



**ROTARY CLUB OF
OCEANSIDE**

SHORELINES

Tom Brault Editor-in-Chief	Anchisa Farrant Photographer	Vickie Prosser Reporter
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PRESIDENT
Renee Richardson

March 24, 2017

{*MANAGING EDITOR'S NOTE:* Many, many thanks to **VICKIE PROSSER** for being such a team player, stepping up to serve as our Shorelines reporter for the second week in a row, when **PAM MYERS** needed to free up her Friday to attend to her daughter's health needs.}

President **RENEE RICHARDSON** called us to attention with three (3) melodic clangs on the Rotary Bell with her ever-faithful gavel. She then gave us a short, sweet and to the point inspirational moment: *“The greatest Quality is seeking to serve others.”* Well said!



Newlywed groom **RON MARBEN** then led us in the pledge. **WELCOME BACK, RON & ANCHISA!**

PP TERRI HALL then stepped up to lead us in song. Since we were in Fallbrook last week (March 16), and singing mainly patriotic songs then – and since last Friday, March 17 was St. Patrick's Day – and since **PP TERRI** is definitely **IRISH!** – she led us in “H-A-double-R-I, GAN spells Harrigan”, followed immediately by “When Irish Eyes are smiling”. Fun songs to celebrate (albeit **LATE**) a fun holiday!!!



PE CHUCK WARD then came forward to do his duty and read us the Club Announcements. “He was exactly where he was meant to be . . .”
☺



- * Saturday, April 8 is Rotarians at Work Day from 9 a.m. -12:30 p.m. with pizza being served at Noon.
- * Friday, April 14 we will be DARK for Good Friday.



- * We had a great turnout of old and new members for the District meeting in San Diego on March 18. Two newer members came (**AJ MAZZARELLA & MELISSA RODRIGUEZ**) for the full day, and **DIEGO DOBSON** attempted to come by, but got waylaid by something. **PE CHUCK** was so pleased with them all that he gave **AJ & MELISSA** a FULL cup of coffee, and **DIEGO** a half cup for making a gallant effort. Other members that attended were **PREZ RENEE, PP MIKE CURTIN, PP BIL DERN**, and, of course, **PE CHUCK**. They all seemed to enjoy themselves and learned quite a bit to boot! (**PE CHUCK** made sure to note to **LOLA SHERMAN** that the breakfast was superb – just as he had advertised for weeks in advance!)

INTRODUCTION OF GUESTS



STEPHANIE YOO sat at the table with many guests and was able to introduce special guest **Dan Keef** who is from Oceanside and was checking out our club; **Freddie Chavarria** – Principal from Laurel Elementary School; **Teresa Barnes**, our speaker for the day from “Hear Communication”;



Mike Taliana, math teacher and soccer coach from Lincoln Middle School; and **Steve Bessant**, Principal from Lincoln Middle School.



RON MARBEN was then called to the front since he had been in Thailand celebrating his wedding to beautiful **ANCHISA**, and had missed being honored for his birthday. (I believe we settled on the number 72 after considerable confusion . . .). **PREZ RENEE** has gotten tired of her by-now-familiar birthday ditty so decided to be even sillier and gave **RON** the mounted candy bars and said,



“We just wanted to (Take 5) minutes to tell you that you have lived life (Good and Plenty) and you (Skor) another birthday! Now when you get up in the mornings, do your bones (Krackel)? Do you look in the mirror and feel a little (Chunky)? (Snicker! Snicker!) Have your (Whoppers) turned into (Milk Duds)? Don't worry! Stay (Carefree)! We still think you are worth (100 Grand)!”

This new birthday tribute was definitely a crowd pleaser and received a lot of laughter from the group. **RON** was then asked how “happy” he was to be celebrating his birthday, and after considerable guidance, came up with \$10.

