 ROTARY: MAKING A DIFFERENCE	ROTARY CLUB OF OCEANSIDE		 PRESIDENT Chuck Ward
	SHORELINES		
2017-2018	Tom Brault Editor-in-Chief	Anchisa Farrant Photographer	Pam Myers Reporter

August 4, 2017



Our illustrious new president, CHUCK WARD, in just his second meeting in charge, tried to use his new gavel, but couldn't find it to start the meeting. JAY CRAWFORD was accused of possibly swiping the elusive power of our president. To make matters even worse, CHUCK's agenda for the day was M.I.A. as well. Thanks to Secretary RENEE

WENDEE, another agenda and a stunt gavel were provided to help CHUCK begin our meeting. CHUCK promised to be, "On time" for his year of leadership. We'll see! It certainly is getting off to a rough start with the challenges of a lost gavel and missing agenda notes. Good luck to you, CHUCK!

Former club member and current State Assemblyman ROCKY CHAVEZ came to our Rotary meeting and started us off with the Pledge of Allegiance.



Our wonderful Song Maestro, TOM BRAULT, led the packed room in three songs: "On the Road Again," "Oh, Oceanside," with lyrics by our very own JAY CRAWFORD, and "Smile." We were also impressed to see JAY's song accompanied by a wonderful montage of slideshow of photos of Oceanside. On a personal note, the reporter's family (PAM's family)

always sings the beginning of "On the Road Again" when starting a road trip. They only know the first and last lines, so the middle always just gets hummed.

CLUB UPDATES

The Club Updates were again given by our President... and probably will continue to be read by him unless and until we finally draft a President Elect.

Our meeting on Friday, September 1st will be Dark for Labor Day. Our President is very grateful for our Dark days. That way he doesn't have to preside over us as many times.

FEAST fundraiser was a sell-out with about \$5000 earned by our club. Yay! Kudos and congratulations to everyone who bought tickets and / or volunteered to help make the evening a great success.

Our Golf Tournament was also a great success. We were able to make \$5500 from this exciting day. Congratulations to all of the people who played a part in this profitable day on the links.

INTRODUCTION OF GUESTS

Somebody must have made a bunch of phone calls or sent up a flare or otherwise put the word out, because we were pleased to see so many of our former members returning to join us at this week's meeting! (Or maybe they just all heard through the grapevine that the jackpot for our opportunity drawing has skyrocketed to \$1,000 and wanted a shot at that big potential payout.)

First up for introductions, though: JIM SCHRODER – introduced BARBARA WARD (our Rotary First Lady), TESS WARD (CHUCK and BARBARA's daughter), and ROSS NELSON, TESS's fiancé.



JAY CRAWFORD – introduced ANITA ROMAINE, JAY's lovely wife and dear friend of our Rotary club.



DAVID NYDEGGER – introduced LYN CORDER for the last time as a guest, for she will be inducted as our newest member later in the meeting.



BOB PICKREL - introduced RUDY VAN HUNNICK, JOHN FRAZEE, and our regular guest, Dr. TOM CURTIN.



TOM BRAULT – introduced SUSAN ASATO, who we also love to see, our councilman, JACK FELLER, and Assemblyman ROCKY CHAVEZ.



JOHN HARTMAN - introduced ASHLEY KLEIN from TERI, Inc., PAUL DOOLEY, and TED VALLAS.



CHUCK WARD – introduced our speaker, JAMIE CAROON.



Our Song Maestro TOM helped us welcome our guests by leading us in our “Welcome Song.” While we were singing, NANCY RUSSIAN came in.

LYN CORDER had brought back a flag from her trip to Chattanooga, TN. It’s great to have another flag for our Banner Wall.



TONYA DANIELLY, a former member and director of Ivey Ranch, was introduced by our President. As CHUCK said, she is one of many people from organizations who help those who can’t always help themselves.

BIRTHDAYS, ETC.

VICKIE and LLOYD PROSSER’s 50th Anniversary and her birthday are both being celebrated this month. She was \$121 happy, and she invited us to “do the math.” Congratulations!

TOM BRAULT was called up front, even though his birthday was actually LAST month. Of course, with both of these birthday folks being seasoned song leaders, VICKIE and TOM were called upon to help us all to sing “Happy Birthday” to them! And both birthday folks got to pick an envelope for a special prize, with both receiving coupon for a free appetizer at Fratelli’s Restaurant.



