

# Rotary

## Club of Pasadena, CA



## SPOKES NEWSLETTER

DISTRICT 5300 \* Rotary Club 794 \* November 22 2024 \* #01-0045

[www.pasadenarotary.com](http://www.pasadenarotary.com)



**Happy Thanksgiving from some of your Board Members.** L2R: Director George Falardeau, Director Frank Fish, Director J.P. Harris, Director Debi Kroman, Director Nevino Rocco, Director Tammy Silver, President Stephen Smith, President Elect Hillary Schenk, Director David McAlexander, Director Sandy Goodenough, Director Robert Lyons and Director Don Andruess.

## UP COMING MEETING CALENDAR

(Upcoming Meeting Calendar is located at the bottom of SPOKES)

**Nov. 27, 2024** - NO MEETING - DARK FOR THANKSGIVING

**Dec. 4, 2024** - NO MEETING - DARK

**Dec. 4, 2024** - HOLIDAY PARTY AT JACOB MAARSE - 6pm

**Dec. 11, 2024** - Matt McIntyre - Pasadena Showcase House of Design: Behind the Scenes at the Pasadena Showcase House

## Simply Stephen Smith's Spokes Speaks

### THANKSGIVING TRIVIA

I had a couple Rotarians from Wednesdays lunch come up to me and ask if I would put my Thanksgiving Trivia Quiz on Spokes so they could use it at their Thanksgiving dinner. So, here it is:

1. In what month did the very first Thanksgiving celebration take place? September
2. What city has the oldest Thanksgiving Day Parade? Philadelphia
3. Where did the Pilgrims first land when arriving on America's shores? Provincetown, Massachusetts
4. Which President officially made Thanksgiving the fourth Thursday of every November? FDR
5. Which President refused to celebrate Thanksgiving as a national holiday? Thomas Jefferson
6. Which President made Thanksgiving a permanent national holiday? Abe Lincoln
7. Who was the first President to pardon a turkey? JFK
8. How many calories, on average, are consumed per person at Thanksgiving dinner? 4,500
9. Statistically, what is Americans' favorite Thanksgiving side dish? Stuffing
10. Which retailer was the first to host a Thanksgiving Day parade? Gimbels, in 1920, 4 years before Macy's
11. The first Thanksgiving lasted: 3 days
12. The best place to put the meat thermometer in the turkey is: the thigh
13. What is a baby turkey called? a poult
14. True or false. Canada has their Thanksgiving on the second Monday in October? True
15. True or false. All turkeys gobble. False, only male turkeys gobble.



As we gather around our tables this Thanksgiving, let us take a moment to reflect on the many blessings we've received throughout the year. In the spirit of Rotary, we are reminded of the power of service above self and the positive impact we've had on our communities and the world. This season, let's be grateful for the friendships we've built, the lives we've touched and



the meaningful work we do together. May our shared commitment to creating a better, more compassionate world continue to inspire us all. Wishing you and your loved ones a joyful and peaceful Thanksgiving!

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

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***PHOTO OF THE WEEK***  
***We had TWO 'BIG CHEESE' HEROES***  
***Donating \$450 each to benefit Union Station***  
***THANK YOU***  
***KELLY WHITE & MIKE BERNARD***  
***Seen with Auctioneer Robert Lyons***



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**ROTARY VOLUNTEER OPPORTUNITIES  
& EVENTS**

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**Rotary Service Project Auction Results a smashing success,  
more than doubling the Goal!**

Flash! This just in! The Pasadena Rotary Club on Weds 11/20/24 held a live auction to raise money for its Service Project with Union Station Homeless Services for their Annual Thanksgiving Meals.

Rotarians reached deep in their hearts (and deeper into their pocketbooks!) to give to this worthy cause. The fundraising goal of \$1,000 was exceeded in the first 3 minutes, and the total giving kept climbing past \$2,000 fast, and closed in on \$3,000!!!

The exact results are still being tallied but here is what we know so far:  
3 'Mystery' bags (2 with nice prices and one with a "Booby Prize") were auctioned off by celebrity auctioneer Robert Lyons:

**Ellen Simon** won the bid for Mystery Bag #1 with an exotic Pt. Reyes Creamery Blue Cheese;

**Mike Bernard** won Mystery Bag #2 with a dreamy French Triple-Cream Brie Cheese;

**Howard Raff** won Mystery Bag #3 with 12 individual slices of Velveeta "Cheese Products."

Our Rotary Club is the official sponsor of the cheese being served at Union Station's Thanksgiving dinner and so Velveeta has been adopted as the unofficial mascot of our Club's charitable efforts.

Nearly all in attendance pledged (stood) at least \$10 towards our efforts, but many were moved to keep giving to the \$50, \$100 and event \$200 levels.

Bidding continued furiously until two Rotarians were left vying for the title of "The Big Cheese" at the \$450 donation level - **Mike Bernard** and **Kelly White**. They generously agreed to share the title and both donate at that level - Wow!

