
Rotary

Club of Pasadena, CA

SPOKES NEWSLETTER

DISTRICT 5300 * Rotary Club 794 * July 5, 2024 * #01-0027

www.pasadenarotary.com

NICOLE PURCELL ***Huntington Medical Research Institutes***

Introducer: Bill Opel



Nicole H. Purcell, PhD, is Associate Professor of Cardiovascular Research and Scientific Director of the Education Program at HMRI. Dr. Purcell joined HMRI in 2021 to pursue two passions: her research on intracellular signaling pathways involved in cardiovascular disease and training the next generation of scientists and doctors. Her contributions to science include regulation of signal transduction pathways in the heart; investigating the role of MAP kinases and related enzymes in cardiac diseases; and therapeutically targeting newly discovered phosphatase (PHLPP) that impacts the physiology and pathophysiology of the heart and brain.

Abstract:

Mortality associated with cardiovascular disease remains high in all developed nations.

Epidemiological studies have identified tobacco use as a major risk factor for increasing the incidence of disease including heart attack and stroke. Electronic cigarette devices have been suggested to be a

healthier alternative to smoking and its use is becoming increasingly popular in the youth. Nicotine is a major component in both traditional and electronic devices and the amount of nicotine is largely unregulated in electronic devices. Therefore there is a need for understanding the cardiovascular impact of nicotine use on cardiac physiology and heart failure progression following injury. By identifying nicotine as not only addictive but having direct cardiovascular consequences, the goal is to counter the tobacco industry stance that electronic nicotine devices are safe. Ultimately, therapies for heart disease will be in patients with multiple risk factors including nicotine use. Thus it is important to understand the effect of nicotine on cardiac outcomes and therapeutic strategies to reduce damage following a heart attack.

WEDNESDAY – JuLY 10, 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: Mary Lou Byrne
Inspiration: Amanda Pumilia
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=dHhNZnV5c2ZqbzNQbWthbDNhYTladz09>
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

Greetings Pasadena Rotarians.

As I write this column the day after my first meeting a few things come to mind.

#1. I'm relieved that the first meeting is behind me.

#2. I'm grateful my family and friends were there and I thank them for their support.

#3. A big shout out to Frank Fish for his outstanding technical support.

Finally, thanks to all of you wonderful Pasadena Rotarians that were there on Wednesday for making my first speech a memorable one, which I will now add to the "Book of Stephen".

The Fourth of July weekend is amongst us. I wish everyone a safe and fun time and look forward to seeing all of you next week.

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 & Gui Bittencourt

Brand new **President Stephen Smith** rang the Brass Rotary Bell at 12:30 pm and began our meeting, saying “I welcome everyone as your 105th President, and I am pleased to be here!” And with that, we started our Pasadena Rotary Club’s 105th year to a tremendous roar of approval and applause. It was a full house with 90 people in attendance on a day before the Fourth of July holiday, quite a feat.



He then introduced **Eric Olson**, our song leader, and Eric wanted something that was upbeat for President Stephen’s first meeting, but also patriotic, so we belted out “I’m a Yankee Doodle Dandy” by George M. Cohen, who was born on the Third of July. He was accompanied by our wonderful lunchtime piano soloist, Ann Louise Christensen, who was joined by the Four Way Test Singers or (aka Rotary Glee Club Chorus as Dean calls them) of **Marilyn Buchanan, PP Cory Brendel, Don Andruess, and PP Diana Peterson-More.**

Our inspiration was focused on the new Rotary year and the process of change, as **Gary Kearney** (sporting a summer-fresh lemon-yellow jacket) offered three observations on change: It is good to bring in new leaders so that an organization stays relevant; General MacArthur on new leaders are judged by the equality of actions and integrity of intent; and “fears are paper tigers” by Amelia Earhart.



Guests:

- **President Stephen** introduced his table of guests today: Presidential First Wife Adriana Lim Smith; sons Clayton Smith, Brandon Georgian, Michael Georgian; and friends Trina Davidian and Dr. Jan Adams.
- **PP John Foulkes** brought his daughter Debbie Foulkes
- **PP Mike Farrand** brought his wife Terrie Ferrand
- **Debbie Kroman** “brought her better half, Scott Kroman, who sometimes is not the better half”

- **Josh McCurry** introduced Brandon Lamar
- **Bob Risley** brought his wife “whom you all know” – Rosemary Risley

Announcements:

- **Wende Lee**, Co-chair of Tyros newcomers club with **PP Ken Joe**, announced they want to mix and mingle new members among the tables to get to know the rest of the club membership, and she waved a little blue card that would reserve one chair per table for a new Tyros member. If you have a blue card, please make sure to bring a new member to your table. This will be fun to get to know everyone.
- **Amanda Pumilia** announced the purple bins for school supplies in the lobby, and an Eaton Canyon clean-up (see below) – great way to show Rotary in the neighborhood.



On to the program we have been waiting for: **President Stephen**, in his own words. He climbed the lectern and began his presentation in several chapters: His trip to the Rotary International Convention in Singapore in May 2024 with his wife Adriana, what he learned at the RI Convention, and then a little more about himself and his family history.

