



This Week's Program

Wednesday, January 8

"The Track to Victory"

**LaTanya Sheffield, Head Women's Coach
Team USA - 2024 Paris Olympics**
Long Beach State Head Men's and Women's Track Coach

The Queen Mary - Grand Salon

**LUNCH - 12:00 Noon
PROGRAM - 12:30 - 1:30 p.m.**



LaTanya Sheffield, a former Olympian and American record holder, is in her 13th season at Long Beach State and her third as the Head Men's and Women's Track Coach.

In high demand on the International stage, Sheffield served as Head Women's Coach for Team USA at the 2024 Paris Olympics. Team USA won seven gold, five silvers, and four bronze medals during the meet.

Sheffield has extensive international coaching experience, including USA National Team Women's Head Coach for the 2022 World Championships; US Women's National Team's Sprints, Hurdles, and Relays Coach at both the 2016 Rio and 2020 Tokyo Olympics; and Women's Track and Field Head Coach at the 2019 Pan American Games. Sheffield's coaching experience also includes serving as a Team USA Assistant Coach at International meets in Moscow, Guadalajara, Valencia, Spain, and Rio de Janeiro.

Sheffield's accomplishments at The Beach are too numerous to list here, but she has mentored 15 Big West Champions, sent 11 to the NCAA Championships, and has seen her charges qualify for the NCAA Western Preliminaries in 41 events. Sheffield helped The Beach to the program's first MPSF Indoor Track & Field Championship in 2024. The 2023 and 2024 campaigns were two of the best in Long Beach State history.

As an athlete, Sheffield was an Olympic Finalist in the 400m hurdles at the 1988 Games in Seoul, South Korea, and represented the United States at the 1987 World Championships. Sheffield, who established an American record in the 400m Hurdles in 1985, excelled at San Diego State, where she was a two-time All-American and 1985 NCAA Champion.

Sheffield earned her Bachelor's degree in Sports Management from the United States Sports Academy in 2011.

Sheffield is also a professional motivational speaker and the Founder and President of Sports Extravaganza, Inc., a non-profit organization that fights childhood obesity.

Happy New Year 2025

By Steve M. Hockett, RCLB President #108

Happy New Year to my Rotary Family

I hope this finds you tanned, rested, and ready for a great 2025!

I want to thank Cam Killingsworth for leading the charge for our RotaryGrams and for being so kind as not to pester me for a weekly article. Rather than write something obvious or quote baseball history as Greg Burnight did, I chose the back surgery route. I



do not recommend this approach, but it is effective.

New Year's resolution #1 - Do a more effective job of communicating with my great friends in the Rotary Club of Long Beach. In that light, I want to touch on some critical issues being pondered by the Board.

Our Club is blessed by the great work of the previous Board in that we have accumulated cash and are in a good position. Our Club finances are driven by our number of members, mainly from the dues income. If breaking even every year with the Club's operation is desirable, that is only possible when we meet our goals concerning new members.

With this in mind, we must consider fundamental changes in our business model. The challenge of balancing an easier entrance for new members and doing our due diligence with a selective process. These changes are currently being considered.

We will do our best to communicate our work on this critical subject.

In the meantime, a word from one of my favorite poets:

How much good inside a day?
Depends how good you live 'em.
How much love is inside a friend?
Depends how much you give 'em.

Attention Rotary Golfers

By Donald N. Serafano, RCLB President #77



We are excited to announce that Rotary Golf will resume **THIS WEEK on January 10, 2025!** Join us for a friendly round of golf **each month**. Regardless of your handicap or tee preference, come and enjoy an afternoon of fellowship.

To be added to the notification list, please contact:

- Don Serafano at dserafano@gmail.com
- Mike Wilson at wilsomik@gmail.com

Looking forward to seeing everyone for our first outing on **January 10!**

Best,

2025 - Best Practices on Annual Goal Setting (BBR)

By Mary Zerafa Loos, BBR Chair

RSVP to Evite invitation sent to your email



Business Breakfast Roundtable

2025--Here We Come! Best Practices on Annual Goal Setting

- Harness the power of a fresh start—the start of the new year
- Learn how to take your ground with 2024 and get inspired about your goals for 2025
- Come to the group ready to share what's worked best for you in envisioning and achieving an important goal in your life

Thursday, January 16, 2025

8:00am-9:30am

The Grand, 4101 E. Willow

\$29 (cash preferred) for coffee and pastries



RSVP: Evite invitation sent to your email

Info: Mary Zerafa Loos | maryzerafa@gmail.com

To foster discussion, the maximum number of participants is 18.

