



## Oceanside Rotary Club

### February 3, 2016



With a LOUD ringing of our club bell and a boisterous “Welcome to Oceanside Rotary”, Pres JAY CRAWFORD started our meeting on time. Past Pres TOM BRAULT (who was sitting right in front of the reverberating bell) noted that JAY didn’t need to be soooo LOUD, so our ever compassionate President went into rewind mode and quietly rang the bell again with just a gentle tap of the gavel, welcoming us all to Oceanside Rotary in a quiet, librarian-like whisper. The problem with that is our ears were still ringing from the first welcome, so we couldn’t hear his second one. Regardless, we had a full house for our meeting.

Pres JAY then offered our Rotary moment. He mentioned a friend of his once had told him, “It is easy to criticize someone, but it is far nobler to help them become successful.” This person encouraged JAY to become a Rotarian in 1982 in Corpus Christi, TX.



PP VICKIE PROSSER led us in our pledge of allegiance and PP TOM BRAULT led us in a slightly doctored version of “Build Me Up,



Buttercup” which was first sung in the late 60’s by a group called *The*

*Foundations.* In his version, TOM noted the ups and downs of our current Stock Market as the inspiration for using this song, simply replacing the word



“Buttercup” with “Stocks and Bonds”. (“Why do you build me up {*Build me up*} Stocks and Bonds, baby, just to let me down....”) After a false start, we handled it pretty well - especially the echoes from our featured background singer DALE MAAS who came in with the echoes. (Who knew that DALE had such a lovely and lilting falsetto voice?)

## **CLUB UPDATES**



PP RENEE RICHARDSON offered our club updates:

**District Dinner** on February 9<sup>th</sup> at Stone Brewery in Liberty Station San Diego. Beer tasting, wine and food. Cost \$55.

Next Friday February 12<sup>th</sup> is **Sweethearts Day** at Rotary, so everyone bring your significant other. Our speaker will talk about women making a difference in Rotary.



The Rancho Santa Fe club is holding **Rotarian Valentine Mixer** February 11 from 5-8pm on the beautiful Valenti Estates. Cost is \$25/person and attendees are asked to bring new or gently used coats etc. to keep a person warm in the winter. Check their website (<http://www.rsfr Rotary.com>) for more information or call RENEE.

## **ROTARY BUSINESS**

The district sent an email stating that the District Governor Nominee for 2017-2018 has resigned as of February 1<sup>st</sup>. The district has asked clubs to nominate someone they think would make a good District Governor to be considered along with other candidates for a vote on who should fill this prestigious position. RENEE suggested that we throw **PP MIKE CURTIN's** hat into the ring as our club's entry into the district-wide selection process for District Governor Nominee. This suggestion was quickly seconded, thirded....etc. and unanimously approved by a voice vote. Good luck, MIKE. We think you would be great!

## **ROTARIANS AT WORK RECAP**

On Saturday, February 6, 2016, we held a Rotarians at Work day at the Blade Building at Heritage Park from 9 AM to noon. A variety of tasks were tackled, mostly organizing and cleaning. Some of it was serious grunt work with heavy lifting involved, while other tasks were much more detail oriented – like painting all



of the letters for the signboard to a glossy shine or cleaning out the “debris” (a.k.a. rodent droppings and dead spiders) from drawer after drawer after drawer of movable type in various fonts and sizes.



Here we see two different approaches: First we see MIKE bringing a tray outside to the cleaning table where he and LOLA and TOM meticulously emptied out and then disinfected each and every one of the various nooks and crannies one by one. (It took them over an hour to clean two drawers in this manner.) JAY, on the other hand, attacked the rest of the drawers with a ShopVac and got the job done in a flash! Of course, the gain in speed might have meant the loss of a couple of the lead letters as they got sucked up along with the droppings. (ANCHISA laughs after hearing the “ka-chunk” of one such letter being deposited by accident in the vacuum canister.)





We Swiffered and Windexed and straightened and organized for about three hours.