There were some club anniversaries as well. BILL DERN joined our club in August of 1998 and was \$20 happy about being here so long. TOM BRAULT joined our club in August of 1990 and he gave us an IOU for \$50 for this combined birthday and club anniversary recognitions.



We're all very glad that we have had such wonderful members. Thank you for making our club what it is today.

NEW MEMBER INDUCTION BY RENEE.

LYN CORDER first joined Rotary in South Dakota in 1992. She was also in Rotary in Wisconsin, and in 2010 she joined a Rotary in Chula Vista. LYN's career was in educational philanthropy - fundraising for higher education and medical schools. LYN and her husband AL met as colleagues in the early 80's and began a long-term and long-distance relationship for over 20 years. LYN finally came to California in 2010 and she and AL were married in 2016. LYN has three children and AL has two. Altogether they have 8 grandchildren. AL also has one great-granddaughter.



LYN is looking forward to working on service projects in our community. We were very proud to welcome our newest member, LYN CORDER. Thanks for choosing our club to be your new Rotary Club. As you found out quickly, we're a

“fine” club. We fine people for many different reasons, and being inducted as a new member is just the first of those “opportunities.” Thanks for agreeing to your first fine of \$20.

FINES, BUT NO TIME FOR REAL HAPPY DOLLARS



Even though no one else was given the chance to offer Happy Dollars, our President made an exception for his immediate family. BARBARA WARD, our new club First Lady, was \$20 happy to be taking CHUCK to his family’s F. F. F. O – Forced Family Fun Outing. BARBARA told this reporter where they were going and what they would be experiencing, but I was sworn to secrecy, so you won’t know until next week. Sorry!

Our President, CHUCK WARD, brought in a prize that we could bid on at the end of the meeting. The money from that auction will go to the FEAST fundraiser total. On that note, CHUCK brought up that LARRY HATTER’s wife CATHIE won so many of the big raffle prizes on the night of the FEAST and therefore he thought it was fair to fine LARRY \$100. LARRY then took it upon himself to remind us that JOHN FRAZEE has always been a prominent member of our community and had an outstanding record of attendance as a member of our Rotary for 29 years. Thank you JOHN for your service to our club and to Oceanside.



JIM SCHRODER was fined \$150 for having a terrific three page spread in the “Best of Oceanside Living” magazine. He has been a very active and benevolent addition to our beloved city. Thanks JIM for being such a leader and such a giving person.



OUR GUEST SPEAKER

Our speaker for today was JAMIE CAROON, ND, MPH, with information regarding Cannabis as an Antidote to the Opioids.

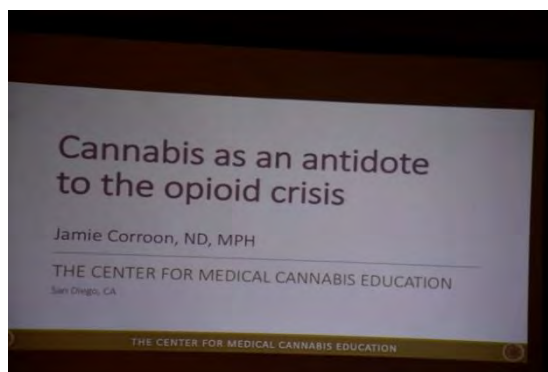
People are wondering about cannabis and whether it is good for their ailments. According to JAMIE, doctors don't know enough about this topic either. They need to be trained better so that they can educate their patients. We surely learned a lot about the subject in today's presentation!



Cannabis produces THC and CBD. THC produces euphoria and the CBD component produces an anti-inflammatory effect and also reduces seizures and anxiety. Cannabis is a Schedule 1 drug, which means that it is officially labeled as having no medical value and has a high potential for abuse. There are several clinical trials taking place to help decide if cannabis has any proven medical value, which might result in a reclassification.

There were 2 million Americans 12 years or older who had a substance disorder in 2015. Most of these people said that relieving pain was the largest reason for using opioids and cannabis. The second reason for their use is anxiety, and third is depression.

Opioid use went down 63% when users smoked cannabis in conjunction with taking opioids, due to fewer side effects. Clinical trials showed that 1/4 to 1/3 of the intensity of cannabis was used, so the side effects were not the same as using the full intensity of the cannabis. The studies also showed relief from pain, fewer side effects, and demonstrated that the use of cannabis was safer than opioids alone, and safer than alcohol as well.



