



# ROTARY MEANS FELLOWSHIP – ARTS - BUSINESS - SERVICE FABS

## This Week's Program

**Wednesday, January 24**

**Breaking Glass with the Exalted Ruler**

**Dr. Kim M. White**  
Exalted Ruler - San Pedro Elks

**12:00 Noon - LUNCH**  
**Early Start 12:20 p.m. - 1:30 p.m. - PROGRAM**

**OFFSITE MEETING**  
Greek Church - 5761 E. Colorado near PCH/Bellflower



**Dr. Kim** has been a member of the Elks for 18 years and has been an officer for 13 of those. Soon after she joined, she was asked to be the Lodge Chaplain. She has served as a volunteer officer on and off throughout those years. A couple years ago, she decided that she would like to serve the Lodge as the Exalted Ruler. There was another officer, Julia, who was already planning on it. Kim was planning on following Julia and being the second female Exalted Ruler, but as fate would have it, she became the first female Exalted Ruler in 118 years.

She was an officer with the Cabrillo Beach Polar Bears for the last 21 years first as Vice President with Ray Falk and then as President for over 18 years. With her guidance, the Club has had up to 875 people join them in their New Year's Day swim. She still swims on most days ending in the letter Y.

In her professional life, she worked in television in post production. When she started doing triathlons, she decided to become a coach. From there, she became a Personal Trainer and started studying the body in order to affect change. She got her Masters degree in Kinesiology from Cal State Long Beach in 2007, became a Holistic Healthcare Practitioner and a Life Coach. She decided to use the pandemic to further her education and received her Doctorate in Natural Medicine in 2022. She has run her own business for over 20 years, being a coach for triathlon, swimming, running, cycling, as well as a life coach and personal training.

## Birthdays



[Dan D'Sa](#)  
January 26th



[Judith A. Vander Lans](#)  
January 28th



[Jens Rosmus](#)  
January 28th



[James M. Morris](#)  
January 28th



[Jeff Kellogg](#)  
January 30th

## Club Leaders



[Michele A. Dobson](#)  
President



[Gail B. Schwandner](#)  
Assistant to the President



[Jean Bixby Smith](#)  
Assistant to the President



[Marcelle H. Epley](#)  
Vice President



[Joseph Wayne Hower PE,  
DEE](#)  
Vice President



[Debra Kahookole](#)  
Vice President



[Sumer A. Temple](#)  
Vice President

## Planning for Tomorrow

By John E. Romundstad, EDF Chair



Please mark **Wednesday, February 7**, on your calendar for our annual **Evening Dinner Focus (EDF)**.



For Rotarians who are relatively new to the Club, EDF is a once-a-year event in which *in lieu* of meeting for our weekly luncheon program, we break up into much smaller groups for a dinner discussion at the homes of fellow Rotarians. This year the subject of our discussion will focus on our Club's future as a part of our Strategic Plan which is now underway by our Strategic Planning Committee.

Members of the Strategic Planning Committee will serve as facilitators at each host home. We will discuss how we, as Club members, envision the Club's future over the next 3-5 years. The Strategic Planning Committee wants and needs member input, and EDF will be the first opportunity for feedback from the membership-at-large about this important topic.

The Strategic Planning Committee would like the Club members to share what they believe are the strengths and challenges within LB Rotary and the opportunities available and competition in the community which need to be taken into consideration in developing the Club's Strategic Plan for the next five years.

EDF gives all attendees an opportunity to get to know their fellow Club members on a more intimate basis; instead of 100-125 Rotarians at lunch, there will be 8-10 people around a dinner table at a Rotarian's home. Fellowship, dinner, discussion of the Strategic Plan, and then more fellowship is the usual sequence of events at EDF.

The hosts may choose to prepare a meal or elect to have dinner brought in - purely a matter of preference. The Club will reimburse each host \$35 per guest. In the spirit of appreciation, guests will typically bring a bottle of wine, flowers, or perhaps contribute to the meal such as preparing dessert. If a contribution to the meal is contemplated, coordination with the host is advisable.

EDF has been a signature Rotary event for many years, and an evening Rotarians always look forward to.

