

*The Award Winning*  
**Malibu Rotary Club Surfwriter**

April 23, 2014

Official Newsletter of the Rotary Club of Malibu  
Malibu Rotary Club President William Wishard

Edited by Dr. John W. Elman  
Pictures by Dr. John W. Elman and Maggie Luckerath

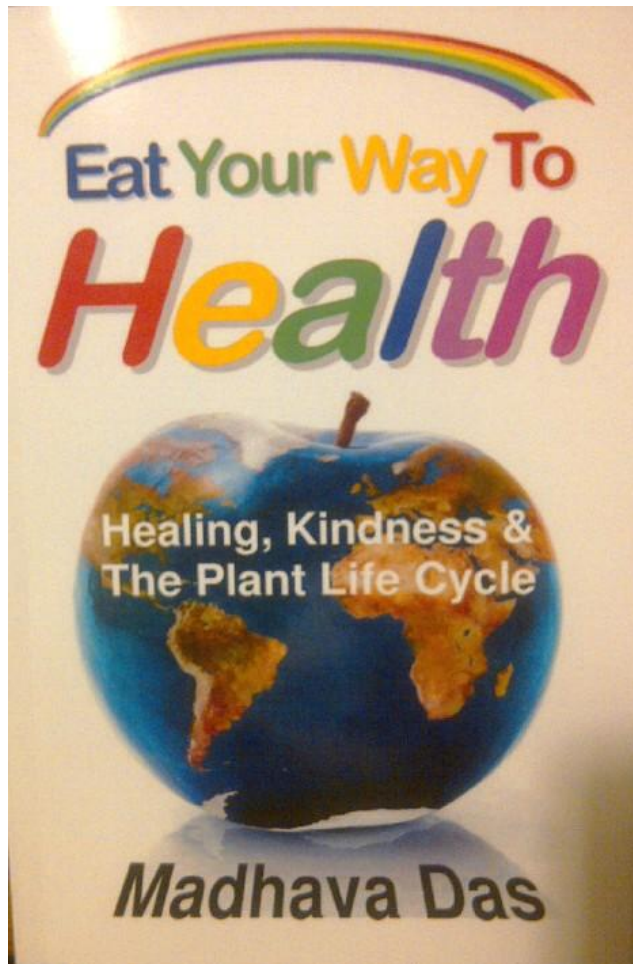
*In This Issue (click underlined topics for web link when connected to the Internet)*

- **Next Regular Malibu Rotary Club Meeting Wednesday April 30 at noon at Pepperdine University Drescher Graduate campus in LC 152 (with fellowship starting at 11:30 a.m.) is a Club Assembly Where Future Plans of the Malibu Rotary Club will be discussed**
- **Madhava Dasa of the Cornell University & T. Colin Campbell Foundation Certified In Plant-based Nutrition Founder Tells "How Eating Young Plant Parts Keeps You Young & Healthy For Life "**
- **Other News and Guests at the Last Malibu Rotary Club meeting**
- **Kelly Sagona represents Malibu Rotary Club at Malibu Country Mart Earth Day Event**

● **Robert Hayman and Michael and Kim Bonewitz ask for Malibu Rotary Club Support at Fiesta Malibu 2014 on May 4 at Juan Cabrillo Elementary School**

- **Malibu Rotarians and Friends Get Tour of Gulls Way Estate**
- Check **[Calendar](#)** on Malibu Rotary website **[www.maliburotary.org](http://www.maliburotary.org)**
- **Rotary International Website: [www.Rotary.org](http://www.Rotary.org)**
- **Rotary District 5280 Website: [www.rotary5280.org/](http://www.rotary5280.org/)**
- **RI President (2013-2014) Ron D Burton**
- **Rotary District 5280 Governor (2013-2014): Doug Baker**
- **Assistant Governor for Malibu Rotary Club: Alice Muntean (2013-14)**

**Madhava Dasa Tells "How Eating Young Plant Parts Keeps You Young & Healthy For Life "**



Madhava Dasa holds a certificate in Plant-Based Nutrition from Cornell University & is President of National Research Maui. He lives on the island of Maui in Hawaii and has a varied background, which includes being a statistics instructor at Chanute Air Force Base Technical Training Center, where he taught Statistical Analysis of Aircraft Maintenance To Foreign Officers, being the original founder of the modern sport of hang gliding and the United States Hang Gliding Association; and having contributed to the design of the first successful human powered aircraft, the Gossamer Condor, now hanging at the Smithsonian Air & Space Museum in Washington DC.