Rotary Connections

By Natalie Hale, Fellowship Service Director



Rotary Club of Long Beach

PRESENTS

LONG BEACH ROTARY CONNECTIONS


NEW DATE THURSDAY
January 30, 2025
5:00PM - 7:00PM

at the home of
Steve Hockett
5554 E. 6th Street, Long Beach, CA 90814

Join us for an evening of fellowship and learn about one of the largest and oldest service clubs in Long Beach! Are you interested in connecting with community-minded individuals, building lifelong friendships, and making valuable connections? Would you like to collaborate with others in giving back to the community and supporting those in need? Experience the joy of giving back while having fun with a purpose. Appetizers will be served, and it's BYOB!

Please RSVP via evite.

www.rotarylongbeach.org



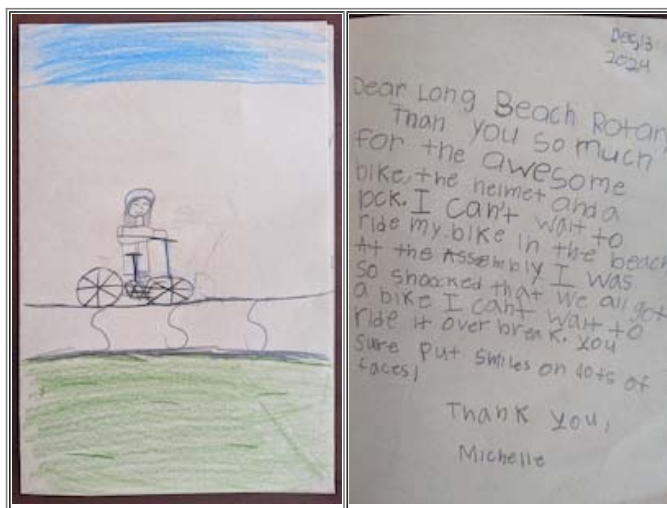
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Bikes for Kids 2024

By Jon L. Mesko, Bikes 4 Kids Chair

Bikes for Kids was once again a smashing success thanks to 50+ Rotarians who volunteered in December to assemble 125 bikes, then fit bikes and helmets to all the 3rd graders at Roosevelt Elementary. When President Hockett informed the kids that they would ALL be getting a new bike this year, their reaction was priceless joy! Watching each kid wheel their new bike away with a smile on their face is one of my favorite moments of the year. Special thanks to the Rotary Charitable Foundation for once again

financially supporting this special effort and the YMCA for facilitating this operation and making it look easy.



Ring the Bell

By Stephen B. Shaw, RCLB Annual Bell Ringing Chair

Hi Ringers,

I want to thank you so much for helping raise money for the Salvation Army.

Rotary Club of Long Beach member, [Captain Dan Garrett of the Salvation Army](#), brought the pot and bells in the morning and finished the evening at 6 PM.

The crew who showed up and rang for an hour included the following Rotarians: [Dave Woody](#), [Greg Owen](#), [Freda Hinsche Otto](#), [Lisa Finn](#), [Leslie Wiberg](#), [Stu Ledsam](#), [Natalie Hale](#), [Mike Rivard](#), [Ramer Spurr](#), [Meredith Shaw](#) and [Captain Dan Garrett](#). Also thanks to the non-Rotarians who helped.

A special thanks to [Natalie](#) who brought chairs in the morning so we could rest our tired legs. Also, Dan for bringing the pot and picking it up when we were finished. The pot was pretty heavy at the end of the day so I think the day was a success. Thanks to all of you for your help. It has been a multiple-decade event for the Rotary Club of Long Beach and it's wonderful to help people in need.



A Personal Memory from Rotarian Dave Woody...

Ok Dan, here is the picture for Madrid. . My guest ringer, Sandy & I had almost the same experience with the Salvation Army when we were about 10 years old. Both of our fathers were out of work & out of money. Then, in both cases word got through to the Salvation Army about us. On Christmas morning they brought a box with a ham or turkey and other food & a toy for each of us kids. She lived in Vancouver, Canada and we lived out in Calimesa Ca. What a coincidence! I have been a Rotary Bell Ringer some years now. Dave



READING BY 9 Holiday Update

By Frank R. Newell, RCLB President #83

Happy Holidays to everyone and thank you for your continuing support of our Reading by 9 Program. Our annual fundraising total from our September's Rotary meeting has now eclipsed \$127,000, including a number of donations from non-Rotarians who have become aware of our Program. Your Literacy Committee with over 20 members has been working diligently since our fundraising meeting to identify programs and make donations and grants that align with the Program's purpose and goals. We have approved over \$30,000 for the Paul Kennard Teacher Literacy Grants and awarded \$21,500 in Nonprofit Literacy grants. Thanks to those Sub-Committees led by Laura Knapp and Judy Ross.

