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Terri Hall



President
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Shorelines May 8, 2015

PREZ DAVE HALL loudly clanged us to order precisely at 12:30 pm with a boisterous “Welcome to Oceanside Rotary! ... (Is this thing on?)” It was.



Rotary Moment: NANCY RUSSIAN was welcomed back to the Club by all after her lengthy trip to China. She began by elaborating on real estate prices there and the high living in 120 story buildings at \$30,000 per square foot. This knowledge caused GORDY WITZ to have some sort of apoplexy in the back of the room. He was seen searching for sales positions in Beijing on his phone. (“I’ve got a condo in Canton for you!”)



NANCY was so grateful to be home where the prices are “right” she shared this on GRATITUDE: Gratitude is a beautiful and restorative practice, because no matter what difficulties you may be facing, there are always gifts to be thankful for in your life.

With Mother’s Day this weekend, NANCY shared a poem:

My Mother Kept A Garden

*My Mother kept a garden,
A garden of the heart.
She planted all the good things
That gave my life its start.
She turned me to the sunshine
And encouraged me to dream.
Fostering and nurturing
The seeds of self-esteem...
And when the winds and rain came,
She protected me enough-
But not too much because she knew
I’d need to stand up strong and tough
Her constant good example
Always taught me right from wrong-
Markers for my pathway
That will last a lifetime long.
I am my Mother’s garden
I am her legacy-
And I hope today she feels the love
Reflected back from me.
Author Unknown*



Pledge:

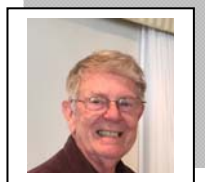


DAVID NYDEGGER

Songs: PP BILL DERN said that when some folks at his table heard he was to be our song leader, they just knew that his selection of songs would be “Smile” and “God Bless America” so he mixed it up! He led with “God Bless America” and ended with “Smile” so we would all have a smile on our faces.



PE JAY CRAWFORD was called to do Club Updates



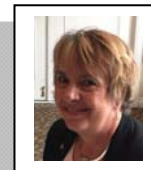
- Our Rotary Meeting will be DARK on Friday May 22nd for Memorial Day.
- Saturday, May 23rd, meet RENEE at Heritage Park at 9:00 AM to review the Blade building and plan on our continued support.
- Friday, June 5th our meeting will be Dark due to Country Club unavailability.
- Friday, June 12th, Regular meeting at noon, followed in the evening by our Club's Annual Moonlight Amphitheatre get together, “All Shook Up!” with dinner at Chin's Szechwan beforehand. (Even if you are not going to the theater, you could still join for fellowship and a fine meal at Chin's. Talk to TOM BRAULT if you are interested.)
- Monday June 22nd Rotary Clubs of Oceanside Golf Tournament - RSVP to PP JOHN McMAHAN. Please plan to participate in some way: donation of a raffle prize (wine, gift baskets, restaurant certificates) or be a Tee Sponsor at \$100 each, or better yet, plan to play golf and/or recruit golfers! This is our club's ONLY fundraiser this Rotary year and we need everyone to help! Thanks to JOHN for his efforts to make this profitable for Rotary and our Club!
- Also, Monday, June 22nd, at the District Council Governor's Dinner in San Diego. PREZ DAVE will be “outed” and PE JAY will be installed. It's a good meal and a worthy cause to support our leadership!
- PREZ DAVE HALL'S Demotion Dinner at 6:00 PM, Friday- June 26th- El Camino Country Club- RSVP to RENEE. The cost is \$40.00 a person.
- Saturday, June 27th at 8:30 AM-City of Oceanside Independence Day Parade-RSVP to PP MIKE CURTIN.
- Our Club Website is undergoing some huge updates. If you have any questions or suggestions please contact Secretary RENEE. We hope to have the Website user friendly within the next month.
- Friday, July 3rd, 6:30 PM Fireworks Celebration at PP JIM SCHRODER's House. The cost is \$20.00 a person and it will include dinner, beer and wine. Our Meeting on July 3rd will be DARK. There is a great view from JIM's so plan to attend and enjoy the fireworks, food, fun and friends.