Before taking to healthy living Dasa suffered from chronic lung congestion, and extremely high blood pressure. Dasa's grandfather and father both died early from heart attacks. His mother died early from stomach cancer.

Madhava received Professor Arnold Ehret's Mucusless Diet Healing System Lesson Course completed in 1922 that says vegetables and fruits are disease preventative mucusless foods. Professor Ehret's early speculative diet is similar to Dasa's modern, research based, highly developed Plant Life Cycle Diet.

### Dasa Took The Risk

On considered rumination, Dasa took the risk to prove Professor Ehret's vegetable and fruit diet starting in 1976, as science had not yet discovered or verified the superior health and longevity benefits of this calorie efficient degenerative disease preventing and reversing diet.

He now goes across the country speaking at colleges, and the Malibu Rotary Club was fortunate to book him while he was on one of his tours away from Hawaii. He is an entertaining, enlightening and compelling speaker. His PowerPoint presentation was preceded by his singing a song “I’m gonna live forever” (from the 1980’s *Fame* TV show) accompanying himself on guitar. And then Bam—the PowerPoint.

Much of this is also on his website [www.eatandgrowyoung.com](http://www.eatandgrowyoung.com):

Eat Your Way To Health

Healing, Kindness & The Plant Life Cycle

Look & Feel Better

And Live Free From

Heart Attack, Stroke, Most Cancers, Alzheimer's, Diabetes Etc.

Healing &  
Degenerative Disease Prevention  
With Compassion And Without Drugs Or Surgery

Ex-President Bill Clinton has recently adopted a disease reversing whole food, plant-sourced animal-free diet, so that he can live to see his grandchildren.

Young or old, we're suffering from the age-accelerating diet of civilization. Animals are suffering from modern factory farming techniques and are then killed unnecessarily for food that cause disease when eaten over time.

The diet of civilization is anything but normal - more like superabundance. We all like an occasional feast once in a while, but on a day-to-day basis don't you think evolutionary normality should be the rule?

The "Superfood" we should all be eating is not a mystery. Madhava's conclusion on his plant nutrition research is: The sooner a plant part appears in the plant's growing cycle (starting with the sprouted leaf) *the more Truly Super it is!*

The sooner a plant part appears the higher the nutrients per calorie. Quoting a statement from the U.S. Department of Agriculture Center for Nutrition Policy & Promotion in 2005 "It is important to focus on nutrient dense (ND) foods that deliver a higher proportion of what your body needs for their amount of calories." After flowers (blooms) comes fruits. Then comes Tubers and Roots. After tubers and roots comes seeds and grains.

What modern civilization calls "calorie restriction" - by natural evolutionary standards is calorie-normality.

When we become UN-ADDICTED to modern calorie heavy foods, calorie-normality feels quite – well ... normal!

Those who say calorie restriction - more properly called calorie normality - is starvation, have a poor fund of knowledge. Calorie normality is not starvation - it's NORMALITY!

To quit smoking means to TOTALLY quit smoking.

To quit eating calorie heavy disease causing foods means to TOTALLY quit eating calorie heavy disease causing foods.

When one quits smoking, breathing fresh air feels good.

Likewise when you are UN-ADDICTED to eating junky food, eating clean food feels really good.

Because originally we lived in warm tropical places over our long pre-weapon evolutionary time, the most easily available foods there were high nutrition, low calorie green leafy vegetables and fruits (including botanical fruits, like cucumbers, zucchini, and eggplants etc.) mixed with a few tubers and roots.

