



May 31, 2019



The President approaches the podium; the magical three “tings” strike the Rotary Bell once again. At that point, we were all reminded that this would be the second to last time that our ever so admired PRESIDENT RENEE RICHARDSON WENDEE will be ringing the bell as our “Dear Leader.” All of our attention is riveted as Madam President asks for all of us to rise to join her in the Pledge to the flag.

She then called on DAVE HALL to lead us in song. DAVE brought to our attention a little history of the famous FLINTSTONES theme song that was originally aired from 1960 until 1966. As everyone gleefully sang the very end of the song (“We’ll have a gay old time!”), we all heard TOM BRAULT bellow out Fred’s famous tag: “WILMAAAA”. This brought a great smile to all of us, which led up to DAVE HALL recommending us to sing the song “SMILE”. Nice segue, DAVE!



ALEXA KINGAARD was asked to share with us a Rotary Inspirational Moment. For her, it all started around 20 years ago when she was convinced by her neighbor BILL DERN to come to a Rotary meeting at Marty’s Valley Inn. She recalled that there was a lot of dancing and singing going on. During that time BILL handed her a card of the Four Way Test of things we think, say or do. She soon decided, “This is for me!” and joined our Rotary club.

Well, life has its ups and downs and, for a time, ALEXA had to cut out all of the optional expenses in her life, and that included the membership fee for Rotary. During this time when she was no longer a member, she and her ex-husband JEFF were in the process of fixing up their Carlsbad home and it had been completed gutted down to the studs. Our past president CHUCK WARD was involved with

the flooring choices for their renovation. Sadly, JEFF was rear ended in an auto accident, which triggered a PTSD episode. Seven days after the auto accident, he ended his life. CHUCK called to check on the renovation status and the whole story spilled out from ALEXA. CHUCK's first question was to ask where she was staying at the time, because he knew her house was in no condition to live in. With no hesitation, CHUCK said that he would be out of town for a while and offered to have ALEXA and her kids to stay at his house and even stocked the fridge for them. This was a remarkable and selfless Rotarian moment which reminded her of that Four Way Test card that was handed to her 20 years ago. CHUCK, in her moment of need, had indeed "built goodwill and friendship" through his generous deeds that were both "fair" and "beneficial to all concerned."

CLUB UPDATES

PRESIDENT RENEE announced the news that next Friday June 7th there will be an evening social at the new Senor Grubby's in Oceanside at 5:30pm. She then noted that the following Friday June 14th meeting will be our Year End Awards Luncheon where we will be welcoming our President Elect TERRI HALL back to the podium as our President once more.

Additionally, PRES. RENEE encouraged us that we still need tee sponsors, golfers and raffle prizes for the Annual Golf Tournament Fundraiser on June 24th. MIKE CURTIN reported that for the raffle he had snagged San Diego Padres Tickets, and Senor Grubby's and Pepsi sponsorships. Great Work!

PRESIDENT RENEE also reported that our 95th Club Anniversary and Fireworks dinner is on Wednesday, July 3rd at 6:30. (\$42 per person.) The festive evening will be held at JIM SCHRODER's house overlooking the fireworks. Dinner for the evening will be catered by Kitchens for Good and Rob Parker will provide the music. Please make it a commitment and sign up soon.

The 2019 Super Girl Surf Pro competition is seeking volunteers. The competition is from July 26th – 28th 2019. The event weekend will include a 6-star WSL sanctioned all-women's surf contest, girls skate contest, a female only e-sports tournament, 20 live converts, a celebrity surf invitational, a festive village, beer and wine garden, art fashion, food and much more.

Volunteers are responsible for many aspects of the event, including but not limited to event operations, athlete registration and management, catering, the festival village, hospitality, competition management, music production, TV and webcast production and guest services.

If you are interested in volunteering, please visit their website to sign up!
www.supergirlpro.com

WELCOMING GUESTS

President Elect TERRI HALL began visitor introductions:



L.J. FIMBRES introduced Special Guest Rotarian STEVEN WEITZEN who is lined up to be our District Governor 2020-21. STEVEN wants to join the Golf Tournament next year!



