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# Rotary

## Club of Pasadena, CA

### **SPOKES NEWSLETTER**

DISTRICT 5300 \* Rotary Club 794 \* July 26, 2024 \* #01-0030

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

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## ***DEBORAH FERRINGTON***

***Healthy Summer Series: Doheny Eye Institute's Visionary Research***

***Introducer: COLLEEN CAREY***



Deborah Ferrington, PhD, is Doheny Eye Institute's Chief Scientific Officer (CSO). Dr. Ferrington's career includes more than 20 years of experience in academic research, and she is internationally recognized for her ground-breaking research on age-related macular degeneration (AMD), the leading cause of blindness among the elderly.

With limited and largely ineffective treatment options available to most AMD patients, there is an urgent need for new therapeutic strategies, which has been the focus of Dr. Ferrington's research.

Her laboratory's investigations in human donor eyes led to the novel finding that defects in the mitochondria, which make the energy required for cells to function, is an early pathological event in AMD. These initial discoveries linking the mitochondria and AMD led Dr. Ferrington to focus on identifying drugs that improve mitochondrial function as a treatment for AMD. Her lab also uses advanced cell technology to identify the most effective drug for the individual. Knowledge gained through Dr.

Ferrington's research could eventually lead to a

"personalized medicine" approach for the treatment of AMD, which would be a major breakthrough in treating this disease.

Prior to assuming her role as Doheny Eye Institute's CSO in May 2022, she served as Director of Research in the Department of Ophthalmology and Visual Neurosciences at the University of Minnesota, Twin Cities. Dr. Ferrington completed her undergraduate degree in Biological Science and Scientific Illustration and a Master of Education program from the University of Pittsburgh. Dr. Ferrington went on to receive her PhD in Biochemistry from the University of Kansas

**WEDNESDAY – JULY 31, 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 & Mike Bernard  
**Song Leader:** Eric Olson - Accompanied by Don Andrues  
**Inspiration:** Lisa Kroese  
**Scout Zone Reporter:** Dean Billman  
**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

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## Simply Stephen Smith's Spokes Speaks

Today I'd like to address Rotary Foundations 2nd area of focus, Fighting Disease. Rotarians believe good health is everyone's right. However, 400 million people in the world can't afford or don't have access to basic health care.

**Rotary Foundation** sets up temporary clinics, blood donation centers, and training facilities in underserved communities struggling with outbreaks and health care access. We design and build infrastructure that allows doctors, patients, and governments to work together. We combat diseases like malaria, HIV/AIDS, Alzheimers, multiple sclerosis, diabetes, and polio.

Rotary members have hundreds of health care projects underway around the world at any given time. The Rotary Foundation is changing the world by providing grants for projects and activities around the globe and in our own backyard.

\$65 million in grants was given by Rotary to fight disease. There has been a 99.9% reduction in polio cases since our program began in 1985. Rotary has also worked with partners to provide more than 80% of Ghana's people with clean water to fight Guinea worm disease. In Liberia, Rotary members are helping women get tested for HIV early in pregnancies. They have used prenatal care to reduce new HIV infections in children by 95% over two years.

At Pasadena Rotary we are proud of our past and continued work in Fighting Disease. As your President, I look forward to increasing our footprint in ways to help those in need.

**Stephen D. Smith**

# The Scoot Zone

By Past President Mary Lou Byrne, Bureau Chief

Photos by Matt Bookman & Tammy Silver



President **Stephen Smith** was absent this week, recovering from a mild illness and being extra-careful about not exposing any of us to his germs. We were all enjoying the lunchtime music so much that it took a minute for everyone to realize that **President Elect Hillary Schenk** had rung the bell and that it was time to stand and get things going! We finally got with the program and Music Committee Chair **Don Andruess**, along with the band (see photo below) introduced a special guest musician: None other than our featured speaker, Eddie Rivera on guitar! They all led us in a rousing rendition of Bruce Springsteen's *Hungry Heart*, followed by the Pledge of Allegiance.



*Band is Eddie Rivera, Ann Louise, Gino Escarrega, Leo Valenzuela, Don Andruess.*

**Janelle Hack**, a new Corporate Alternate from the Convalescent Aid Society and longtime Rotarian in other clubs, gave the inspiration, noting that "the human heart is more than just an organ," and "the first wealth is health!"

We had a bevy of guests, who were hosted by **Past President Howard Raff, Stewart**

**Espinosa, Dede Venkat, George Ricciardella, Jasiri Jenkins-Glenn, and George Falardeau.**

**Amanda Pumilia** announced the next IMPACT Club service project, which will be a gardening project at a Pasadena school yet to be determined. Mark your calendars for August 17 and watch this space for further details.