That's pretty much the best diet for long life - but now we know it's the best diet and lifestyle, not because of sentimentally wanting to go back in time, but because modern science has established the fact.

Hunting and significant meat eating came much later when humans moved out of the tropics (metaphorically out of Eden). Mass whole grain eating came even later, in the last blink of an eye. Processed "foods" arrived within the last tiny fractional-blink of an eye.

The point is that we are physically predisposed to eat a high nutrient, low calorie whole plant-food based diet. Thus the mantra - "eat more fruits and vegetables".

Unfortunately the "eat more ..." mantra may actually be a carefully crafted misleading statement "allowed" by certain industries. A seemingly small misstatement, but it is like the difference between a flat earth and the earth as it is.

The "eat more..." part is wrong and misleading in as much as it more or less indicates you should just add a few fruits & vegetables to your wrong diet. And the order of fruits and vegetables is wrong - it should be vegetables first and then fruits (by a factor of importance of 2 or 3 to 1).

As far as lifestyle exercise is concerned - the historically adapted standard is daily mild physical exertion.

Calorie restriction is normal. CR (calorie restriction) is evolutionarily normal. Calorie restriction is calorie-normality.

The Best Diet For Long Life - A Plant-based Diet or Plant Life Cycle Based Diet is totally satisfying, in all respects.

Just like a winning race car performs best with a specific type of fuel delivered at a specific rate - our body quickly reacts to heal itself and reverse aging & disease when given the ideal type & amount of fuel.

What is the ideal type of fuel?

What is the ideal amount of fuel?

**Type:**

By modern scientific analysis we have learned that antioxidants and protein's amino acids are created, and appear first in the humble leaf (i.e. green leafy vegetables). Per calorie, dark green leafy vegetables are about 30 to 40% protein.

Calorie restriction / calorie normality studies have established that excess calories are toxic. Therefore healthy foods have the most nutrients in each calorie consumed.

According to the U.S. Department of Agriculture, Center for Nutrition Policy & Promotion in 2005:

"It is important to focus on nutrient dense (ND) foods that deliver a high proportion of what your body needs for their amount of calories."

Calories increase without increasing nutrient-to-calorie ratios as we go downstream in the lifecycle or growth cycle from the leaf to the flower, then to the fruit, then the seed, and on to animal products and "junk" processed foods.

It's not me saying this - anyone can see the fact if they carefully analyze the USDA Nutrient Data Base's nutrients per calorie tables.

Please note the BIG MISCONCEPTION in nutrition is the universal reporting of nutrients per gram, which is HIGHLY misleading (CR studies have proven this). Reporting nutrients per gram is the FLAT EARTH theory of nutrition.

Everything goes down hill from the leaf. At the bottom of the hill are processed and animal foods, which are poor nutrient per calorie foods. Lifelong repeated intake of processed and animal foods (low nutrient, high calorie foods) causes cumulative repetitive low-level systemic stress inflammation, leading to all kinds of degenerative diseases of affluence.

The ideal type of food is dark green leafy and bud/flower vegetables (by far); followed by vegetables that are botanical fruits including fruits like cucumber, zucchini, eggplant etc.; and then regular fruits headed by berries.

**Amount:**

Calorie restriction, actually calorie normality studies since 1935 have established that excess calories (from low nutrient, high calorie foods) are extremely toxic and inflammatory.