We have recently completed our Holiday Book grants to ALL 39 Title 1 Elementary Schools where we have provided a book to all Pre-K to 3rd grade students in those schools (over 16,000 books!). Those are numbers but the real joy is seeing the expressions on young children, many of whom have few if any books at home, when they gaze at a table full of books and slowly make their decision which book they can take home for the holidays. A group of Rotarians on December 19th visited and helped distribute books and Rotary Book bags to Pre-K-3rd grade students at Starr King Elementary School and it was a rewarding experience for all of us. A photo of the children at Garfield Elementary School with their books says it all.





In early 2025 our books will be distributed at the Early Learning and Kindergarten Festivals and we will collaborate with Reading Buddies, a teenage volunteer group, to read to students at the Billie Jean King Library where we funded the Early Child Learning and Storytime Centers during our Centennial. We will also again support lower income pre-school students attending the Child Development and Head Start programs and attend sites to deliver books and read to the young children. If you are interested, let us know as there will be opportunities to participate in delivering books and reading to these youngsters. We will also support our own Mark Bixby Rotary Easter Egg Hunt at Centennial Park as well as other community literacy events. Again thank you for your support this year and for the last 26 years!



New Member Proposals

The following are being proposed as members of the Rotary Club of Long Beach. They are hereby submitted to the membership for

a 10-day period as required by the Bylaws. Any comments can be addressed to the President or the Executive Director of the Club during this 10-day period.

Matt Harms - Development Director, Region 2; Special Olympics Southern California

Proposed Classification: Non-Profit Organization: Special Olympics

Proposed by: Mark Kachigan and Vali De Vries

Bijan Roboubi - Founding Attorney, ABAR Law, APC

Proposed Classification: Attorney-at-Law -- Estate Planning

Proposed by: Theresa Cornwell and Mark Schneider

BIRTHDAYS - Click on Name and Send A Greeting



[Mary Zendejas](#)
January 7th



[Robert W. Latimer](#)
January 9th



[Craig Rockwell Dougherty](#)
January 10th



[Andrew J. Moskovitz](#)
January 10th

YEARS OF SERVICE - Click on Name and Send Congrats



[Mark A. Kachigan](#)
22 Years



[John M. Graham III](#)
21 Years



[John E. Romundstad](#)
19 Years



[Lisa Ramelow](#)
11 Years



[Freda Hinsche Otto](#)
10 Years



[Rhiannon Evans Acree](#)
10 Years



[Richard Gibson](#)
8 Years



[Carolyn Caldwell](#)
7 Years



[Susan Collida](#)
7 Years



[Diane L. Donaldson](#)
6 Years



[Jim Better](#)
5 Years



[Lee Shoag](#)
5 Years



[Michael Rivard](#)
4 Years



[Raymond Cervantez](#)
2 Years



[Stuart Ledsam](#)
1 Year



[Donna Wajid](#)
1 Year



[Jon L. Mesko](#)
1 Year

EVENTS

January 8th, 12:00-1:30 PM
[Long Beach Weekly Club Meeting](#)
Speaker: LaTanya Sheffield
Subject: 2024 Paris Olympics

January 10th, 11:30-3:30 PM
[Rotary Club Monthly Golf Outing](#)
Monthly outings at different golf courses
Meadowlark Golf Course in January

January 11th, 8:00-9:00 AM
[Centennial Park Clean-up](#)

January 15th, 12:00-1:30 PM
[Rotary Weekly Club Meeting](#)
Speaker: Steve Futterman - Foreign Correspondent

January 16th, 8:00-9:30 AM
[Business Breakfast Roundtable : in person](#)
Best Practices on Annual Goal Setting

January 21st, 4:00-5:00 PM
[RCLB Board of Directors Meeting](#)

January 22nd, 12:00-1:30 PM
[Rotary Weekly Club Meeting](#)
Speaker: Neil Saavedra
Subject: "The Fork Report"

January 23rd, 5:30
[Rotary Journey](#)
Bi-monthly
Subject: Getting to know Rotary better

January 26th, 4:00-6:00 PM
[Ronald McDonald House Sunday Meal Prep](#)
Volunteer to make a Sunday meal for the families at RMDH

January 29th, 12:00-1:30 PM
[Rotary Weekly Club Meeting](#)
Speaker: Doug Fraser
Subject: Trauma Center - MemorialCare

January 30th, 5:00-7:00 PM
[Rotary Connections](#)



Rotary Club of Long Beach
meets every Wednesday @ 12 Noon

THE QUEEN MARY
1126 Queens Hwy
Long Beach, CA 90802

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

Club Office
Rotary Club of Long Beach
The Queen Mary
1126 Queens Hwy.
Silvania Room
Long Beach, CA 90802
562-499-1752
Rotary@RotaryLongBeach.org

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