



ROTARY MEANS FELLOWSHIP – ARTS - BUSINESS - SERVICE FABS

This Week's Program


Wednesday, May 22

**You are never too old to set another goal or to dream a new dream.
Nor does it matter how slow you go ...as long as you do not stop.**

Colin and Tara Van Deusen
The Power of One

12:00 Noon - LUNCH
12:20 p.m. - 1:30 p.m. - PROGRAM

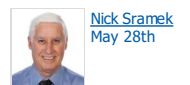
Meeting @ The Petroleum Club - 3636 Linden Avenue - NOT at The Grand



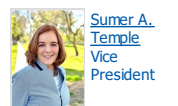
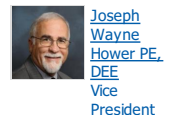
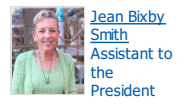
Colin and Tara Van Deusen are the dynamic duo behind the Power of One Self Defense Institute Headquarters (est. 1992), Power of One Productions, and the operations of all Power of One locations. Colin, a 9th Degree Black Belt in American Kenpo, a 2nd Degree Black Belt in Shaolin Kempo, and a Brown Belt in Jujitsu, is a world-renowned coach who has led many to victory, including in Chuck Norris' World Combat League. Tara, a former 11-time World Champion fighter, holds a 7th Degree Black Belt in American Kenpo, as well as Black Belts in Tae Kwon Do and Okinawan Karate. Both Colin and Tara grew up with single mothers and found life-changing experiences through their martial arts training as children. After their illustrious fighting careers, they chose to dedicate their lives to sharing the champion mindset and skills they had gained with others.

As proud parents of three teenage Black Belts and now one Collegiate Division 1 athlete, Colin and Tara continue to grow, learn, and empower their way through life. Their mission is to expand the Power of One brand across Southern California while ensuring continuous instructor education to provide the best possible experience for all students. They believe in the transformative power of martial arts to instill confidence, discipline, and focus, helping individuals achieve their goals both on and off the mats. Their vision is rooted in empowering others to reach their fullest potential, guided by the values they have lived and taught throughout their careers.

Birthdays



Club Leaders



Reflections on the Life Cycle of a President Nominee

By Kelly Ruggirello, RCLB President #109





[Debbie Thorpe](#)
Sergeant-at-Arms



[Denise Dahlhausen](#)
CCO-Club Comm. Offcr



[Rayne Sherman](#)
Career Service Director



[Robyn Gordon-Peterson](#)
Community Service Director



[Stephen B. Shaw](#)
Club Service Director



[Lisa Finn](#)
Fellowship Service Director



[Matthew L. Kinley](#)
International Service Director



[Sarah Soriano](#)
Membership Service Director



[Conor Kenneth Weir](#)
Youth Service Director



[Alfredo Velasco](#)
iPast President



[Steve M. Hockett](#)
President-elect



[Kelly Ruggirello](#)
President-nominee



[Wayne C. Slavitt](#)
President-designate



[Donald E. Cochran](#)
Rotary International Foundation Chair

2.7 years out (November 2022): STUNNED

- Phone call from Dougherty on a Saturday night? This is a first. Shocked, I recall bits and pieces: “Nominating Committee,” “elected,” “109,” “It’s a secret.”
- Only monosyllabic words escaped my stunned mouth: “YES!, WOW!, THANK YOU!”
- Wait, what just happened? Serving as Rotary President had never crossed my mind.
- **Overnight, I’m now a number. Number 109. And, apparently, a Jedi (can’t wait to find out what that means!)**

2 years out (July 2023): HUMBLD AND VERY BUSY

- SO. MANY. THINGS. TO. KNOW. AND. DO. Now I see why there’s a 2.7 year runway!
- How many Foundations ARE there, for heaven’s sake!?
- How do I attend the seemingly thousands of activities we do and who knew we do that many, anyway?
- Thank God for Madrid.
- Lotta meetings: finance, strategic planning, Jedis, Board, Foundation, allocation, conference! Work/life balance will resume in 2027.
- Treasurer of the Foundation, too? Which Foundation again? Perhaps I should review the financials!
- Spidey sense tingling at every meeting, paying very close attention to how, why and when to assess fines; speaker is running too long; and why are there SO many announcements?
- **All the Past (and Current) Presidents are extraordinary. Am I worthy? Pressure not to fail is REAL!**

Almost 1 year out (May 2024) EXCITED AND GRATEFUL

- Canned reply to the dozens who continue to ask: “No, I’m not ready but I’m excited!”
- Thank God for the Jedi Council.
- SO. MANY. IDEAS!
- How can I make a difference?
- I’ll be the 9th woman President in 109 years – is that a good thing to share or not?
- I get to create my own Board of amazing Rotarians!? How fun!
- How lucky am I to be chosen as President of an organization that espouses shared values of character, integrity, excellence, and service above self. SUCH an honor.
- **ALL the Past (and Current) Presidents are extraordinarily generous with their time and support. They won’t let me fail. I am worthy. PHEW!**

2024 Rotary Golf Tournament

By James F. Bunnell, Chair

The 2024 Rotary Golf Tournament was held on Monday, May 13, at the Old Ranch Country Club in Seal Beach. It was a spectacular day of golf, fun, and fellowship.

