

EL RODEO



ROTARY YEAR 2019-2020 • ISSUE 40 • VOLUME CXI
SEE - DREAM - SOLVE
ROTARY CONNECTS THE WORLD

MARCH 31, 2020

2019 - 2020

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"Start where you are.
Use what you have.
Do what you can."

ARTHUR ASHE

HIT THE RESET BUTTON

A message from the President

Suddenly, I find that I have a house full of internet power users, students taking classes, and Netflix binge watchers using up a lot of bandwidth. Up until a few weeks ago, I had excellent and reliable wifi. Now, not so much. In an attempt to improve my home wifi situation I moved my NetGear wifi extender to another room. Installation was as difficult as it was the first time I installed it. Finally, I decided that the only way to resolve the issue was to reset the device.

Ah! That did it.

Every once in a while, I find that the only way to move forward is to hit the “reset button”. No matter if I am struggling with a relationship, a bad attitude, an unwanted behavior or a project, when I get stuck, I have to hit the reset button. Until I do, I sink deeper into a pool of frustration and anger.

The COVID-19 pandemic is testing me at a whole new level. I am accustomed to getting stuck by conditions of my own making. This is different. COVID-19 is imposing this condition and there isn't much to be done to get unstuck.

Still, I find that my most useful reset button is gratitude. Looking at the world through the lense of gratitude gives me a sense of hope and peace. It also resets my attention to the things outside of my own little universe and that always sparks my imagination of what is possible. I find I have more mental and physical energy when I dwell on other possibilities. Sometimes the only way to move forward is by hitting the reset button.

As we reset our Rotary year, I hope you will consider new opportunities for engaging LA5. Don't get stuck. Push the reset button of gratitude for the good things Rotary still offers and imagine new possibilities for LA5.



Ah! That did it.

See you on ZOOM this Friday.

Rick Gibson

President,
Rotary Club of Los Angeles
2019 - 2020



LA5 COFFEE & TEA HOUR

- The real reason why people get up in the morning -



APRIL 2 - 8:30 AM

hosted by Ivan Lovegren



RSVP
rotaryla5.org
Calendar

ZOOM Meeting ID will be shared with you.



THIS WEEK'S ZOOM MEETINGS:
(CLICK BELOW FOR DETAILS)

**COFFEE & TEA
WITH IVAN LOVEGREN**

**FRIDAY CLUB MEETING
WITH SALVATION ARMY
COMMISSIONER KEVIN HODDER**

CHECKING IN WITH LA5 SCHOLARS

**MELISSA, 2018 RECIPIENT
CURRENTLY ATTENDING
CAL POLY SAN LUIS OBISPO**

How did you use the scholarship money?

"The \$1,075 I was granted from the LA5 scholarship was extremely helpful. My financial aid was not dispersed until November because I was flagged for verification and the documents requested took months to be delivered. I was stressed because I wasn't sure how I was going to make a monthly payment of \$1,600. September was the first month Cal Poly requested money and I was able to pay because of the LA5 scholarship. It was so relieving to have a month to talk to the financial aid office people about the situation. I explained how I couldn't afford to continue to pay the month \$1,600 until my financial aid was disbursed and if I could be waived of the late fee. After visiting several times in September and October they eventually agreed to not charge me a late fee. Not receiving financial aid for 3 months was not something I expected or had planned for so having the \$1,075 in my bank account from LA5 helped me from avoiding an unnecessary late fee as well give me a month to talk to financial aid about my situation. The \$1,600 a month was the charge of housing, dining, and fees that allowed me to live on the campus dorms and buy the mandatory dining plan for first years."

MEET:

Lance Miller

PROFESSIONAL SPEAKER
AND BUSINESS START-UP &
TURN-AROUND EXECUTIVE

LA5 MEMBER SINCE 2008



WHAT IS YOUR CLAIM TO FAME?

In my college days, my claim to fame was being able to drink a beer while standing on my head. It took me a while to out-do that one!

However, today I probably best know for being Toastmasters International 2005 World Champion of Public Speaking.

That is a long story but has been quite a ride taking me to over 60 countries and delivering over 5,000 presentations!

WHO IS YOUR GO-TO BAND OR ARTIST?

Toby Keith.

WHAT SMALL THINGS MAKE YOUR DAY BETTER?

Smiles, Laughs, remembering we are all human.

WHAT FICTIONAL PLACE WOULD YOU MOST LIKE TO VISIT?

Starship Enterprise.

