


*This Week's Program*

**Elizabeth Polenzani,  
 Retired Pasadena City College  
 Instructor  
 Program Host  
 Ruben Alvarado**



Elizabeth Polenzani is a native of Chicago. She and her husband, Tom, and their two little ones ventured to Pasadena in the seventies.

After earning an MBA from Cal Poly Pomona, Polenzani spent most of her teaching career at Pasadena City College, where she was a Professor in the Business Division, teaching the students' favorite subjects of Business Statistics, Business Calculus etc.

Retirement has offered her and her husband time to enjoy their four adult children, nine grand-children, travel and community volunteer work. ○

## Volunteers: Sometimes the Unexpected Happens

There are some Rotary Clubs in Southern California that have a full- or part-time staff person who helps coordinate the administrative work for the club. One of the things these clubs have in common is that they all have at least 100 members, and their dues structure is much different than ours. The Rotary Club of Altadena relies **TOTALLY** on volunteers.

Even before I became President, I spent almost two years as the club secretary. Not only did I take notes and handle the registration at the weekly meetings, I began storing items at home (I have a box of historical items and club-exchanged flags). Our current secretary is Jim Gorton. He has served before in this capacity and also serves as the legal advisor to our Altadena Rotary Charities 501c3 organization. He too stores Club records at his location.

Long-time club member David Smith has three Rubbermaid storage units on his property that store the items that the club uses for the pancake breakfasts and summer concert series along with storing other miscellaneous items.

Another member: Tony Hill, stores and protects our American Flags that we hang on Lake Avenue in celebration of three holidays each year: Veteran's Day, July 04,



## On the Mark

By Mark Mariscal, President

and Memorial Day.

Then there is our Club Treasurer: Mike Noll. He is the protector of our financial documents. He also ensures that our required legal documents (tax forms) are filed each year. He stores these documents on the club's behalf. And there are times that he has gone beyond the call of duty. Very recently, he and his wife took a 2-week vacation out of the country. Last week, he was checking our bank records as a follow-up to our Board of Directors' meeting and found that fraud had appeared on our checking account. Without hesitation, he dropped what he is doing personally and contacted the bank. An hour later, he was at the bank changing out the account and working with the Bank's Fraud Team to figure out the amount of the illegal transactions. Our club has not and will not lose any money because of this. Noll took immediate action, and the bank helped tremendously. As a volunteer, you never know what to expect. ○

## Greeter of the Week

September 19  
 Sylvia Vega

September 26  
 Charles Wilson

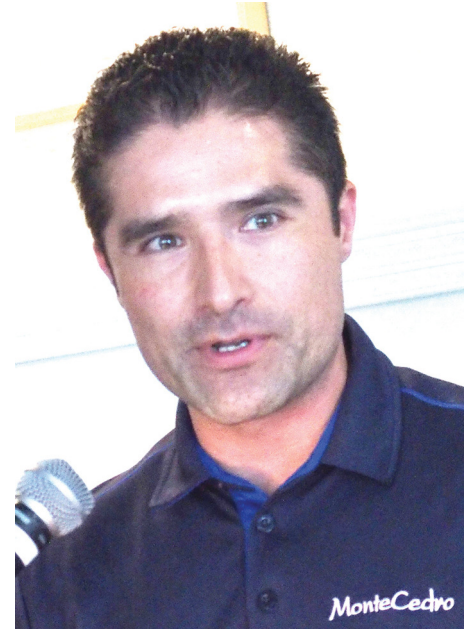
October 03  
 Mike Zoeller

## Seniors are Boxing Their Way to Fitness and Strength



**C**esar Barragan, was born and raised in Southern California

where he attended The University of Southern California to earn his Bachelor's Degree in Kinesiology. Barragan has since served with various professional therapists, athletes, and the general population, creating specialized fitness programs.



As the Regional Fitness Coordinator for the three locations of Episcopal Communities in Southern California, he oversees the advancement of the fitness programs for the residents of these three communities, bringing them to a higher level of fitness and well-being. He was introduced to us by Ruben Alvarado, who is the sales director of Monte Cedro, one of the Episcopal communities, and one of our favorite places.

He was drum major at USC and was the person stabbing the spear in the field at USC games. He has had direct involvement with many of the famous sports personalities at USC, and was drum major during the Pete Carroll era. (Exciting times!)

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### Rotary Club of Altadena - #7183

Chartered: February 14, 1949

P.O. Box 414, Altadena, CA 91003

www.altadenarotary.com

Meets: Thursday, 12:10p

Altadena Town & Country Club

2290 Country Club Drive • Altadena, CA

626-794-7163

Rotary Int. Pres.....Mark Daniel Maloney  
Dist 5300 Gov.....Luanne Arredondo

#### Officers

Mark Mariscal, Pres.....Cell: 323-816-6713  
Pres. Elec., David Smith ..... Cell: 626-826-2193  
Sarah O'Brien, V. Pres. .... Cell: 310-902-6547  
Jim Gorton, Sec.....Bus. 323-816-6713  
Mike Noll, Trea. ....Bus. 626-683-0515

#### Directors

David Smith • Ed Jasnow  
Maria Perez-Anton • Mike Zoeller  
John Frykenberg • Doug Colliflower

#### Chairmen

David Smith ..... Administration  
David Smith ..... Foundation  
Sylvia Vega ..... Co-Foundation  
Frank Cunningham ..... Membership  
Maria Perez-Anton & Dorothy Brooks .... Asst. Mmbrshp  
Jacque Foreman ..... Public Awareness  
Jacque Foreman ..... Acting Publicity  
Jacque Foreman ..... Sparks/Website  
Mike Zoeller ..... Club Projects  
Doug Colliflower ..... Community  
David Smith ..... International  
Mark Mariscal ..... Asst. International  
Tony Hill ..... Youth Contests/Awards  
Mike Zoeller ..... Youth Projects  
John Frykenberg ..... Vocational  
Editor, Design & Typesetting ..... Foreman Graphics  
Photography ..... Jacque Foreman

### Why is our program successful?

*We take the fear and intimidation out of exercise. We provide individualized attention in the gym and deliver classes that are ever evolving to the skill and ability of our residents. There is truly a class for everyone and everyone can participate.*

dozen), including boxing. He was a boxer in his collegiate days, and decided he would try to introduce this sport to his senior communities.

