
Rotary

Club of Pasadena, CA

SPOKES NEWSLETTER

DISTRICT 5300 * Rotary Club 794 * January 24, 2025 * #01-0054

www.pasadenarotary.com

MIGUEL MARQUEZ

"Future Visions of Pasadena"

Introducer: Paul Martin



Before joining the City of Pasadena in 2022, Miguel Márquez served as the Chief Operating Officer of the County of Santa Clara, responsible for all operations of the county, the largest in Northern California.

Prior to his role in Santa Clara, Márquez served as an Associate Justice of the California Sixth District Court of Appeal, as the County Counsel for the County of Santa Clara, as the General Counsel of the San Francisco Unified School District, and as a Deputy City Attorney in the San Francisco City Attorney's Office.

He began his public service career as a Deputy County Counsel in San Mateo County. Márquez has also worked for two private law firms (Cooley Godward LLP and Remcho, Johansen & Purcell), and as a management consultant at KPMG Peat Marwick, where he was part of a national financial and organizational consulting practice.

Márquez's parents immigrated to the United States from México with only a limited amount of formal education. Spanish was his first language, so programs like Head Start were critical to his early education. These formative experiences inspired Márquez's commitment to public service.

A native of Sacramento, Márquez received his law degree from UC Berkeley Law School, his master's degree in public policy from the John F. Kennedy School of Government at Harvard University, and his bachelor's degree in public policy from Stanford University.

WEDNESDAY – JANUARY 29, 2025
UNIVERSITY CLUB OF PASADENA - 12:00 pm
175 N. Oakland Ave, Pasadena 91101
RSVP A MUST - Deadline: 5:00 pm MONDAY

OVERFLOW PARKING: Pasadena Heritage Blinn House
Enter parking off Madison Ave. - Do not park in any reserved parking space

Reception: Alan Schier & Mike Bernard
Lunchtime Interlude: Ann Louise Christensen
Song Leader: Don Andruess
Inspiration: Claudia Ponce de Leon
Scout Zone Reporter: Mary Lou Byrne
Photographer: Tammy Silver & Gui Bittencourt
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=dHhNZnV5c2ZqbzNQbWthbDNhYTladz09>
Meeting ID: 865 1510 1523. - Passcode: 667356



Simply Stephen Smith's Spokes Speaks

Hello Pasadena Rotarians. My wife and I are leaving today (01/24) to arrive back in Altadena. We have been away decompressing from the Eaton fire. We are hopeful our electricity will be turned back on.

I'm sure P-E Hillary did a fine job this past Wednesday and am looking to be back next week. Want to post some statistical information about Altadena regarding the Eaton fire, from LA County fire. (Note that Altadena had over 17,600 structures).

Destroyed - 9,366 total
6,000 single family
97 multi-family
5 mixed (residential/commercial)
153 commercial
3,111 other minor structures
Damaged - 1,062 total
742 single family
28- multi-family
2 mixed (residential/commercial)
32 commercial
258 other minor structures

I have read where the Southern California fires will be the most expensive natural disaster in the history of the United States. The suddenness and severity of this disaster is simply staggering and unimaginable. There are a number of projects that Pasadena Rotarians are working on

which I will report on soon.

District 5300 has created a fund to assist those impacted by the California wildfires. These funds will be distributed in phases. In Phase I the District has allocated \$40,000 to grant funds to distribute to clubs who develop a project assisting people impacted by the devastation of the fires. A zoom meeting will also be held on 01/29. Stay tuned.

Stephen D. Smith
President 2024 - 2025
Rotary Club of Pasadena
Cell 310.908.1779

**ATTENDING THE MEETING -
MEALS & SEATING ARE
PROVIDED BASED ON RSVP'S WE
RECEIVE**

BUFFET LUNCH by Chef Tony Lu

**CLICK HERE TO
RSVP TODAY**

Please **RSVP** if you are attending!
office@pasadenarotary.com



PHOTOS OF THE WEEK



Sandy Goodenough & Richard Schulhof



L2R: Roger Gutierrez, Past District 5300 Governor; Rudy Hayek, President, Glendora Rotary; Kathy Clark, President Elect Glendora Rotary; President Elect Hillary Schenk, District Governor 5300 Nominee Dennis Franklin; and Speaker Sheila Gutierrez

ROTARY VOLUNTEER OPPORTUNITIES & EVENTS



GARBIS DER-YEGHIAN 35TH ANNUAL PEACE Conference



Saturday, January 25, 2025

Registration Check-in/Continental Breakfast 8:00 a.m.

Conference Begins Promptly at 9:00 a.m.–12:00 p.m.