President Stephen and Adriana were still bright from the experience of an RI Convention, from the long plane trip, to meeting 35,000 Rotary members in a new land, and learning more about the larger Rotary International club and its impact in the world. He recounted that the 16-hour plane trip was exhausting, but we all know Adriana can find friends everywhere, and by the time they landed she had met some

other Rotary Presidents and they had arranged a tour of Singapore on their first day there – direct from the airport to a tour bus!

He gave us some “Singapore facts”, like the city is known for its cleanliness, friendliness, prosperity, and no chewing gum. The symbol of the city is a “Mer-Lion”, a half mermaid, half lion, and we saw some artistic statues of what that might look like – not sure it was easy to sculpt, but they did it. As a real estate professional, he was impressed with the modern buildings, and especially that the buildings and city layout of the buildings were co-designed to funnel wind around the city in a way that keeps it green.

He was impressed with the House of Friendship, with its hundreds of booths promoting various Rotary projects sponsored by local clubs looking for co-development or sponsorships, product vendors of everything Rotary, and the affinity groups: Rotary Bird-Watching Club, Rotary Beer Club, Rotary Wine Club, Rotary Whisky Club, Rotary Flying Club, Rotary Sailing Club, and many more. The opening ceremony brought flags from all the represented countries who have Rotary Clubs, with the RI President and keynote speakers in front of 35,000 attendees. After the ceremony, he and Adrianna attended an event Welcome Dinner, showing the many cuisines of the host country, in a Taste of Singapore.

Tuesday and Wednesday were many breakout sessions for the new Presidents, which he found informative and educational. He showed some of the headlines, and the appeal to the new Presidents to understand the world crisis and opportunities for Non-Governmental Organizations to help where others cannot – and giving Presidents the chance to make a difference around the world.

We saw lots of travel photos, mostly with Ariana posing next to beautiful scenery, cityscapes and mountains of orchids. We all wish we had joined them, as the dreamy rain-soaked streets had a sheen and glow to them – until we were told the city is 1 degree north of the Equator and it rains constantly with steamy humidity. In fact, two of our members did join them. **Dr. Paul Martin** and his wife Jumi, who live half the year in Seoul, South Korea, joined them in Singapore and treated them to a



Michelin-rated restaurant for dinner. Stephen and Adriana, both self-professed “foodies”, were delighted to discover the famous Hawker Alley, with hundreds of retail and food stalls, some of which were also Michelin-rated. They tried quite a few, they reported, and had an all-around wonderful time in Singapore and at the convention itself.

Finally, **President Stephen** related his personal story of being raised by parents at the crossroads of American first-generation immigration from Europe, to fighting for America in World War II, and growing up in an exciting family of four boys, moving from Cleveland to Los Angeles, while spending idyllic summers on his grandparents’ farm in Wisconsin. Sports and education figure prominently in his life: he went to Florida on a Basketball scholarship, and then joined his uncle in Manhattan to study real estate at CUNY Baruch, where he got his BA, and then to San Diego to earn his MAI in real estate. He is a man of letters: besides being a real estate appraiser, he also has a real estate broker license, as well as a general contractor’s license, and experience in buying and fixing up homes.

Many in the club were very impressed with **President Stephen’s** report, and it was wonderful to see how he brought back the wider and deeper Rotary experience to our club for the new Rotary Year.



President Stephen's 1st Meeting - L2R: Gary Kearney, Dr. Jan Adams, Trina Davidian, Adriana Lim Smith, President Stephen, Clayton Smith, Michael Georgian, Brandon Georgian, Claudia Ponce de Leon

7-10-24 BUFFET MEAL PROVIDED BY

Chef Tony, The University Club

Indicate if you'll be dining as Vegetarian only

Garden Salad

Chicken Piccata

Seafood Crab Cakes

Pasta Primavera

Roasted Seasonal Vegetables

Dessert: Chef's choice

**MEALS ARE PROVIDED BASED ON RSVP'S WE RECEIVE
PLEASE RSVP IF YOU ARE ATTENDING!**

Or office@pasadenarotary.com

**CLICK HERE TO
RSVP TODAY**



ROTARY VOLUNTEER OPPORTUNITIES & EVENTS

IMPACT CLUB EVENTS

SATURDAY

7/13

EATON CANYON TRASH PICK-UP

8 AM - Meeting at Mt Wilson/Pinecrest Gate, Mt Wilson Toll Rd · Altadena, CA (by bridge to the Falls). Street parking can be limited, so watch no parking signs and arrive early!

TUESDAY

7/16

SOCIAL MIXER/HAPPY HOUR

Bring prospective Impact Club members!
5 pm - 7 pm (Happy Hour prices until 6 pm)

Lucky Baldwin's Trappiste Pub
1770 E. Colorado Blvd.
Pasadena, CA 91106

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

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.

HAPPY BIRTHDAY!!

Jane Waas	July 9th
Portia Wood	July 9th
Julia Shih	July 11th

ROTAVERSARY

Keith Harrington	7/6/23	1 Year
Scott Carlson	7/9/14	10 Years
Bob Risley	7/9/97	27 Years

UPCOMING PROGRAMS

July 17 - Stephan Margolis, Margolis Solutions - Crisis Decision Making: From Terrorism to the Boardroom
July 24 - Eddie Rivera, PasadenaNow.com - Heart Disease Doesn't Have to Kill You. Actual Save-Your-Own-Life Advice to Keep You Around a Lot Longer
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

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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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