

EL RODEO



ROTARY YEAR 2019-2020 • ISSUE 38 • VOLUME CXI
SEE - DREAM - SOLVE
ROTARY CONNECTS THE WORLD

MARCH 17, 2020

2019 - 2020

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STAY CONNECTED

A message from the President

These are strange and scary times aren't they? I have been working remotely for just one day and I am already getting cabin fever. So far, I remain healthy but I am cautious not to gather in groups of any kind. I am taking this crisis seriously and I hope you are too.

To help manage worry that can accompany a crisis like the one we are experiencing, the Center for Disease Control has offered these useful tips.

Take a media break. Take breaks from watching pandemic related news stories, including social media.

Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling. Social distancing doesn't mean you can't use your phone for a call.

To that final point, let me encourage you to close your eyes and recall the members who were at your table at the last meeting you attended. Make a commitment to call them in the next 48 hours. It's just a check-in call. Let's find ways to stay strong and look after one another. As a service organization, we are going to need to spring into action very soon to meet the many needs in our community that are developing around us. Stay connected.



Rick Gibson

President,
Rotary Club of Los Angeles
2019 - 2020



**IN-PERSON
CLUB MEETINGS AND
EVENTS ARE CANCELLED
THROUGH MARCH**

**PLEASE VISIT
ROTARYLA5.ORG
FOR UP TO DATE CALENDAR
AND INFORMATION ON THE
CLUB'S RESPONSE EFFORTS
TO COVID-19**

CHECKING IN WITH LA5 SCHOLARS

**LUIS, 2017 RECIPIENT
CURRENTLY ATTENDING
DARTMOUTH COLLEGE**

How did you use the scholarship money?

"Tuition and Student Fees"

Brag to us about what you did this year...

"Fortunately, everything is going great! I finished my sophomore year in great standing in all my courses and enjoyed this past academic year even more than my last."



MEET: ALAN BERNS TEIN

DIRECTOR, CLIENT
SERVICES AT THE
PACE GROUP

MEMBER SINCE 2004 PRESIDENT 2014-15 PRESIDENT ELECT 2013-14
SECRETARY 2012-13 BOARD DIRECTOR 2010-12 PAUL HARRIS FELLOW
USC-UCLA COMMITTEE CORPORATE MEMBERSHIP COMMITTEE

HOW DID YOU BECOME A ROTARIAN?

One of my clients asked that I attend a meeting with him (it really is that simple) and I was hooked!

WHAT'S YOUR FAVORITE THING ABOUT LA5?

The people!

WHAT'S YOUR CLAIM TO FAME?

I have a brilliant daughter!

WHAT QUIRKS DO YOU HAVE?

When I think I'm right (operative work is "think"), you might as well sit back and watch the train wreck.

WHAT'S YOUR DREAM CAR?

1966 Corvette Convertible 4 speed. When we were kids, we had miniature cars that we raced all the time. The 'Vette was the fastest...

WHAT'S YOUR GO-TO BAND OR ARTIST?

Earth Wind & Fire and Stevie Wonder (I know you're shocked).

WHAT IS YOUR PROUDEST ACCOMPLISHMENT?

Having great friends.

WHAT ARE SOME THINGS THAT MAKE YOUR DAY BETTER?

My Franklin Planner and prayer time.

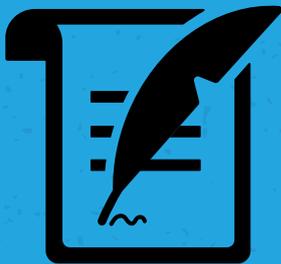
DO YOU HAVE A MOTTO BY WHICH YOU LIVE?

Leave things better than you found them.

ANYTHING ELSE YOU WANT ROTARIANS TO KNOW?

I am always amazed by folks who step up. Just love to see people who care in action!

4 WAYS TO BE A ROTARIAN WHILE PRACTICING SOCIAL DISTANCING



Reach out to other members

Call, write, text, or tag your fellow members to stay in touch! There are members who need to talk, might need help, or maybe just want to connect. Stay in touch with each other!



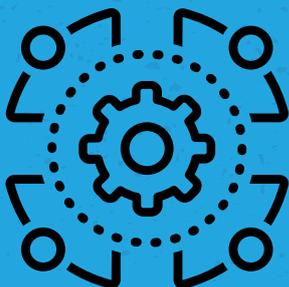
Support small businesses

Rotarians are pillars of our community; as such, we should lead by example and support our local businesses in any way we safely can during these difficult times.



Service projects

Find a way to service the needs of our community. Share them with your fellow LA5 members and act!



Engage with the club

With meetings either cancelled or postponed, use this time to work on club-related projects and efforts. Engage with the club and advance our mission!

HOW ARE LA5 ERS GETTING THROUGH THEIR DAYS?



PP ALAN BERNSTEIN
can be counted on for morning jam recommendations!



MANDI BUDD
is training to walk across Europe!



PP KEN CHONG
does ... something... while his wife exercises in their new gym



PP MIKE BIRKHOLM
goes luxury goods shopping



PP ERICK WEISS
inspires new cocktails, like this Quaran-tini



IVAN LOVEGREN
is still Dad-ing so hard

**How are YOU doing?
What is getting you through
your days?**

**Let us know.
email: elrodeola5@gmail.com**