

 BE THE INSPIRATION 2018-2019	ROTARY CLUB OF OCEANSIDE SHORELINES			 PRESIDENT Renee Wendee
	Tom Brault Editor-in-Chief	Terri Hall & LJ Fimbres Photographers	Jay Crawford Reporter	

May 3, 2019

PRES. RENEE opened the meeting at precisely 12:30 P.M and led us in the PLEDGE OF ALLEGIANCE.

SONGS:

PE TERRI HALL led us in singing “Smile” and “God Bless America.”

ROTARY MOMENT:

PRES. RENEE read the following ROTARY MOMENT written by Marianne Williamson (A Return to Love: Reflections on the Principles of “A Course in Miracles.” and provided by MELISSA RODRIGUEZ (who was unable to attend today’s meeting)

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are we not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightening about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. As we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

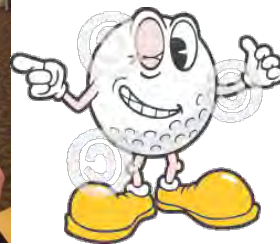
ROTARY UPDATES:

Rotarians from Finland are coming to Oceanside and need host families to house them for 4 to 6 days sometime between May 14 and 23. Anyone interested should contact PRES. RENEE.

Friday, May 10 – Dmitry Entin – Uni Care
Tuesday May 14 – Community Service - packing backpacks with food for “Got Your Back” - 7 PM @ 4061 Oceanside Blvd. Suite E.
Friday, May 17 - DARK
Saturday, May 18 – Community Service – Operation Appreciation
Shifts starting @ 7:30 AM until 3 PM at St. Mary’s Star of the Sea.
Friday, May 24 – DARK
Friday, May 31 – Dr. Leyla Ali – A Pharmacist’s Perspective on Why Drugs Don’t Work

Then PRES RENEE asked all members of the Rotarians At Work Team that volunteered last Saturday at the San Luis Rey Elementary School to please stand and be recognized. The crew organized the SLR Elementary library books, and assisted students in: identifying and classifying parts of flowers (Pistil, Stamen, Petal, Leaf), observing robotics made by the students, and delivering a little library built by Rotary for the school.

LES NEWQUIST announced that the upcoming Golf Tournament Fundraiser will be on Monday, June 24 at the El Camino Country Club, and every Oceanside Rotary Club member is urged to participate in some way (Tee Sponsor, Player, Raffle Prize Donor, or Cash Donor, etc.). This is our one big fundraiser for our club, so sign up and help out!



VISITING ROTARIANS AND GUESTS:



STEVE BESSANT, Principal of the Lincoln Middle School



JOHANA BARRANCO, 6th Grade

DANIELA PEREZ, 7th Grade

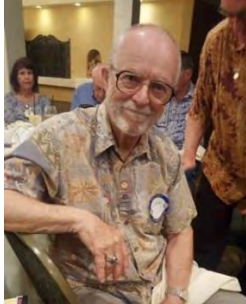
JONATHAN RAMIREZ, 8th Grade

MELVIN LEON, 8th Grade

TOM FLEMING, Retired High School Math and English Teacher



RUDY VAN HUNNICK, Camp Pendleton Club



GORDON BISHOP, Past Superintendent of Oceanside Unified School District and Past Pres. of Oceanside Rotary, who moved to Texas, and just moved back to Oceanside.



JOHN ALLCOCK, today's speaker.

PRES. RENEE asked us to go on the website www.MyWaterPledge.com and sign up for city water conservation program "Call To Action." Oceanside is in the hunt to take First Place.

LARRY HATTER called STEVE BESSANT up to address the club about the success of the past outing with the middle school kids who went with the Rotarians to MiraCosta College for a campus tour, the musical "The Pirates of Penzance" and dinner afterwards. STEVE, as well as each student, thanked us for a great outing and for the chance to see the campus and learn about its facilities and opportunities.



PRES. RENEE called on LYN CORDER and presented LYN with her 5th Paul Harris Fellow award.



BIRTHDAYS AND ANNIVERSARIES:



LES NEWQUIST was \$50 Happy for his birthday, but was “elusive” about his age. (He said something about “not being able to do the math” to calculate it – Not a particularly good sign coming from an accountant and our Treasurer!!)

DAVID SHORE was \$69 Happy for being 69 years old this month.

LYN CORDER was \$31 Happy about celebrating her 3rd anniversary with her husband, AL.



JAY CRAWFORD was \$16 Happy that ANITA and he were celebrating their 16th anniversary, and described how they were introduced 17 years ago by a former fellow Oceanside Rotarian, RICK MOHRLOCK, their dentist.



NANCY RUSSIAN was \$50 Happy for her anniversary with LUIS, and also happy that GORDON BISHOP was in attendance, as he and his wife Karen have been RV camping buddies with NANCY and LUIS on numerous occasions.

HAPPY DOLLARS:



TOM BRAULT was \$25 Happy to our club foundation to be cast in “Man of La Mancha” (at the Brooks Theatre from May 3 – 26) and proud of the huge picture of him that appeared in the UT’s “Night and Day” section from that performance.

{Breaking News Update: The show opened on Friday and has received 3 standing ovations in its three performances to date.}



LYN CORDER was \$5 Happy that her husband, AL is finally recovering from a bout with pneumonia.



BILL DERN was \$20 Happy for several reasons: for the good time he had singing in the Seaside Singers recent concert; to have spent some time in Arizona visiting his twin sons and their wives; and also that he will be heading to England to visit his other sons.



DAVE HALL was \$5 Happy that he has a new/old LEXUS SUV.



PAM MYERS was \$5 Happy that her granddaughter was playing the part of the “Blueberry” in a production of “Willy Wonka.”