Editor's Note: Ask Lance about the time he led a team of runners on a 2,000 mile international marathon!

WHAT IS YOUR FAVORITE THING ABOUT YOUR CAREER?

I am not in a cubical and I am not bored! I am either traveling and speaking to groups or going into businesses and organizations that are not winning and getting them to win! Every day is different, every day requires creative solutions and problem solving. But the biggest thing I love about what I do is that either through speaking or through organizing an activity I help people find themselves and personally win in life.

WHAT IS THE BEST SINGLE DAY ON THE CALENDAR?

The next one!

There is a lot of significance put on certain days of the year, but that is because somebody did something worthwhile one day and got a day named after them. But that is in the past. Each day is clean slate to create our life and to create the life we want.

March Birthdays

LEON ELSTER

PP MIKE BIRKHOLM

CHRISTINA HURN

DIANE NETZEL

JOHN SPOKES

VIRGIL AOANAN

JONATHAN LAYNE

PATRICK CHYLINSKI

CLAUDIA PISTON

KIP KREUTZBERG

JIM BALBIN

MANISHA JAVERI

RICHARD WHITE

RAVEN VILTZ

ELVIA SOUKUP

JOSHUA MANDELL

MIKE ROSS

BRENDA WIEWEL

CHIP NETZEL

HEATHER SHUEMAKER

DENNIS KNEIER

TIMOTHY BROWN

DAVE TOMBLIN

PATRICK

MCCLEHANAN

TERRY DEDEAUX

FELIX KEATS

JON GIBBY

JAYME WILSON

ANA ROSALES

KEVIN CAPE

ROBERT MENZ

this week's Birthdays

ANA ROSALES

3/30

KEVIN CAPE

3/31

ROBERT MENZ

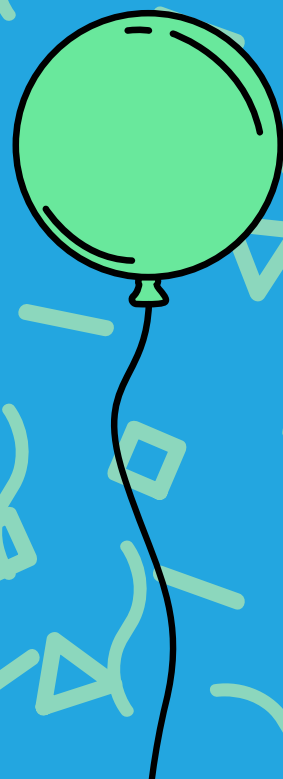
3/31

AARON WILLKINS

4/2

PP BEN TUNNELL

4/4



SHARING IS CARING. ROTARIANS CARE.

FROM MALINDA MONTERROSA:

resources I can offer

JOBS

City National Bank has not only secured jobs for its current employees, but we are actively hiring. [Click here](#) to search the career site at CNB. If any job-seeking Rotarians find a job that aligns with their interest and experience, I'd be happy to facilitate the appropriate introductions or gain additional insight into the position(s).

INVESTMENT INSIGHTS

City National Rochdale, our investment-focused subsidiary at CNB, hosts weekly calls for our clients to review and explain what's going on in the markets amidst Covid-19. These occur each Monday at 10:30 am PST. [Click here](#) for access.

Note: I also subscribe to emails from LA5 members, PP Jay Richardson and Tim Brown, and find those to be very informative as well, and would encourage others to sign up to receive these!

resources I am seeking

SHOP SMALL / SUPPORT HOSPITALITY

I have many friends in the hospitality industry whose lives are dramatically impacted by all of the changes to their economy as of late.

I would ask my fellow Rotarians to make every effort to support their local businesses - particularly restaurants - in any way that you are able. Order takeout! Donate! Here's a link to several hospitality related relief funds.

CREATIVE PARENTING HACKS

Anyone having success with keeping your young ones from becoming overly-restless? Please share!

Also- will sign up for therapy by text if anyone is offering those services. Kidding. Kind of.