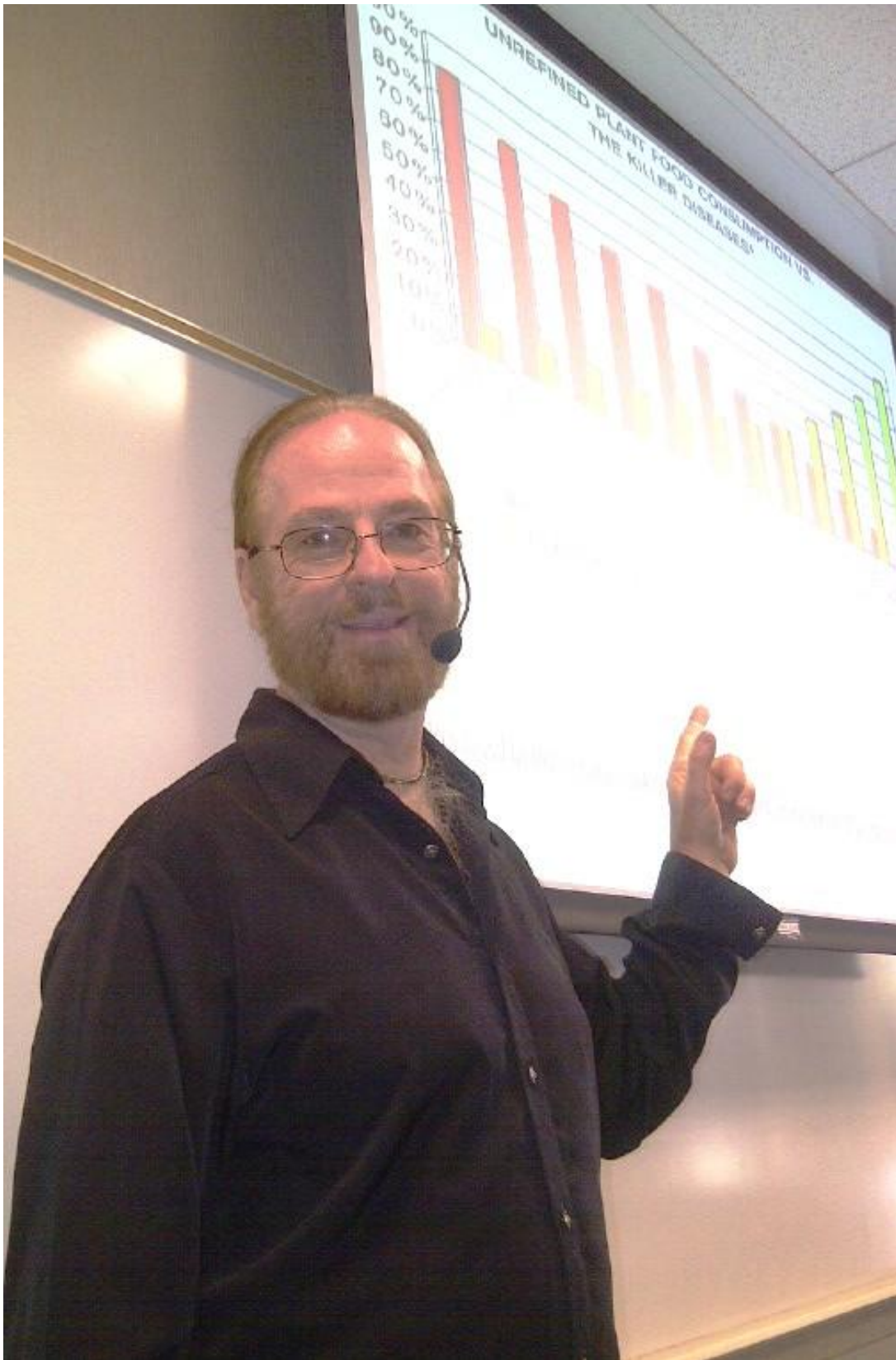
Calorie normality is the ONLY intervention that repeatedly, conclusively and SIGNIFICANTLY delays and reduces age related diseases; and repeatedly, conclusively and SIGNIFICANTLY extends both average and maximum life expectancy. (Resveratrol from whole grapes and other plants is pending - but certainly fits right in with The Best Diet For Long Life.)

Even without so-called "restriction" of amounts eaten, calorie restriction errr... calorie normality, has established green leafy and solid green vegetables like broccoli; fruit vegetables; and berries/fruits as the ideal fuel. Excess calories come from heavy, processed and animal foods.