Madrid will work her magic to assign guests to the closest host home as possible.

**Please sign up to attend ASAP; the window closes on Wednesday, January 31.** And if you are willing to serve as a host, of which we typically need 6-8 depending on the number of attendees, please notify either Madrid or myself.

EDF promises to be a rewarding evening for us all.

Thank you.

John E. Romundstad, Chair  
EDF Committee



[John E. Romundstad](#)  
Secretary  
Treasurer



[Theresa Cornwell](#)  
Sergeant-at-Arms



[Shel-lee Davis](#)  
Sergeant-at-Arms



[Shelley Hanks](#)  
Sergeant-at-Arms



[Debbie Thorpe](#)  
Sergeant-at-Arms



[Denise Dahlhausen](#)  
CCO-Club Comm. Offcr



[Rayne Sherman](#)  
Career Service Director



[Robyn Gordon-Peterson](#)  
Community Service Director



[Stephen B. Shaw](#)  
Club Service Director



[Lisa Finn](#)  
Fellowship Service Director



[Matthew L. Kinley](#)  
International Service Director



[Sarah Soriano](#)  
Membership Service Director



[Conor Kenneth Weir](#)  
Youth Service Director



[Alfredo Velasco](#)  
iPast President



[Steve M. Hockett](#)  
President-elect



[Kelly Ruqirello](#)  
President-nominee



[Wayne C. Slavitt](#)  
President-designate



[Donald E. Cochran](#)  
Rotary Foundation Chair

## Welcome New Rotarian

By Brian Camp Russell, RCLB President #98





**Kimberly Hall** is President & CEO of Goodwill Industries Southern CA where she oversees a \$31M budget with 400 team members. Prior to this position here in LB she held similar positions with Goodwill in AZ and MS.

Kimberly was born in Phoenix, AZ but grew up on a 100 acre farm in Mississippi where there were cows, goats, a bull, chickens, fruits and vegetables. She has Bachelor's degree from University of Phoenix in Human Service Management and a Masters in Leadership from Grand Canyon University. She has two sons, Kaleb-20, who is studying Marketing in Turin, Italy and Kolin-8. She refers to her sons as her "Heartbeats". She is a member of Antioch Church of LB.

Former civic and social activities include: Achieving My Purpose Board in Phoenix; United Way and Kiwanis in South Mississippi.

She is active in Leadership Long Beach and is a graduate of their Executive Program. Her accolades include Woman of Year, Amazing Women Award, and Athena Award.

Here are some interesting facts about Goodwill, as we all know we give our clothes and other household items to them or we have seen their retail stores, but did you know this:

In 2023 they helped over 3,000 individuals connect to job readiness in their career centers, certified nursing training, and security guard training programs.

Last year they provided 2,600 no-cost food boxes to neighbors near their facility on PCH near the 710 freeway.

They provided over 2,000 limited English speaking and deaf individuals with translation and interpreting services.

## Welcome New Rotarian

By Donald N. Serafano, RCLB President #77



Members of Rotary, it is my pleasure to introduce **Mike Wilson**.

Mike and I have been neighbors and friends for 25 years. Mike is married to Lynne, and they have 2 adult children both of whom are married. Katie and Austin have an 8-month-old son; and Tyler and Alysa are expecting their first child.

Mike is a proud alumnus of Penn State where he graduated with a major in food science. He has enjoyed a successful 40-year career in the food and nutrition industry with Kraft Foods, and as Executive Vice-President of Research and Development with Mars Inc. and BODi; and, now, founder and CEO of Wilco Consulting. His being credited with 12 patents in research and development are a testament to his dedication and passion for his field.

As we welcome Mike into Rotary, let us embrace the unique qualities he brings to our community. With his strong support of local charities and his commitment to family values, we can easily see that he lives our Rotary motto of "Service above Self".

In Mike, we have gained not only a valuable professional but also a genuinely good and kind family man.