PREZ RENEE then called **Mike Taliana**, Lincoln Middle School teacher and soccer coach, to the front. **Mike** told of how their soccer team had many students that were fiscally unable to get things like team shorts, cleats, etc., and it was hurting the morale of the team. They had a shirt design contest among the students, and a 6th grader's t-shirt won. Their idea was to print up the shirts, sell them, and use the money to assist members of the soccer team. The challenge was



they had no money to get started with the printing. **Mike** happened to mention this obstacle to our member **PP JIM SCHRODER** while they were on the recent trip where our members took some Lincoln Middle School students (from Crown Heights) to Camp Pendleton and let them experience life as a young Marine. **PP JIM** told **Mike** to write something up and **PP JIM** would

present it to the Board. After it was discussed by the Oceanside Rotary Board, they voted to grant the team \$500 in start-up money for the project. **Mike** was here to accept the check and thank our club for making a difference in the student's lives. YAY!!!



Next on board was **Freddie Chavarria**, Principal at Laurel Elementary – a school in Oceanside which we, as a club, have been supporting for at least the last four years. Laurel Elementary used to have a sixth grade camp (as did most of the elementary schools in Oceanside when elementary school included kindergarten through sixth grade). That program was stopped a long time ago,

mostly due to budgetary constraints, and they want to begin to offer this opportunity to the students again. **Freddie** was particularly enthusiastic about the idea since he himself went to sixth grade camp when he was a student at Laurel a number of years ago. They have been raising money toward this goal in many ways, and our club is assisting them to the tune of \$1,000. This will allow the students who really can't raise the money to go a chance to receive a scholarship to go. This camp experience could really broaden students' visions of what they might achieve in their lives. YAY AGAIN!!!

ERNIE MASCITTI and **NANCY RUSSIAN** were then called to the front of the room. Neither of them were in attendance when the latest Paul Harris award pins were handed out, so **PREZ RENEE** took this opportunity to present **NANCY** with her Paul Harris Plus FIVE pin, and **ERNIE** received his Paul Harris Plus ONE pin. Congratulations, you two! And thanks for making a difference!!!



HAPPY DOLLARS



JANET BLEDSOE LACY was \$20 happy to see the teachers and principals from the Oceanside Unified School District (where she proudly served on the School Board for many years)! She was also very glad to see the newlyweds (**ANCHISA & RON**) back!

PE CHUCK was \$20 pleased to have picked up a “catch phrase” while he was at the District meeting last weekend. That phrase is: “People of Action”. He feels our club definitely consists of “People of Action” and that we go out and do good in the community.



NANCY RUSSIAN was \$30 happy to be leaving town yet again tomorrow! She and **Luis** are going on an RV trip. They are picking up friends in Texas, and then will go to Mississippi to travel the Natchez Trail, where they will end up in Nashville and get to go to the Grand Ol’ Opry! I think after that they will head home once again. You will be missed, **NANCY!!!**

ANCHISA was \$20 happy that she had a great time in Thailand, seeing friends and relatives. She did get food poisoning at one point and ended up in the hospital, coming very close to death! She is very glad to be back home – and oh yes! With nudging from **PP MIKE CURTIN** – she mentioned she was glad she got married, too!

LOLA SHERMAN was \$5 concerned. Her dog needs to have one of his eyes removed to the tune of about \$300. She’s accepting of that, but the vet also wants to surgically remove about 8 of the dog’s teeth, and that whole bill is going to run somewhat over \$3,000. She really would like a second opinion (**WISE MOVE!**) and is looking for a recommendation from anyone that might know a good and compassionate vet. Please call **LOLA** if you do!





PETER VELTHUIS was \$10 sad that he had missed a few meetings lately, but his volunteer work providing outreach with the California Highway Patrol had kept him from attending. He makes presentations at schools, various Rotary clubs, and will speak at our Club on May 5. He wanted to let **Mike Taliana**, the soccer coach from Lincoln

Middle School, know that he is a Dutchman and has played soccer for many years. He would be glad to help out at the school if there is a need. Way to go, **PETER!!!**

NANCY RUSSIAN then remembered she was also \$10 happy for **RON & ANCHISA** and wished them all the best in their married life. Great to have them back!!!

