

 BE THE INSPIRATION 2018-2019	<b>ROTARY CLUB OF OCEANSIDE</b> <b>SHORELINES</b>			 <b>PRESIDENT</b> Renee Wendee
	Tom Brault Editor-in-Chief	Anchisa Farrant Photographer	Tom Brault Reporter	

February 22, 2019

Perhaps she was showing a little mercy and consideration for the folks at the nearby tables, but at 12:30 pm our President RENE RICHARDSON WENDEE clanged the bell a wee bit softer than normal to start our meeting. She then promptly took charge by leading the Pledge of Allegiance herself before she called up TOM BRAULT as Songmeister.



TOM somberly announced the sad news of the passing of a second member of the 60's "Prefab Four" singing group the Monkees, and we dedicated the singing of "I'm a Believer" to the late, great Peter Tork. TOM also shared an obscure Peter Tork solo song – "Peter Percival Patterson's Pet Pig Porky" and, yes, this tuneless "song" is just as odd and quirky as the title makes it seem. To further brighten the mood after the initial sad news, we launched into a spirited rendition of "America the Beautiful."



At this point, the meeting had a brief intermission, as we all waited (and President RENE glared) while NANCY RUSSIAN slowly and rather loudly found her way back up to her seat at the front table, seeming to having a snippet of conversation with each and every member she passed by.

## CLUB UPDATES

Once again, bright yellow slips of paper detailing the meetings to come through March were left on our tables for our reference.

Mar 1 – Meeting Dark for District Conference

Mar 1-3 – District Conference, Catamaran Hotel, San Diego

Mar 8 – Kitchens for Good “Where Food Changes Lives”

Mar 15- Pure Water Oceanside

Mar 22-Military Awards Joint Meeting with Fallbrook Rotary

Mar 29-Speaker TBD

Our President put a special emphasis on the fact that next Friday there will be no meeting, since it is the weekend of the District Conference. She did make sure to note, “If you need a place to have lunch, I know a place in Downtown Vista that you could check out.” (Gee... I wonder what “place” she might be talking about?? But seriously, if you have not yet enjoyed the Bistro on Main Street across from the Avo Theatre, you owe it to yourself to give it a try!)

Some verbal club updates were added:

First, an invitation to the ribbon cutting ceremony at the Dr. Benjamin Carson Reading Room at Laurel Elementary on Friday, March 8 at 8:45 am. (Since we have donated a number of books to this school, it would be nice to have an Oceanside Rotarian there to represent the club. RSVP by February 28 to: melissa.sievers@oside.us)

Second, some sadder news: STEPHANIE YOO, our friend the Exec Director of the Mottino Family YMCA in Oceanside, has had to resign her membership in Oceanside Rotary. Too many commitments, too little time. We wish STEPHANIE well and hope that she will return to our club when her schedule and energy may allow fuller participation.

## VISITORS AND GUESTS

PP/PE TERRI HALL pointed around the room from table to table so that we could meet our various visitors.



DAVE HALL introduced DAN WILSON, a leadership consultant from Hawaii who has relocated to Oceanside and is looking for a service club to join. NANCY RUSSIAN was pleased to show off her husband LUIS RODRIGUEZ. VICKIE PROSSER was joined at her table by both perennial visitor RUDY VAN HUNNICK and by CHARLES OLTMAN from the Arden Hills Shoreview club in Minneapolis. (Unlike us wimpy Southern Californians, I'll bet that CHARLES did not think our recent 57 degree days were cold in the slightest.)



BILL DERN had the pleasure of sitting with our speaker SUSAN TAYLOR as well as SANDIE LAMPE from KUSI TV and past Rotarian from the Rotary Club of Torrey Pines La Jolla. TOM BRAULT introduced DMITRY ENTIN, originally from Ukraine, more recently from Chicago, and currently working with UniCare, which promotes healthy lifestyles. TOM then led us all in our Welcome Song for all of our visiting new friends, as he greeted each of the guests with handshakes all around.

