



# ROTARYGRAM

April 24, 2019 - Vol. 102, Iss

## [This Week's Lunch Program - April 24, 2019](#)

**Basil A. Hewitt**

*"Converting Waste into Resources"*

Basil Hewitt is the Public Information Supervisor in the Planning Section of the Facilities Planning Department of the Sanitation Districts of Los Angeles County. He has worked for the Sanitation Districts since 1987 in various capacities. He has a Civil Engineering Degree from Rutgers University and a Masters in Civil and Environmental Engineering from Loyola Marymount University.



## [Upcoming Events](#)

- Wednesday, April 24, 2019 - 12noon-1:30pm: Weekly Lunch Program  
Converting Waste into Resources - Basil Hewitt (LA County Sanitation Dept.)  
Queen Mary, Queens Salon (1126 Queens Hwy., 90802)
- Wednesday, May 1, 2019 - 12noon-1:30pm: Weekly Lunch Program  
Evolution of LA Arts District - Miquel Vargas

Queen Mary, Grand Salon (1126 Queens Hwy., 90802)

- Friday-Sunday, May 3-5, 2019: District Conference - "Be the Inspiration"  
Newport Beach Renaissance Hotel  
Friday, May 3: **Hospitality booth with LB Rotary REGISTER ONLINE**
- Wednesday, May 8, 2019 - 12noon-1:30pm: Weekly Lunch Program  
LBPD: Handling Challenges like Body Cameras and Profiling - Bureau Chief Jason Campbell  
Queen Mary, Grand Salon (1126 Queens Hwy., 90802)
- Wednesday, May 15, 2019 12noon-1:30pm: Weekly Lunch Program **OFFSITE at LBCC**  
LB Rotary Scholarship Foundation Program at LBCC  
**Reservations required by May 8. Parking permits will be issued with RSVP**
- Monday, May 20, 2019: LB Rotary's (Golf) Tournament for World Peace: annual club-sponsored tournament  
Old Ranch Country Country Club (3901 Lampson Ave., Seal Beach)  
Contact Greg Haeseler for golf registration
- Monday, May 20, 2019 - 5:00pm: 5 Way Test Monthly Mixer as part of the Golf Tournament for World Peace  
Old Ranch Country Club (3901 Lampson Ave., Seal Beach)  
Silent Auction - Wine Pull
- Wednesday, May 22, 2019 - 11:30am-1:00pm: Weekly Lunch Program **DARK**  
Members invited to attend instead the annual Inter Service Club Lunch  
"My Name is Also Freedom" - Shari Ho (labor human trafficking)  
The Grand Event Center (4101 E. Willow) - \$35 (paid to our office in advance)  
**Reservations required by May 15.**

**Next Rotary Lunch meeting**  
**- Wednesday - May 1- LA**  
**Arts District- Miguel Vargas**



Miguel Vargas currently serves as the Executive Director of the Arts District of Los Angeles (ADLA) Business Improvement District. Prior to working for ADLA, Miguel worked for LA City Councilmember Jose Huizar, which allowed him to work closely with city departments to meet the unique needs of communities like Skid Row, Little Tokyo, Bunker Hill and the Arts District. Previously, Miguel was a high school history teacher in Riverside, CA.

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**This Week's Birthdays**



**President's**  
**Message**

If you missed last Wednesday's meeting you missed a really good one! Rebecca Rabenn, Comprehensive Stroke Center - LB Medical Center, presented information on how you can take positive steps to reduce your possibility of stroke and how you can

Apr 22 - **Bill Ridgeway** (Retired, Orthodontics)

Apr 22 - **Mark Schneider** (Mark Schneider Fine Jewelry & Diamonds, Jewelry - Fine Jewelry Retail & Custom Design)

Apr 22 - **Traci Glassock** (LBCC, Education-LBCC-Scholarship Specialist)

Apr 22 - **Mu Zhang** (Encore Awards/Jensen Rubber Stamps, Trophies and Promotional Products)

Apr 29 - **Mollie Beck** (The Beck Company of Coldwell Banker Beachside, Real Estate - Residential)

### ***New Member Introduction***

Mooyon Kim is the General Manager of the Holiday Inn Airport. He came to the US from Korea as a boy. After receiving his graduate degree in Hospitality from Cal Poly Pomona, he landed his first full-time job with the Omni Hotel in Los Angeles. Mooyon is a Scout master, backpacker, skier, and runner. His sponsors are Alfredo Velasco and Jeremy Harris.