Thank you to all who participated!!! Volunteers filmed the auction and are still attempting to tally the numerous Rotarians who made generous gifts and at what levels. We plan to reach out to those who pledged with our understanding of their pledge levels, as things happened very fast and we appreciate your help in notifying us of your pledge.

**\*\*\*If you gave (stood up) at the Auction, please reach out and let us know or confirm the amount you intend to donate.\*\*\*** Thank you all, and HAPPY THANKSGIVING!!!

**David McAlexander** [david\\_mcalexander@onebox.com](mailto:david_mcalexander@onebox.com) - 323-794-9294 (voice & text)

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## UNION STATION HOMELESS SERVICES Calling for Volunteers on Wed. 11/27/24



What: 1) Helping prepare and serve a celebratory Turkey lunch to Homeless clients (and Union Station volunteers!?), and

- preparing/distributing take-home Thanksgiving Dinner-in-a-box kits for pickup by needy families

When: Weds 11/27/24 (the **day BEFORE Thanksgiving**)

- Two Shift choices: AM: from 8:30AM to Noon or from 11:30am to 3pm

Where: Union Station HQ 412 S. Raymond Ave. Pasadena

- Parking details to be emailed separately to those who signed up

Dress:

Much work will be behind the scenes and in the kitchen/freezer/storeroom or placing boxed dinners in car trunks in a drive-up line

*\*\*\*so wear clothes you don't mind getting a bit dirty, and bring a jacket if you are willing to work outdoors or in the freezer \*\*\**

Union Station created a dedicated link for our volunteers to register and sign the waiver.

Volunteers: please go to the site below and sign the waiver as soon as practicable - they have hundreds of volunteers over multiple days and locations, so we don't want to try to do this on site.

<https://USHS.Rosterfy.com/invite/rotary-club-of-pasadena>

**Questions or SIGN UP:** email [David\\_McAlexander@Onebox.com](mailto:David_McAlexander@Onebox.com) or call/text him at 323-794-9294

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JOIN US!



Pasadena Rotary

# HOLIDAY *party*

Wednesday  
6:00PM - 9:00PM

4

December  
2024

Jacob Maarse Florist  
655 E Green St.

\*Corner of Green and El Molino\*

Tickets: \$110

RSVP to [rob@fbrg.agency](mailto:rob@fbrg.agency)

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**Rotary**  
Club of Pasadena

We are partnering with the Salvation Army and have two ways you can make this holiday a special! Toys can be dropped off at our Holiday Party and our last meeting on 12/11.



## **ANGEL TREE OF PASADENA**

### **OPTION 1**

Angel Tree Toy Drive - We will collect unwrapped toys for boys and girls ages 0 - 12

### **OPTION 2**

Angel Tree Gift Card or Monetary Donation - Provide a \$30 Gift Card for children ages 8-12. (Old Navy, Target, Walmart, Vans, etc..)

*Checks payable to The Salvation Army  
Pasadena Tab*

For more info contact Desiree (213)400-1502  
or Antonio (201)786-3655



## **The Scoot Zone**

**By Staff Reporter Scott Carlson**

Photographers: Tammy Silver & Gui Bittencourt

**President Stephen Smith** called the meeting to order promptly at 12:30 p.m.

**Don Andruess**, on guitar with Ann Louise on keyboard, led us in singing “Don’t Fence Me In” and then led us in the Pledge of Allegiance. **Pat Wright** provided the inspiration, reading three quotes on the interrelationship between gratitude and happiness.



**President Stephen** then asked that any guests be recognized.

Robert Lyon – Dr. Aaron Levy

Howard Raff – Potential Members: Nick Duretta, Archana Ojha & her father Ram

Debi Kroman – Ken Gruberman, husband of our speaker Ellen Snortland

Tammy Silver – her sister Holly Warren

Hillary Schenk - Mikah Jackson of Casa Treatment Center

Our speaker introduced her guest - Michelle Dolly

Next, **President Stephen** asked for announcements.

**PP Rob Fisher** reminded us that the Holiday Party will be 12/4 right after Thanksgiving at Jacob Maarse and we should RSVP asap.

**Debi Kroman** informed us that Wende Lee’s husband was hit by a bus in a cycling accident. He is at Huntington Hospital and will need surgery, but is in good spirits and looking at a good recovery.

**Alex Oscco** announced the **Holiday Drive** and dinner for 5 Acres. They need volunteers to help unbox and sort donations that come in. On distribution day, need volunteers to help our staff ‘shop’ for the kids they serve. Click to sign up here: [HOLIDAYS 2024 - Staff and Volunteer Shifts - Google Sheets](#)

As for the **Holiday Dinner for Residential kiddos**, they would need help setting up and breaking down. Contact Athena for more information – [Aaskliadis@5acres.org](mailto:Aaskliadis@5acres.org) that the **Five Acres Holiday Party** will be on 12/3/24 where volunteers are needed to help run it.

Contact Alex by text at 626-720-2071 or email: [aoscco37@gmail.com](mailto:aoscco37@gmail.com).

