
Rotary

Club of Pasadena, CA

SPOKES NEWSLETTER

DISTRICT 5300 * Rotary Club 794 * July 19, 2024 * #01-0029

www.pasadenarotary.com

EDDIE RIVERA

Heart Disease Doesn't Have to Kill You. Actual Save-Your-Own-Life Advice to Keep You Around a Lot Longer

Introducer: Jasiri Jenkins-Glenn



Eddie Rivera is the current editor of Pasadena Now's *Weekendr* magazine, where he has worked since the fall of 2011.

Over his career, he has written for scores of local and national publications, including the *Los Angeles Times*, *Newsweek's Inside Sports*, *The LA Weekly*, *The LA Reader*, and *Rolling Stone* magazine, publishing nearly 2,000 articles and features in that time.

He has also worked as a producer/director for both KABC-TV, and KCBS-TV.

Born in Los Angeles, he has lived all over the world, including Honolulu, Hawaii; Madrid, Spain; Montreal, Canada, Boston, Massachusetts, and Pesaro, Italy.

He currently lives in Los Angeles.

WEDNESDAY – JULY 24, 2024

UNIVERSITY CLUB OF PASADENA - 12:00 pm

175 N. Oakland Ave, Pasadena 91101

RSVP Deadline: 4:00 pm MONDAY

OVERFLOW PARKING: Pasadena Heritage Blinn House

Enter parking off Madison Ave. - Do not park in any reserved parking space

Reception: Jane Waas & Alan Schier aka Badge Master
Lunchtime Pianist: Ann Louise Christensen
Song Leader: Don Andrues
Inspiration: Janelle Hack
Scout Zone Reporter: Mary Lou Byrne
Photographer: Tammy Silver
Technical: Frank Fish & Scott Carlson
Sergeant At Arms: Robert Lyons

Non-members are welcome - \$45.00 includes lunch

ZOOM is back and opens at 12:15 pm

<https://us02web.zoom.us/j/86515101523?pwd=dHhNZnV5c2ZqbzNQbWthbDNhYlIadz09>

Meeting ID: 865 1510 1523. - Passcode: 667356

UPDATE: EMAIL ADDRESSES

Justene Adamec - justene@gmail.com

Stephen Smith - President@pasadenarotary.com

Simply Stephen Smith's Spokes Speaks

There are 7 areas of focus for RI. They are as follows: 1) Promoting Peace, 2) Fighting Disease, 3) Providing Clean Water, 4) Saving Mothers & Children, 5) Supporting Education, 6) Growing Local Economies, 7) Protecting the Environment. I would like to briefly write about all, but I'll start with #1 for this episode of Spokes and ultimately write about all seven.

Today there are over 70 million people displaced as a result of conflict, violence, persecution, and human rights violations. Half of them are children. As Stephanie Urchick, our RI President has said, Peacebuilding is one of our top priorities, and one of the most effective ways we can build peace is with our Rotary Peace Fellowships, through which peace and development professionals learn how to prevent and end conflict. RI offers fellowships through our Rotary Peace Centers where more than 1,800 Rotary Peace Fellows have graduated.

We, at Pasadena Rotary, are honored to have Frederick A. Findley, as a member of our Global Grant Scholarship Committee. His dedication and tireless work ethic has allowed our club to assist in educating overseas students who are interested in advancing world wide peace.

Stephen D. Smith

President 2024 - 2025

Rotary Club of Pasadena

Cell 310.908.1779



The Scoot Zone

By Staff Reporter Dean Billman

Photographers: Tammy Silver & Mike Bernard

President **Stephen Smith** heartily rang the big brass Rotary Bell to start our meeting on time, introducing **PP Phil Miles** to lead us in the opening song. Phil explained that since the guest speaker was an CSU-Fullerton professor in Psychology, he searched for a relatable song, and turned to his favorite group to guide us in “I’m Looking Through You”, from the Beatles. Accompanying him was The Rotary Spontaneous Jazz Duet who entertained us at lunch earlier, Board member **Don Andruess** on electric guitar and Ann Louise Christensen on electric piano.



Tyros’ member **Nel Varenas** led us in our inspiration, focusing on overcoming adversity, quoting Napoleon Hill, “Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit.”



