

# ROTARYGRAM

July 27, 2016 - Vol. 100, Issue 4



President #100 Jayne Lastusky sporting the Long Beach Rotary Centennial Cap in Switzerland.

## [This Week's Meeting - July 27, 2016 - Brian Keith - "Active Shooter Response Program"](#)

Brian Keith serves as a Protective Security Advisor for the US Dept. of Homeland Security's Office of Infrastructure Protection. Keith coordinates Counter-Terrorism, Active Shooter, and Improvised Device awareness training to critical infrastructure owners and operators and first responders in the Los Angeles District.



Advisor for  
of  
Counter-  
Explosive  
infrastructure  
in the Los

## [Next Week's Meeting - August 3, 2016 - LA DA Jackie Lacey - "Courageous Citizen Awards"](#)

## [Calendar](#)

Bring a Guest!

July 27: Brian Keith - "Active Shooter Response Program"

July 28: 5 O'Clock Somewhere (Naples Rib)

August 3: LA DA Jackie Lacey - "Courageous Citizen Awards"

August 10: Katie Gaston - "RotarAct Perspective: Finding Peace, Around the Globe and Back"

The LA County District Attorney's office comes to Long Beach Rotary each year in order to honor the county's "Courageous Citizen Awards". LA DA Jackie Lacey and her staff will recognize everyday citizens who, in one instant, took courageous action to save the lives of others. Very few citizens are willing to stop a crime in action, help with the arrest, and testify in court.



Last Week's Meeting Highlights - July 20



Not only did Past President #91 Jane Netherton preside over last week's lunch while President Lastusky was in Switzerland, but #91 (with total audience approval) fined #100 in abstentia. Lastusky was recognized for her flag exchange with the Interlaken club, her climb to the summit to support the Glacier Bar, her LB Business Journal

listing in People in the News.

Andy McFarland and Brian Russell celebrated their birthdays. Fellowship Avenue Director Theresa Brunella introduced her different committee chairs and invited all members to the July 28th 5 O'Clock Somewhere at Naples Rib Company. Steve Shaw announced the July 25th Ronald McDonald Sunday Meal and Brandi Collato invited members to buy their tickets to the Angels- Polio Plus game (in September) by August 3 in order to sit together. Out of every \$50 ticket, of which \$29 goes to Rotary International, 144 children are innoculated against polio.

Kimberly Kirchmeyer, executive director of the CA Medical Board, quickly reviewed the opiates and pain killer abuse problem in California. Out of the state's 35 million population, 48 million prescriptions were recently written in one year. The 35-54 years is the largest age group using opiates and pain killer drugs. Unfortunately because of the 1990 CA legislation to allow for more pain treatment (i.e., for cancer), physicians were often "educated" to overly prescribe pain relief drugs. 54% of users receive pain killer drugs from friends or relatives and another 15% buy or take these drugs from friends or relatives. CA Medical Board promotes a collaborative "village" approach of all constituencies to resolve the problem through: secure/safe maintenance of prescription drugs, discouraging the sharing of medications, proper disposal of un-used drugs, usage of naloxone and other drugs to counteract opiate overdose, acceptance of a higher tolerance of some level of pain, better physician management (complete medical history, treatment plan, regular reviewing).

Birthdays of the Week

July 24 - **Sarah Naccarato** (Pres. Iconography Custom Signs & Graphics)

July 28 - **Jan Maize** (Sr. Investment Manager, Consultant, Morgan Stanley Smith Barney))

July 30 - **Debra Fixen** (Property Mgr, Shoreline Village)

July 31 - **Richard Dilday** (VP, Kardent)



*Polo Outing*

Board of Directors 2016-17

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Jayne Lastusky

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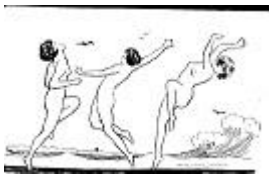
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Vali De Vries  
Mark Kachigan  
Nancy Kindelan

Avenue Directors  
Mollie Beck-Community  
Theresa Brunella-Fellowship  
Michele Dobson-Youth  
Adriana Lanting-International

## A Message from the Centennial Chronicler Committee

Do you know what Rotarian has the Rotary emblem on the door of his vault at the Sunnyside Mausoleum?

Do you know what cultural icon in LA is named after the sister of a Rotary president? Can you name the 6 locations where our Rotary Club has met since 1917?



Do you know the occupation of our 1st Rotary president? (clue: he wasn't afraid of stiff competition) Can you name the LB schools named after Rotarians? (clue: Newcomb is one of them) LB Rotary is Club 840, can you name the first five? Did an edition of the 1928 Rotarygram really feature a drawing of 3 naked nymphs frolicking in the LB surf? Can you name our AKEDs? (all-knowing executive directors) Your esteemed Chronicler Committee is hard at work and will answer these questions and many others as we dig deep into our fascinating Rotary history in the weeks and months to come. There will be reports in the Rotarygram, pop quizzes at the meetings and a splashy insert in the LB Business Journal. You will see how the history of LB is intertwined with the history of our club. You will see how the hard work of Rotarians of the past is benefiting Rotarians today, just as the work we do today will benefit Rotarians in the future. Stay tuned this will be fun!

## MARK YOUR CALENDARS.....BRING YOUR WHOLE FAMILY !!!



"Take me out to the ball game....take out Polio"  
Saturday - September 10th

**BUY GROUP TICKETS BY AUGUST 3.**  
-\$50 for loge seat (\$29 of it goes to end polio)

Long Beach needs to retain its CHILI CHAMPION Title and you can help by eating and voting between 3:30-5:00pm before the game.

For tickets/reserved seats, contact:

Brandi Collato ([brandi.collato@lbymca.org](mailto:brandi.collato@lbymca.org)) 562-596-3394

Steve Hockett ([steve\\_hockett@yahoo.com](mailto:steve_hockett@yahoo.com)) 310-375-2533, ext.250

Steve Shaw-Club  
Dennis Smith-Membership  
Wendy Sorel-Vocational

Communications  
Jay Beeler

Centennial Task Force  
Cam Killingsworth

Scholarship Foundation  
Jane Netherton

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Greg Burnight

President-elect  
Steve Keesal

President-nominee  
Gail Schwandner

Assistants to the President  
Connie Rivera  
Alfredo Velasco

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Madrid Zimmerman

Administrative Assistant  
Virginia Zart



CELEBRATE THE CENTENNIAL  
WITH A CAP

For only \$20 wear-to-share your centennial spirit. It also makes a great gift.  
Contact the office 562-436-8181

Rotary Club of Long Beach usually meets every Wednesday  
at 12:00 noon on the Queen Mary.

Rotary Club of Long Beach:

1119 Queens Highway, Suite 103, Long Beach, CA 90802  
562-436-8181; [Rotary@RotaryLongBeach.org](mailto:Rotary@RotaryLongBeach.org)

Visit: [Long Beach Rotary](#), [District 5320](#), [Rotary International](#), [E-Club of the West](#)