RUDY VAN HUNNICK was \$20 Happy that both ROGER VAN DER WERKEN, MIKE WESELOH, were at his table, and that he was proud to be an American.



GORDY WITZ was \$10 Happy for his grandson's play at the Avo Playhouse - "Death by Dessert."



FRANK COXON was \$59 Happy that he and his wife, MARY celebrated their 59th anniversary.

PROGRAM:

JOHN ALLCOCK, our speaker, graduated from Boston College in philosophy and political science, and Harvard Law School. John is a trial lawyer and Global Chair of DLA Piper's Intellectual Property Group and serves on its Executive Committee. He is a longtime student of Jack Kornfield, Gil Fronsdal, Thich Nhat Hahn, and other meditation teachers. He and his wife Cheryl have developed a curriculum in mindfulness for schools that is currently in use at Sea Change, a small private school in Del Mar, California.



JOHN believes in a "Mindful Life" and practices week-long silent meditation. He has sent 200 emails on mindfulness and wrote a book from a compilation of these emails titled "40 Things I Wish I'd Told My Kids."

Some of the chapter titles were truly words of wisdom. Amongst other things, he said: Our size is our strength. Don't be ruled by the tyranny of events. 90% of the things we worry about end up not happening. Thinking is over-rated. We have the capacity to overcome worries by thinking positively. We can control what we do with things that pop into our minds, rather than simply reacting irrationally.

In an illuminating allegory, he said if a footpath is uneven, strewn with stones, and difficult to walk along, we can completely rebuild the path with smooth material at

great expense and effort, or we can make some shoes so we can walk the path without being inconvenienced.

The expression “You make me mad” is a fantasy. Actually, what happens is we make ourselves mad over things we don’t like to hear or experience. Most of what we fear is imaginary.

Mindfulness is paying attention to our present moment or experience with openness and curiosity, rather than with judgment or frustration. Mindfulness is practicing meditation so we can choose responses. An excellent example is the group of 12 Thai boys trapped in the cave in June / July of 2018, who meditated for 8 days, and came out calm and cheerful.

Athletes use mindful meditation in order to replace reaction with thoughtful planning. Several major companies use mindful training (Google, Goldman Sachs, Bank of America, etc)

JOHN ALLCOCK and his wife have a school to train mindfulness and includes:

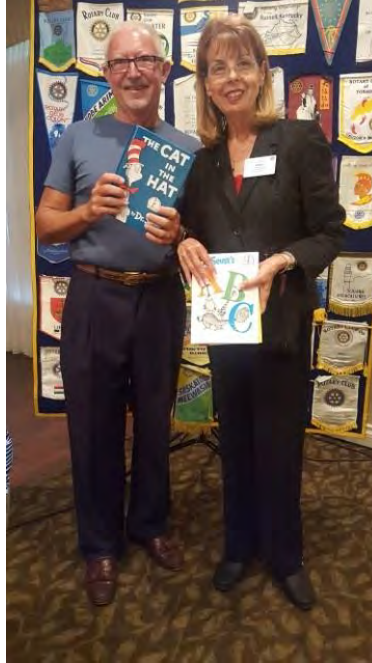
- Paying Attention
- Calming – Self Control
- Self Care/Participation
- Showing Care For Others

Students who use mindfulness are:

- 15% better at math
- 24% better in social behavior
- 20% more Prosocial

The art of living is the art of starting over.

TERRI HALL recalled how she had trouble getting back to sleep, and then she took slow breaths for about 5 minutes which allowed her to refocus and fall back to sleep. JOHN ALLCOCK said that focusing on breathing is one way of meditating or practicing mindfulness. It helps with anxiety. Anyone can practice mindfulness.



PRES. RENEE thanked our speaker and asked him to select a children's book to sign for placement in one of our local elementary school libraries. He jumped on the chance to autograph Dr. Seuss' "Cat in the Hat."

OPPORTUNITY DRAWING:

The pot was presently at \$520, and GORDY WITZ had the correct Ticket but didn't draw the Joker. GORDY donated the \$10 consolation prize back to the club.



PRES RENEE closed the meeting at 1:30 P.M. saying, "See you next Friday!"

ROTARIANS OUT AND ABOUT

ANCHISA FARRANT is on an adventure in Australia on her way to her longer visit to Thailand. She sent along some photos from a remarkable visit to the Caversham Wildlife Park in Perth with a friend Ewa. Where else in world could you get up close and personal with kangaroos (including a cute joey poking out of the pouch) and a wombat? Good on ya, mate!





Proud Grandma-to-be RENEE shared two photos from the baby shower on Sunday for son Cameron and daughter-in-law Blanca at their home in Vista. And yes, the almost parents appear to be very pleased with the gift of the Rotary onesie! (Anybody want to take bets on how soon RENEE will turn in a membership proposal on the new arrival???)



COMING SOON TO OCEANSIDE ROTARY

May 10: DMITRY ENTIN, Uni Care

Reporter: TOM BRAULT

Tuesday May 14: *COMMUNITY SERVICE EVENT 7 PM*

“Got Your Back” - Volunteers needed to fill backpacks with weekend food for students

4061 Oceanside Blvd, Suite E

May 17: **DARK No regular Friday meeting**

Saturday May 18: *COMMUNITY SERVICE EVENT*

Operation Appreciation

May 24: **DARK for Memorial Day**

May 31: DR. LEYLA ALI, A Pharmacist’s Perspective on Why Drugs Don’t Work

Reporter: L.J. FIMBRES

June 7: AWAY MEETING (T.B.D.)

Reporter: BILL DERN

June 14: AWARDS LUNCHEON

Reporter: DAVE HALL

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

June 28: **DARK**

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