Introduction of Visiting Rotarians and Guests:

- PP VICKIE PROSSER introduced CHRIS COCHRAN, our speaker. VICKIE said she would tell us more later when she introduced the program except she explained that she forgot to bring the introduction so she really wouldn't say much more.
- PP GARY ERNST introduced his guest, BILL CASS, a local insurance broker. BILL was very gracious and expressed that he was enjoying the camaraderie and spirit of fun and humor of such a great community group. (Sounds like GARY may have his 2nd NEW PROPOSED MEMBER soon!) Way to go, GARY!



- GARY started to introduce another guest at his table but PE JAY jumped in (all the way from the lectern) and introduced former Oceanside Rotarian KIM HELM, visiting once again from her Club, Del Norte Rotary Club of Albuquerque, New Mexico.
- PP MIKE CURTIN introduced MARJORIE PIERCE from the Neighborhood Association of Crown Heights who wanted to say something. Badly. MIKE tried, but PREZ DAVE made them all wait until he was good and ready. (When he was ready, MARJORIE was glad she waited! ... Not sure how MIKE felt...)
- DAVE NYDEGGER introduced our ever-welcome visitor from Carlsbad Rotary, DR. TOM CURTIN.



BILL led us in the Welcome Song



PREZ DAVE's STUFF:

- Finally, DAVE asked MARJORIE to come up to the front. She thanked us for our financial support last year for the Crown Heights Soccer Tournament which the kids won. Though the police organization has contributed, she was asking for our financial support again this year.
- DAVE said that because JANET LACY had already emailed about this ahead of time, the Board of Directors had voted to donate \$200 this year (the amount needed!) which was so appreciated by MARJORIE.
- MARJORIE also made an announcement for JANET that the 24th Annual Dr. Martin Luther King, Jr. Garden Reception will occur on Friday May 22, 5 pm at her and STEPHEN's home, \$35 per person with proceeds to the City of Oceanside MLK Scholarship Fund. Call 760-722-1234 for tickets.
- DAVE announced that he, LARRY HATTER and JAY attended a meeting at Lincoln Middle School with Principal STEVE BESSANT and that we will continue the Mentorship Program with the middle schoolers again next year. DAVE also shared an email from STEVE which indicated that GEORGE, the student who attended the baseball game with JOHN HARTMAN, LOLA SHERMAN and CHUCK WARD, received a score on 93% on his most recent math test, his highest score ever! STEVE feels that our program contributed to this success.
- DAVE announced that we delivered a check in the amount of \$631 to cover almost 9 of the 17 leis needed for the graduation program. Our mathematician president then realized that he had done the math wrong (??) and it was really 13 leis. This job has clearly depleted his brain cells!
- The Shelter Box Challenge for Nepal introduced last week has generated several hundred dollars. PREZ DAVE added \$50 today to last week's \$100 (PREZ and PP TERRI) and told those interested to give a check to LES if you would like to participate.
- PP BILL DERN is our Foundation Chair and encourages the 10 Rotarians who have not yet given at least \$10 to Every Rotarian Every Year (EREY) to join the effort. We have met our per capital donation and just need at least \$10 from a few good Rotarians to have full participation in this Rotary year. Are you one of them?



HAPPY DOLLARS:

- PP JIM SCHRODER was \$100 happy for our Shelter Box for Nepal
- PP GARY ERNST was \$20 happy that BILL CASS was here and wanted it to be designated toward the leis.

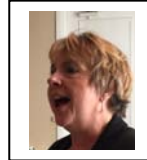


- DAVE NYDEGGE



was \$20 happy to be back after a two week vacation and directed his donation to the Shelter Box. He also invited one and all to the May 16 Operation Appreciation sponsored by Oceanside Chamber of Commerce at the bandshell at Oceanside Pier. They will feed a thousand servicemen and women and their families and it is a wonderful event to show our appreciation to our military.

- KIM HELM was \$2 happy (we had already fleeced the rest!) to be here and for the rain!