**Immediate Past President Justene Adamec** announced a Rotary Roamers outing to Mount Baldy on September 14. We'll take the ski lift to the top, hike around, have dinner and drinks, and take the ski lift back down. "You don't have to hike," she said. "You can hang out at the bar instead!" Buy tickets directly at Tickets | THE LIFTS @ MT BALDY ([mtbaldyresort.com](http://mtbaldyresort.com)). Tickets may sell out. After you buy tickets, let Justene know so we know to look for you.



**Alan Schier** announced another contemplated outing: A trip to Mount Wilson to look through the giant telescope. He asked for a show of hands to gauge the interest level, which seemed to be very high indeed. Alan also introduced a special guest, Katie Steinke, who is the Mt. Wilson Observatory's Executive Director for Development and Outreach.

**Past President Rob Fisher** reminded everyone to RSVP for the President's Party on August 18. See details below.

**Alex Oscco** announced a meeting of the Pasadena Rotary Business Alliance and Networking Group on September 5 at 5:30 p.m. Hosted by Alex at Sotherby's International Realty. To join the Committee or RSVP for the networking email **Wendy Anderson**, Co-chair at [wowproductions2@gmail.com](mailto:wowproductions2@gmail.com)



**Past President Howard Raff** reminded everyone that the new IMPACT Club is for people who want to serve the community and make friends, but who can't commit to weekly lunch meetings. If you know any people of good character who meet that description, send them **Howard's** way so they can join our IMPACT Club!

*Photo: James Doyle, Stewart Espinosa, Jason Barhydt, Howard Raff & Mae*

*Ushesame*

With business taken care of, **President Elect Hillary** decided it was time for some summer fun! With the help of the band, we played a very enjoyable round of Name That Tune, featuring songs such as The Spy Who Loved Me, The Entertainer (theme from The Sting), Wipeout!, and other Boomer-era classics. Rotarians had a great time shouting out the answers!

**Jasiri Jenkins-Glenn** introduced our speaker, Eddie Rivera. Eddie is the current editor of Pasadena Now's Weekender magazine and has been a journalist for decades in both print and television. He has lived all over the world and currently lives in Los Angeles. He was here to tell the story of how he had a massive heart attack in 2019 and recovered enough to walk the entire Camino de Santiago in 2023, and to give us some advice about how to prevent ourselves from dying of heart disease.

First, Eddie narrated the dramatic story of how , after covering the Dodgers' longest-ever game (13 innings ending at 1:30 p.m.), he drove 23 miles to Long Beach where he had a

seizure and heart attack that landed him in the hospital, intubated and in an induced coma. He says he doesn't remember any of it, but read us the dramatic real-time notes his friend took at the time, describing how he was combative and agitated (which the paramedics said was actually quite common).



After he recovered, thanks in part to his determination to get moving and exercising as soon as possible, he learned a few things that he passed on to us:

- Heart disease is the number one cause of death in the U.S. for both men and women. In fact, the hormonal changes that occur during menopause can greatly increase a woman's risk of heart disease.
- Nobody can look after yourself better than you. There is no better advocate for your health: Not your spouse, your kids, or even your doctor.
- It's very simple. Do you smoke? Don't smoke.
- You have five arteries in your heart. In Eddie's case, all five were blocked so he had to have a quintuple bypass operation. The type of heart attack he suffered is known as "the widowmaker," and he learned after the fact that only

one in ten people survive that type of heart attack.

- They told him it would take eight weeks to recover, and because he worked hard at it, he did indeed recover in eight weeks. His younger brother Ray had had a heart condition previously and became Eddie's guide through this journey.
- Alas, younger brother Ray subsequently developed medical issues and passed away a couple of years ago. In his last days at the hospital, he talked about the Camino de Santiago, and he said "Eddie, you don't have to do that for me, but if you say you're going to do it, you have to do it."
- The Camino follows a trail leading to the Cathedral at Santiago de Compostela, where the faithful believe that the remains of St. James are buried. They walk across Spain from all over the world, but the popular route is the French Route that takes about 30 days.
- Eddie decided he couldn't do all 300 miles of the Camino like brother Ray had done, but he could do a hundred. So six months after his passing, Eddie began his own Camino. "I was about to walk 118 kilometers across Spain," he said. "That's about 85 or so miles. I had six days to do it. But the thing about the Camino de Santiago is that it's not a race, it's not a competition, it's essentially a spiritual journey, a walk with yourself, if you will."
- Eddie says "I don't have a bucket list, I have a \*uck-it list. As in " \*uck it, I'm doing that!" Nothing goes on a list for some day that might never come – if he wants to do something he does whatever he can to make it happen as soon as possible So he walked to the Cathedral plaza in Santiago, wearing his brother's NBC crew jacket from the 1996 Olympics in Atlanta, and shed a couple of tears when he got there.
- Final thoughts: 50% of adults have at least one cardiovascular risk factor: high cholesterol, high blood pressure, or smoking. But they may not have any symptoms. So in addition to the basic checking for risk factors, you should ask about blood tests, electrocardiograms, and imaging tests or ultrasounds.