## THIS WEEK - Thursday - RoToastados & 5 O'Clock Somewhere-Rotary Connections

COME AND CELEBRATE OUR  
1-YEAR ANNIVERSARY AS  
**ROTOASTADOS**  
A FIRST OF ITS KIND "ROTARY 5320 AND TOASTMASTERS ALLIANCE CLUB"

**Thursday, January 25**  
1PM NON-HOSTED LUNCH | 2PM MEETING

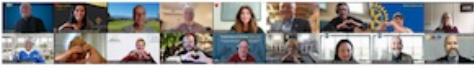


**BELMONT BREWING CO.**  
25 39<sup>TH</sup> PL, LONG BEACH, CA 90803

Find out more about the progress the club has made in the past year. Receive awards and recognition. Participate in table topics and just have FUN.

Please come if you want to

- Have a meal and a beer with a fellow Rotarian
- Help celebrate your friends from Rotary and meet new people
- Find out more about joining Rotoastados and experience a live in-person meeting



Meetings are held at 2PM on Zoom every other Thursday  
NEXT VIRTUAL MEETINGS: FEBRUARY 8 AND FEBRUARY 22

*Five O'Clock Somewhere*  
**Rotary Connections**

*Join us for a Long Beach Rotary Club mixer hosted at the home of Vali DeVries. Feel free to bring a guest as it's a perfect chance for current Long Beach Rotary Club members to connect and for potential new members to learn more about our community. BYOB. Light appetizers will be served.*

**THURS • JANUARY 25**  
**5PM-7PM**

The DeVries Residence  
6118 E Oakbrook St, Long Beach, CA 90815

For more info & RSVP, contact Judy at [judy.ross294@icloud.com](mailto:judy.ross294@icloud.com)

## UPDATE from #107

By Michele A. Dobson, RCLB President #107

Just to bring you all up to speed, as President of the Club, you have events within the District that you attend. I had the pleasure of attending the District Meeting regarding the Rotary International Foundation and proud to share that the Rotary Club of Long Beach was recognized in a few categories. Long Beach is a Polio Plus Club which means that our Club's Donations to the Rotary International Foundation exceed \$1,500 to the Polio Fund. Long Beach Rotary was also recognized as one of the top three Clubs in giving from our District which includes giving to the Annual Fund, Polio Plus and Endowment Giving but this is the kicker, Newport Balboa was Number one at \$49,572.00 and Long Beach was number two at \$49,094.04. For our finance Rotarians, that means Newport Balboa robbed us of Number one by \$477.96. I say that all in fun, Number two in the District is fine but boy-o-boy would I have liked to raise that \$500 bucks to take the Number one spot.



I would also like to share that Past President Frank Newell was recognized individually for his support of the Rotary International Charitable Foundation. Finally, Greg and Val Owen were recognized as Arch Klump Society Members. All of that being said, it was my pleasure to stand proudly as Long Beach Rotary and individual Long Beach Rotarians were being recognized. I received a report from our Foundation Liaison Don Cochran and we are on pace to exceed last year's giving to the Rotary International Foundation so I applaud each of you for your continued generosity to the International Foundation and to our Club's Charitable Foundation through

your fines, birthdays and Club recognitions.



Changing gears, the song this week is one of my favorites by Brooks and Dunn and I need some Cowboys and Cowgirls to electric slide with me again

**at our January 24<sup>th</sup> meeting.**

Don your cowboy hats and western gear, come on up front and electric slide with me to “Boot Scoot Boogie” during the song.

Remember, we are all about mental health and well being this year and dancing is a great way to release some stress.

No embarrassment, it is all in good fun Rotarian to Rotarian.

Finally, this is a test if you actually read the RotaryGram each week. During our Rotary Means Arts segment of the next meeting, we are going to do a two one-minute scenes from a play demonstrating a “Cold Call” and to know what that is, you have to come on January 24<sup>th</sup>. Here is the audience participation portion, I have already been nominated to act out one of the scenes as “Ella Fitzgerald” and you get to nominate up to five Rotarians who will be drafted to act out the scenes with me. Each scene is a minute long and none of us will see the scene until we get to the January 24<sup>th</sup> meeting, i.e. the “Cold Call.” That’s all you get until the 24<sup>th</sup> so send in the name of the Rotarian you want to see reading a scene with me for 1 minute on Wednesday. **We need your nominations by midnight on Monday, January 22<sup>nd</sup>.** Cheers.