As far as the mantra: "eat more fruits & vegetables" - let's fine tune (or rather: destroy and rebuild) that statement to realize unheard of healing & rejuvenating power.

By eating MOSTLY ONLY high volume, high nutrition, high antioxidant, low calorie VEGETABLES (dark green leafy vegetables especially being high protein per calorie foods) & FRUITS you can realize truly amazing disease preventing, life extending benefits without hunger or starvation. This is the conclusion of modern nutritional science, and of a logical analysis of our long tropical and sub-tropical pre-weapon evolutionary eating patterns. Organized hunting and animal domestication did not begin until an evolutionary minute ago.





The conclusion of modern marketing and other industries is, "...eat more fruits and vegetables". Their "more" is wrong, and their "fruits and vegetables" is in the wrong order.

The order of "fruits and vegetables" is wrong, and the "more" word is a mistake.

The difference between, "... eat more fruits & vegetables" and "... eat MOSTLY ONLY green leafy vegetables, 'fruit vegetables', and berries/fruits", again is like the difference between a flat earth and the earth as it is - all the difference.

A few other diets like a plant-based whole grains & beans starch diet with vegetables and fruits are doable diets but are not the best. The MOSTLY ONLY green leafy vegetables, 'fruit vegetables', and berries/fruits NUTRIENT RICH DIET is the very BEST doable diet there is for health and longevity by far.

Nutrient richness, also called nutrient density, follows the growing life cycle of the plant.

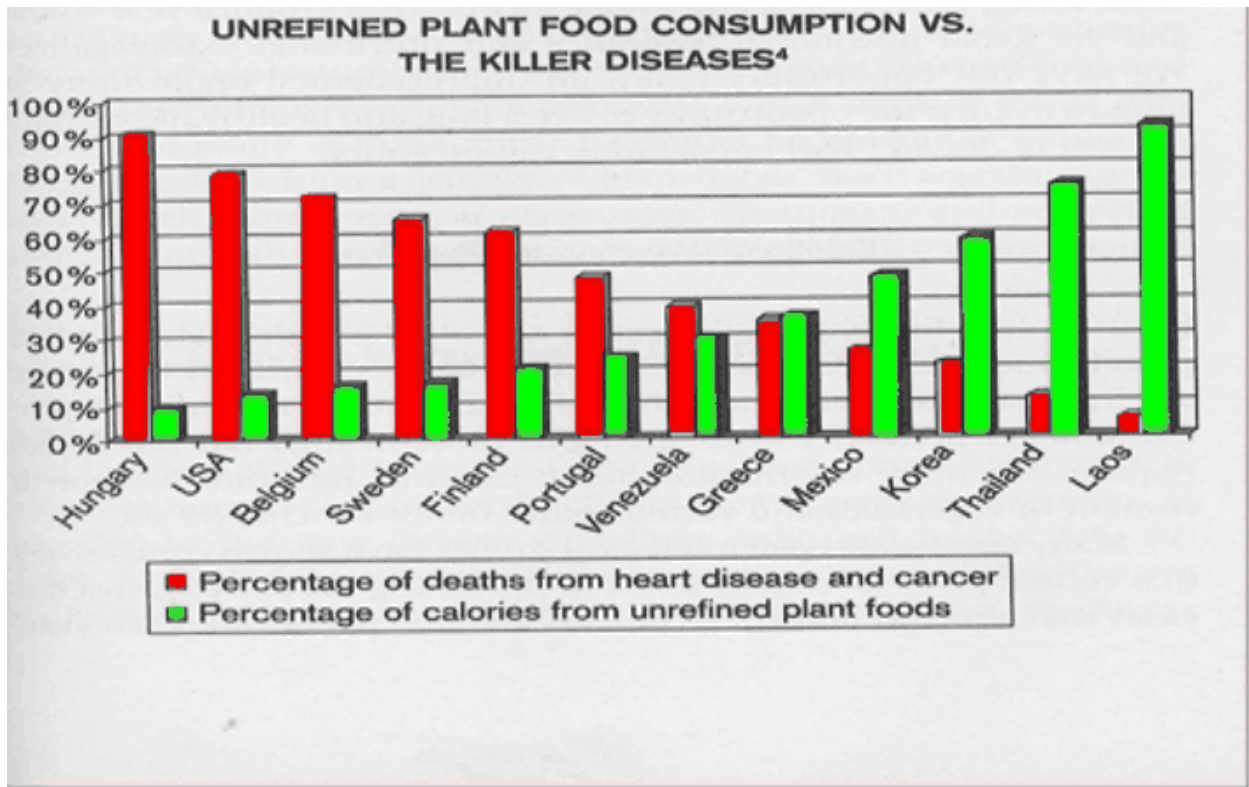
In other words, the leaf comes first in nutrient richness, then the flower, then the fruit and then the seed.

