



Rotary Club of Santa Monica RotaMonica

Club Office: (310) 917-3313

Thursday, February 02, 2012

Club Web Site

Editor: Suzan Allbritton
If you have any comments or questions, email the editor.

Future Speakers

Feb 3 2012
Jerry West
"Golf and The Northern Trust Open"

Feb 10 2012
Public Service Recognition Day

Feb 17 2012
No Meeting - Northern Trust Open Golf Tournament

Feb 24 2012
Santa Monica Mayor Richard Bloom

Mar 2 2012
Four Way Test meeting

Mar 16 2012
Alexis O'Neill
"Literacy and Rotary Reads to Kids"

Mar 23 2012
Dark - 90th Birthday Celebration

Mar 30 2012
Group Study Exchange Team

Apr 6 2012
No meeting - Good Friday

Apr 20 2012
Support Staff Day

Apr 27 2012
Dark
"Home Cooking for the Food Festival"

Upcoming Events

February First Tuesday
Feb 7 2012

OPCC
Mar 16 2012

Healthy Living: Santa Monica Conservancy Walking
Mar 24 2012

District Conference
Apr 19 2012 - Apr 22 2012

International Food & Song Festival
Apr 29 2012

Rotary International Convention
May 6 2012 - May 9 2012

News

This week at Rotary - Jerry West

Jerry West is returning after a very popular presentation at our Club last year. Prez David ran an auction to see who would get to sit next to Jerry at the head table. All the dogs and cats should be very safe with our resident vet Dr. Frank Lavac submitting the winning bid. This should be a great meeting you won't want to miss. Let Savi know if you plan to bring a guest.



January 6, 2012 - First Meeting of 2012

Meeting Cast

At the head table, Far Stage Right we had Invocator Bill Buxton; Tom Larmore sat next to President David Bohn and introduced our visiting Rotarians and guests. Left of Podium we had Barbara Bishop, who introduced our speakers Jessica Limpert and Ramon Medeiros. Our song leader was Savi Labensart with Ken Waltzer on piano, and our greeters were Lisa Alexander and Gaby Schkud.



Visitors

We had no visiting Rotarians today. Char Lawrence and Todd Lawrence visited us as guests of husband and father, respectively, Dick Lawrence; Jamie Menzies and Rob Dawson were guest of Jim Menzies. Shelly Locks visited us as a guest of

Laurel Rosen Linda Teixeira, guest of Suzan Allbritton and Matt Williams, guest of Lisa Alexander, visited us again. Jennifer Gaulke, wife and guest of Paul Gaulke, Tricia Ricard, wife and guest of Glenn Ricard, and Roger Goodman, husband and guest of Monika White all came too!



Recently Resigned Members

We are sad to say good bye to our recently resigned members:

- Roy Almeida
- Christina Chan
- Michael O'Hara
- Sally Pai
- Jim Westbrook

Announcements

- **Diane Margolin would like you to bring her your baby pictures. She promises to scan them and return the photos to them ASAP .**
- We are very to announce the passing of long time former member of our club Dr. James H. Follette. There will be a memorial service on Sunday January 15th at 2:30 at St Mathews Episcopal Church in Pacific Palisades.
- Next Healthy Living Event **will be January 21st - house tour of the Malibu Lagoon house**
- January 25th - we are hosting the District 5280's Presidents Dinner at the new Museum of Flying at the Santa Monica Airport. Reception at 5:30 followed by dinner provided by the Spitfire Grill. Cost \$30
- We were able to raise the \$5,000 to match the \$5,000 anonymous donation. Way to go Rotarians! That's \$10,000 dollars that will go to local charities.
- January 16th MLK day. Volunteer and help Meals on Wheels West deliver food @ 10:45 am. Contact rosemary@mealsonwheelswest.org

Treasurers Report

Jim Menzies gave the annual treasurer's report.

Presentation

What could be a better way to start off the New Year and really get down to our new years resolutions than to be coached by two of the Biggest Losers from season 12 of the biggest loser? Ramon Medeiros, and Jessica Limpert, our guest speakers today, stole the show with their amazing energy and their wonderful message.

These days, health care costs are out of control, obesity has become a chronic disease, and companies are losing billions of dollars because of our overweight population. Believe it or not, 68% of the current population in the United States is overweight or obese, that is just staggering. And an even more astounding number came from Northwestern's medical researchers who claim that by 2020 82% of men and 72% of

women in the US will be overweight or obese. Our guest speakers today put it all into perspective and not only simplified and motivated the importance of being in shape, but also described how we can begin to assist those around us, whom we know need help with their weight.

Jessica Limpert and Ramon Medeiros were contestants on the television show The Biggest Loser. And between the two of them have lost more than 260 lbs. They were just recently hired by the Biggest Loser Resort facility in Malibu where they provide the standard in personalized wellness, tailored fitness and nutrition.

Jessica, who was born and raised in Pittsburgh, PA and the oldest of 3 children, was working as a traveling registered nurse. When she joined The Biggest Loser in their 12th season, she was 26 years old and weighed in at 254 pounds. She would go on to lose 80 pounds on the show and a total of 112 pounds in that year.



Ramon was born in Berkeley, CA and despite having a sports background, he began to put on a lot of weight in his later college years and after. When he joined The Biggest Loser, at 27 years old, he weighed 355 pounds. He would also discover at that time that he was diabetic due to his obesity. However, through diligence and the assistance of the show he would go on to lose 154 pounds and is now diabetes free.