## RCLB Super Bowl Party!

By Lisa Finn, Fellowship Service Director

Join your fellow Rotarians for fun and fellowship at our first annual **Rotary Club of Long Beach Super Bowl Party**. Our inaugural year will kick off at **Belmont Brewing Company**

Whether you are a football fan or not, there will be chances to get some “pigskin” in the game by selecting a box on the opportunity grid.

Proceeds will be split between the winners and the Club’s unfunded Avenues of Service.



When: **February 11, 2024**

Starting time: **2:00 pm**

Cost: \$40 per person *(includes a wide variety of delicious food)*

*(Prior to February 11<sup>th</sup>, please see a Vice President to make payment for entrance to the party and to purchase grid box(es))*

**Full, No-Host Bar**

**Belmont Brewing Company, 25 39th Place, Long Beach**

## New/Returning Member Proposal

The following is being proposed as a member of the Rotary Club of Long Beach. His name is 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.

### Rex Richardson - Mayor, City of Long Beach

Proposed Classification: Government - Municipal - Mayor

Proposed by: Steve Keesal, Aaron Blackburn, Michele Dobson

## Events Calendar

January 24th, 12:00-1:30 PM

### Long Beach Weekly Club Meeting

**Speaker:** Kim White

**Subject:** "Breaking Glass with the Exalted Ruler"

January 25th, 2:00-3:00 PM

### RoToastados - A Rotary Toastmaster

Alliance Club

January 25th, 5:00-7:00 PM

### 5 O'Clock Somewhere and Rotary

Connections

January 28th, 3:00-5:30 PM

### Ronald McDonald House Sunday Meal

Preparing Dinner for the Last Sunday of the Month

Preparing Sunday dinner for RMD families every other month

January 31st, 12:00-1:30 PM

### Long Beach Weekly Club Meeting

**Speaker:** Michael Lange

**Subject:** "I Could Have Been a Doctor.....(A Dreamer's Journey in Show Biz)"

February 7th, 5:30-8:00 PM

### Long Beach Weekly Club Meeting -

Evening Dinner Focus

Evening Dinner Focus

Dinner meeting at individual Rotarian homes

February 8th, 2:00-3:00 PM

### RoToastados - A Rotary Toastmaster

Alliance Club

February 10th, 8:00-9:00 AM

### Centennial Park Clean-up

February 11th, 2:00-8:00 PM

### Super Bowl Party

Join fellow LB Rotarians to enjoy Super Bowl Sunday

\$40 for the Super Bowl Party at Belmont Brewing Co.

February 13th, 5:00-7:00 PM

### 5 O'Clock Somewhere

February 14th, 5:30-8:30 PM

### Long Beach Weekly Club Meeting -

Sweetheart Dance

Evening Sweetheart Dance

Includes the Not-So-Newlywed Game

February 20th, 4:00-5:15 PM

### RCLB Board of Directors Meeting

February 21st, 12:00-1:30 PM

### Long Beach Weekly Club Meeting




**Speaker:** Robin Thorne

**Subject:** "Demo Chicks" Women in Engineering

February 22nd, 2:00-3:00 PM

### RoToastados - A Rotary Toastmaster

Alliance Club

 <p><b>CREATE HOPE in the WORLD</b></p>	<p><b>Rotary Club of Long Beach</b> meets every Wednesday @ 12 Noon <b>THE GRAND</b> <b>4101 E. Willow Street</b> <b>Long Beach, CA 90815</b></p> <p><i>LB Skyline Photo Credit Long Beach Convention &amp; Visitors Bureau</i></p> <p>January 24, 2024 - Vol. 107, Issue 25</p>	<p><b>Club Office</b> 400 Oceangate, Suite 470 Long Beach, CA 90802 562-436-8181 <a href="mailto:Rotary@RotaryLongBeach.org">Rotary@RotaryLongBeach.org</a></p> <p><b>Visit</b> <a href="#">Long Beach Rotary</a> District 5320 <a href="#">Rotary International</a></p>	<p><b>Visit our Social Media Pages</b></p>  
--	--	--	--