Induction:

New Tyros member **Stewart Espinosa** presented **Curtis Smith** for membership in the cool Impact Club and mentioned that the Impact Club is for members too busy for lunch meetings but eager to make a difference in Pasadena with good will and service projects, and it opens our membership to younger (and cooler) new members. You might remember that Curtis stepped forward to volunteer to be our audio-visual guy for IPP Justene’s Demotion – even before he was a member! He said, “I feel like I know everyone because I have been coming to the meetings for the past two months!” We all applauded as Curtis received his membership packet from President Stephen,



Guests (President Stephen noted “Every guest has a guest”):

- **Stewart Espinosa** introduced his friend Jonathan Guitierrez
- **Curtis Smith** introduced Thomas Forsyth
- **Alex Oscco** introduced John Campa
- **Vernice Dunn** introduced Kevin Simon, of NY Life in Pasadena
- **Marilyn Buchanan** welcomed David Lee and Daniela Swain, the new people from “Old Pasadena”
- **Jasiri Jenkins-Glenn** introduced Andrea Jennings



Announcements:

- Sergeant at Arms **Robert Lyons** started the announcements section with an “Microphone Etiquette Lesson”, showing the club that the microphone “had to be handled like an ice cream cone, right up to your mouth” and he imagined licking it – which brought a gasp from the crowd, and the next speaker gingerly held the mic that Robert just licked.
 - Tyros **Alex Oscco** announced the President’s Party on August 18th (see below)
 - Impact Club’s **Amanda Pumilia** announced that next week is the end of the school supply collection (see below)
 - **Wende Lee**, Tyros co-chair, pointed out the Tyros table reservation card at each table “to get to know a Tyro member and say hello”
- Badge-master **Alan Schier** unveiled a long string of brass badge add-ons for members to commemorate their service in the club, and **IPP Justene Adamec** claims she is leading in brassiness.
 - **Lisa Cavelier** made a Polio Pig announcement (proceeds to go to the Rotary International Worldwide Polio eradication effort if you make a non-club announcement), inviting us to visit the Pasadena Boys and Girls Club in the next few weeks to see the summer programs to over 700 children – “a lot of good things going on!”
 - **IPP Justene** took us on a tour of our club’s TikTok page (<http://tiktok.com/@pasadena.ca.rotar4>), and in 20 second bites she said we could reach millions of users, most under the age of 35 – and proceeded to show the Impact Club at happy hour – Join the fun!

President Stephen unveiled his Presidential Rotary Club Speaker Gift: a blue Rotary mug, but when hot water is poured into it, our logo and this year’s theme appears: The Magic of Rotary indeed!

He then made an appeal for the club to resource among us for a pop-up tent for local Rotary events, like Done in a Day events to keep us shaded in the sun. When asked for \$20 donations, dozens of hands went up to volunteer to add the \$20 to their bill, while **PP Phil Miles** put cash on the lectern. A quick success.

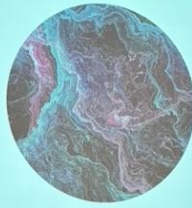
IPP Justene introduced our speaker, Stephan Margolis, whom she had heard at the Altadena Club and was so impressed she asked him to speak today on his topic, “Crisis Decision-making from Terrorism to the Boardroom.” This past weekend of domestic terror and crisis surrounding current world events have made us all pay attention to our surroundings, and we need to learn how to cope with them.



Mr. Margolis had spent his career working with many safety organizations and police departments over 40 years, and he wanted to impart lessons learned on how to deal with a crisis in the moments it is happening and showed us the training information that he uses with police and government agencies. He had worked with NNSA, or the National Nuclear Safety Administration, so he focused on the most important thing to remember – “the fidelity of information” – and the biggest reason for a breakdown in a crisis is “the novelty of the event.”

A primer on
Crisis Decision-Making: From
Terrorism to
Boardrooms

Psychology of Decision Making



Terrorists use novelty to disrupt our standard training, and first responders need to think clearly when something terrible happens, and the first realization is the ambiguity of information and the urgency to do the right thing when there is no clear path. Examples were many: Hurricane Katrina, Challenger explosion, September 11th, LA Riots, Gulf oil spill, and the Exxon Valdez oil tanker spill. All of these were unique events that began outside of current training, and changed how we deal with new events today.

One of the first and last questions that gets asked in these situations is “How do we get things back to the way they were before?” Sometimes there are unintended beneficiaries, like the race to exploit the arctic now that the ice caps have melted. Not every disaster can be put back to the old ways, but we can learn how to stop it from becoming worse.

He ended with the observation that our brains are wired to always be aware of our environment for danger, and that is

the appeal of TV news – “Is this my problem? How do I solve it? Can it affect me? Is the trajectory of the problem coming towards me?”

While a graphic presentation, it was educational and made us think that we need to assess a crisis situation cool and calm while everyone else is panicking, because the correct path may have a unique solution.



