

	ROTARY CLUB OF OCEANSIDE			
	SHORELINES			
2016-2017	Tom Brault Editor-in-Chief	Anchisa Farrant Photographer	Bill Dern Reporter	PRESIDENT Renee Wendee

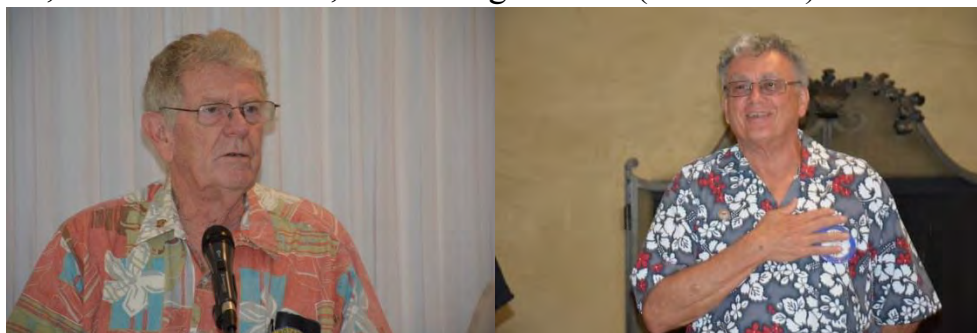
June 23, 2016



With the precision of a surgeon, Pres (for the last time) RENEE WENDEE rang the Oceanside Rotary Club bell (for the last time) for a regular meeting. Usually a routine event, RENEE did it with (count them) 5 gavels which she claimed came from various Past Presidents. She then asked the other Past Presidents, “Do you know where your gavel is?” Hmmm.....guess I better go home and check.

Past President JAY CRAWFORD offered the Inspirational Moment, mostly from Saturday Night Live’s Darrell Hammond:

“Aaah, summer – that long anticipated stretch of lazy, lingering days, free of responsibility and rife with possibility. It’s a time to hunt for insects, master handstands, practice swimming strokes, conquer trees, explore nooks and crannies, make new friends, and steal gavels!!” (Nice JAY.)



ERNIE MASCITTI led us in our Pledge of Allegiance which holds a special a special meaning for one Rotarian...more later.



Past President TERRI HALL invited her hubby, Past President DAVE HALL to join her at the front to lead us in a special song to outgoing President RENEE:

“RENEE WANTS TO GO HOME”

To the tune of Beach Boy's "Sloop John B"

We come to Rotary
Fellow Ro-tar-ians and me
Around O'side town we did roam
Drinking all night
Got into a fight
Well we feel so broke up
We want to go home

So take down Renee's Flag
it's getting to be a real drag
Call for the Gov'nor ashore
She wants to go home, let her go home
She wants to go home, yeah yeah
Well we feel so broke up
She wants to go home

PE Chuck got drunk
And broke into Renee's trunk
The gov'nor had to come and take him away
Cold as stone!



Why don't you leave Chuck alone, yeah yeah
Well we feel so broke up, she wants to go home

So take down Renee's Flag
She's startin' to be a real drag
Call for the gov'nor ashore
Let her go home, let her go home
She wants to go home, yeah yeah
This is the worst "trip" we've ever been on...

PP TERRI then asked ANCHISA FARRANT to join her up front to help her lead us in the second song. TERRI announced that ANCHISA became a U.S. citizen this week...(Hence the "special meaning" for the pledge today.) Congratulations ANCHISA!!! ANCHISA then joined PP TERRI in leading "God Bless America".

ANNOUNCEMENTS



President Elect CHUCK WARD was invited to the podium to offer club announcements. Pres RENEE noted that we may be seeing a lot more of CHUCK giving announcements since we do not have a Pres Elect for next year. CHUCK, in a daring leap of faith on his part and with a smile and rolling of the eyes on RENEE's part, decided to make the announcements without ever looking at the agenda.

June 30th is the Demotion Dinner, cocktails at 6 pm with dinner at 7 pm. Location is El Camino Country Club. PP TOM BRAULT has assured CHUCK we would have "adult" entertainment that evening. Cost \$40.

July 1st is the Oceanside's Independence Day parade. We will be meeting at 9 am on Leonard Avenue to decorate and then start our ride on our float. Join fellow club members and our new District Governor SCOTT CARR for a fun way to celebrate our nation's birthday.

For more Independence Day celebration, everyone is invited to join JIM SCHRODER at his home at 6:30 pm on July 3rd for dinner and watching the 4th of July fireworks display from his back yard. It's always a fun evening of food, drink

and fellowship. Just \$20 per person. Please sign up with RENEE in advance so the food can be planned and purchased.