**Desiree Alvarado and Antonio Rezik** is helping us partner with the Salvation Army’s toy drive. Requests toys for younger kids and gift card for high schoolers. There is QR code with gift suggestions. There will be donation boxes at meetings. See flyer above.

**David McAlexander** let us know that the next Done In a Day project will be helping serve lunch at Union Station the day *before* Thanksgiving. Sign up details above.

**President Stephen** next called up **Robert Lyons** to auction off three mystery bags of cheese assembled earlier by **David McAlexander** to raise some of our promised funds for Union Station. Robert led a very spirited auction.

**David McAlexander** then asked **Robert Lyon** to auction off the title “The Big Cheese” for the day at Union Station. **Mike Bernard** and **Kelly White** each bid aggressively. When each realized that the other was not going to back down, they decided to purchase the title together, for a total price of \$900 split between them. Full write up above.

**President Stephen** then led a Thanksgiving trivia contest, with several difficult questions. There were two tables tied with 7 out of 15 correct answers. **President Stephen** then held a sudden



death playoff, with the winners correctly answering that balloons were missing from the first Macy's parade.

**President Stephen** moved on to the main event and asked **Debi Kroman** to introduce our speaker, **Ellen Snortland**.

**Debi** informed us that Ellen is an accomplished author, journalist and playwright, among other things, who was recently awarded Journalist of the Year by the LA Press Club, and who has her own one woman show titled "Now That She is Gone" about her relationship with her mother.

Ellen then took over the podium and started us off with an entertaining phonetic pronunciation of her last name. She then let us know that her current mission in life is to help women learn self defense and establish boundaries.

Ellen has a new documentary out titled "Beauty Bites Beast" and she had her husband Ken Gruberman play us the very interesting video trailer for the movie. The movie is part of her global advocacy for women learning self-defense and empowerment, and is based on her book of the same name.

She started on this journey several years ago when she was returning home with her husband and they noticed that it appeared that someone had broken into their home. Her husband told her to stay in the car while he went into the house. But then she thought to herself, "What kind of a wife am I if I let him go in alone?" So, she went in after him. She encountered a masked intruder coming out who was about to stab her when she let out an extremely loud scream. The intruder turned and ran off.



After this event, Ellen realized that she had never been taught any self-defense. She was raised in rural South Dakota, by Norwegian immigrant parents where women were expected to be "nice." Unfortunately, "nice" doesn't cut if you are actually threatened by someone.

Based on a recommendation from a friend, she took a self defense class at Impact Personal Safety. The course changed her life, giving her confidence that, while she had no desire to harm another person, if someone attacked her she could leave the attacker worse off than when he started.

She has taken her advocacy to places such as Pakistan and other parts of the world where women are not empowered to do anything with their lives.

The documentary came about after an advocacy trip she took to Mexico. She had given a copy of the book to another sponsor who read and embraced it. He contacted Ellen and told her that he had a factory where the women were afraid to look at or interact with him which left a hole in his heart. After some discussion, he asked Ellen to come to his factory and give the women workers the Impact program over a 5 week period and agreed that Ellen could film the process. This became the basis for the documentary. She went back to visit several years later and found that eight of the women were still there and that four of them had gone on to get their education.

This was very uplifting for Ellen who pointed out that you "transform society one family at a time."

Ellen then ended her program, advising us that (i) she is also a writing teacher available for consultation by anyone interested in writing a book, (ii) Beauty Bites Beast is available on Vimeo, and (iii) she will be performing her one person show on 1/11/2025 at the Altadena Public Library.

**President Stephen** then timely adjourned the meeting at 1:30 p.m., after wishing us a wonderful Thanksgiving holiday and informing us that our lunch meetings would be dark for the next two week for Thanksgiving and the Holiday Party.





L2R: Becky Detrick, Ken Gruberman, Ellen Snortland, Rob Fisher & J.P. Harris standing, Debi Kroman, Diana Peterson-More, John Gordon, Tammy Duke

## 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](mailto: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 at the Registration table or hand-out at end of the meeting.

## 7 DAY NOTICE

Alan Kawasawa - Sponsor: Curits Smith

## HAPPY BIRTHDAY!!

Mark Waterson	Nov. 22
Mary Wilson	Nov. 26
Chris Miller	Nov. 26

## HAPPY ROTAVERSARY!

Mike Bernard	11/28/23	1 Year

## UPCOMING PROGRAMS

Dec. 4, 2024 - DARK - No Lunch Meeting

Dec. 4, 2024 - HOLIDAY PARTY - Jacob Maarse Florist

Dec. 11, 2024 - Matt McIntyre - Pasadena Showcase House of Design: Behind the Scenes at the Pasadena Showcase House

Dec. 18, 2024 - A Million Thanks Service Project - Letter Writing to Service Members

Dec. 25, 2024 - DARK - MERRY CHRISTMAS

JAN. 1, 2025 - DARK - HAPPY NEW YEAR!

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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

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

## Rotary Club of Pasadena

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