In the short Q & A time available, JIM SCHRODER asked about what the initials in JAMIE's credentials stood for, which were ND (Doctor of Naturopathy) and MPH (Master of Public Health).

NANCY RUSSIAN asked if research on cannabis from other countries reached the same results as in America. JAMIE said yes. He also shared that there have been no proven links between smoking cannabis and cancer, unlike smoking regular cigarettes.

JACK FELLER said that he was very critical of the proposals to have legal cannabis facilities in Oceanside and that he could never vote to approve them unless the federal laws on cannabis would change.



President CHUCK WARD gave our speaker, JAMIE CAROON, a parting gift of a lovely display of succulents, which had come from TERI Inc.

OPPORTUNITY DRAWING, AUCTION, AND A ROCKY CLOSE TO THE MEETING



The chance tickets were drawn for two tickets under the watch of our new leader. The participants then tried to throw beanbags into three holes on the target board.



Each hole has points assigned, and if a bag landed on the wood of the board without going in a hole, that would be worth 1/2 a point. BILL DERN, with a keen eye and steady hand, received 5 points with his tosses and VICKIE PROSSER scored only 1.5 points. BILL therefore earned the opportunity to draw a card out of the deck looking for the one Joker in the pack,

but he pulled a nine instead. So the \$1,000 jackpot goes unclaimed. We're going to try playing this new game again next week (if time permits).

Attention was then brought back to the auction that had been mentioned earlier in the meeting. It was for a golf package for four at the Welk Resort and Golf Course. We had quite the bidding war going back and forth with one of our new, red badge Rotarians, DIEGO DOBSON making the final winning bid of \$80. Good job! What a bargain!



Wait a minute! We may need to hire a detective because when President CHUCK went to close the meeting, he was shocked to discover that the stunt gavel which RENEE had loaned to him had gone missing, too. What is going on here?! It looks as though we have one or more "Gavel Grabbers" in our midst. What a shame that this happened to our new president in front of all of our wonderful members and guests, and even his own family! It's sad, really.

Well, we will see everyone next week, when we will see if CHUCK finds yet another gavel to use ... and if THAT one ends up getting grabbed, too!

ROTARIANS OUT AND ABOUT

To kick off this week's photos, we get a glimpse behind the scenes of our new President CHUCK WARD's first Oceanside Rotary Board meeting. The first picture shows Secretary RENEE passing out agendas for the meeting, and, in the second, she looks over CHUCK's shoulder to make sure he is staying on track and on schedule.



We are proud to say that Oceanside Rotarian SUSAN BROWN has been instrumental in bringing the First Friday evening Art Walk to Oceanside. It is growing larger each month, and THIS month, several of our club members checked it out. First we see RENEE WENDEE greeting SUSAN at one of the venues. (Was it intentional or just a lucky coincidence of positioning and camera angle that their heads block out all the words on the artwork behind them except for the phrase “We’re Locals”?) In a separate photo submitted by JIM SCHRODER from this same evening of art in Oceanside, we see JIM soaking in the sights at a different site on the Walk.



Speaking of SUSAN BROWN and JIM SCHRODER, the two of them, (along with friends MAGGIE and HANK WISNIEWSKI), acted as hosts and guides for 15 students and 2 chaperones from Fuji City, Japan for 6 days here in Oceanside and surrounding areas.



TOM BRAULT provided some proof of what he was up to in the last week of July, when he ventured to the Northwoods of Wisconsin to share some time at the Lake with his Mom and his brother STEVE's family. It was a week filled with lake swims, boat rides, walks in the woods, sightings of deer and other wildlife, game nights, sing-alongs, fireworks, and s'mores and brews by the fire pit. A little piece of heaven on earth, and very different from the So Cal experience.



COMING SOON TO OCEANSIDE ROTARY

August 11 – JAMEY STONE, O'side Magazine

Reporter: SUSAN BROWN

August 18 – ASHLEY KLEIN, Teri, Inc.

Reporter: JANET BLEDSOE LACY

August 25 – SHERRY CROSBY, Oceanside Library

Reporter: JIM SCHRODER

September 1 – **DARK** for Labor Day