LARRY HATTER announced that he is seeking Rotarians to help take a group of Crown Heights students to a Cal State San Marcos/Cal Poly baseball game on April 22 – with dinner to follow. He passed around a clipboard and is looking for volunteers to attend with him and **LOLA**.



Freddie Chavarria (Principal of Laurel Elementary School) extended the following invitation to our club after the meeting:

*I wanted to personally invite you to next week's **Laurel Hall of Fame Ceremony**. As one of Laurel's dedicated school supporters, we would be honored if you and or Rotary representative could attend this special ceremony and be part of this great tradition and school community event. Please email me and let me know if you will be able to attend-thank you!*

This event will be held on Friday, March 31 at 9:30 am at Laurel Elementary. **PREZ RENEE** would also like to be notified if you would like to attend the ceremony. **Freddie** can be reached at freddie.chavarria@oside.us and **PREZ RENEE** can be reached at rotaryrenee@cox.net.

PROGRAM



Teresa Barnes, RN, is the Chief Executive of HearCommunication. She is the mother of two, and a sports enthusiast. She has completed four marathons and views the Hearrific Movement as her 5th marathon. Their mission is “Bringing Hearing Awareness to the Market for Better Health, Interactions and Business.”

Helping business owners learn how to attract a multi-billion dollar missed market niche, reduce health care cost, diversify, increase productivity and retain valuable employees. They advocate for safety, inclusion, environmental adaptations and awareness of hearing.

Teresa grew up with hearing loss herself, so she understands the difficulties of this leading disability, both personally and professionally. She has over 20+ years working with this sector in the medical settings; as an RN and also with her experience in the corporate world.

She is a winner of the Scripps Hospital Diversity Award, Safety Person of the Year for the Far West Skiers Association, and she was spotlighted in the National Association for Professional Women. She was acknowledged by Congresswoman Susan Davis and Dr. Marion Downs as “Mother of Audiology”. A graduate of University of California San Diego (La Jolla) with a major in Communications, she is also a Board Certified California Registered Nurse. Her former specialties were Intensive Care and ER.

When you first meet **Teresa**, you do not realize she cannot hear you. She grew up as a Navy child, and it wasn't really until her third grade teacher assisted her that she got any help. She was teased and bullied a lot. Thanks to her mother working with her diction training, she is able to speak very clearly. She has always had a determination to succeed. When she was 22 years old, she was finally diagnosed as being deaf. Hearing aids opened a whole new world to her. While a very young woman, she was skiing down a hill when she was run into by a large man. She asked him if he didn't see her, and he said, “Didn't you hear me yell to move to the right?” She hadn't heard him and realized then that there are many situations when people don't realize non-hearing people can't hear.

They now use a symbol to place on their clothing to let people know they can't hear, and hopefully people then can be more aware. Our ears keep us connected to our world. They keep our balance in check and they keep us healthy. Among the five senses, people depend on vision and hearing to provide the primary cues for conducting the basic activities of daily life. They are critical to most work and recreation and allow people to interact more fully. For these reasons, vision and hearing are defining elements of the quality of life. One in five teenagers are affected by hearing loss; one in three adults over 65 have it and 15% of the population – over 48 million people are affected. That's a 30% increase in the last 14 years. Sixty percent of "Hearrifics" are still in school or work.



Some of the classic signs of hearing loss are ringing in the ears, buzzing, muffled hearing, frustration, and/or depression. What can you do about it? Learn about hearing health, promote visibility, know your ADA rights, and become a part of the Hearrific Community. The number one cause of hearing loss is NOISE INDUCED. You should use non-occluding headphones; use proper ear protection; download a sound decibel app; avoid ear deleters; and eat food that strengthens your cilia.

Some of the foods that can help are: cranberries (a major ear anti-oxidant); tomatoes, potatoes, artichokes, lentils & peas; bell peppers, mushrooms, broccoli and beans; lamb, beef and dark chicken meat; salmon, tuna, sardines and trout; almonds, peanuts and cashews; eggs, milk and yogurt; citrus and bananas; dark chocolate and red wine! ☺ Vitamins A, C, E and Magnesium protect against noise-related hearing loss. Potassium, Magnesium, folic acid and zinc boost your hearing! Good supplements to use are fish oils, ginkgo biloba, ring stop, alpha-lipoic acid and rebamipide (Rx).