The ideal amount of food is the amount of the ideal types of food that just fills (but not over-fills) your stomach at one to three sittings each day (depending on your activity and metabolism).

Drink all the good tasting water you want any time.

Have a piece of your favorite fruit any time.

Madhava presents several graphs and statistics to prove his point, and probably one of the most compelling is this one from the National Institute of Health (NIH) and World Health Organization (WHO) that shows the percentage of deaths from heart disease in various countries compared to the percentage of calories derived from unrefined plant food.



Produced by the National Institutes of Health(NIH) and the World Health Organization(WHO) published in 1999

The graph clearly shows that the lower the intake of calories from unrefined plant foods the higher the death rates from heart disease.

Another contributor to the book is Sunanda Devi Dasi, Dasa's wife, who is from India via Fiji. Sunanda has been cooking taste tempting Indian Temple cuisine for over 25 years. Spices are also plant derived. Sunanda also joined her husband at the Malibu Rotary Club meeting.

Madhava's book *Eat Your Way To Health—Healing, Kindness, & The Plant Life Cycle* was available for a discounted price by those attending the Malibu Rotary Club. *Malibu Rotary Club Surfwriter* editor John Elman highly recommends it. Madhava is uncompromising in his devotion to a Vegan diet, and does not believe humans should consume any animal products, not even cheese or milk, and definitely discourages fish, even salmon. His

arguments are persuasive and definitely there is more to being a vegetarian than just the humane argument of not slaughtering animals. The plant based diet is the most nutritious. The 145 page fully indexed book is available online from Madhava's website [www.eatandgrowyoung.com](http://www.eatandgrowyoung.com) and from Amazon.com

### **Other News and Guests at the Last Malibu Rotary Club meeting**

Malibu Rotary Club President **Bill Wishard** said that he had attended a meeting of Rotary Club of Inglewood the previous week in order to see John Paizis, director of Performing Arts Studio West , ( see [pastudiowest.com](http://pastudiowest.com)) which provides hands-on individualized training, career management, and on location support for performers with developmental disabilities working in film, television and commercials. We were introduced to the people who have gone through their program when many us went to the benefit concert earlier this of Rex and Friends (see [www.rexandfriends.org](http://www.rexandfriends.org) ). The program Bill saw at the Inglewood Rotary Club featured Rex and singer Patrick.

Bill and Malibu Rotary Club President-Elect **Margo Neal** were both recommending that as many club member as possible attend the Rotary District Assembly on Saturday May 10 at the Carson Community Center. For the first time the Malibu Rotary Club will pay the breakfast amount of \$35.00 for those attending. Bill explains that much of the planning that goes on for the year in the district is announced at this event. Many of the seminars happen simultaneously so it is imperative that several people from each club attend so the members can be assigned different rooms for learning what's happening. These assignments will be worked out when the printed agenda and schedule is handed out prior to breakfast Members who are committed to go are **Bill Wishard, Hubert Luckerath, Griselda Espinoza, Irene Bettler** and **David Baird**. Another thing that happens at the District Assembly is the reservation of seat for the November Paul Harris Rotary Foundation Dinner. Last year this event was held at the Space Museum under the Endeavor Space Shuttle and there were not enough seats for everyone to attend. Margo said that each club will be able to reserve 4 seats

for the Paul Harris dinner during the Rotary District Assembly.