Richard Nixon Presidential Library and Museum

18001 Yorba Linda Blvd, Yorba Linda, CA

Keynote Speaker:

Helen Peacock

Rotary Action Group for Peace Board Member
Chair of Organizing Committee Ending War
101 Founder of Pivot2Peace
Positive Peace Ambassador for the Institute of Economics
and Peace and Justice Network
Chapter Coordinator for World BEYOND War
Distinguished peace advocate and speaker



Engaging Panel of Expert Panelists:



Helen Peacock
Our distinguished
Keynote Speaker



Joe "Peppy" Sciarra
Decorated World
War II Army
Veteran
66 year Rotarian



Paulette Britton
Founder of Autism
Legacy Fund
Rotarian
and Speaker



NJ Yazon
Marketing
professional
NAMI volunteer



Jennie Liang
Student
Engagement
Manager—Child
Mind Institute's
Youth Mental
Health Academy



Lee MacNaughton
ASU Student
NAMI Volunteer
and Intern

REGISTRATION IS NOW OPEN
(includes continental breakfast and a museum tour)

Early bird rates:

Adults: \$45 (\$50 at the door)
Students: \$20 (\$25 at the door)

To REGISTER and for more information, visit the event website at:

<http://district5300.org/peace-conference/>

Scan for
Event Page
and
Registration



Rotary District 5300
District Governor
Michael Driebe



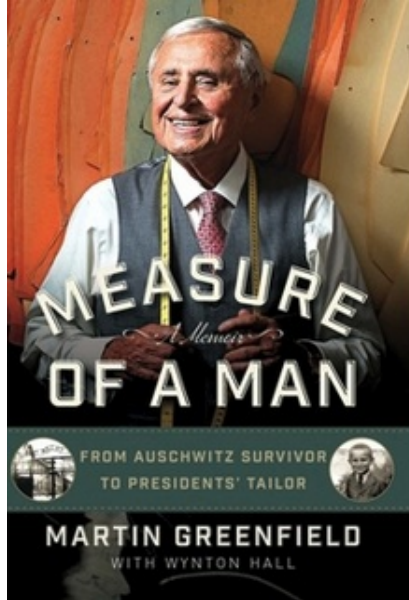
Rotary District 5330
District Governor
Judy Zulfqar



Conference Chair and
Emcee
Rotary District 5330
Past District Governor
Jamie Zinn

ROTARY READERS

Rotary Readers will meet via Zoom on
February 3rd at 6 pm to review
The Measure of a Man
by Martin Greenfield.



Our discussion will be led by Mary Wilson.

For the link to Zoom contact Cathy Simms at simmsie1@pacbell.net.



The Scoot Zone

By Staff Reporter Dean Billman

Photographers: Tammy Silver & Gui Bittencourt

After the devastating urban wildfires in Altadena and Pacific Palisades, California, our guest speaker today was a trauma specialist and a “Clinical Incident Debriefing – traveling to sites to quickly help mitigate future mental health issues for survivors.”

President-Elect Hillary Schenk rang the big brass Rotary Bell to start our meeting promptly at 12:30pm, and she introduced our song leader **Jonathan Edwards** who led us in a hopeful medley of two songs, Jackie DeShannon’s “What the World Needs Now is Love” with the inspirational message “Let There be Peace on Earth” by Jackson-Miller and Sy Miller.

Tyros’ member Ms. **Morgan Nadeau**, honoring the late Dr. Martin Luther King, quoted “We just learn to live together as brothers, or we will die together as fools.” We applauded her choice of inspiration in these trying times.

PE Hillary introduced our guests today:

- District 5300 Governor Nominee Dennis Franklin
- Former DG 5300 Roger Gutierrez, husband of our speaker today
- Glendora Rotary Club President Rudy Hayek and Kathy Clark, Glendora President Elect.
- **Sandy Goodenough** introduced her husband, retired LA Arboretum CEO Richard Schulhof; Sandy pointed out “This is the guy you want to be with in a disaster!” (Sandy and Richard lost their home in the Altadena fires).
- **Howard Raff** introduced Bridget Lawlor, of Pasadena Heritage, who is looking at our Corporate Membership program.
- **Mary Lou Byrne** welcomed former Rotarian and City Business Developer Eric Duysart, now a consultant.
- **PP Mike Farrand** celebrated his wife, Terrie Farrand today.

Announcements:

- DG Nominee Dennis spoke about our District’s and Los Angeles District 5280’s efforts to organize response to the immense needs within our communities affected by the wildfires. The

Districts have created websites to match people with needs and resources, and they are figuring out the rules for grants right now. He spoke of his visits these past two weeks to local clubs, and mentioned how San Marino club invited the devastated Altadena club to visit, and 17 members were received with open arms, with pledges of support. He also mentioned that nationally, Rotary is coordinating with other clubs that have helped in Hurricane recovery on the East Coast, and other recent disasters. He mentioned that visiting local relief centers don't need any more clothes (there is not a real need compared to the donations), and they have accumulated \$21,000 in gift cards, but not sure yet what people need. He did say that efforts are on track for the Peace Conference this Saturday.

Vivian Kambe of Pasadena Community Foundation reported that they were a focal point for financial donations to help the many non-profits who also jumped right in to help – PCF seeded the fund with an initial \$100,000 of their money, and now donations stand at over \$7 million. They have contributed to many local charities who are helping: Pasadena Boys and Girls Club, Door of Hope, Fletcher Center, and Emmon, who collected food and water for over 1,000 people.