### HAPPY DOLLARS



NANCY RUSSIAN was happy for so many reasons that she put in \$20. First she was glad that her “Mister Right” was able to join her at another meeting. She was also so pleased to have her good friend SANDIE LAMPE joining us and that SUSAN TAYLOR (who NANCY had invited to speak to us) was our speaker again. As NANCY noted, “She still looks the same every time I see her.”



DAVE HALL gave \$5 to celebrate that “FINALLY the final inspection of our bathroom remodel is completed.” Oh, what a relief it is!

**\*\*\* TIME OUT \*\*\*** *At this point, President RENEE put Happy Dollar Time on hold as she blurted out, “You didn’t correct me!” and confessed to skipping over our traditional ROTARY MOMENT part of her agenda. And so she called ANCHISA FARRANT forth to fulfill that moment for us.*



ANCHISA recalled how her father was quite the bookworm and wanted his children to follow in that habit. So every morning at 4 a.m. he would wake them by exhorting, “Get up! Read a book!” It was his belief that reading was fundamental to a good life and that the early morning was the best time for it since your mind was fresh. And so ANCHISA shared with us all ...

***TEN GREAT REASONS TO READ:***

- 1) Read to understand the past*
- 2) Read to explore your world*
- 3) Read to plan for your future*
- 4) Read to visit new places*
- 5) Read to create great things*
- 6) Read to make a good decision*
- 7) Read to have fun*
- 8) Read to exercise your mind*
- 9) Read to keep in touch*
- 10) Read because you can!*

Thanks, ANCHISA, for those pearls of wisdom. And now back to our previously scheduled Happy Dollars, already in progress:



VICKIE PROSSER split her \$20 to cover two topics. First, glad to have spent three days enjoying Wine Country Temecula with friends. Second, to share the sad news of the passing of a friend of Rotary and of the City of Oceanside, our former longtime City Clerk BARBARA WAYNE. (*Details about memorial plans can be found at the end of this newsletter.*)



TERRI HALL didn't have any Happy Dollars about this item. She said that she was obligated as President Elect to let us know that the official District 5340 shirts are available for purchase for \$42. (Order forms were at the back of the room, and we are encouraged to wear them at District and R.I. functions.)



DAVE NYDEGGER split his \$5 Happy Dollars in two: Half for being sad to miss our Sweethearts Day meeting since both he and his sweetheart MARTA were sick with bad food poisoning. Half to rejoice that, as a consequence, he had lost four pounds!

## PROGRAM



Our speaker of the day is indeed a familiar face to us, having served as an anchor for our local NBC affiliate's news for more than 15 years. Now SUSAN TAYLOR represents Scripps Health to the community, and on this day she gave an enlightening and fast-paced presentation on "Gadgets, Gizmos and Good Health", focusing on the many newfangled, hi-tech additions to the options at Scripps facilities. Here is a brief recap of many of them. (You should have seen how fast my pen was flying to try to keep up with the tsunami of information!)

\* We saw a dramatic video of a \$100,000 set of robotic legs that allowed a patient to recover from a traumatic injury and be able to walk and hold hands with his wife.

\* Successes through the Scripps Whittier Diabetes Institute, which serves 27,000 diabetes patients around San Diego County, include a new device which monitors blood sugars in real time without the need for needle pokes. (This Institute has received a five year grant from the National Institutes of Health to fund programs to improve the diabetes status of a pool of local Hispanic patients.)