We would like to thank all the participants, sponsors, volunteers, and staff who made this event possible. While the field was smaller than previous years, we managed to play the entire tournament in four hours, which is remarkable for a charity golf tournament.

The winners of the tournament were:

- First Place: Team Paddock, Rice, Laddusaw, and Goodrich, with a score of 59. Team Paddock won in a card against this year’s second place team.
- Second Place: Team Burnight, Newell, Diette and Burnight Jr, with a score of 59. This is the second year in a row the winners have been decided by a card-off

winners have been decided by a cartouche

- Third Place: Team Mitchell, Ehmann, Campbell, Hernandez, with a score of 60

Longest Drive and Closest to the Pin

- Closest to the Pin
 - Men: Johnathan Caveza (64)
 - Women: Vivian Ains (14)
- Longest Drive
 - Men: Conner Campbell
 - Women: Vivian Ains

Congratulations to all the winners and thank you for participating.

I want to acknowledge our key sponsors, who contributed to the success of the event. We could not have been able to put this year's tournament together without your support. A special thanks to:

- Title Sponsor: Enterprise Bank and Trust - Maria Hunter
- Merchandise Sponsor - Long Beach Area Chamber of Commerce - Jeremy Harris

Once again, thank you for your participation and support of the 2024 Rotary Golf Tournament!

Sincerely,
Jim Bunnell, Chair
Rotary Golf Tournament



District Conference Hospitality Night!



EVENTS

May 21st, 4:00-5:15 PM

RCLB Board of Directors Meeting

May 22nd, 12:00-1:30 PM

Long Beach Weekly Club Meeting

Speaker: Colin & Tara Van Deusen
Subject: The Power of One Plus Karate Demonstration

May 23rd, 2:00-3:00 PM

RoToastados - A Rotary Toastmaster Alliance Club

May 26th, 3:00-5:30 PM

Ronald McDonald House Sunday Meal

May 29th, 12:00-1:30 PM

Long Beach Weekly Club Meeting

Speaker: Kelvin & Tenisha Anderson - VIP Records

Subject: Creating Space for Small Businesses

June 4th, 5:00-7:00 PM

5 O'Clock Somewhere

The Bamboo Club - Tiki Bar
3522 E. Anaheim

June 5th, 12:00-1:30 PM

Long Beach Weekly Club Meeting

Speaker: Ron Sylvester
Subject: "Commitment to Life"
Also **Cup of Kindness** and **President's Award**

June 8th, 8:00-9:00 AM

Centennial Park Clean-up

June 12th, 12:00-1:30 PM

Long Beach Weekly Club Meeting

No lunch meeting on June 12
Evening Presidents' Party aboard Queen Mary

June 12th, 5:30-8:00 PM

Presidents' Party

Preceding the Demotion of #107
Celebrating this year and preparing for the next...

June 18th, 4:00-5:15 PM

RCLB Board of Directors Meeting

June 19th, 12:00-1:30 PM

Long Beach Weekly Club Meeting

Subject: Demotion of Michele Dobson
Roasting and Toasting #107

June 26th, 12:00-1:00 PM

Long Beach Weekly Club Meeting

DARK - No weekly meeting this week

July 3rd, 12:00-1:30 PM




Long Beach Weekly Club Meeting

DARK - No weekly meeting this week
Independence Day Holiday

July 10th, 12:00-1:30 PM

Long Beach Weekly Club Meeting

1st Meeting for Steve Hockett, President #108

 <p>CREATE HOPE in the WORLD</p>	<p>Rotary Club of Long Beach meets every Wednesday @ 12 Noon THE GRAND 4101 E. Willow Street Long Beach, CA 90815</p> <p><i>LB Skyline Photo Credit Long Beach Convention & Visitors Bureau</i></p> <p>May 22, 2024 - Vol. 107, Issue 38</p>	<p>Club Office 400 Oceangate, Suite 470 Long Beach, CA 90802 562-436-8181 Rotary@RotaryLongBeach.org</p> <p>Visit Long Beach Rotary District 5320 Rotary International</p>	<p>Visit our Social Media Pages</p>  
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