Barragan has had good success in getting older clients to accept physical training and activities at Monte Cedro. He is very involved in producing all of the fitness programs that residents can utilize (over a

*Please turn to Program, p. 3*

### Congratulations



#### Birthdays



07 - Robert Smith (Dawn)  
13 - Jennifer Hall Lee  
13 - Boyd Hudson  
17 - Dennis Mehninger  
18 - Dorothy Brooks  
21 - Doug Colliflower  
22 - Etta McCurry



#### Anniversaries



01 - Mark & Paula Mariscal  
13 - Boyd & Alice Hudson  
14 - Dawn (Digrius) & Robert Smith

### September

#### Education & Literacy

#### Program Chair, Ruben Alvarado

September 05 - Captain Hogelund, LA County Fire Department, La Canada-Flintridge

September 12 - Cesar Barragan, Regional Fitness Coordinator, Episcopal Community Services

## Summer Concerts are Done What's Next? Read ON!



Now that our 2019 Summer Concert Series has concluded, here's an update on the status of our other seasonal projects.

You may recall, earlier this year, at the request of President Sarah I did some preliminary investigative legwork on what would be required to replace our Rotary street signs which are dispersed around the Altadena community. With the aid of Sussy Nemer in Supervisor Barger's office, in June I was put in touch with Land Development Division - Los Angeles County Public Works and given instructions as to where and how to file permit applications, etc., etc. I put the

project on the backburner as the Summer Concert Series was about to begin and my plate was full of bill-paying work. However, it is now time to dig in, sort out all the requirements, determine the resources needed other than cold hard cash!

Our Fall Project again this year will be the "bike build" we do in conjunction with the Pasadena and San Marino Rotary Clubs. The "bike build" is actually "Bikes for Christmas" program started by Rotary Pasadena in 2015. The program gives underprivileged youth bicycles, helmets and locks for Christmas. We partner with the Salvation Army who selects the recipients of the 250 bikes we will give away this Christmas. In addition

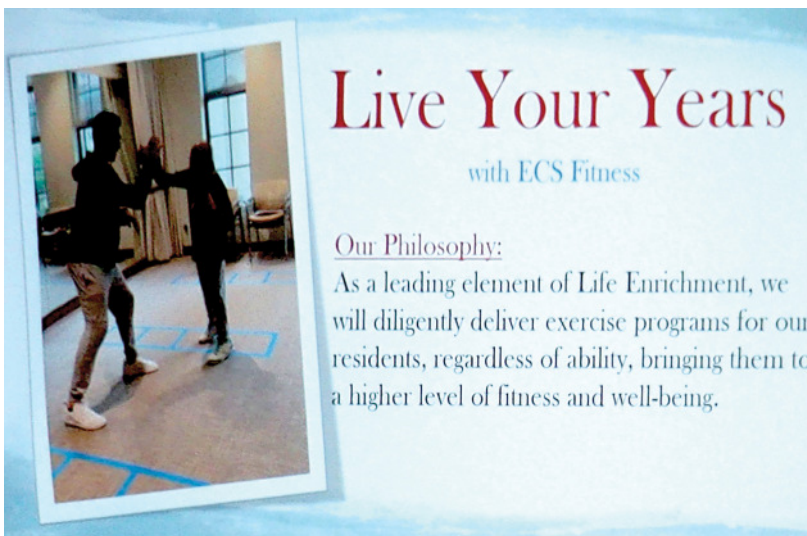
to help with bike assembly our Club hosts a pancake breakfast for all the volunteers on the day of the build - so there are many opportunities to help once I have the dates, I will be accepting your generous offers to help.

Due to the success and good will we generated for the Pancake Breakfast/Fundraiser we hosted in May benefiting our Altadena Sheriffs Mountain Rescue Team, we are planning two follow up events: one in October and another in the Spring. The May event was a lot of fun, well-attended and a great opportunity for Rotarians to get out in our community and support a great cause. Stay tuned, details coming soon. ○

## Program

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Obviously, it has been hard to convince many residents of the safety of boxing, but he has built in many safeguards for their protection. He has suc-



cess in getting residents to embrace the boxing classes. Barragan is very fit himself, and is a role model for what he wishes to

achieve for the residents of the three Episcopal communities in Southern California.

Tom McCurry ○

## Another Wooden Nickel handed out



Sonia Kwon became the ninth recipient of the Coveted Wooden Nickel, Sep. 12

*You're invited to attend*  
***Our Progressive Dinner***

***Saturday, September 21, 2019***

*Festivities begin with a*

***Happy Hour***

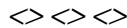
***5:30 to 6:30 pm***

*at the*

***1881 Bar***

***1881 E. Washington Bl., Pasadena***

***Corner of Washington & Allen***



***Same Owner as the Altadena Ale House***

***Dinner & Dessert***

***6:45 pm***

*at the home of*

***Mike & Carol Zoeller***

***2072 Midwick Drive, Altadena***

***For Questions or to RSVP***

***Mark Mariscal***

***323-816-6713***

***markmariscal@yahoo.com***