The duo began their presentation by coming down off of the podium, stating that they would rather take on a more personalized relationship with us the audience rather than remain on the stage. They went on to describe what life had been like while overweight and what drove them to make the change and put themselves on the show. They described the fear of flying, being the person that no one wanted to sit next to. How getting dressed was a chore. Jessica described a moment when she realized during a mission to Ecuador that she stood out from everyone else because she was overweight. And Ramon described discovering that he had diabetes, and suffered from sleep apnea due to his weight. All of this brought them to the most difficult and embarrassing decision of all. Admitting they were overweight, and going to the casting of the biggest loser in order to do something about it.

Once they started on the show they described some of the most difficult and grueling training they'd ever experienced. And then they shared the secret to weight loss with all of us who attended the meeting: diet, exercise and putting yourself first. There is no secret, they stated, only knowing your body and making a decision to do something about your weight. They described how they worked out 8 to 10 hours every day. That was their job on the show. And it's not what you eat; it's how much you eat. Jessica described how her and Ramon would cook their meals for the week in advance and planned out portions based on how many calories they needed to take in for the day. And they ate often, 5 meals a day. No one needs to go on a juice only diet, or any kind of diet for that matter, they just need to look at what they're eating and cut back a bit on the amount, and exercise. Very simple and inspirational.



They then had everyone stand up and do a little bit of stretching to demonstrate how just a bit of stretching would make the body and the mind feel better. They discussed how to help the family and friends around you that have a problem with obesity. Support them, and do things with them. Eat things around them that they should be eating also. Get up and go for a walk with them, let them know that they have complete support, and that you're there to assist and motivate in any way that is needed. They also mentioned using scare tactics. Let them know that if they remain obese, statistically they'll never meet their grandchildren, and

probably won't be able to see their children get married either. But in the end, the person who is obese has to want to make the change.

Jessica and Ramon were truly wonderful, and we were very blessed to have them speak at our meeting. I hope they inspired people in our group to not only want to use exercise to make the body and the mind feel better, but also to look at their employees, friends, and family members who may be suffering from obesity or are on their way and are in need of support and understanding. They certainly inspired me.

Thank you again to Jessica and Ramon for an amazing start to 2012!

Thought for the Day

"People are so worried about what they eat between Christmas and the New Year, but they really should be worried about what they eat between the New Year and Christmas." Author Unknown

Rotary celebrates India's first polio-free year

Rotary club members worldwide are cautiously celebrating a major milestone in the global effort to eradicate polio. India, until recently an epicenter of the wild poliovirus, has gone one year without recording a new case of the crippling, sometimes fatal, disease.



Rotarians and state government leaders in Jaipur, Rajasthan, India, vaccinate children against polio during a National Immunization Day in 2011. *Photo courtesy of the India PolioPlus Committee* India's last reported case was a two-year-old girl in West Bengal State on 13 January 2011. The country recorded 42 cases in 2010, and 741 in 2009.

A chief factor in India's success has been the widespread use of the bivalent oral polio vaccine, which is effective against both remaining types of the poliovirus. Another has been rigorous monitoring, which has helped reduce the number of children missed by health workers during National Immunization Days to less than 1 percent, according to the World Health Organization (WHO).

Rotary has been a spearheading partner in the [Global Polio Eradication Initiative](#) since 1988, along with WHO, UNICEF, and the U.S. Centers for Disease Control and Prevention. The Bill & Melinda Gates Foundation is also a key supporter of the initiative.

Sporting their signature yellow vests and caps, the nearly 119,000 Rotarians in India have helped administer vaccine to children, organize free health camps and polio awareness rallies, and distribute banners, caps, comic books, and other items.

"With the support of their Rotary brothers and sisters around the world, Indian Rotarians have worked diligently month after month, year after year, to help organize and carry out the National Immunization Days that reach millions of children with the oral polio vaccine," says RI President Kalyan Banerjee, of the Rotary Club of Vapi, Gujarat.

"The achievement of a polio-free India for a full year is a significant step towards a polio-free world -- an example as to what can be accomplished no matter what problems need to be overcome," says Robert S. Scott, chair of Rotary's International PolioPlus Committee. "Rotarians of India are and should be proud of the key efforts they have made at all levels, without which the world would not be marking this milestone."

Deepak Kapur, chair of the India PolioPlus Committee, also credits the Indian Ministry of Health and Family Welfare for its commitment to ending polio. To date, the Indian government has spent more than US\$1.2 billion on domestic polio eradication activities. "Government support is crucial if we are to defeat polio, and we are fortunate that our government is our biggest advocate in this effort," Kapur says.

"Marching ahead, the goal is to sustain this momentum," he adds, describing as potentially "decisive" the upcoming immunization rounds this month and in February and March.

If all ongoing testing for polio cases recorded through 13 January continues to yield negative results, WHO will declare that India has interrupted transmission of indigenous wild poliovirus, laying the groundwork for its removal from the polio-endemic countries list, which also includes Afghanistan, Pakistan, and Nigeria.

However, because non-endemic countries remain at risk for cases imported from endemic countries, immunizations in India and other endemic and at-risk countries must continue. Neighboring Pakistan, which has reported 189 cases so far for 2011, is a major threat to India's continued polio-free status. Last year, an outbreak in China, which had been polio-free for a decade, was traced genetically to Pakistan.

"As an Indian, I am immensely proud of what Rotary has accomplished," Banerjee says. "However, we know this is not the end of our work. Rotary and our partners must continue to immunize children in India and in other countries until the goal of a polio-free world is finally achieved."

ROTARY CLUB OF SANTA MONICA

Service Since 1922 - Meets Noon Most Fridays
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