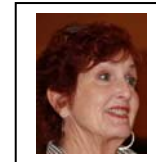
- NANCY RUSSIAN was \$7 happy for her Anniversary last week, \$20 happy to be back and \$50 happy to make a Shelter Box donation



- GORDY WITZ was \$45 happy to donate to the Shelter Box



- LARRY HATTER was \$20 happy that CHRIS COCHRAN could be here as a speaker today.
- PP VICKIE PROSSER was \$20 happy to see NANCY RUSSIAN back at our meeting, and also for the chance to see KIM HELM again. Plus VICKIE had donated \$100 to the Shelter Box fund.



PREZ DAVE told CHRIS he hoped he wasn't stealing his thunder but he had a little quiz for the members, but quickly added that this time his quiz wouldn't cost us anything – It was just for fun. Actually the questions were pretty obscure though they were about beer, a topic we know and love! Here are a few samples:



What is the earliest known alcoholic beverage? [a 9,000-year-old Chinese concoction made from rice, honey and fruit, but the first barley beer was most likely born in the Middle East: In Mesopotamia, the oldest evidence of beer is believed to be a 6,000-year-old Sumerian tablet depicting people drinking a beverage through reed straws from communal bowl].

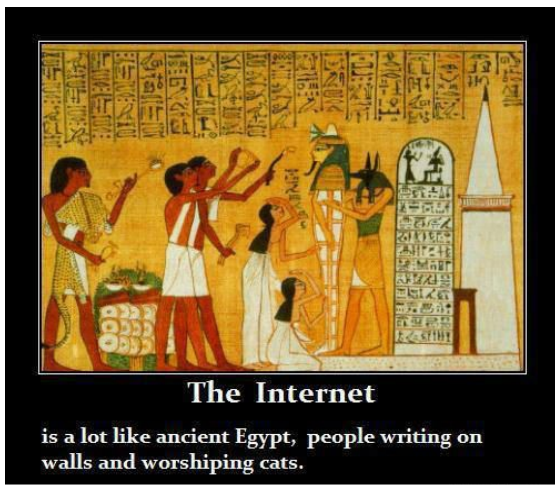


Who were the earliest Brewers? [women – Sumerian Mesopotamia had the goddesses [Ninkasi](#), who covered production of beer, [Siris](#), who was used in a way to refer to beer (as in, “we sat around eating pizza siris”... So wait a second – When we are talking to the iPhones, we are really talking to a goddess of beer???), who covered the enjoyment of beer] Archeologists unearthed ceramic vessels from 3400 B.C. still sticky residue.



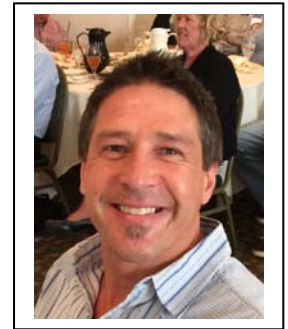
women in the metonymic and drinking voice in our and [Siduri](#), have with beer

Which ancient culture most loved knocking back a few? [The Egyptians: workers along the Nile were often paid with a nutritious, sweet brew, and everyone from pharaohs to peasants and even children drank beer as part of their everyday diet.]



TIME FOR OUR PROGRAM

PP VICKIE PROSSER introduced CHRIS COCHRAN whom she met when he gave the program at her Civitan meeting recently. He was so well received she knew we would enjoy this presentation, too.



CHRIS has been the community relations manager at Stone Brewery for 14 years and loves the company's philosophy of having no advertising and no signage at any of the sites. The company was founded in 1996 in Escondido and is the fastest growing company in the United States. Stone is the 9th largest brewery in the US and the largest privately owned brewery with no shareholders and therefore it is able to make independent decisions. When they started out, the owners had to draft a Mission Statement and decided their goal was to be amazing. Thus the mission statement became "Be Amazing" and this philosophy is upheld throughout the organization. If each individual is "amazing" in his or her position, the organization can only succeed amazingly! So far this has been true! Stone is fully self-sufficient with all of its operations being totally run internally - from the graphic artists, the website and all coding and all staffing.

