

EL RODEO



ROTARY YEAR 2019-2020 • ISSUE 42 • VOLUME CXI
SEE - DREAM - SOLVE
ROTARY CONNECTS THE WORLD

APRIL 14, 2020

2019 - 2020

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JOYFUL PREDICTABILITY

A message from the President

I woke up this morning to the sound of loud birds chirping. On most Monday mornings this would have annoyed me as I tried to catch a few more winks of sleep. Soon enough I would awake and prepare myself for business meetings, phone calls and other routines. But this morning, the sounds of chirps, caws, and whistles were welcomed. For a brief moment the birdsong outside my window replaced sadness and uncertainty with joyful predictability. And.... *It was wonderful.*

It is doubtful that we will return to normal when this pandemic is somehow declared over. We can't go back. Nor should we. Events of this magnitude are mercifully rare. They destroy so much. But they also create something useful to those of us who live under the tyranny of routines we follow. Some of the patterns of my daily life are imposed by others. Most are self imposed.

As I process this pandemic moment, I am searching for the lessons to be learned. C.S. Lewis in the 1993 film *Shadowlands* says, "Experience is a brutal teacher." When this crisis passes I will have decisions to make based upon the lessons I have learned. What will I bring forward? What will I leave behind?

This moment has changed our Club, too. As we think about our future, we must consider the same questions. What do we bring forward and what do we leave behind? I hope you will join me and your fellow LA5 Rotarians at this Friday's ZOOM meeting as we explore this idea further and as we welcome a very special guest, former acting Surgeon General of the United States, Steven Galson. Look for an invite from me via email later this week.



Stay safe. Stay home. See you on Friday.

Rick Gibson

President,
Rotary Club of Los Angeles
2019 - 2020



AMGEN



THIS WEEK

ZOOM Call with Steven Kenneth Galson
[Click here for details](#)

ONLINE POKER TOURNAMENT

Wednesday 4/15
8:30 pm

\$20 buy-in
Contact Rob Menz for
details:
rjmfinancial@gmail.com



meet Carrie Hidding

CPA - FOUNDER: TEAM CFO
LA5 MEMBER SINCE 2014



WHAT'S YOUR FAVORITE THING ABOUT YOUR CAREER?

I think the best part of what I do is find a way to deliver success working with CEOs of various industries and stages of businesses. Each has its challenges. During the financial crises in 2010, none of our clients went out of business due to financial disciplines we developed with our clients.

WHAT'S YOUR CLAIM TO FAME?

I was the first wave of women moving up in the Big 4 and runs the only women owned outsource CFO company in CA with my business partner.

WHAT WEBSITES DO YOU VISIT MOST OFTEN?

Beyond work related, I like to visit YouTube for Chinese/Korean TV shows and music.

IF YOU COULD CHOOSE TO DO ANYTHING FOR A DAY, WHAT WOULD IT BE?

A great long hike, then sink into my sofa and watch Netflix.

DO YOU HAVE A MOTTO BY WHICH YOU LIVE?

I am who I am today because of the decisions I made yesterday.

WHAT ARE YOU ADDICTED TO?

Good Chinese food-can't get enough.

Team CFO provides CFO and accounting services to privately owned business/CEOs. Its mission is to solve immediate crisis but help long term value for its clients.

**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
AND / OR TAKE THE SURVEY**

how Rotarians are surviving

SAFER AT HOME



**JOHN SPOKES IS STILL DRESSING UP
FOR ROTARY! ... KIND OF ...**

how Rotarians are surviving

SAFER AT HOME

MALINDA MONTERROSA & HER DAUGHTER
COLORED THEIR HAIR PINK
... BECAUSE #WHYNOT



how Rotarians are surviving

SAFER AT HOME



**CHRISSY MOSES IS STILL COOKING
AWAY!**

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

Let us know.

email:

elrodeola5@gmail.com

LA5 MEMBER KITCHEN



the
cooped-up
cook
book

RECIPES AND TIPS
FROM MEMBER TO MEMBER
TO HELP PASS THE TIME AT
HOME ---
SHARE YOUR RECIPES WITH
ELRODEOLA5@GMAIL.COM



blueberry muffins

Yield: 12 full-sized muffins



equipment

- muffin tin
- muffin liners
- sifter
- measuring spoons
- measuring cups
- mixer or whisk
- toothpick

ingredients

- 1.5 c AP flour, white
- 2 tsp baking powder
- 1/2 tsp salt
- 3/4 c sugar
- 1/3 c vegetable oil
- 1 egg
- 1/3 c whole milk
- 1 c fresh blueberries

instructions

- pre heat the oven to 400°F (low or no fan if possible)
- sift dry ingredients together
- reserve 1 tlb of dry ingredients and mix with the blueberries (this will keep them from just falling to the bottom of the batter)
- mix / whisk wet ingredients
- fold wet ingredients into dry ingredients
- fold in 3/4 c blueberries
- insert muffin liners in muffin tin, fill with batter until 3/4 full
- add remaining blueberries on top of each muffin
- place muffins in pre-heated oven, immediately turn down to 350°F
- bake for 10 minutes, then rotate
- bake for an additional 8 minutes
- muffins are ready when inserted toothpick comes out clean
- let cool and enjoy