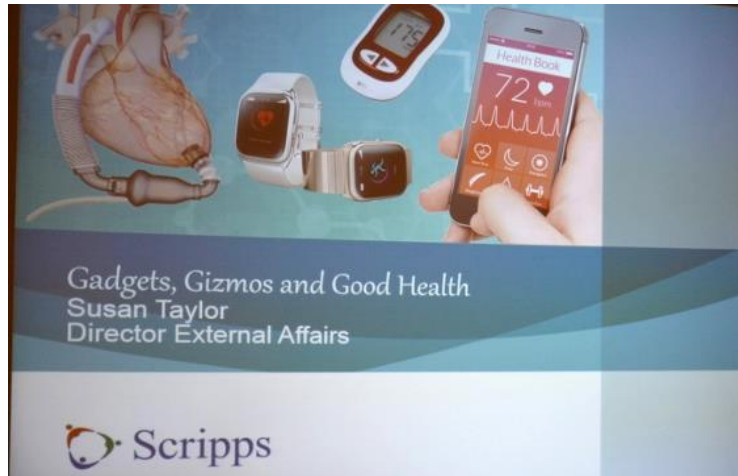
\* A simple breathalyzer which can detect lung cancer in its early stages via chemical changes in one's breath. This can be a godsend to patients, because early detection can be a lifesaver.

\* A blood test developed by Scripps Genomics to determine whether the blood thinning medication Plavix will or will not be effective for an individual patient. (Statistically, a full 1/3 of patients see no benefits from Plavix, and it is nice to know that in advance so the physician can choose an alternative medication to prescribe.)

\* A remarkable PFO Occluder device that can be inserted non-surgically through a simple catheter to plug a hole in one's heart by placing wire mesh discs on either side of the hole.

\* A watch-like monitoring device that can be implanted to reduce the need for blood thinners.

- \* An Oura Ring was passed around. This small ring is currently undergoing clinical trials as a way to analyze for signs of stress with data transmitted 24/7 for months.
- \* DynoSense – a combination thermometer / breathing rate / blood oxygen measure / EKG / pulse rate monitor that can track a patient's vitals on a day to day basis in the stress free environment of their own home.
- \* Devices that perform robotic assisted knee and spine surgeries with capabilities beyond the talents of even the best human surgeons.
- \* A Multi Sense Patch was passed around. This small device can be worn for sleep studies to monitor sleep patterns without the stresses of being in a hospital and being wired up.
- \* Cardio MEMS – a dime-sized monitor which measures the pressure in an artery and can diagnose potential heart failures early. This has led to a 37% reduction in readmissions for cardiac patients.
- \* LVAD – the Left Ventricular Assist Device, which can help restore the flow of blood in patients who are awaiting heart transplants, buying them time until a donor organ becomes available.
- \* We were told of the clinical trials underway for breast cancer detection and treatment through the alliance of the Scripps / MD Anderson Cancer Center, whose goal is “Making Cancer History.”
- \* A 3-D printer which is being used to assemble living tissues for patients using stem cells.
- \* Handheld ultrasounds are now a thing, and are a much less expensive alternative to the full sized machines.
- \* Alive COR with which you can transmit an EKG to your doctor by cell phone. (Who would have thought there could ever be an app for that???)
- \* The benefits of the integrated EPIC electronic health record system were described, allowing easy access for your health information for you and for your health providers.



As SUSAN's presentation's title had promised, Gadgets and Gizmos do indeed lead to Good Health! After hearing about all of these incredible new techniques being made available, it was no surprise to hear that Scripps has been recognized in the Top 20 in the U.S. for cardiac care as well as among the Top 5 health care systems in general in the country.

As she was wrapping up, SUSAN let us know that we could find videos of her interviewing various doctors about some of the new and exciting things happening at Scripps on YouTube. (In the YouTube search field, enter Susan Taylor "San Diego Health" and you can find many of them.) She also told us that Scripps is in the middle of a big fundraising effort, with \$1.3 billion needed to refresh their facilities to be current with seismic standards. We were invited to take handouts that were left at the back of the room, including a flyer on the Scripps Health Express clinics for same-day, walk-in health care seven days a week, including after hours visits. And we were encouraged to turn in surveys on this presentation so she can continuously improve her programs to future groups, based on our feedback.



In appreciation for this excellent program, SUSAN was given the choice of a book to be placed in her name at a local elementary school. Because it seemed to be health related, she chose *The Foot Book* by Dr. Seuss.



