

Making a difference...every day

100 Rotary
Club of Long Beach
1917-2017



ROTARYGRAM

February 27, 2019 - Vol. 102, Issue 3

This Week's Lunch Program - February 27, 2019

"There's Something about Mary"

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.

***Reminder: February 27 meeting includes Table Networking --
Sit with Rotarians you don't know and Bring your Business Cards !***



[Upcoming Events](#)

- Wednesday, Feb 27, 2019 - 12noon-1:30pm: Weekly Lunch Program
There's Something about Mary - Queen Mary Ship's Officer, Captain Chris Perley
Queen Mary, Grand Salon (1126 Queens Hwy., 90802)
 - Wednesday, March 6, 2019 - 12noon-1:30pm: Weekly Lunch Program
Will Pomerantz - Virgin Orbit
Queen Mary, Grand Salon (1126 Queens Hwy., 90802)
 - Wednesday, March 6, 2019 - 11:30am: Rotary Connect **CANCELLED**
 - Saturday, March 9, 2019 - 8:00am-9:00am: Centennial Park Clean-up
Entrance on E. Pacific Coast Hwy., near Junipero
Contact: Ahmet Atahan
 - Wednesday, March 13, 2019 - 12noon-1:30pm: *Rotary Roots* (offsite)
NO LUNCH ABOARD THE QUEEN MARY
Online registration required by March 6
One of 6 LB Rotarian locations possible. Limited space.
 - Thursday, March 14, 2019 - 5:30pm-7:30pm: 5 Way Test Mixer (2nd Thursday/month)
 - Wednesday, March 20, 2019 - 12noon-1:30pm: Weekly Lunch Program
James K. Bass - Artistic Director, Long Beach Camarata Singers
Queen Mary, Grand Salon (1126 Queens Hwy., 90802)
 - Thursday, March 21, 2019 - 7:30am-9:00am: Breakfast Business Roundtable (3rd Thursday/month, every other month)
Polly's Pies (Los Coyotes Diagonal); \$10 cash for pre-fixed breakfast menu
Contact: Rayne Sherman
 - Wednesday, March 27, 2019 - 12noon-1:30pm: Weekly Lunch Program
Kathleen Ronald - Clutternomics in the Workplace
Queen Mary, Grand Salon (1126 Queens Hwy., 90802)
 - Thursday, March 28, 2019 - 6:00pm-8:00pm: Rotary Revealed Information Meeting
Hosted by Frank Newell
Contact: Lydia Vincenty-Lowell
 - Sunday, March 31, 2019 - 4:00pm-6:00pm: Ronald McDonald House Sunday Meal Preparation
(last Sunday/month, every other month)
RMD (500 E. 27th St., near Atlantic Ave.)
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**Next Rotary Lunch meeting
- Wednesday - March 6- Will
Pomerantz - Virgin Orbit**

Will is Vice President for Special Projects at Sir Richard Branson's Virgin Orbit, the innovative launch company for small satellites. Working within the same role at Virgin Galactic from 2011-2017 he helped start Virgin Orbit as part of his remit to extend Virgin Galactic's efforts beyond space tourism. Will also serves as the Chair of the Board of Advisors of SEDS-USA, the world's largest student space organization, and as a Co-founder of the Brooke Owens Fellowship Program, a prestigious mentorship and work experience program for women pursuing aerospace careers.

This Week's Birthdays

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

Feb 25 - **Aaron Blackburn** (CDR Benefits, Financial Services - Benefits)

Feb 27 - **Val Owen** (Honorary Member)

Feb 28 - **Marty Kurner** (Hawden Group USA, Inc., Furniture Sales - Retail)

Mar 3 - **Doug Haubert** (City of Long Beach, Government-Municipal - City Prosecutor)

New Member Proposals

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



**President's
Message**

I do hope that none of us has the crumbly brain that Dr. Sklar showed in her picture of a brain with Alzheimer's. Keeping our brain sharp and healthy is a major goal for all of us but while I am all for sleep, exercise, removing stress and eating lots of fruits and vegetables, I am going to have a great deal of trouble with sugar. Perhaps 5 out of 6 will give me only a few crumbs around the edges, something I believe I am dealing with now. For the Rotarians I have known for 25 years and look at you and can't think of your name, you probably think I have more than a few crumbs. Dr. Sklar explained that people hesitate to get help because it is embarrassing and they think that nothing can be done. Much research shows that it is not just a brain problem but a whole body problem and that we could prevent or reverse 1/2 of all Alzheimer's cases. Other than general health changes she told us that hormones are neural protectors that enhance connections. And that there is much work being done in this area; you can go online to the Sklar Center for Restorative Medicine and learn about what is being done here in Long Beach.

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

Shel-lee Davis - Global Real Estate Advisor, Vista Sotheby's International Realty

Proposed classification: Real Estate - Global Real Estate Advisor
Proposed by: Steve Keesal and Paul Scholz

Kristian Gragson - Owner, GK Media

Proposed classification: Marketing - Digital Marketing & SEO
Proposed by: Jay Beeler and Debra Fixen

Laura Nelson, Office & Development Manager, Arts Council for Long Beach

Proposed classification: Non-Profit Organizations - Arts Council for Long Beach
Proposed by: Mary Ellen Mitchell and Freda Hinsche Otto

[Caborca - February 2019](#)

Several Long Beach Rotarians joined the annual journey to Caborca, Mexico, to administer polio vaccination drops.



We said a sad farewell to Petar Sardelich who is moving out of the Long Beach area. He has been a wonderful Rotarian; never saying no to a request for help. Adriana Lanting did a quick update on the Large Club Conference and as she thanked people I realized that this could go on for quite some time as so many outstanding Rotarians worked on this once every 30 years event. It was a major success due to the creative genius of Adriana and the hard work and long hours of many others.

Jill Rosenberg celebrated her 49th birthday (Southern Women never get older than 49 and you would never know anyway because we are taught that it is an extremely impolite question and would reflect badly on how your mother brought you up.) Walter Larkins was recognized for the amazing work he is doing with his foundation that focuses on Youth and Technology. Steve Shaw has worked as a volunteer for E=O2 and he raised the money that would be contributed to the Charitable Foundation.

It was very exciting to have Marcelle Epley introduce new member, Robin Gordan-Peterson. Robin has wanted to be involved for some time but felt she did not have the time to give it her all. Well now she does and I believe it's going to be difficult to slow her down!

Don't forget to REGISTER FOR ROTARY ROOTS! This is where we meet for lunch at different members' offices or places of work rather than on the Queen Mary, and learn more about what they do when they are not volunteering at Rotary.

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](#)