**SHARING IS CARING.
ROTARIANS CARE.**

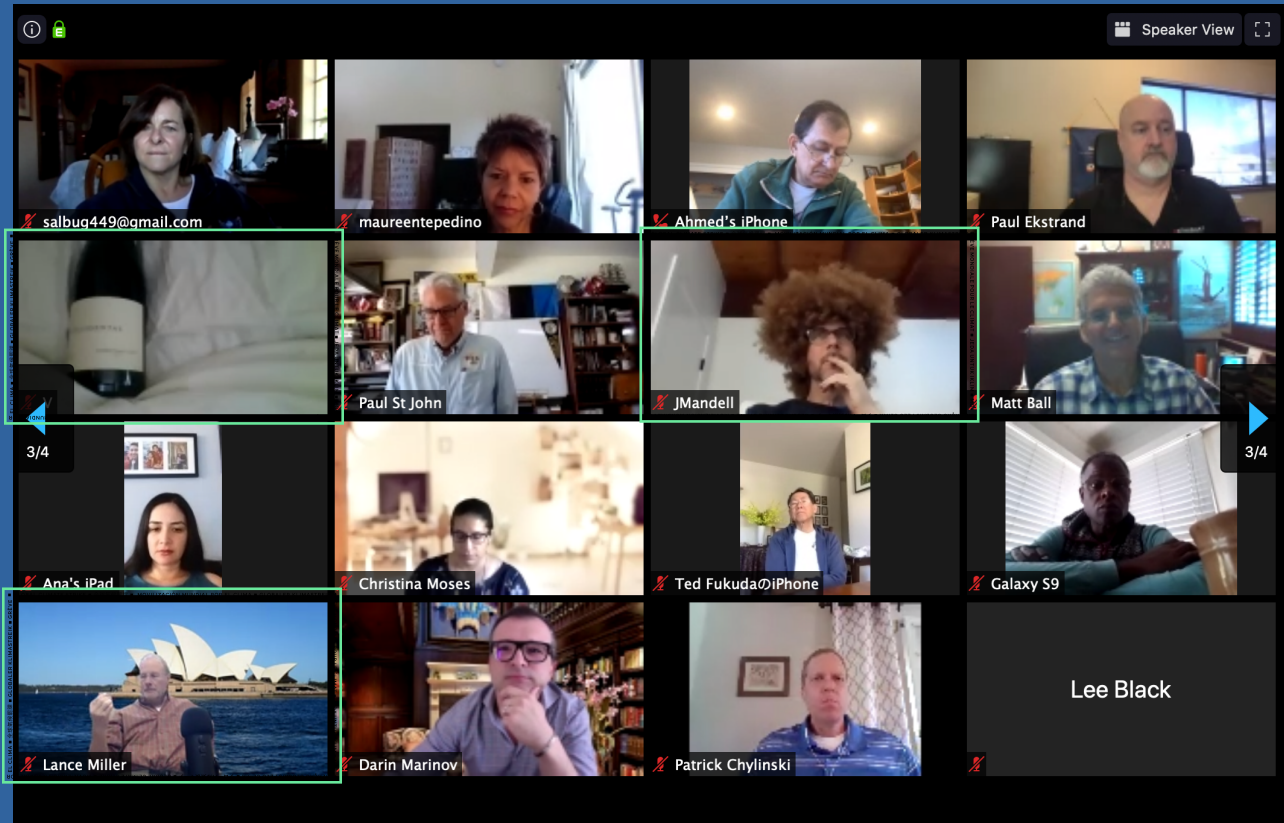
**DO YOU HAVE ANY RESOURCES OR
EXPERTISE THAT YOU CAN SHARE
WITH YOUR FELLOW ROTARIANS?**

**ARE YOU SEEKING RESOURCES OR
HELP THAT YOUR FELLOW LA5
MEMBERS MIGHT BE ABLE TO
HELP YOU WITH?**

**LET US KNOW - EMAIL:
ELRODEOLA5@GMAIL.COM**

how Rotarians are surviving

SAFER AT HOME



LAST WEEK, LA5 MEMBERS PARTICIPATED IN ANOTHER (SUCCESSFUL) ZOOM CONFERENCE MEETING WITH SPEAKER DR. LEE KATZ!

UNOFFICIAL CONTESTS FOR BEST HAIR, BEST BACKGROUND AND BEST USER PHOTO HAVE POPPED UP.

how Rotarians are surviving

SAFER AT HOME



QUARANTINE HOME KARAOKE BY JOSH
MANDELL AND HIS WIFE ... EL RODEO
THINKS WE NEED VIDEO.

how Rotarians are surviving

SAFER AT HOME



VP PAUL EKSTRAND TAKES TIME ON THE
WEEKENDS TO UNPLUG.

"SATURDAY NIGHT MOODS: NO NEWS.
JUST MUSIC AND FAMILY."