DAN WILSON introduced DR. LEYLA ALI our speaking for the day. She is the author of “Off Balance – The American Way of Health - A Pharmacist’s Perspective on Why Drugs Don’t Work.”



DAVE NYDEGGER introduced KRISTI HAWTHORNE, VP of Events with the Oceanside Chamber of Commerce.



JAY CRAWFORD introduced Rotarian CHUCK WUNDER, Fire Chief for the Green Valley Fire District.



MIKE CURTIN introduced ATHENEA LUCIANO, incoming Assistant Governor of District 5340.

VICKIE PROSSER introduced RUDY VAN HUNNICK, a former member of our club and now a perennial visitor.

DAVE HALL introduced FRANCISCO FLORES, Program Manager of North County Lifeline

Pres. RENEE then called on DAVE NYDEGGER AND KRISTI HAWTHORNE to come forward for an announcement. On Saturday, May 19th the Oceanside Chamber of Commerce held Operation Appreciation. The ceremony is a day of recognition and appreciation to all active-duty military stationed on Marine Corps Base Camp Pendleton and nearby military bases. Everyone that attended that event was treated to free hamburgers and hotdogs, a fun zone for kids, and entertainment. KRISTI expressed her gratitude for our club's participation as she handed over a \$1,000



check written out to Oceanside Rotary Club. (DAVE NYDEGGER said that he had thought that the check would be written out to his name. Nice try, DAVE.)



Next President RENEE asked DAVE HALL to introduce FRANCISCO FLORES, Program Manager of North County Lifeline to make an announcement. Lifeline is an after school program for kids between the ages of 6-17 years. FRANCISCO shined a light on the Rotary sponsored soccer team that made the National Championship. He invited a few Rotary members to attend the Oceanside High School graduation on

June 12th at 2:30pm to hand out our “dollar leis” for which we provide the funds to celebrate this milestone achievement for these graduates from Crown Heights. FRANCISCO also mentioned that five of the kids who attended their after school program are going to be attending Universities including USCD. Another kid that attended that program received one of the Martin Luther King, Jr. scholarships. Congratulations to these kids from Crown Heights for their accomplishments!

HAPPY DOLLARS



BILL DERN – A total of 10 pounds (That is Great Britain currency, not the weight added on his trip) happy to have had such a great time with his son and family in Cambridge, England. (*See some photos in the “Rotarians Out and About” section.*) And also for getting the chance to listen to his grandchildren learning to speak with such a posh British accent.



JIM SCHRODER - \$20 happy for a great time in Sicily and a Rotary moment with great Rotarian friends.



RODGER VAN DER WERKEN - \$20 happy for modern medicine helping him pull through his recent episode, asking for prayers for his upcoming surgery, and also for the chance to hear today's guest speaker

DAVE NYDEGGER - \$10 happy for his 19-year-old granddaughter who received two degrees with a 4.0 GPA at Mira Costa College. Oh yeah, he forgot to mention she'll be moving out now.



TOM BRAULT - a thank you to have so many Rotarians rooting for him at his onstage performances of "Man of La Mancha." TOM gave \$1 for each of the performances that were sold out. (In all, 11 of the 12 shows were completely sold out and the other one was 68% full, so his donation was \$11.68.).



MIKE CURTIN - \$5 happy dollars to turn over the reins to the new Assistant Governor.



JAY CRAWFORD - \$11 dollars happy for the 11 days spent in Athens, Greece. A total of 26 travelers went on this adventure together and 12 were from his neighborhood. *(See some photos in the “Rotarians Out and About” section.)*



PAM MYERS - \$3 dollars happy for her granddaughter’s 13th birthday



TERRI HALL - \$5 happy for her youngest grandson’s (and future NFL football player’s) graduation from eighth grade. (Note: “Future NFL player” is a joke. TERRI actually hopes that this grandson will stop playing the sport.)



RUDY VAN HUNNICK - \$40 happy for a great time and atmosphere at JANET BLEDSOE LACY’s MLK, Jr. Scholarship party. He brought his friends and they

loved it. He said that he originally was going to be \$80 dollars happy, but he cut the amount in half because he was instructed to keep his comments short.