### **Guests**

Guests at the Malibu Rotary Club meeting March 23 included **Sunanda Dasi**, speaker **Madhava Das** wife who was also a contributor to his book, **Galina Betchir**, another person who works with Madhava, and another person came to the meeting especially to hear out speaker **Camille Gaeon**, whom we had heard speaker at a previous Malibu Rotary Club meeting, and who is also working on book about cooking for health, which she had to do to recover from cancer without having chemo and treatment that made her sicker. Other returning guests included Rotary Ambassadorial Scholar **Livia Giordano** from Zurich Switzerland, who has recently graduated from the Pepperdine Law School Strauss Institute for Dispute Resolution and is hoping to stay in this country if she can find a job: **PDG Tom Bos** and wife **Jane**, who were attending their last Malibu Rotary Club meeting before flying back to their home in Holland, Michigan for the summer, from the winter home in Malibu; and past Rotary Club President **Holmes Osborne**, who lives in Missouri but had flown back to Los Angeles to have his daughter baptized in the church in which he was married.

### **Happy Dollars**

Yes there were Happy Dollars by **Peter Formosa**, **Maggie**, and **President Bill**, but isn't this newsletter long enough already?

## **Malibu Rotarians and Friends Get Tour of Gulls Way Estate**



**Five Malibu Rotarians and their friends had a tour and luncheon at Gulls Way on April 25. The Gull's Way Estate is a 12-acre property in Malibu that Dick Clark purchased in 2002 which has been a highly sought location for weddings and other special events, year-round. It is one of three properties Clark owned in Malibu.**

## **Kelly Sagona represents Malibu Rotary Club at Malibu Country Mart Earth Day Event**



**On Saturday April 27<sup>th</sup> and Earth Day event was held at the Koss Malibu Country Mart courtyard which was cosponsored by the City of Malibu, the Malibu Chamber of Commerce, and commercial land owner for the Malibu Country Mart Jim Koss. All the members of the Malibu City Council, representatives from the chamber and various businesses and organizations in the community which work towards ecological**



**sustainability were there. The Malibu Country Mart is hoping to get LEEDS certification this year for their efforts of energy conservation for the privately owned but publicly used park in the center of the city.**

**Kelly Sagona (left) represented the Malibu Rotary Club with a table at the event. Her niece Alex, a student at Pepperdine, has developed a waterless car wash which is causing some interest in the area of water**

conservation

**Robert Hayman and Michael and Kim Bonewitz ask for Malibu Rotary Club to Fiesta Malibu 2014 on May 4 at Juan Cabrillo Elementary School**



**Robert Hayman (R) explains to members of the Malibu Rotary Club the booth locations at the Fiesta Malibu May 4<sup>th</sup> at Juan Cabrillo Elementary School, while Juan Cabrillo PTA Vice President Kim Bonewitz and her husband Michael hold the festival schematic map.**

To help fund the items and teachers a Juan Cabrillo Elementary School the PTA had begun an annual festival. It was called a Fiesta, because the Hispanic families who couldn't afford to donate money donated food for the event.

This year the Fiesta is not just the Juan Cabrillo Elementary School Festival but is being expanded to encompass the whole community and is call Fiesta Malibu, with several sponsors, including Vintage Grocers, AAMP, the SMMUSD, local vineyards (no alcohol at the event) and non-profits, who will have booths to tell what they do. There will also be



games for kids and adults, continuous live entertainment and fun for all.

Fiesta chair this year is Robert Hayman. He said that the booths the business rent at the Fiesta are sold for \$1000. For non-profits it is \$800. Hubert noted that we have not budgeted



to donate to this event this year. I believe, however, Robert made us an offer we can't refuse. He will give us the \$800 for the booth, to give back to him, so we can be one of the sponsors.

If that's the deal, then the Malibu Rotary Club is one of the sponsors. And of course Maggie will be recruiting Malibu Rotarians to work the booth on May 4.

