



SERVE TO CHANGE LIVES

This Week's Program

Wednesday, April 30

Camp Enterprise Kick-off Lunch Program

Olympian Cliff Meidl and Dr. Malcolm Lesavoy

12:00 Noon - LUNCH

12:30 - 1:30 p.m. - Program

Club Meeting

Long Beach
Meets at THE GRAND
4101 E Willow Street
Long Beach, CA 90815
Time: Wednesday at 12:00 PM

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President 105's Post #37

By Dennis C. Smith

Thank you!

Habits, like luck, can be good or bad. Having gone through the challenges and several cycles of getting and staying fit over the past few decades, I recognize this duality of habits.

Instead of labeling behaviors as good or bad habits, I started to refer to them as *routines* and *ruts*. *Routines were good habits and ruts were bad habits*. I noticed that some basic parameters were



needed for routines to be successful and for ruts to be avoided. To establish a positive routine, I must be committed to its outcome, be disciplined, and follow through.

Through my work, I noticed these apply not only to achieving personal goals for fitness, but also financial goals, be they paying down/off credit or saving money. Create, commit, and be disciplined!

At last June's President's Party, I said that my primary goal as the 105th President of the Rotary Club of Long Beach was to have you re-establish your routine to attend our weekly meetings. After fourteen months of Zoom meetings, many Rotarians would click on/off their electronic gadget to attend a meeting; others clicked once/twice and stopped because virtual meetings were not as enjoyable. My goal was to have you block your schedule and attend our weekly Wednesday meetings. By establishing a weekly meeting routine, we form the foundation for the coming years' regular attendance and have filled meeting rooms.

Some of the positive outcomes you create by routinely attending our weekly Wednesday meetings include (1) spending time with old friends; (2) starting new relationships; (3) hearing presentations from interesting speakers from a wide array of professions, industries, and communities; and (4) learning about and be involved in our Club's events and projects. *Attending meetings on a regular basis builds goodwill and better friendships---all positive outcomes.*

I want to thank everyone who has routinely been attending our weekly meetings. Your presence has created positive energy, engaging questions for our speakers, laughter and good humor at your tables, and a welcoming environment for our guests and other Rotarians who have also established their Wednesday routines. Our weekly attendance is close to where it was pre-pandemic. We are welcoming more returning Rotarians each week. Thank you.

For those who keep saying, "I'll start next week..." and are in a rut of missing meetings, start your routine today and email [Madrid](#) to RSVP for a few, or all, of the dozen or so remaining meetings this year. Establish your routine for comradery, fun, and relationship with your fellow Rotarians.

We are Long Beach Rotary,

Dennis

JOIN US - Saturday, April 9 - Rotary Centennial Park!

By Jean Bixby Smith



Join me, other Rotarians and the local community at

*Rotary Centennial Park
Saturday April 9 from 9:30-11:30am*

*Annual Mark Bixby Easter Egg Hunt with the Easter Bunny
Paul Kennard Book Fair
Face Painting!*

Rotarians who wish to help set up should arrive at 8am. Coffee, donuts and bagels will be provided.

NEWS from Rotaract Club of CSULB

By Jerome Ee, President and Jonathan Tran, Vice President - Rotaract Club of CSULB

We want to share photos of the **Rotaract Club of CSULB** collaboration event with Alpha Phi Omega for [Project Linus](#), a non-profit organization providing new handmade blankets to children in need.

We also were able to give a brief presentation about our Rotaract Club in anticipation of increasing our membership.

Overall, it was a good event that helped our community!



DISTRICT CONFERENCE - May 14

By Dennis C. Smith



District Governor, Cisca Stellhorn announced that Registration is OPEN - District Conference on Saturday, May 14.

It is open to everyone to learn things, have fun, engage and participate in packing meals and tying blankets.
It will be fast and furious.

Sign up on DACdb.
You can invite non-Rotarians to participate in our projects. They can sign up as a guest on DACdb.

Upcoming Events - Click Title for More Info and for Meeting RSVP

March 30th
[Long Beach Weekly Club Meeting](#)
Speaker: Cliff Meidl & Malcolm Lesavoy
Subject: Camp Enterprise Kick-off In-person meeting only

April 6th
[Long Beach Weekly Club Meeting](#)
Speaker: Kristine Hammond
Subject: Zaferia Business District

April 7th
[Rotary Revealed Information Meeting](#)
Attendees: For Prospects and Sponsors only
Subject: Rotary Club of Long Beach Informational Meeting

April 9th
[Rotary Centennial Park - Annual Easter Egg Hunt](#)
Event: Mark Bixby Annual Easter Egg Hunt
Subject: Easter Egg Hunt plus Easter Bunny, Paul Kennard Book Fair, and Face Painting

April 13th
[Long Beach Weekly Club Meeting](#)
Speaker: Joan Blank - Dream Catcher of LA
Subject: Horses for Forces

April 14th
[5 O'Clock Somewhere Mixer](#)

April 19th
[RCLB Board Meeting](#)

April 20th
[Long Beach Weekly Club Meeting](#)
Speaker: Mark Whicker
Subject: Sports columnist

Birthdays This Week - Click Name to Send a Greeting



[Cam Doherty Killingsworth](#)
April 1st



[Alison Bruesehoff](#)
April 2nd



[Shell W. Grossman](#)
April 2nd



[Lynne Wainfan PhD](#)
April 3rd



[Blake E. Christian](#)
April 4th



[Craig T. Cross](#)
April 5th

Club Leadership - Click Name to Send a Message



[Dennis C. Smith](#)
President



[Dana A. Buchanan](#)
Assistant to the President



[Dorian Bolick](#)
Vice President



[Robyn Gordon-Peterson](#)
Vice President



[Daniel Bruce Lipton](#)
Vice President



[Nelinia 'Nel' Varenas](#)
Vice President



[Anthony J. Gales](#)
Secretary
Treasurer



[Aaron Anthony Blackburn](#)
Sergeant at Arms



[Gregory J. Burnight](#)
Sergeant at Arms



[Brett Lewis](#)
Sergeant at Arms



[Gaia Valentino](#)
Sergeant at Arms



[Henry C. Fung](#)
Career Service Director



[Richard Gibson](#)
Club Service Director



[Tina Barry](#)
Community Service Director



[Steve M. Hockett](#)
Fellowship Service Director



[Freda Hinsche Otto](#)
International Service Director



[Lisa Hain](#)
Membership Service Director



[Christopher Yco](#)
Youth Service Director



[Matthew L. Kinley](#)
iPast President



[Alfredo Velasco](#)
President-elect



[Michele A. Dobson](#)
President-nominee



[Madrid Zimmerman](#)
Club Executive Director
Club Executive Secretary



[Judy Ross](#)
Rotary Foundation Chair



[Wayne C. Slavitt](#)
Rotary Foundation Chair

Rotary Club of Long Beach
meets every Wednesday

*LB Skyline Photo Credit
Long Beach Convention & Visitors Bureau*

March 30, 2022
Vol. 105, Issue 37

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[District 5320](#)

[Rotary International](#)

[E-Club of the West](#)

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Social Media Pages**

