

## [This Week's Lunch Program - September 18, 2019](#)

### ***A Mosaic of Solutions to the Food Crisis***

**Russ Parsons**



Russ Parsons is a food writer and columnist. He served as the food editor and columnist of the *Los Angeles Times* for more than 25 years before leaving in 2015. He has written about food for more than 30 years and is the author of the cookbooks *How to Read a French Fry* and *How to Pick Peach*. As a journalist he has covered everything from high school football and professional rodeo to cops, courts, and country music. In 2008 he was inducted into the James Beard Foundation's Who's Who of Food and Beverage, the hall of fame of American cooking.

### [Upcoming Events](#)

- Wednesday, Sep 18, 2019 - 12noon-1:30pm: Weekly Lunch Program  
Russ Parsons - A Mosaic of Solutions for the Food Crisis  
Queen Mary, Grand Salon (1126 Queens Hwy., 90802)
- Thursday, Sep 19, 2019 - 7:30am-9:00am: Breakfast Business Roundtable (3rd Thursday/every other month)  
SEO: Top Tips to Move the Needle with Nel Varenas  
Polly's Pies (Los Coyotes Diagonal) - Pre-fixed Breakfast Menu - \$10 cash only  
RSVP with Rayne Sherman - space is limited
- Wednesday, Sep 25, 2019 - 12noon-1:30pm: Weekly Lunch Program  
**Ballot #1 vote for Election Committee**  
Chad Conner - Alternatives with Cannabis  
Queen Mary, Grand Salon (1126 Queens Hwy., 90802)
- Thursday, Sep 26, 2019 - 6:00pm-8:00pm: Rotary Revealed Information Meeting (every other month)  
Hosted by: Rancho Los Alamitos  
Bring a prospect to learn more about Long Beach Rotary  
RSVP with Nel Varenas
- Friday, Sep 27, 2019 - 11:45am-4:00pm: Monthly Golf League

Location SkyLinks  
Contact: Dennis Smith or Rich Gibson

- Saturday, Sep 28, 2019 - 3:00pm/6:00pm: Chili Cook-off and Angel Game to End Polio  
Come support our chili booth--\$10 ticket can be bought at booth.
- Sunday, Sep 29, 2019 - 4:00pm-6:00pm: Ronald McDonald Sunday Meal Preparation  
Cook a meal for the families supporting children in the hospital  
Contact: Leslie Wiberg or Dorian Bolick
- Wednesday, Oct 2, 2019 - 12noon-1:30pm: Weekly Lunch Program  
Daniel Weis - The Law and Cannabis  
Queen Mary, Grand Salon (1126 Queens Hwy., 90802)

[Next Rotary lunch meeting -  
Wednesday - September 25  
- Alternatives with Cannabis  
- Chad Conner](#)



Chad Conner has over 21 years experience developing and overseeing successful, integrative medicine centers in both the US and abroad. As a licensed acupuncturist and herbalist, he has provided Chinese medical services to the University of San Diego Medical School Free Clinic and San Diego Hospice while running his private practice and serving as professor and clinic supervisor at Pacific College of Oriental Medicine. Over the past 5 years Chad has studied and incorporated cannabis medicine into his practice and is CEO of Pure Ratios Holding--a medical cannabis and CBD hemp company specializing in combining eastern natural medicine and western science to create medical cannabis products.

[This Week's Birthdays](#)

Sep 17 - **Judy Seal** (Long Beach Education Foundation, Education - LBUSD - Education Foundation)

Sep 18 - **Tammy Newland** (Keller Williams Realty, Real Estate - Residential)

Sep 19 - **Randy Kemner** (The Wine Country, Wine & Spirits - Retail)

Sep 19 - **Mike Soutar** (Architects McDonald, Soutar & Paz, Architecture & Interior Planning & Design)

Sep 21 - **James Ahumada** (Associated Students CSULB, Education - CSULB - Project Management)

Sep 19 - **Don Rodriguez** (Boys & Girls Clubs of Long Beach, Non-Profit Organizations - Boys and Girls Clubs)

[Election Committee - Ballot #1](#)

On September 3 we emailed and mailed out Ballot #1 for you to select 7 Rotarians to serve on the Election Committee. The Election Committee will eventually elect President #106 who will serve during FY 2022-2023. Please return your ballot so that it can be counted at the September 25 lunch meeting---this means if you mail your ballot, allow enough time for it to arrive in the mail on September 24. You can also vote at the September 25 lunch meeting by 12:30pm for your vote to be counted.

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[President's Message](#)

Dear Rotary Friends,

Chris Lowe was informative last week. I've learned that I'm a bit like a shark, half my brain is asleep while the other half runs the show! At least I don't walk in circles...yet.

Another amazing 5th Way Test Mixer on Thursday thanks to our Hosts John Grey, Parkers Lighthouse and Debi Fixen, Shoreline Village. John claims he ordered the weather and he did a very fine job. Keep in mind that these events are an excellent way to stay in touch with your Rotary friends when Wednesday lunch meetings aren't always viable. I saw a couple of faces I've been missing lately...you know who you are.

Another fabulous turnout for Rotary Centennial Park Clean Up on Saturday. The committee is making plans for a "Clean Up on Steroids" in the future so stay tuned.

...the last few days have been emotionally difficult for us as a group and as individuals. Connie Rivera's passing is heart breaking, but we have the gift of each other to help us through. These candles shine brightly for Connie.

*Mollie B. #103*

### [Rotary on Your Business Card?](#)

If you ever thought of putting Rotary on the back of your business card, Rotary International guidelines do not allow you to use the Rotary wheel logo.....but you can always print the 4 Way Test on the back of your card. Apparently, RI does not own the 4 Way Test.

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](#)