**(L) Kim Bonewitz Shows the Fiesta Malibu Juan Cabrillo Shirt**

In case you missed it the following article made its way into the *Malibu Times* this week:

## **The Bonewitz Family Get Check From Malibu Rotary Club From the Fundraiser**



**Pictured: Malibu Rotary Club Treasurer Hubert Luckerath (L) presents check for \$8,817.62 to Kim and Michael Bonewitz (R) from funds raised at benefit held March 28th at Chipotle Restaurant. Maggie Luckerath organized the event.**

The Bonewitzes, who have 3 children of their own, took in the 5 children of Marie Jordanau, who requested they do so before she died of cancer. The community has helped with the financial burden that fulfilling this request has entailed.

The Malibu Rotary Club would like to thank the community for coming out in large quantities to help support the Bonewitz/Jordanou family fundraiser. The evening of the event Chipotle

donated 50% of their receipts to the fund raiser. Most of the money was raised from private donations mailed to the Malibu Rotary Club.

### **Upcoming Speakers** (yet to be confirmed)

- Randy Klingensberg, Performing Arts Studio West (who trains disabled artists to perform--school attended by blind autistic musical savant Rex Lewis)
- Malibu High School Principal Jerry Block
- Founder of the National Veterans Foundation, Floyd 'Shad' Meshad
- Dana Sherman of the Fleet Street Bike Project
- Dan Wise on history of the 25,000 acres from Marina del Rey to PV Peninsula to Western Ave

Please see Malibu Rotary Club Website [www.maliburotary.org](http://www.maliburotary.org) for latest Calendar and future speakers and facebook pages for other news.

**Like Rotary Club of Malibu on**

**facebook**

Apr 30, 2014

#### **Bill Wishard** Leads Malibu Rotary "Club Assembly"

This will be a club assembly in which club future plans will be discussed.

May 07, 2014

**Linda Montellano Werner and Sourena Vassegh**  
" Big Dreams Take Small Sacrifices"

May 14, 2014

**Michael A. Smith, Principal OLM School**  
"Our Lady of Malibu School"

May 21, 2014

**Silva Mirzolan**  
"Releasing the Genie Within"

Silva Mirzoian knows a thing or two about releasing one's inner power in order to turning one's ideas into reality. Silva is a self-made entrepreneur, best-selling author, philanthropist and lifestyle expert who transformed her challenges into a successful property development company which became a framework for attaining one's personal financial independence.

Silva is the leading expert to extracting your inner Genie which will lead you to turning your ideas into reality and live a triumphant lifestyle. As author and publisher of the book "Jump-Start Your Life"® and producer of Passions & Dreams For Success Institute, Silva has been recognized as the "Dreamweaver" by Entrepreneur Magazine for having the unique ability to weave together past & present to develop a perfect (and wealthy) lifestyle for women.

May 28, 2014

**Carl Christman**  
"Carl Reads Minds"

Carl Christman is a mentalist at the Magic Castle in Hollywood. His Rotary presentations are educational and entertaining. Rotarians and guests at this special meeting will learn about the power of their own mind and have a once in a lifetime experience. You can find out more about Carl and see a demo video at [www.CarlReadsMinds.com](http://www.CarlReadsMinds.com). This should be a fun Rotary meeting. Come and bring a friend.

Jun 25, 2014

**Doug Kmiec**  
"Why Aristotle and Jimmy Stewart were both right – AMB"

Former U.S. Ambassador to Malta Douglas W. Kmiec explains Why Aristotle and Jimmy Stewart were both right – AMB.

Jul 23, 2014

**Jo Anne Books**  
"Life After Polio"

Jo Anne Books, from Laredo, Texas, and now living in Northern California, contracted polio at age 4 and became paralyzed in both arms. She did not let that stop her, becoming a probation officer and the mother of 2 children. She has spoken at many Rotary clubs about polio and will be in Malibu this week attending the Malibu Arts Festival, taking time out to share her experiences with the Malibu Rotary Club.