. Sleep Health
7. Control of cholesterol
8. Healthy blood sugar levels

Moderate aerobic activity of only 150 minutes/week can reduce cardiovascular mortality by 20-30%. This amounts to a scant 21 minutes/day. Examples of aerobic activity include brisk walking, swimming, running, cycling, jump rope, heavy cleaning, and gardening to name some.



Events

May 14 Cuisine of the Foothills
Field of Heroes July 3-6
Movies in the Park:
July 11
July 18
July 25
August 1
August 18

Programs

5/13 Gino on AI
5/20 Steve G on History of Women
in Rotary
5/27 Mental Health: Andrea
Guzman LMFT, "Talk Saves Lives"
6/3 Sara Beemer Craft Talk
6/3 Final BOD meeting for 2024-
2025 Rotary Year
6/10 Dark in the Morning;
Demotion in the Evening
6/17 Mike Antenessi Craft Talk
6/24 State of the Club Presentation
from Outgoing Board & President
Rudy

Birthdays

Falamack Zaltash
May 17th
Christine S. Storm-Smith
May 21st
Gene Morrill
May 31st
James Nakano
June 8th
Dan Tran
June 9th

Hypertension is also extremely important to control. It is called the "silent killer" because there are no symptoms in general. While death is a very undesirable outcome, a stroke from hypertension is also extremely undesirable and can result in severe disability. It is very important to own a blood pressure measuring device and check it regularly. Many of us have some higher pressure when we visit the doctor. If we have a chart of normal at-home measurements, this is very helpful.

Dr. Schroeder recommends the "DASH" diet for aiding in the control of hypertension and lowering cholesterol. This can easily be googled with many charts available online. The DASH diet limits salt intake; it is also advised to limit alcohol consumption. The latest research suggests that there is no true benefit to alcohol, and no truly "safe" limit of consumption.

Dr. Schroeder also advised that a new test called the Lp(a) is very helpful to determine cardiovascular risk. It costs about \$150 out of pocket as many insurances don't cover it yet but she feels it could be very useful if you have a family history of premature cardiovascular events, a known family history of high Lp(a) or Familial Hypercholesterolemia.

Dr. Schroeder gave a wealth of interesting and helpful information. If any club member would like to have an audio file of her talk, I can provide that.

2025 Rotary Club of Glendora Demotion



YOU ARE INVITED TO THE

G L E N D O R A
R O T A R Y
C L U B

DEMOTION

DINNER

JUNE 10, 2025

6PM

1631 S. Westridge Ave. Glendora

Dinner, Drinks and Dessert provided

If you would like something special to drink
you may bring it.

RSVP

We need a head count to order food

Jane Bock at: janebock@aol.com
by: June 1, 2025

Best "Thank You" Ever

The Glendora Rotary Club has awarded countless mini-grants and has received many thank-you notes. We have appreciated them all, but for the first time ever, we have received a thank-you in the form of a song!

The song is an example of what AI music writing software is capable of. It was created by Jerry Grivard, the recipient of a teacher mini-grant for his project entitled "Artificial Intelligence for Individualized Music". He created it to show his appreciation and to show us what the funds are being used for in his classroom.

You can find the song on the club [YouTube](#) channel or on our [Facebook](#) page.

Fines & Meeting Notes

Guests and Visiting Rotarians

The club welcomed Tim Moore, President-Elect of the Monrovia Rotary Club, and Capt. Shelly Gold.

The guest speaker today was Dr. Lucia Schroeder, DO, Internal Medicine Resident at Arrowhead Regional Medical Center on the topic of Cardiothoracic Health.

Foundation and Pauline, "that's one fine Pig" Update



Foundation Director, Craig Henderson, reports that the club is \$8,045 in donations towards the goal set of \$10,000. Only a few months left in the Rotary year so get those donations in. Keep in mind, the best way is "Rotary Direct", monthly online contributions on rotary.org. The Polio Plus Goal was exceeded by \$276 so donations to Pauline will benefit the Glendora Rotary Charities for the remainder of this Rotary year.