## OPPORTUNITY DRAWINGS

Once again, one number was drawn from the big bucket full of tickets that members had purchased over the last few months in the Community Service Committee's fundraiser. Two other draws had happened before, but those winning tickets must have been misplaced in the meantime by their holders and no one had claimed the prize of the harbor cruise with Captain RON MARBEN with wine and cheese and fruit provided by President RENEE and/or Fundraiser Chairperson LYN CORDER. This week the number 941763 came up and, lo and behold, it was being held by none other than TOM BRAULT who had dutifully brought his long strings of "Keep this Tickets" in week after week, hoping for the big win. Now he just has to hope that he and his wife and Captain RON can all coordinate schedules to make this cruise happen sometime soon! Hooray for TOM and LINDA!



Then for our regular weekly drawing for the \$800 jackpot, the tension continues to mount. With just 9 cards remaining on the table, DAVE HALL (famously being known to be a mathematician) was asked what the odds of his win would be at this point. Before he could finish his calculations, the actual answer came up as "Zero", for he missed the Joker and drew the 7 of hearts, which paid him just the \$10 consolation prize. So at our next meeting on March 8 the \$800 will still be up for grabs with just 8 cards left to draw from. The suspense is killing us!!!

Our meeting was adjourned at 1:31 pm.

***REMINDER: NO MEETING NEXT WEEK ON FRIDAY MARCH 1. WE WILL SEE YOU AT OUR NEXT MEETING ON FRIDAY MARCH 8.***

A REPEAT ANNOUNCEMENT (which we will keep repeating until the deadline comes up in late March):

**TIME TO GET YOUR MOONLIGHT RESERVATIONS IN**

This year, our annual night at the Moonlight Amphitheatre will be on Friday, June 21 to see the hilarious Mel Brooks musical comedy *The Producers*. Tickets will be right around \$40 per person for reserved seating. (The final price will depend on whether we qualify for the Group Rate or not.) But, even though the show is not until June, **NOW** is the time to start getting your reservations in to Event Chair TOM BRAULT, because the block of tickets will be purchased at the end of March on the first day that tickets go onsale. You do not need to make any payment in advance, but you do need to give a firm commitment to TOM of exactly the number of seats that you will need. Mark your calendars and get your ticket orders in soon!

**A MESSAGE FROM THE FAMILY OF BARBARA WAYNE**

This information was forwarded by MARTI FARRIS:

The family of Barbara Riegel Wayne sadly announces her death on February 18, 2019.

A private funeral service for family and close friends will be held on March 2, 2019, at 1 p.m. at Eternal Hills, 1999 El Camino Real in Oceanside. In lieu of flowers, the family encourages donations to the Multiple Myeloma Research Foundation (MMRF) P.O. Box 414238 Boston, MA. 02241-4238.

A public Celebration of Life will be held at a later date when Barbara's life will be remembered, and cherished memories shared.



## **COMING SOON TO OCEANSIDE ROTARY**

Mar 1: Regular Meeting **DARK** for District Conference Weekend

Mar 2-3: DISTRICT 5340 CONFERENCE

Catamaran Resort and Hotel on Mission Bay

More info and registration at [www.Rotary5340.org](http://www.Rotary5340.org)

Mar 8: CHUCK SAMUELSON – Kitchens for Good

Reporter: PAM MYERS

Mar 15: PURE WATER OCEANSIDE

Reporter: A.J. MAZZARELLA

*Mar 21: The planned Away Meeting in Fallbrook for the Military Awards has been rescheduled to our regular meeting the following day*

Mar 22: MILITARY AWARDS MEETING here at El Camino Country Club

Reporter: VICKIE PROSSER

Mar 29: OUTDOOR OUTREACH, Youth Programs

Reporter: DAVE HALL

Apr 5: LARRY PERANICH, A Conservation Scientist's View on Solving Climate Change

Reporter: TBD

Apr 12: **DARK**

Apr 19: **DARK for Good Friday**

Apr 26: HOSPICE OF THE NORTH COAST, Global Partners in Care

Reporter: TBD