It's an understatement to say that great strides have been made in the Blade Building since we first saw it and started planning this project! Not only can you actually walk around inside the building now without bumping into the printing presses and other equipment, but it is starting to look pretty presentable – like a real honest to gosh museum. We will plan another work party in May. RENEE also passed around a collection jar to help defray costs of our Heritage Park project, which may include resurfacing (or even replacing) the front door, along with some serious work on the windows.



## VISITING ROTARIANS AND GUESTS



PP JIM SCHRODER introduced SUSAN BROWN for the last time as a guest, along with her husband GARY. JIM also introduced Dr. TOM CURTIN from Carlsbad Rotary.



JAMES HUBER introduced his “sweetheart” - his wife COURTNEY – even though he was a week early for the Valentines recognition.



BOB PICKREL introduced a former member of our club, visiting from Port Angeles, WA, BILL ASHLEY.

LOLA SHERMAN introduced BILL MAYER, an Oceanside resident who is interested in joining Rotary. BILL’s company helps small businesses run better and grow faster.

Pres JAY introduced JIM HOLT from Rotary Club of Dartmouth East, Dartmouth, Nova Scotia, Canada. JIM is a retired lawyer, who primarily had served as a prosecuting attorney. JANET LACY led a rousing round of applause for JIM. (Boy, do those lawyers stick together!) JIM will be staying in town for a few months so hopefully we will see more of him and get to know him better.

PP VICKIE PROSSER introduced her friend EVIE FRUM and our speaker Dr. DANIELLE CHAVALARIAS. More about her later.



PP TOM BRAULT led us in song as we welcomed our visitors and guests to Oceanside Rotary.

## **“WHO AM I?” - JAMES HUBER**



JAMES was born Galen Huber. One day when he was about 9 years old, his family was moving to a town 20 miles away. Living in Vermont, this move was like moving to the far side of the moon. His sister pointed out he might want to change his name so he would fit in better. JAMES approached his mother who said it was OK and gave him all summer to decide. So as he entered school on the first day,

his Mom asked what his decision was. He thought of Flash, but at the last moment chose JAMES.

He attended Montana State University in Bozeman, Montana. There were plenty of things to distract him while attending school in Bozeman, but he was able to make it through school in 4 years while working full time as a rock climbing instructor and still able to enjoy some of the college life. Initially not utilizing his degree in Political Science, JAMES tried to be a professional skier, moving around the country following his dream. An injury nudged him off the slopes and toward his true talents of academics, problem solving, and analytical thinking. He went to law school working full time at the firm where he is now a managing partner. He met his wife COURTNEY while attending law school and they enjoyed the activities of the outdoors along with the beaches of Southern California and the mountains of Utah. COURTNEY has not only been his muse and his inspiration, she has the amazing ability of emotional intelligence. She has given JAMES the tools to guide himself into to knowing who he is. JAMES thanked RENEE, his sponsor, and club members for their support in welcoming him into the club. He eloquently ended by proclaiming, “Who am I? ... I am - and always hope to be - a Rotarian.”

## **INDUCTION OF A NEW MEMBER**

PP RENEE asked SUSAN BROWN and her husband GARY to come to the podium along with SUSAN’s sponsor PP JIM SCHRODER.





SUSAN makes her home in Oceanside with her husband GARY and combined they have 3 children. SUSAN grew up in Kansas City. She worked for TWA airlines from 1961 to 1991. She was on the first hijacked airliner that was flown to Egypt. All 5 hijackers were killed inside the plane while they were on board. During the Vietnam era, SUSAN flew in flights to and from Vietnam with new troops, R & R troops, and hospital patients from Vietnamese cities. (Sounds like a couple of future programs here.)

Susan is currently involved with Main Street, Artists Alley and is a Greeter for the Oceanside Chamber of Commerce. SUSAN was quoted as saying, "We are who we believe we are." As a motivational speaker, she has traveled all over the United States teaching others to develop and project a positive self-image, communicate more effectively, boost their service skills, and get their personal and professional lives organized. It is a pleasure welcoming SUSAN and her husband GARY to the Rotary family and especially the Oceanside Rotary family. RENEE noted, as she placed the Rotary pin on SUSAN's collar, that at this moment, you are the newest Rotarian in the world. Welcome, SUSAN. (Pres JAY forgot to remind SUSAN what a "fine" club we are.)