- **PE Hillary** announced that the focus of our Community Grants this year will be on Disaster Relief instead of our planned focus on veterans, which seems appropriate right now.

- **PE Hillary** also mentioned that our club sprang into action, even as the fires were first reported – members arrived at PCC for the relief center. With a current evolving inventory of needs and emergency services who are addressing the immediate crisis, she said our role will probably be as “The Second Wave”, helping the very long process of rebuilding.

Photos: L2R: Michael Silver, Phyllis Currie & PCC Trustee Tammy Silver. Congresswoman Judy Chu with PCC President Dr. Jose Gomez with Phyllis & Tammy. Last Photo Tammy with Marilyn Buchanan



Cathy Simms gave us a history and update on our "Caring Little Hearts" Project:

In 2016 Club President Shel Capeloto did our first Global Grant project, and after forming a committee (which included Cathy), they took advice from the San Marino Club who had done a Global Grant and referred a Club from India to possibly work with. Pasadena Rotary with our sister club Madras South Rotary in Chennai India, formed to provide heart surgeries for children with congenital heart disease. Each of the surgeries were for children of very poor families.



"Caring Little Hearts"



Through our first two Global Grants, we completed 401 surgeries. Now through our 3rd Global Grant, 63 more surgeries will be completed. President Shel as well as Cathy and her husband had the opportunity of going to Chennai, meeting with Rtn. Sara, the Madras South Rotarians, administrators of the hospital, surgical staff, family members and some of the children. Cathy says it was a life changing experience. Thank you to Pasadena Rotarians who supported the

surgeries for these children through this Global Grant.

Ellen Simon introduced our speaker today, Ms. Sheila Gutierrez, who presented, "Finding Peace in Anxious Times." She has been a Glendora Rotarian for the past 27 years.

As noted above, Sheila has 30 years of private practice working with individuals, families and group therapy counselling, and as a Critical Incident Debriefing – she had a handout we followed "referencing researched tenants of cognitive behavioral therapy" to help survivors, loved ones, first responders, and grief-stricken witnesses to cope with stress.

- Anxiety and fear
- Grief and empathy
- Guilt and helplessness.
- Trauma and secondary stress



Her four points of recognizing and healing from trauma focused on her main observation: everyone has some trauma in their lives, and grief is to be acknowledged before it can be dealt with, "and the faster to get you to Normalization of what you are going through, the better the healing." She did warn us of the failure to work positively through trauma, that Acute Stress Disorder (ASD) is normal, but left untreated, can develop into PTSD, which does require serious treatment.

Our ancient ancestors survived by reacting to actual physical threats, and that stress creates real hardships to our bodies, taking days for our bodies to metabolize stress hormones – our kidneys and livers can't take stress for too long. She had a "Red reminder" – when you "see Red", which is a real thing, you must train yourself to breathe deeply. She led us in a breathing exercise, using all our lungs, as we counted to four, in and out. If you do this four times, it is a useful stress

reducer. We all breathed together.

And survivors' grief is real. She talked about grief and communal grief, like when we attend a funeral together, and how guilt and helplessness create that survivors' guilt (veterans know this feeling, and she helps them cope). Some people don't want to talk about this feeling but naming it will help overcome the guilt. And survivors' guilt can also bring up past traumas, too. Also, there is Secondary Stress – Caregivers, social workers, therapists, and emergency workers – and now with social media, there is no escaping the visuals and memories. Her advice is simple: less social media.

She finished by discussing the outcomes are pretty good eventually to those who acknowledge their stress and grief and work on taking care of themselves.

Our members had some observations themselves: Fire survivor Deb Lewis mentioned that there was lots of information and support for herself. David McAlexander noted that sometimes trauma can inspire to improve and thrive. And PE Hillary noted that her own son's Altadena friends' suffering made him feel survivors' guilt as he returned to college this past week.

PE Hillary closed the meeting by handing our speaker President Stephen's Magic Mug, with the magic of Rotary continuing for another week!



L2R: Kathy Clark, Rudy Hayek, Michele Ferroni, PP Justene Adamec, PE Hillard Schenk, DG Nominee Dennis Franklin, Ellen Simon, Sheila Gutierrez, PDG Roger Gutierrez

HAPPY BIRTHDAY!!

Bob Risley	Jan. 26
Roy Rico	Jan. 26
Antonio Rezik	Jan. 27
Russ Guiney	Jan. 28
Tamia Hope	Jan. 30

HAPPY ROTAVERSARY!!!

Bill Tilney	1/29/24	1 Year
Dede Venkat	1/30/23	2 Years

UPCOMING PROGRAMS

Feb. 5, 2025 - Jose Gomez, PCC President/Superintendent - The History & Future of PCC

Feb. 12, 2025 - TBD

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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Tammy Silver, Matt Bookman, Ken Joe, Claudia Ponce de Leon, Mike Bernard, 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: Sandy Goodenough

TREASURER: Tony Phillips

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

Non-Voting Member: Amanda Pumilia, Chair, The Impact Club

Rotary Club of Pasadena

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