### ***New Member Proposal***

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

recognize the signs of stroke in others. She was a good speaker and presented the information in a wonderfully clear manner. Did you know that if you had atrial fibrillation you increased your stroke risk by 5X? Smoking was another risk factor that I was unaware of and I have yet to see any disease scorecard that lists smoking in the good column. I shouldn't pick on the smokers because I have yet to see French fries (a great weakness of mine) in any good column either. A stroke is a health emergency where every second counts. There are great new medications that, if taken within 2-3 hours of the event, can greatly minimize a stroke's effects. They use the acronym BEFAST to help you recognize the signs. B is for Balance Lost, E is for Eyes Blur, F is for Facial Drooping, A is for Arm Weakness, S is for Speech Difficulty, and T is for Time to Call 911. Even if someone says "no I am fine" (unfortunately a common stroke victim response), call for an ambulance and don't take the person to the hospital yourself. Not only can the ambulance staff offer medication, but they will take the patient to a hospital with a stroke center rather than to one where the patient will need to be transferred; thereby wasting valuable time. There were so many audience questions and responses where they had had loved ones who either benefited from the rapid response or did badly because someone listened to their protestations of "nothing's wrong." This was truly an important speaker for us to have had.

Sathya Chey talked to us about Cambodian New Year and Theravada, the Buddhist New Year, continuing our information sessions

during this 10-day period.

**Jacqueline Padilla-Perez - Owner, Historia Design**

Proposed classification: Interior Design

Proposed by: Lisa Finn and Don Cochran

**District Conference & LB Hospitality Booth**

May 3- 5, 2019

On Friday, May 3, our club is hosting a booth at the District Conference's Hospitality Night. Come support our club at the Renaissance Newport Beach Hotel from 6:00pm-10:00pm. Cost for Hospitality Night is \$40; registration online is appreciated. Willetta McCulloh and Dan Tapia are the chefmasters. Lance Kenyon and the Hammered Nails will perform.

There are other events/sessions throughout Saturday and Sunday of the Conference that you'll enjoy attending. Wayne Slavitt will emcee Saturday night's dinner and casino night (orchestrated by Vali DeVries and Lydia Vincenty-Lowell). Randy Kemner and John Romundstad's wife (Elilizabeth Kuehne) will be do a session on *Liqueur and Chocolates*. Other break-out sessions include: David Lott on Mozambique Waterwell Project; Freda Hinsche Otto on the Navajo Water Project; Lynne Wainfan on *Teaching Ethics to Kids* (TEK); Brian Russell presenting the District Memorial Service that will remember Carl Calkins and Earl Marks.

Register online for the conference (District calendar).



Renaissance Newport Beach  
4500 MacArthur Blvd., Newport Beach

about the various religions of our membership. Alfredo Velasco introduced new member Mooyon Kim, the General Manager of the newly renovated Airport Holiday Inn. The top of the wonderfully round hotel gives a beautiful 360-degree view. A big welcome to this new Rotarian. Sergio Garcia and Nelson Zager received their Blue Badges, and Alison Bruesehoff and Mollie Beck celebrated their birthdays with us. Andy McFarland gave a great Camp Enterprise briefing with wonderful pictures of the students going through their team building and personal leadership skill building as well as their hard work creating and acting out a commercial for their business.

Machelle Thompson was recognized for her picture and large article in the LBBJ featuring her business Keen Home Care, and Brandi Collato for her promotion to COO of the YMCA. Alfredo Velasco, showing that choosing Brandi was not his only example of good judgement, volunteered to match her Charitable Foundation donation. Youth literacy skills in Long Beach appreciate all of these people agreeing to be recognized.

There was no time for any announcements this week, but I have promised everyone that we will lead with them next week.

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](#)