Before she finished, **Teresa** put in a plea for a hearing impaired teenager in the San Diego area. He had been getting straight A's as a sophomore in school, but his mother accidentally put his hearing aid in the washing machine when he had left it in his jeans pocket. He has got to somehow come up with about \$6,000 to replace it, or he will not be able to get another one for another two years when he is a

senior in high school. If you need to know more or are inclined to help in any way, please contact the family at adan.amaro@yahoo.com. It will be greatly appreciated.



PREZ RENEE then thanked **Teresa** with a book of inspirational sayings.

DRAWING:



Holding the lucky ticket, but not quite making the ace for the \$64 pot, our newlywed **RON** was awarded the consolation prize of \$10.

The meeting was adjourned by **PREZ RENEE** at approximately 1:30 p.m.

TIME TO PICK UP YOUR MOONLIGHT TICKETS FOR SEPTEMBER!

If you had made a reservation with **TOM BRAULT** to join the Oceanside Rotary night at the Moonlight Amphitheatre on September 22, those tickets have been purchased. **TOM** will be bringing them all to this Friday's meeting, hoping to distribute them. Please come prepared to pay for and pick up your tickets. (Checks should be made out to the "Oceanside Rotary Club", or cash works, too.)

ROTARIANS OUT AND ABOUT

JIM SCHRODER, DAVID NYDEGGER and **Marta Hall** along with **Jerry Kern**, councilman from Oceanside and **Leslee Gaul** from the Tourism Visit Oceanside arrived in Japan on Tuesday March 20th to begin a 9 day visit to celebrate 25 years Sister City Celebration on the weekend of March 24th - 26th in Fuji City. **JIM** had been on the initial group that signed the documents in December 1991, and has returned to Fuji city a number of times for visits since then.



1 - Group photo - left to right: Japanese friend Kazuo Yamaguchi and family, Jim Schroder, Jerry Kern, David Nydegger, Marta Hall and Leslee Gaul at the Asakura Buddhist Temple in Taito, Tokyo.



2 - The Tokyo skyline, taken from the Tokyo Sky Tree building - the tallest building in Japan



3 – Welcome to Fuji City!



4 – Japanese sushi was served for all of the meals.

Various festivities surrounding the Sister Cities Celebration:



5 - A tree planting event at Oceanside Park.



6 - Jim with Fuji City Mayor Konigai



7 - A lunch with officials from Fuji City

The official welcome:



8 - Welcome in Friendship Park in Fuji City (with 2 Local Boy Scouts)



9 - Oceanside Delegation being received by the hundreds of people in attendance

At the actual Sister Cities Celebration Event:



10 - Jim with friends who have all visited Oceanside



11 - Tetsuo Ide, Jim Schroder, Masatoshi Miyamoto - Three of the original signers still living today after 25 years.



12 - Oceanside Delegation played the Taiko Drums with the professional Taiko Drummers ... We did all right!!!



13 - Jim with friends from the Harada Taiko Drums group that came to Oceanside and performed at El Camino High School 21 years ago.



14 - After the signing ceremony the Oceanside Delegation seated with the Fuji Delegation standing

COMING UP AT OCEANSIDE ROTARY

March 31 – DAVID RINGROSE, Maritime Museum of San Diego
Reporter: TOM BRAULT

April 7 – HOWARD LA GRANGE, Oceanside – Active
Transportation Projects
Reporter: JIM SCHRODER

Saturday, April 8 – ROTARIANS AT WORK DAY
Crown Heights Family Science Day

April 14 – DARK for Good Friday

April 21 – TERESA COLLIS, Principal of Oceanside High School
Reporter: LOLA SHERMAN

April 28 – DARK

May 5 – Regular meeting will be DARK. Evening “Taco Friday” Happy Hour at
5:30 pm instead! (\$10 per person)

