



ROTARYGRAM

February 20, 2019 - Vol. 102, Issue 3

This Week's Lunch Program - February 20, 2019

Supercharge Your Brain! Keep Your Brain Strong and Prevent Alzheimer's

Dr. Susan Sklar is a nationally recognized Harvard trained physician and a fierce health detective who believes that you can age gracefully and feel great while doing so.

She believes that hormonal and other biochemical deficiencies cause humans to age and decline in ways that are not necessary or inevitable. She utilizes the cutting edge science of functional medicine to support the body to heal itself through the restoration of hormones, proper nutrition, lifestyle and appropriate supplementation.

After more than 25 years of experience as an Obstetrician-Gynecologist she started the Sklar Center in 2007 as a response to the unmet needs of men and women who are looking for answers to the questions of how to feel good in midlife and maintain optimum health long term.

She is certified in the Bredesen Protocol for slowing and reversing cognitive decline.

Dr. Bredesen's protocol is the most well known approach for successfully tackling the problem of dementia.



Upcoming Events

- Wednesday, Feb 20, 2019 - 12noon-1:30pm: Weekly Lunch Program
Supercharge Your Brain! Keep Your Brain Strong and Prevent Alzheimer's - Dr. Susan Sklar
Queen Mary, Grand Salon (1126 Queens Hwy., 90802)
- Thursday, Feb 21, 2019 - 9:00am-10:00am: Rby9 CDC Book Reading: Annual Book Delivery
Colin Powell Elementary School (150 Victoria St.)
RSVP with Frank Newell
- Thursday, Feb 21, 2019 - 5:30pm-7:30pm: 5 Way Test Mixer (3rd Thursday/month)
Parker's Lighthouse (435 Shoreline Village Drive)
- Friday, February 22, 2019 - 11:30am-3:30pm: Monthly Golf Outing
Recreation Park
Sign-up with Dennis Smith (dennis@stratisfinancial.com)
- Wednesday, Feb 27, 2019 - 12noon-1:30pm: Weekly Lunch Program
The Haunting of the Queen Mary - Queen Mary Ship's Officer
Queen Mary, Grand Salon (1126 Queens Hwy., 90802)

Next Rotary Lunch meeting
- Wednesday - February 27-
The Haunting of the Queen
Mary - Ship's Officer



Once again, the Queen Mary has been listed by Conde Nast as one of the most haunted places in America. The RMS Queen Mary served as a luxury ocean liner from 1936 until 1967. It has been the site of at least one murder, a sailor being crushed to death by an engine room door, and children drowning in the pool. The ghosts of deceased passengers are still reported, along with other paranormal activity.

This Week's Birthdays

Feb 19 - **Gaurav Datta** (Datta Law Group, APC, Attorney-at-Law - General Practice)



President's
Message

What an amazing week. Our club not only hosted the Large Club Conference (LCC) with 53 clubs attending but we had some of the most amazing speakers I have ever heard. Our Tuesday luncheon speaker, US Supreme Court Associate Justice Anthony Kennedy was warm, witty, and carried himself with such professional authority that you could not take your eyes away from him. We are certainly fortunate that he is Dennis Smith's "Uncle Tony" because, while I know just coming to our club is a big draw,

Feb 19 - **Karen Widerynski** (CA Association of Health Facilities, Non-Profit Organizations - CA Assoc of Health Facilities)

Feb 19 - **Karen Wyrick** (Retired, Rotary Club of Long Beach)

Feb 20 - **Cindy Allen** (ETA, Advertising - Agencies)

Feb 23 - **Jayne Lastusky** (Retired, Non-Profit Organizations - American Cancer Society)

Feb 24- **Bob Patton** (Retired, Education - LAUSD - Teacher)

[Events This Week](#)

CDC Book Delivery - Thursday - Feb 21 - 9:00am

As part of the club's Reading by 9 program, LB Rotarians have an opportunity to officially deliver books to and read at one of our LBUSD Child Development Centers. Sign up with Frank Newell

Colin Powell Elementary School (150 Victoria St., Nr. LB)

5 Way Test Mixer - Thursday - Feb 21 - 5:30pm

Enjoy the camaraderie of your fellow LB Rotarians--bring business colleagues, prospects, friends

Parker's Lighthouse (435 Shoreline Village Drive)

Monthly Golf Outing - Friday - Feb 22 - 11:30am

Make your tee time reservations with Dennis Smith
Recreation Park Golf Course this month.

without Dennis we could never have reached this out of the stratosphere level of speaker. Thank You Dennis!!!!

Each of the large clubs was introduced by LCC Chair Adriana Lanting. Adriana was the creative genius behind this 3 day event and obviously she has a special connection with the weather gods because the attendees arrived on Sunday with patchy clouds and a little rain, then we had two days of sunshine and it didn't start raining again until Wednesday afternoon when they had already gone. Of course when you are coming from weather conditions that are below zero with snow, whatever we had would have looked great. When we complained about the cold, they just laughed. Madrid Zimmerman, the pit bull details person worked her little fingers to the bone. I would get emails from her on Saturday, Sunday, 11pm at night, for several months leading up to this, so I know she was in the thick of it. The greatest chairs of committees ever, kept everything rolling along. Special thanks go to the many Rotary volunteers who kept this moving without a hitch. And those Past Presidents were amazing--they greeted, moderated, worked hospitality and where ever we needed them, they were there.

Craig Cross gave a very complete view of the Rotary Scholarship Foundation in the 4 minutes I had allotted him. Many of the clubs were particularly interested in this as they may have a small scholarship program but are very interested in advice on how to grow it to something with more impact. We recognized the Charitable Foundation by having

Look out for Wednesday's email to register for

Rotary Roots, our lunch program taking place on March 13. It will be your chance to register for one of six LB Rotarian places of work.

Heluna Health discuss the program "Little by Little" that received a grant for Youth Literacy from last year's Foundation grants.

Apparently there was some question about why the meeting went so long. Well, you must start reading your emails more closely because we have been saying for some time that we would go to 2:00pm as a way to allow Justice Kennedy to take questions. Fortunately or unfortunately, however you see it, he spoke for almost 40 minutes but was more than willing to stay after and take questions from his table.

We also had the speediest of Paul Harris Fellowship recognitions that you have ever seen. It is important that all clubs support the Rotary International Foundation and we set a great example by showing what regular direct giving can do.

Thanks to everyone who went above and beyond with the set-up of the luncheon; it is not easy to set 357 chairs into that ballroom with as many good sight lines as possible. You are an amazing Club of people and I am so glad that you were all there to provide the extravagant welcome that the other large clubs could not stop praising.

Gail #102

Rotary Club of Long Beach usually meets every Wednesday
at 12:00 noon on the Queen Mary (1126 Queens Hwy., Long Beach, CA 90802)
Club Office: 400 Oceangate, Suite 470, Long Beach, CA 90802
562-436-8181; Rotary@RotaryLongBeach.org

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