Family of Rotary

A Memorial Service will be held for Gordie Norman on June 6 at 11AM at the One & All Church in San Dimas. Gordie was a long-time member of the Glendora Rotary Club and well loved around the District as well.

Fines & Recognitions: \$323 Raised in April for Club Charities Budget

- Falamak paid to say "Good Morning" to the club.
- Steve Sciurba had a great trip to Colorado.
- Tim Moore was glad to be here.
- Steve Garrett was back from his trip.
- Kathy Boyer had a great time in Sedona with her long time friends.
- Rudy was happy that Susanne was back.
- Gary Boyer was happy that Susanne was back...thanks for doing the newsletter Gary and Kathy!
- Shelley Gold was happy to be back, when are we inducting that great gal?!
- Mr. Babineau is about to have a new grandson!
- Gene got the cutest note from his grandchild who did NOT miss her parents.
- Lisa had a rewarding experience at the District Corazon Super Build



And last but certainly NOT least: Sheila G. reported on a new study by Harvard/Mass General that eating citrus fruits, especially oranges, can cut depression risk in sizable numbers (more than 20% reportedly)! Ditch the apple and eat oranges! Thank you, Sheila, for this timely information during National Mental Health Awareness month.

Tom Stricklin takes his Craft on the Road

Tom and Elaine, having exhausted all the rock-balancing venues in Southern California and the greater United States, flew to the UK to show them how its done. As you can see by the photo below, other tourists were very taken by his large and ambitious project. Not seen in the photo are the large cranes and a construction helicopter that had to be employed for the placement of the cross members.



Later, having injured his back running from the Bobbies, Tom returned to his usual seaside haunts.

Field of Heroes

Meanwhile, back at home, yard signs are popping up like spring flowers around Glendora. If you have planted one, please text or email a photo to your (somewhat) esteemed bulletin editor for inclusion in the newsletter...

For those on the Field of Heroes Committee, there will be short meeting after the regular club meeting coming up on Tuesday.



State of the City 2025



The 2025 Glendora State of the City presentation was held at a completely transformed and unrecognizable Crowther Teen & Family Center this past week. The gymnasium was transformed into a beautiful dining area complete with a fashionable podium of leather chairs and a faux-plant wall adorned with the beloved city logo. It resembled a talk show more than a city event. Great job to the design team!

The theme of Mayor Fredendall's presentation (and term of office) is "Honoring History, Framing Futures". Hearing his family history as a sixth generation Glendoran and seeing his historic photos certainly gave context to his theme. No one is better positioned to both look back and plan forward.

Enjoying the event were Rotarians Gary and Kathy Boyer, (Gary, happy to be seated in the audience for a change), Rudy and Susanne Hayek, DJ and Beverly Jafari, Bob Kuhn, and Monrovia Rotarian Tim Moore among many others. Outstanding job by Joe Cina and the Chamber of Commerce who hosted the event.

Spartan Gardens Work Day



Another busy work day at the Spartan Gardens...which as you can see in the background is looking very lush and very professional. Great work by Lisa Frank and her Interact Team!

2025 Culturefest

By Gary L. Boyer

On Saturday, May 17, Glendora will hold its annual Culturefest. The Rotary Club of Glendora has volunteered to participate like we have before, in manning the Ancestral Map and the Messages to the World. If you haven't attended, these displays are a huge map of the world in which we have Culturefest attendees place a marker where they think their ancestors were originally from. It becomes pretty impressive and makes for great conversations to see that Glendorans have roots from all over the world and where the dominant areas of the world we all came from are. The Messages to the World Display allows people to write notes that they would like to share with the world if given the chance. These can be very powerful and moving as well as very promising comments.

As a club, we have agreed to volunteer at these two stations, and I am looking for volunteers to help. The event is from 11am-5pm, so I am suggesting three shifts. 10:30am-1pm, 1pm-3pm & 3pm-5pm. I know some of you have already committed, but please let me know when you are available. We absolutely need 2 people per shift, but 4 per shift is ideal and more is always welcome for no other reason than you have the



ability to talk to Glendorans and visitors alike about their diverse cultures. I've had some amazing conversations, as have others who have participated. (Please check your e-mail for Gary's message and RSVP)