VICKIE PROSSER - \$5 happy for the great reception at JANET's house and also for how professional and awesome it was to watch TOM BRAULT perform at the theater.

PROGRAM



President RENEE introduced our speaker DR. LEYLA ALI who gave us her perspective on health care. DR. ALI told us about her father had been a medical surgeon and he mother was a surgical tech. LEYLA is an author, worked as a pharmacist for over 20 years, and studied holistic health. She had an epiphany and realized that 95% of disease is cause by what we eat and consume.

DR. LEYLA ALI studied holistic health & remedies and wrote a book, "Off Balance: The American Way of Health." 117 million people have one or more chronic diseases. 86% of healthcare is spent on chronic disease. She goes more in depth in the book about how Western Medicine's goal is to alleviate symptoms with high tech drugs and with high health care costs, while Holistic health has a goal to restore balance. Her presentation showed a table of the differences between holistic health vs. Western Medicine.

Holistic Health

- Treats Cause
- Treats entire person body, mind and - spirit
- Body has power to heal itself

Western Medicine

- Treats Symptoms
- Treats part that's broken
- Treats with drugs

An example that she gave us is Acid Reflux. Due to direct to consumer advertising, we are quick to think we should just take a Prilosec acid reducer pill to fix the symptom. The problem with that is most medications in this class are only

approved by manufacturer for use for 8 -12 weeks. Secondly, there are lots of side effects such as risk of bone fractures, risk of diarrhea, risk of infections, low magnesium levels, and prolonged usage can lead to vitamin B-12 deficiency. Instead of treating the symptoms with these meds, she recommends that we try to go back to the basics to prevent (not just treat) acid reflux. 1. Chew your food 2. Eat simple, natural foods from the earth 3. Avoid foods that cause acid production (high fat foods, fried foods, mint, garlic, onion, etc.) 4. Eat foods that contain digestive enzymes 5. Eat foods that contain probiotics 6. Relax while eating 7. Stop calling it a disease (give it a title is making it bigger). A handout detailing these tips was given out at the end of the meeting.

Direct to consumer advertising are the commercials you see on TV all day long promoting specific medicines. This has been legal in the US only since the mid 1990s. Direct to consumer advertising is only legal in 2 countries - US and New Zealand. In 2003: \$59 million was spent. In 2018: over \$6.4 billion spent on this advertising. The unfair part, as she sees it, is that insurance companies own pharmacies. This leads to a vicious cycle. Patients go to medical doctors and expect a drug. Doctors are primarily trained in drugs, as a treatment for most health conditions and diseases. Insurance companies pay primarily for drugs. When they don't work or other symptoms arise, the patients go back to the doctors who prescribe more drugs. DR. LEYLA ALI concluded the presentation saying we need to change our old belief systems of healthcare to be able to stop this cycle.

If you are interested in more information about DR. ALI's work and her book, you can visit her website at: www.DrLeylaAli.com

As always, our guest speaker was asked to select and sign a book to be donated in her honor to one of our local elementary school libraries.



OPPORTUNITY DRAWING

It took a little while for L.J. FIMBRES to realize that he held the lucky ticket number for the chance at the big jackpot. (Possibly because he was so busy writing notes for this Shorelines ... In fact, he then ended up being so busy picking a card that he forgot to include this Opportunity Drawing section in the notes for his draft of this newsletter. But luckily your faithful Managing Editor was there to fill in the blanks!) Unfortunately for L.J., instead of the Joker, he drew a 5 and the \$10 consolation prize was donated straight back to the club.



MANAGING EDITOR'S NOTE : "Thanks, L.J.!!!!"

KUDOS and THANK YOU to L.J. FIMBRES for doing such a super job on his first assignment as reporter for the Oceanside Rotary Shorelines! We all look forward to many more fine editions of our newsletter with his name on the byline!

OPERATION APPRECIATION VOLUNTEER EVENT

Oceanside Rotarians grilling up 1,000 hamburgers and 1,000 hot dogs for Operation Appreciation on Armed Forces Day, Saturday May 18th in downtown Oceanside.

In some of the photos, U.S. Representative Mike Levin (D-49) joined with Oceanside Rotary President Elect TERRI HALL in serving lunch to the troops at Operation Appreciation.