### **CLUB ANNIVERSARIES**



DUANE COLEMAN: 2 years.

VICKIE PROSSER: 14 years \$20 happy to be member of this club.

JIM SCHRODER: 38 years

JIM HOLT, our visitor from Nova Scotia is celebrating his 18<sup>th</sup> wedding anniversary this month.



### **HAPPY DOLLARS**

PP JIM SCHRODER was \$5 happy that SUSAN BROWN joined our club and for VICKIE who threw a great party for her husband LLOYD as he turned 70.

VICKIE PROSSER was \$10 happy that her surprise birthday party for her husband had over 50 people there and no one told him about it. And happy that EVIE and Dr DANIELLE are here.

DALE MAAS accepted the task of planning a “Happy Hour” for young business professionals to find out about Oceanside Rotary. This will be held on March 23rd at the Stone Tap House on PCH from 5-7 pm. More info to come. The Rotary Golf Tournament is scheduled for June 20<sup>th</sup>. More info to come. DALE’s office manager just resigned, so he is looking for an energetic go-getter type. If anyone knows

someone, please contact him. JIM SCHRODER popped up and said he has someone in mind. Finally, DALE will be hosting an informative dinner meeting at Romano’s Macaroni Grill on Vista Way on Wednesday, February 17<sup>th</sup> at 6 pm. The program will provide perspectives about the current economy, interest rates, and the choppiness and volatility of our current stock markets. Contact DALE at 760-439-9001 by February 12<sup>th</sup> if you are interested in attending. All in all, DALE was \$10 happy.



DAVE NYDEGGER discussed the upcoming Crown Heights trip onboard Camp Pendleton. With heightened security, non-military visitors need to be sponsored, which means their names need to be submitted prior to getting on the base. If you are going to help with this experience, let DAVE know so he can get you registered with the base.

Pres JAY passed around sign-up sheets for chaperones for the upcoming Crown Heights activities with 7th and 8th grade students, and the following folks put their names on the dotted line to help out:

DAVID NYDEGGER, JIM SCHRODER, SUSAN BROWN  
March 5<sup>th</sup> 9-4pm. Camp Pendleton Tour

ERNIE MASCITTI, DALE MAAS, LOLA SHERMAN  
April 2<sup>nd</sup> 9:45 am Cal State San Marcos tour and baseball game

JAY & ANITA CRAWFORD, LOLA SHERMAN  
May 7<sup>th</sup> 11:45 am Mira Costa College tour and play



## **PROGRAM** – Introduced by PP VICKIE PROSSER



Dr. DANIELLE CHAVALARIAS is the Co-Founder of InnerOptimal, Naturopathic Brain Training Center. As a Doctor of Naturopathy, DANIELLE has been helping people deal with stress and overcome anxiety through emotional mastery and brain training for over 35 years. Before moving to the States, she owned and managed a very successful Holistic Healing Institute for twelve years in Southwest France where she

traveled to and from Paris. Today Dr. DANIELLE and her team help people achieve peak performance in various areas of their life such as memory, focus, and how to overcome anxiety and stress. Using cutting edge technology to train the brain to overcome old patterns, she achieves amazing results with depression, ADHD, sleep disorders, memory loss and many other issues.



Like most of our programs, you needed to be here to enjoy them. A few highlights of her presentation were:

Being older does not mean you have to become more forgetful. You can optimize your brain in just two weeks – naturally. You can train your brain, like we train our physical body, to feel Happy and Healthy in everyday life. Our brain training keeps our brain young, alert and focused so you can sleep more soundly and achieve more without feeling overwhelmed. She discussed a few easy exercises to implement at home for more happiness and success in life by improving plasticity and resilience in our brain.

A few tips for a healthy/young brain include:

Pay attention to detail! – Look closer at the subtleties in things and people – the shading and brushwork in paintings, the fruit flavors in fine wines, or the body language of two people speaking. Paying attention to minute detail is a spectacular workout for the brain.