There are 113 craft breweries in San Diego County (only 109 last week!) which shows the growth of this industry. He gave a history of the company as well as elaborated on how self-contained it is by having a brewery plus its own distribution arm and a "farm" in the country which raises chickens, geese, goats and all of the vegetables which are organically grown and provide all of the produce for their restaurants. There is a retail store, though the Stone Brewery "glass" can only be purchased at the farm. The company donates to the Boys and Girls Club, arts and education, the environment and animals. They have golf events, support High Tech High School and entertain a number of groups for tours.

CHRIS spoke in detail about the exciting expansion to Berlin, Germany and Richmond, VA. Both of these sites have been years in the development and will have all of the same amenities as San Diego, including brewery, distribution and education/retail. There will be a number of financial incentives benefitting the company and a number of economic perks for the communities of Berlin and Richmond, including employment and environmental benefits. Historically there were mostly male brewers but currently there are a number of female brewers. Questions were asked about the drought and its effect on the business as it takes 5-6 pints of water to make a pint of beer. Stone also has a water reclamation plant and uses reclaimed water in all of its production with the exception of beer production as that is not allowed by the state of California.

Visit the website for more information on sites and services (though you must be at least 21 to enter!)
<http://www.stonebrewing.com/>

PREZ DAVE thanked CHRIS and his name to Brother Benno's. He for his efforts to do so.



gave him a certificate recognizing a donation in also received the coveted "Light Up Rotary" pin

OPPORTUNITY DRAWING: PP GARY ERNST drew the lucky number though did not get an ace. He donated his \$10 to Shelter Box for Nepal. Thanks, GARY!

PREZ DAVE dismissed the meeting at 1:35 pm and we are sure that, after all that talk about beer, some of our Rotarians were inspired to go right out and hoist a few to start the weekend!



ROTARIANS OUT AND ABOUT

PREZ and PP DAVE and TERRI HALL sent along a pair of photos from their recent trip to the Heard Museum of American Indian Art and History in Phoenix. First, a picture of DAVE leading the natives. And second, a shot of TERRI standing next to a more abstract figure and proving, once more, just how much she tends to “lean to the left.” (Sightseeing and politics, all in on picture! How about that, folks?)



COMING UP AT OCEANSIDE ROTARY

May 15 - Mark Baird – Veteran Outreach Program

Reporter: Jay Crawford

May 22 – DARK for Memorial Day

May 29 – Jason Dafform – Interim Water Utilities Director

Reporter: Pam Myers

June 5 – DARK (Country Club not available that day)

June 12 – MSgt David Rose – Veterans’ Green Projects

Reporter: Bill Dern

June 19 – Kim Muslusky – Thousand Smiles Project

Reporter: Vickie Prosser

June 26 – DARK (Demotion Dinner at night)

Reporter: Janet Bledsoe Lacy

A FIRSTHAND REPORT ON THE CONDITIONS IN NEPAL

Just in case you may or may not understand how important a Shelter Box might be to someone living in this devastation. This eyewitness account of the conditions in Nepal is moving and descriptive,

This is from a person who goes to Nepal a lot and was there visiting a charity children's school she had set up a number of years ago when the quake hit.



Pam Whitworth

<http://www.shantichildrensfoundation.org/Shanti/Namaste.html>

So many dwellings are damaged and the danger from aftershocks is so big that citizens are being advised to continue to stay outside and not drive. Many of these dwellings will never be inhabitable again. What will so many people do for housing? Tejendra's house, near where we are camped out, has cracks in many walls, interior and exterior. One pillar looks ready to collapse.

Now and then, one of us dons a motorcycle helmet and dashes inside to use the squat toilet, being sure to let someone know they are going and to leave the door open to the bathroom (so it won't get jammed shut in a tremor). If a tremor starts, every one starts screaming to the person inside and he or she comes flying out the front door.

Tejendra is wondering what he and his family will do when the aftershocks subside and they try to resume their lives. This small house is now unsafe. This morning he said that he was afraid that if they got a strong wind it could collapse. So they cannot stay.

This morning for the first time in almost 48 hours we felt relatively safe enough to walk around his neighborhood a little. I jumped at the chance even though I felt nervous the whole time. It was something to do! And to stretch my legs after days of sitting and sleeping on the hard ground.