On Thursday evening, July 20th our club will be joining Carlsbad Rotary Club for an evening Barbeque. You will cook your own steak or chicken from Tip Top Meats and enjoy other food and fixin's. See RENEE for signup and more information. Cost \$26.50.

At this point, Pres RENEE couldn't resist it anymore, using her dwindling Presidential authority, she asked (told) Pres Elect CHUCK to sit down. RENEE then shared the following announcements:

On Monday, June 26th is the Rotary Golf Tournament. We still need a few helpers. See ERNIE MASCITTI if you can help. (Of course, it's too late now, but thanks for thinking about volunteering as you read this after the fact.)

RENEE reminded us we are dark for three July meetings: Jul 7th, Jul 21st, and Jul 28th.

The dark Jul 28th meeting follows the FEAST, our main fundraiser for the summer. This 3rd Annual event will be held at Old Mission San Luis Rey on Jul 26th from 6-9 pm. Rotarians were asked by PE CHUCK WARD to take posters and business cards to get the word out for people to sign up – and to be sure to have them click on Oceanside Rotary as their intended beneficiary. We need everyone's support to make this event a success that we can repeat every year.

VISITING ROTARIANS AND GUESTS



Past PRES BILL DERN introduced BONNIE KAU, a retired educator who currently works with a financial planning group and a friend of our speaker ROBERT SHERMAN, CMT. PP TERRI led us in our "Welcome" song.

HAPPY DOLLARS



PP TERRI HALL was \$1 happy to note today was CHUCK WARD'S BIRTHDAY. "CHUCKY" then was sung "Happy Birthday" by us all. PP VICKIE PROSSER was \$20 happy:



\$10 for ANCHISA becoming a US citizen and \$10 for spending a wonderful week with her grandchildren. JANET BLEDSOE LACY was \$10 happy for ANCHISA.



ANCHISA was \$20 happy to be a U.S. Citizen. She shared some of her experiences in the process, including a few test questions. (I wonder how many of us could pass the citizenship test.)



PE CHUCK WARD was \$10 happy for having such an attractive guest join us today and apologized for not welcoming her earlier, for ANCHISA becoming a citizen, and for a good meal at El Camino Country Club. DAVID SHORE was \$10 proud of ANCHISA and, after traveling all over California to some of the "garden spots" like the Central Valley, Moreno Valley and Los Angeles recently, happy to live in cool Oceanside. He sadly noted he will be heading to Indio next week. BOB PICKREL was \$20 happy for ANCHISA and for a wonderful time in Hawaii with DAVE NYDEGGER.



ERNIE MASCITTI was \$5 happy for having a great meal at El Camino Country Club after eating out with his nephews the last few days. JAY CRAWFORD was

\$2 happy for CHUCK's Birthday. DAVE NYDEGGER was \$5 happy for having a great time on Kauai.

DAVE also noted the great matching shirts that DAVE SHORE, DAVE NYDEGGER, ROBERT SHERMAN and VICKIE PROSSER were wearing.



Pres RENEE made one last comment on the Demotion Dinner next Friday. Due to the large size of another event being held in the main room at El Camino Country Club that night, guests are reminded to come early and maybe even car pool. Parking will be at a premium! She also noted that the YOUNG's will be joining us, for the first time in a long time.

PROGRAM



PP BILL DERN introduced his friend, his massage therapist and our guest speaker ROBERT SHERMAN, CMT. ROBERT started his full-time massage practice in 2001 after a successful career in industrial sales. His keen interest in meditation led him to discover specific massage techniques that allow the body to heal itself.

He has become increasingly interested in helping older adults become free of physical pain and restrictions so that they can live their lives with more freedom and joy.



ROBERT specializes in helping people recover from old injuries so that movement becomes easier and more pain-free. He does this through Ortho-Bionomy, (the gentle bodywork that uses the intelligence of the body to heal itself), Myofacial Release (works with the connective tissue that holds the whole body together) and Trigger Point Therapy (finding the source of the pain for lasting results). His Senior Massage Care matches older seniors with caring compassionate massage therapists who make weekly visits to the client's residence, be that at their home, their children's home, or board and care or assisted living. He can improve circulation which helps maintain cellular health, increases flexibility, especially in the feet and calves, which can enhance balance, walking and reducing chances of falling.