Travel! – Unfamiliar places and situations may make you uncomfortable, but that is the point. Dealing with unfamiliar customs, trying to speak the local dialect, and learning about new cultural wonders all earn you major brownie points from you cortex.

Break your routine! – Stop doing things by rote. If you have been following a daily schedule for twenty years, break it. This can be as easy as changing the order of the body parts you wash while you are in the shower.

Meet smart folk! – Talk to smart people - really talk to them. Engage in conversation that challenges your political or religious views and forces you to see other people's points of view. Ask questions, debate issues. Trading ideas forces your mind to ask questions, and that is always good.

Get Shifty! – No joke. University of Toledo researchers found that if you move your eyes back and forth for twenty seconds, like a pickpocket looking for their next victim, you stimulate the frontal lobes of your brain which are responsible for memory. The researchers call it visual Ping-Pong.



Dr. DANIELLE's presentation was informative and entertaining. InnerOptimal's website can be found at: <http://www.myoptimalbrain.com>. As a parting gift, she offered a free evaluation for one member of our club. This is usually a \$185 cost.

A drawing was held and our visitor from Nova Scotia, GARY HOLT, was the lucky winner.



Pres JAY thanked our speaker with a certificate and a donation from our Club to Brother Benno's in her honor.

## **OPPORTUNITY DRAWING**

A visitor and possible Rotarian BILL MAYER held the winning ticket, but did not draw the Ace. So the \$283 jackpot is safe for another week and the \$10 consolation prize was directed to go "to the cause of your choice."

Pres JAY called our meeting to a close with a blessedly quiet ringing of our bell.



## MOONLIGHT SHOW CHOICE FOR 2016

Thanks to those who submitted their preferences for which show to plan on seeing together at the Moonlight Amphitheatre's summer season of musicals. The most popular choice was .... (drum roll, please) .... The San Diego Regional Premiere of SISTER ACT. It runs from June 15 thru July 2 at 8 pm.



Event Chair TOM BRAULT will be contacting all of the folks who expressed an interest in the Moonlight this year to start confirming numbers of tickets that we need to either purchase (or season tickets that need to be exchanged). Final date and pricing still to be determined, as we need to pick a night that works for the highest number of people. But if you are interested in being a part of this

evening of fine dining and fantastic theatre under the stars, let TOM know so he can include you in the planning.

Here is the description of the show from the Moonlight's website:

***“Sister Act is the feel-amazing musical comedy smash that has audiences rejoicing! Sister Act tells the hilarious story of Deloris Van Cartier, a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her in the last place anyone would think to look — a convent! Under the suspicious watch of Mother Superior, Deloris helps her fellow sisters find their voices as she unexpectedly rediscovers her own. Based on the hit Whoopi Goldberg film, this musical would raise the roof, if we had one!”***

We'll start the evening with dinner at Chin's Szechuan on Vista Way, followed by reserved seats as a group at the Moonlight in Brengle Terrace Park, and a bounty of yummy desserts that we will bring to share at intermission. This is an evening you won't want to miss! And you need to get your reservation in to TOM no later than Friday, February 26 so we can purchase our tickets on the day they first become available to get the best possible seating for the group.



## **COMING UP AT OCEANSIDE ROTARY**

February 12 – MARY LOU ELLIOTT, “Women in Rotary”

*ALSO: This will be celebrated as “Sweethearts Day” – Bring your Honey!*

Reporter: JANET BLEDSOE LACY

February 19 – A REP FROM SEMPRA ENERGY

Reporter: PAM MYERS

February 26 – KATHLEEN HIGGINS, Operation Hope

Reporter: TERRI HALL

*Deadline to join the list for the Rotary Night at the Moonlight*

March 4 – AWAY MEETING at Mission San Luis Rey

Reporter: VICKIE PROSSER

March 11 – MARK POWER, Big Brothers Big Sisters of SD County

Reporter: JIM SCHRODER

March 18 – Annual Military Awards meeting with Fallbrook Rotary

Reporter: LOLA SHERMAN

March 25 – DARK for Good Friday