This neighborhood is below a forested hill and not so densely built up. However, they have been afraid of landslides in the event of a major shake. There are tents everywhere we go with somber people trying to get along, cooking and sleeping out. There are also many houses that are entirely collapsed; just a pile of rubble, sliding into the street, bedding hanging from a now-exposed second floor full of bricks. In places we have to carefully climb over since it blocks the street. It all brings back the ferocity and power of the quake. The earthquake felt as if the ground we stood on had become liquid, sloshing back and forth. We were sitting in Sumi's house. A small dark room. We had visited the slum that morning to meet a small girl who we will sponsor. Now, at midday, we were celebrating this sponsored girl's birthday, having tea and a plate of popcorn and catching up with her dear sister, the new baby and her Mom. Auntie was also squeezed into the room and two small boy cousins, one who had been partially blind since birth.

It all happened so suddenly. There was a faint rumbling and in an instant everyone was screaming and the room started to shake violently. They were out the door in a flash and I was being dragged by my hand, I don't remember by whom. I didn't quite realize what was happening at first, but it only took a heartbeat to know. The ground was pitching violently. The little corridor was tipping crazily. I was totally terror stricken. I have been afraid for years that this would happen to me. I prayed I would not be there when a Big One struck. My Being was shouting, "No!!"

Then I was in the doorway to the street, in the arms of Auntie. The building was shaking like a dog throwing off water from his coat.

Auntie had me in a fierce, tight grip. We clung to one another trying not to fall down. Outside the world was tilting, people were running and falling in the narrow passage way. My heart was pounding, my mind was shut down and I could hardly breathe. I expected the ceiling to cave in on us at any moment. "No!" Every fiber of my being was in revolt. "I don't want this. I don't want to experience this. I want Out. NOW!" But of course there is no way out. Nowhere you can escape. I don't remember her exact words, but Auntie was trying to reassure me over and over. Something like " O.K., O.K., O.K.". She held me so tightly. Was it for me or for herself? We were both terrified. I think I asked her over and over if we should stay or run. I had no idea what was safer. She just kept saying, "Yes."

Eventually we ran for the street. We were barefoot. We left everything. Never thought of it. Never cared. Only later would I want my bag. It had my passport in it. Later one of the kids dashed back to get flip flops and shoes, a blanket and cradle basket for the baby (when we later climbed the hill, Mom carried the baby in the basket on her back, secured by a tump line across her forehead), a couple sweatshirts for the two sister, Sumi and Kesang. The day had gone cool and windy and dark. People were shivering. It would get colder as the day went on. Thankfully I'd worn a light fleece that morning and untypically, my blue jeans. I'd be grateful for them both in the days to come. I would be wearing them 24/7 for the next four days. For the past few days now, it's been very cold at night, hot in the day. I'm filthy, unwashed, constipated, sick to my stomach, intensely bored, constantly anxious and deeply grateful that I and all our Shanti kids are safe. Tejendra and I have called around whenever we could get cell service. Often though the cell towers were down and even if we got our mobile to work, the calls would not go through. But little by little we've been gathering information, confirming that the children are all ok. My god, what a miracle! We talk quickly, afraid the line will drop, but jubilant for good news. Both schools are damaged. It will take time to assess the extent of those damages, but the kids and staff are ok!

My phone has gone dead. I have no charger with me and there's no electricity anyway. So, all phones are slowly shutting down. Tejendra's family has an inverter which charged all the neighbors phones for the first 18 hours but it has run down now.

There are rumors of another big quake to come. So naturally, every person is again in a state of alert anxiety. As Tejendra says, "all people are scaring." My short-lived rising spirits have plummeted. I want it all to just go away. We are again sitting all day long, afraid to move from this little cornfield. When a tremor starts, everyone starts screaming for their family members and get ready to run. Sometimes it peters out right away and things settle. Other times you can feel it escalate. It's the strangest experience. We really feel it, sleeping or sitting on the ground itself. It's like a snake slithering beneath you. It's also feels fundamentally Wrong. The earth is something whose stability we rely on, that we build our lives upon.

When that goes, we are shaken to our core. Nothing is dependable any longer.