In closing, Eddie said “So, remember when you were a freshman in high school, and you had that big First Day of School assembly? Some counselor got up and said, ‘Take a look to your left. Now look to your right.’ Go ahead. Do that. And then the counselor would say, ‘One of those persons won’t be here in three years.’ I am not saying that to you. Because you’re already going to be thinking about what I’ve told you here, all day, and maybe for a few days, and you’re going to go home and tell your husband or wife or partner about this, and you’re going to make an appointment with your doctor. Especially if you don’t have symptoms. (*Ed note: This reporter did just that – went home and made the appointment for a cardiac imaging test she’d been putting off. She challenges you to do the same!*) Because if I’m lucky, I’ll be standing here next year, just like you will, and the only person I’m looking forward to seeing ...is you.”



L2R: George Ricciardella, David Moore, Allison Burgos, Eddie Rivera, Jasiri Jenkins-Glenn, Emery Laiw, Mary Chalon, PE Hillary Schenk

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



**PLEASE RSVP IF YOU ARE ATTENDING!**  
[office@pasadenarotary.com](mailto:office@pasadenarotary.com)

**CLICK HERE TO  
RSVP TODAY**

**7-31-24 BUFFET MEAL**  
Chef Tony, The University Club

**Indicate if you'll be dining as Vegetarian only**

**ROTARY VOLUNTEER OPPORTUNITIES  
& EVENTS**

# IMPACT CLUB EVENTS

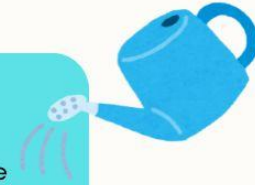


SATURDAY

8/17

## GARDENING DAY AT A LOCAL PUSD SCHOOL

Save the Date to help maintain one of the beautiful gardens at our local PUSD schools. Location to be finalized based on garden needs but we'll be meeting in the morning to beat the heat!



**MORE DATES FOR  
UPCOMING SOCIAL MIXERS  
AND SERVICE PROJECTS TO  
BE ANNOUNCED SOON**

Contact Impact Club Chair Amanda Pumilia with any questions at  
[apumilia@yahoo.com](mailto:apumilia@yahoo.com)

Want to be notified about upcoming service and social events?  
Join <https://www.meetup.com/pasadena-rotary-impact-club/>

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 TO [ROB@FBRG.AGENCY](mailto:ROB@FBRG.AGENCY)



Sotheby's  
INTERNATIONAL REALTY

## Business Alliance Meeting

Please join us  
Food & drink will be provided



Alexander Oscco  
@alex.oscco

September 5th @ 5:30pm  
800 E Colorado Blvd. STE 150  
Pasadena, CA 91101





Rotary Roamers

# Mt. Baldy Moonlight Hike w/ D'Santi

BBQ AND MUSIC AT TOP OF THE NOTCH

- ▶ SATURDAY, SEPTEMBER 14TH @ 5 PM
- ▶ PURCHASE TICKETS DIRECTLY FROM [WWW.MTBALDYRESORT.COM/TICKETS](http://WWW.MTBALDYRESORT.COM/TICKETS)
- ▶ TICKETS MAY SELL OUT. PURCHASE THE ROUND-TRIP LIFT + DINNER AND A PARKING PASS (PER CAR).

Email Justene Adamec at [justene@gmail.com](mailto:justene@gmail.com) after buying tickets

## 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 (in a stack on the table not individual) or a hand-out at end of meeting.

## 7-DAY NOTICE

Jason Barhydt - IMPACT CLUB - Sponsor: Howard Raff  
Sam Whalen - IMPACT CLUB - Sponsor: Howard Raff

## HAPPY BIRTHDAY!!

Scott Carlson	July 29th
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## ROTAVERSARY

Estela Richeda	7/27/06	18 Yrs
Alan Schier	7/27/22	2 Years
Peter Boyle	8/1/93	31 Years
Allison Burgoa	8/1/23	1 Year
Tammy Duke	8/1/23	1 Year
Bernadette Espinoza	8/1/23	1 Year

## UPCOMING PROGRAMS

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.**

**Spokes Chair/Publisher/Editor: Wendy Anderson  
Bureau Chief: Mary Lou Byrne**

**Scout Zone Reporters: Mary Lou Byrne & Dean Billman**

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**Proofers: Mary Wilson & Kathy Meagher**

# 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**

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## Rotary Club of Pasadena

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