As with most of our presentations, Rotarians needed to be present to really appreciate it. It was especially true in this case as you missed out on the free massage demonstration and a chance to get a free massage for yourself. Some of the highlights of his presentation were:

ROBERT shared that he is from a Rotary family, his dad being a Rotarian. He pointed out that more than half of the country believes that massage therapy is part of health and medical treatment. Traditional massage techniques relax and stretches the muscles and are enjoyed by many people. If you, however, have an injury like a sore shoulder or back, and go to a traditional massage therapist, you will come out of the massage really relaxed, but your shoulder or back will still hurt. Through some techniques he learned over the years, ROBERT learned to work on the source of the pain, which is not always located where you think it is. For example, a person with severe back pain can have a trigger point in the abdominal area. Massage that area and the back pain is relieved. (Editor's note: As someone with reoccurring back pain, often ROBERT's massage of the abdominal area provides relief of the back pain and tightness.) Dr. Janet G. Travell (White House Physician to President John F. Kennedy and the co-author of medical texts "Trigger Point Therapy Vol. I & II") provided much of the theory behind trigger point therapy.



ROBERT then invited Pres RENEE to receive a neck massage. While providing the massage, ROBERT shared the theory behind his techniques and answered questions. When finished, RENEE noted her neck and shoulders being less stiff. ROBERT also invited VICKIE PROSSER for a foot massage. One

thing that helps the elderly is foot pumping, which he demonstrated on VICKIE (not that she is elderly). Foot pumping helps with flexibility and can improve circulation in the calves and legs. He also shared the need for massage therapy for seniors called geriatric massage. The elderly live a very sedentary life, sitting in chairs, watching TV etc. and become very stiff. The gentle message techniques can break down the fascia, leading to more flexibility and improved comfort.



Pres RENEE gave our speaker her traditional thank you gift of a book of thank you quotes, but she probably should have given him a monetary tip for helping to improve her stiff neck!

OPPORTUNITY DRAWING

With a jackpot of \$172, ANCHISA's husband RON MARBEN could only draw the 6 of hearts and returned the \$10 to the club. We then held drawings for massages. DAVE SHORE and ANCHISA FARRANT won 30 minute massages while ERNIE MASCITTI won the 60 minute massage from our speaker.



ROTARIANS OUT AND ABOUT

PP TOM BRAULT was out and about in style this week. As he had mentioned before to us, he spent several days in New York City. While there, he saw several Broadway shows and had the added pleasure of being able to see one of his friends perform in the Tony nominated “Come From Away”, as Josh Breckinridge was called up as a standby to fill in for one of the parts that particular evening. TOM gave Josh a big hug at the stage door and had a short chat, congratulating a local San Diego actor for getting to the “big time.” But a lot of TOM’s time in the City was spent at rehearsals for his own chance to perform in the Big Apple as a member of a 200 voice chorus singing at Carnegie Hall.



We will have to deal with an inflated ego, I’m afraid, as he can now brag about receiving a standing ovation at his Carnegie Hall debut. Even the Carnegie ushers were applauding like crazy, which apparently doesn’t normally happen. Plus, this week, TOM was honored to have his pencil sketch artwork on display at a third floor special exhibition at the Museum of Modern Art ... but to hear the details of that story, you will have to ask TOM about it.



You can also ask two of our newlywed couples about their recent sailing excursion, as reported to “Out and About” by President (for now) RENEE:



“Here are a few photos of soon to be PPPP/ Secretary for Life, enjoying a Sunday sailing trip compliments of RON and ANCHISA! We could entitle it the Newlyweds sail away !”



Unfortunately, ANCHISA’s bright smile in the photo did not last for the full trip, as according to the report “...she spent the rest of the trip on the rail!”

We feel for you, ANCHISA, but we are glad that you had fun on at least PART of your voyage.

COMING SOON TO OCEANSIDE ROTARY

June 30 – Regular meeting **DARK**

DEMOTION DINNER in the evening

Reporter: DAVE HALL

July 1 – Rotary float in the Oceanside Independence Day Parade
Gather at Leonard Avenue at 9 am.

July 3 – Annual Fireworks Dinner at Jim Schroder's home
4020 Wooster Drive - \$20 per person

July 7 - Regular meeting **DARK**

July 14 – First Meeting of 2017-18

Reporter: TBA

July 20 – Evening BBQ with Carlsbad Rotary
6 pm @ Aviara Community Park (6440 Ambrosia Lane, Carlsbad)

July 21 - Regular meeting **DARK**

July 26 – FEAST Fundraiser at Mission San Luis Rey
Get tickets at: <https://mslrfeast.com/shop/>

July 28 - Regular meeting **DARK**