This combination now of boredom and fear is a toxic one. It wears everyone down. Hours go by. You sit doing nothing, waiting, waiting. Everyone around me is speaking Nepali. I'm on the hard ground. My bones hurt. It seems stupid and utterly unimportant compared to being safe. But my body still complains.

Nepalis have the admirable ability to chat endlessly about small things in great detail. They pass the time so much better than I. And they laugh. My god! They find humor even now. They are more patient. More accepting. My heart is full of love for them.

Apr 30 (started writing on April 27)

It's the second morning since the earthquake. Anxieties are just beginning to diminish a bit, though there are still aftershocks. They are becoming less frequent but there are no guarantees. Yesterday around 1 pm we had another quake of around 6.8. Enough of a shock for more houses to come down...one not far from the trampled cornfield where we are camped out. It raised a massive dust cloud. Later in the afternoon there was a huge explosion and everyone ran to the edge of the field and looked south where plumes of smoke were rising. Although at the time I thought I understood people to say it was a gas works, I later found out that that smoke was actually from the burning ghats below Swayumbhunath. The smoke was still rising around the clock when I left Kathmandu days later.

Last night was pretty miserable with heavy rains, thunder and lightning. We heard on the BBC report on the little transistor radio that bad weather was rolling in and would hamper relief efforts, so Palmo, Tejendra's wife (who is a powerhouse and always busy cooking and taking care of everyone) had some time to dig a trench around the cleared area where a tent has been erected to shelter 19 of us. Tent may be an inaccurate descriptor; it is a hodge podge of old plastic tarps of all sizes, cobbled together and patched in places with empty chips bags. In the rain and wind it leaked like crazy and we ended up piling all the damp bedding in the center and taking turns standing and trying to hold up its wings to aid the rain in shedding off and not caving the whole thing in. Also, yesterday Tejendra cut a new, longer bamboo ridge pole from the bamboo grove at the foot of the fires, to try to give us a larger footprint.

On the first night we were literally sleeping on top of one another, not that anyone slept more than a few minutes at a time. The fight or flight response was still on high adrenalin. Every small rumbling sound or vibration made people shout in fear...until someone recognized the sound as a truck passing on the road above us or an airplane taking off. That first afternoon and night there were maybe 40-50 aftershocks, which was terrifying. The fear just didn't let up. Folks would leap up and go running for open ground. Many times we ran from

our blankets in the dark without shoes, clinging to one another and shaking with fear. It's utterly exhausting on every level.

I reflect that I now know how one could have a mental/emotional breakdown. For most of the first 24 hours I was so unrelentingly scared that in retrospect, I think I was probably in a state of shock. I could hardly talk...as if I were husbanding all my reserves just to endure. I certainly could not eat and my whole body felt shaky and weak. Wrung out but highly strung at the same time.

The quake itself was terrifying. Crouching on the ground shortly afterward, hemmed in by one of our Shanti kids , her sister (both of whom were holding my hands, squeezing my fingers painfully and saying over and over, "so scaring, Didi, so scaring") and family (I had been doing a home visit) and a big crowd of people in her neighborhood, we were all traumatized and terribly afraid. It's the uncertainty! You just thought you might die and you can't relax and recover because you have no idea if it is over or if something bigger is coming. The waiting and the feeling of powerlessness is a debilitating tension to hold. Every tremor could be the start of another quake...a bigger one. And there were so many shakes and tremors that continued!

We had no way of knowing about the devastation around the city and in the remote areas- that would be revealed in the hours to come. But everyone assumed the worst.

As soon as we could gather our wits even a bit, we headed for higher ground. At the time it seemed insane to go anywhere. It meant walking fairly close to some tall buildings which seemed insane to me, given that we couldn't know if the quake was over. It just felt like it wasn't safe Anywhere! I've since become convinced of their strategy...get to open ground away from buildings ...in this case a field on a hillside. I just didn't like running the gauntlet to get there.

Unfortunately, because of how congested and dense Kathmandu is, many, many people do not have this option. They have no place to go to avoid damaged and dangerous buildings but onto the streets. It seemed that all of Kathmandu would be camping out in the days to come. Radio reports encouraged citizens to stay outside in case of another quake. Kathmandu would become a tent city.....