This comment comes from our current President: "Nicely done! Looks like a lot of work for a very small crew!"





ROTARIANS OUT AND ABOUT

Are you ready for some vacation photos??? With the combination of the beginning of the summer travel season and the fact that we have not had any meetings (or Shorelines newsletters) for a few weeks in a row, we have a bit of a backlog of snapshots to share with you.

We kick it off in the U.K. ... Remember how BILL DERN had headed over to Jolly Old England to visit his son? Well here are some more photos taken during the touristy parts of his journey.



1 - Photo of Corpus Clock, invented and designed by Dr John Taylor for Corpus Christi College Cambridge and unveiled in 2008 by Dr Steven Hawking. This unique clock has no hands, but displays the time on its four-foot wide face by using a series of lights denoting hours minutes and seconds.

(You can see a video of the clock in action at <https://www.youtube.com/watch?v=pHO1JTNPPOU>)



2 - King's College Chapel. The Chapel foundation stone was laid 1446 by Henry VI. Finished in 1515 by Henry VIII. It is recognized as one of Europe's finest late medieval buildings.



3 - The Eagle Pub in Cambridge where Watson and Crick announced the discovery of building blocks of DNA. (How very British to make a major scientific announcement at a pub!!)



4 - HMS Victory - Admiral Nelson's flagship in the Battle of Trafalgar. The oldest commissioned naval vessel in the world at 250+ yrs old. Toured most of

ship. Low overhead. From bow to stern. To poop deck. Saw the Admiral's head (bathroom) - A seat over stern of ship at the side of the cabin.



5 - 14 pound cannon from middle deck.



6 - Dinner at the Spire in Portsmouth Harbor with Son JEFF, his wife VICTORIA and granddaughter MAVEN. . Sunny skies in England. (The weather was due to change shortly thereafter.)



7 - Painting a bowl for granddaughter MAVEN's two bunnies. (Truth be told, it looks like KATHY is the only one working in this picture!)



8 - Museum of Natural History. Free, as are most museums in London



9 - Crossing the Thames River with London Bridge and Tower Bridge in far background



10 - St Paul's Cathedral with son JEFF



11 & 12 - Windsor Castle with son JEFF and his family

JAY CRAWFORD sent in a few shots from his and ANITA's picture perfect cruise around Greece. First, their ship (the Celestyal Olympia) at the dock as well as a photo of the "babes by the pool". (JAY's words, not ours!)

Included on their touring itinerary: The Parthenon.

The Agora (a central public space in ancient Greek city-states – "Agora" literally translates as "gathering place")

The Temple of Apollo.

Last, but not least, the incredibly picturesque Meteora Monastery.

Clearly they were blessed with perfectly beautifully blue skies and some incredible sights of sites on this trip!









And while JIM SCHRODER was enjoying the sights and sounds of Sicily, he also got to be involved in creating some of the tastes and smells there by joining a cooking class in which participants took part in the preparations for the very Italian dish of Veal Scallopini. Looks molto delizioso!



COMING SOON TO OCEANSIDE ROTARY

June 7: Evening Social 5:30 pm

Senor Grubby's – 311 N. Tremont Street, Downtown Oceanside

June 14: AWARDS LUNCHEON (*NOTE: This Meeting will be in the Cabana Room*)

Reporter: DAVE HALL

June 21: **DARK for Rotary Social Event at the Moonlight Amphitheatre in the evening**

Monday June 24: Annual Rotary Golf Tournament @ El Camino CC

Sign up to play or sponsor or volunteer!

June 28: **DARK**

Saturday June 29: Oceanside's Independence Parade 8:30am

Wednesday July 3: Oceanside Rotary 95th Anniversary Dinner and Fireworks viewing 6:30 pm. At Jim Schroder's home (4020 Wooster Drive, Oceanside \$42 per person)

July 5: **Meeting DARK for Fourth of July**

July 12: Regular Meeting, SANDAG Presentation

Reporter: TBD

July 19: **Meeting DARK**

Wednesday, July 24: CLUB ASSEMBLY at The Broiler in Oceanside Harbor, 5:30 pm

July 26: **Meeting DARK**