- PAUL EKSTRAND

how Rotarians are surviving

SAFER AT HOME

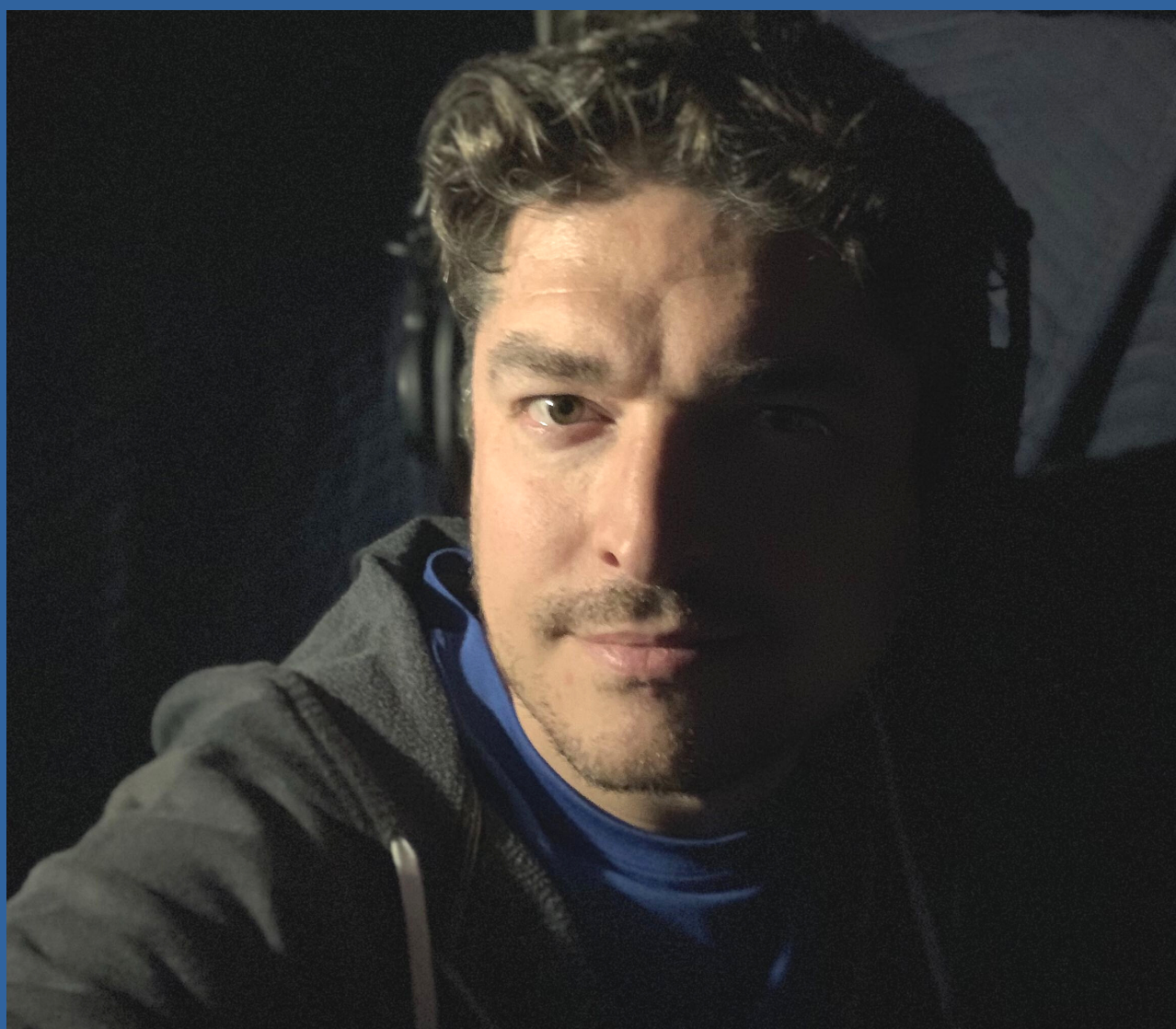
"WE'VE BEEN COOKING A LOT AT HOME WHILE LISTENING TO PP ALAN'S SATURDAY (NOW EVERY DAY) MORNING JAMS - MAKING LEBANESE MEALS THAT INCLUDE SFIHAS, HASHWI, AND SYRIAN BREAD. NEXT UP, GNOCCHI!"
-CHRISSY MOSES



how Rotarians are surviving

SAFER AT HOME

ADAM WEISS IS GROWING A SWEET
'STACHE.



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

Let us know.

email:

elrodeola5@gmail.com