L2R: President Stephen, Lisa Cavelier, George Falardeau, Deborah Lewis, IPP Justene Adamec, Stephan Margolis, PP Mary Lou Byrne, Gary Kearney

**MEALS ARE PROVIDED BASED ON
RSVP'S WE RECEIVE**

**CLICK HERE TO
RSVP TODAY**

7-24-24 BUFFET MEAL
Chef Tony, The University Club

Cobb Salad with Toppings
Chicken Florentine with Roasted Pepper
Coulis
Penne Pasta Primavera



Roasted Summer Vegetables
Fresh Rolls and Butter
Dessert of the Day

Indicate if you'll be dining as Vegetarian only

PLEASE RSVP IF YOU ARE ATTENDING!
office@pasadenarotary.com

ROTARY VOLUNTEER OPPORTUNITIES & EVENTS

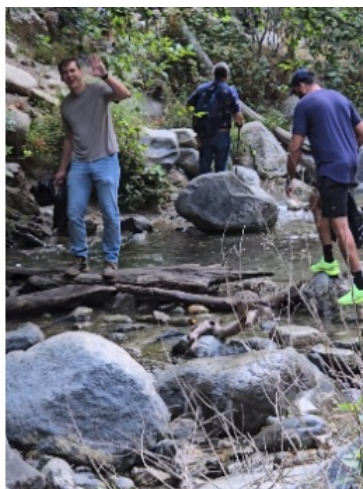
IMPACT CLUB

PHOTOS OF *TRASH PICK UP AT EATON CANYON with Chair Amanda, Stewart Espinosa, IPP Justene Adamec and help from Alfredo.

- **SOCIAL MIXER HAPPY HOUR** with Kirk, Theresa, Alex, Stewart, President Stephen, Samantha, Mae, Chair Amanda, IPP Justene, Shelley, PP Howard & Curtis
- **FRIENDS INDEED SCHOOL SUPPLY PROJECT**

VOLUNTEERS NEEDED

Friday 9/26th at 9:00 am to help sort school supplies
apumilia@yahoo.com





WEDNESDAY

7/24

FINAL DAY FOR FRIENDS IN DEED SCHOOL SUPPLY DONATIONS

Donations will be taken to Friends in Deed on **Friday, 7/26, at 9 am** to help with sorting.

Contact Impact Club Chair Amanda Pumilia with any questions
apumilia@yahoo.com

PRESIDENT

Stephen Smith



105 Pasadena Rotary

PRESIDENT'S PARTY

PLEASE JOIN US PASADENA ROTARY

SUNDAY, AUGUST 18

2087 N ALTADENA DR
3:00pm-6:00pm

Food & Drink to be provided

RSVP DETAILS COMING SOON

POLIO PIG & COMMITTEE ANNOUNCEMENTS AT WEDNESDAY MEETING

ALL ANNOUNCEMENTS MUST BE PRE-APPROVED!

Wish to "Show & Tell" us what you are up to or make an announcement (30 seconds) about your family, business or a favorite nonprofit or a Committee announcement? Email Wendy at office@pasadenarotary.com by Tues at noon. Minimum donation for Polio Pig Announcement: \$20 or for \$30+ which is billed to your account. Additional \$20 if you wish to leave flyers (in a stack on the table not individual) or a hand-out at end of meeting.

7-DAY NOTICE

HAPPY BIRTHDAY!!

| | |
|-----------------------|-----------|
| Dede Venkat | July 19th |
| Claudia Ponce de Leon | July 20th |
| Amanda Pumilia | July 21st |
| Jim Graunke | July 24th |
| Hans Rosenberger | July 25th |

ROTAVERSARY

| | | |
|----------|---------|---------------------------|
| Bob Monk | 7/29/17 | 7 Years + 25 Yrs = 32 Yrs |
|----------|---------|---------------------------|

UPCOMING PROGRAMS

| |
|---|
| July 31 - Deborah Ferrington, Doheny Eye Institute |
| August 7 - Tri Dam - US State Dept. Interpreter - From Vietnam to the US and Back Again |
| August 14 - Patrick Connor, Mixologist - Mai Tai Magic |
| August 21 - Jai Raquel Partida. IG Influencer - How I Have Over 643,000 Followers |

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

Weekly Live Wednesday Meeting by RSVP
University Club Pasadena, 175 N. Oakland Ave.

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Dede Venkat & Gui Bittencourt.

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Making Magic

by doing service

PROMOTING PEACE FIGHTING DISEASE

PROVIDING CLEAN WATER

SAVING MOTHERS AND CHILDREN

GROWING LOCAL ECONOMIES SUPPORTING EDUCATION

PROTECTING THE ENVIRONMENT.



Pasadena Rotary Club
Stephen Smith, President 2024-25

ROTARY CLUB OF PASADENA 2023-2024 BOARD OF DIRECTORS
MEETS the 3rd Thursday of every month at 5pm - University Club of Pasadena

PRESIDENT: Stephen Smith

PRESIDENT ELECT: Hillary Schenk

IMMEDIATE PAST PRESIDENT: Justene Adamec

SECRETARY: Wende Lee

TREASURER: Tony Phillips

**CLUB DIRECTORS: Don Andruess, George Falardeau, Frank Fish, Sandy Goodenough,
J.P. Harris, Debi Kroman, Robert Lyons, David McAlexander, Claudia Ponce de Leon,
Nevino Rocco, Tammy Silver, Dede Venkat**

Rotary Club of Pasadena

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