



Malibu Rotary Club Surfwriter

February 1, 2012

Official Newsletter of the Rotary Club of Malibu

**Malibu Rotary Club President of the Month David Baird
Malibu Rotary Club President of Record William Wishard**

**Edited by Dr. John W. Elman
Pictures by Dr. John W. Elman and Chris Bauman**

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- **Malibu Rotary Club Website: www.MalibuRotary.org**
- **Rotary International Website: www.Rotary.org**
- **Rotary District 5280 Website: www.rotary5280la.org**
- **Rotary District 5280 “Rotarians Doing Business With Rotarians” Website: <http://yp5280.org/>**
- **[RI President \(2011-2012\)](#) Kalyan Banerjee**
- **Rotary District 5280 Governor (2011-2012): Brad Robinson**
- **Assistant Governor for Malibu Rotary Club: Kevin Smith**
- **Rotary District Newsletter—see it on Rotary District 5280 site or click [here](#)**

Lee Schwing & The Third Millennium Awakening Biosand Water Filters in Ganeshuri, India



Lee Schwing is a partner in a Malibu marketing company Schwing & Associates (see www.leeschwing.com) as well as vice president of the Malibu based volunteer organization Third Millennium Awakening. Third Millennium Awakening (TMA) is a 501(c)(3) not-for-profit organization founded in 2005 to provide basic educational, medical, and agricultural support to impoverished areas in the Thane District, Maharashtra, India. Its goal is to offer human and material resources to help alleviate the oppressive burdens of hunger, poverty, and disease. In addition, TMA strives to provide inspiration and hope to these communities through programs that encourage individuals and groups to become self-supporting.

There are probably several places around the world where if one tries to look for the poorest of the poor they can find them. Visitors to the Malibu Rotary Club in 2009, Ron and Carol Cousineau from Pontiac, Michigan, made us aware of such a place in Ecuador, specifically Santo Domingo De Los Colorados, where people did not have basic needs, such as clean drinking water. The retiring minister of their church in Michigan said he was going to devote the rest of his life to find and help the “poorest of the poor,” and the Cousineaus visited and helped him in Ecuador when he found that place of need. Ron, a retired engineer, determined that biosand filters were the most efficient and cost effect means of helping people in rural areas in need of clean drinking water. In 2010 Malibu Rotary Club voted to partner with the Rotary Club of Pontiac Michigan to help build and install BioSand Filters in Santo Domingo De Los Colorados.

TMA found their poorest of the poor place in the Nimboli Village of the Thane District in the Masharashtra State on the west coast of India. They did their needs assessment and found that 21% of communicable diseases in India are related to unsafe drinking water. In India, diarrhea alone causes 1600 deaths each day and approximately 400,000 deaths in children under 5 each year. Doctors (both private and governmental) in the Nimboli area confirmed that diarrhea and other waterborne disease run rampant throughout the countryside.

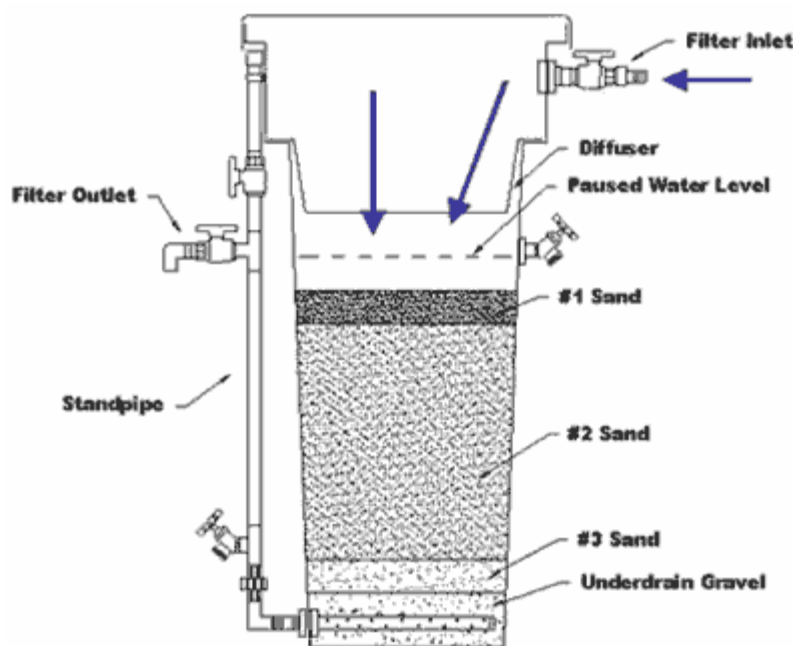
Pure drinking water helps all ages. It decreases infant mortality—giving babies a chance to grow up. It increases school attendance—helping children escape from poverty. It enables adults to maintain jobs—providing adequate income for families. It reduces incidence of diarrhea in elders—preventing untimely deaths.

The choices of current drinking water in Nimboli are all bad. Questionable tap water is available 1 hour per day, water can be carried from the polluted river, contaminated wells, or water holes formed by rain.

TMA developed a three-pronged project plan:

1. Educate villagers on importance of clean drinking water and good hygiene.
2. Provide biosand water filters to families and institutions
3. Follow up with recipients to be sure they are using the water filter correctly and help them with questions on the filter.

TMA educates on the value of clean water and hygiene at the individual and group levels. A woman from each village acts as a liaison with water filter recipients from her village. Meetings help with groups of villagers to provide information on the importance of pure water and good hygiene. At least one member of a family receiving water filter is instructed on filter use and maintenance as well as proper water storage.



As we had learned earlier the biosand filter is an exquisite solution to the worldwide problem of providing safe drinking water practically and economically. Through the work of Canadian, Dr. Manz, we finally have practical device to bring clean drinking water to those who currently don't have it. Dr. Manz created a system so simple, so elegant and so accessible that it can be produced anywhere in the world. The supplies needed are available world-wide and the cost is minimal. After he created the Biosand Water

Filter, he released the patent to the world, believing the true wealth of his invention is in the lives it could save. A very good video explaining how the biosand filter works can be seen on YouTube at <http://www.youtube.com/watch?v=hb0xf3mRbJM>

The biosand filter is appropriate for home use. Just as we saw in Ecuador, the Indian biosand water filters can be produced locally using materials that are readily available. It is inexpensive to make and costs nothing to operate. It requires very little maintenance. And it is highly



effective at eliminating water impurities. Although the container could be made of various substances the ones in India are made of concrete, enclosing layers of sand and gravel which trap and eliminate sediments, pathogens, and other impurities from water. The production of biosand filters in the Nimboli area is done by local residents using readily available local materials.

So far 1500 biosand water filters have been delivered to the people around Nimboli. Pre and post surveys are conducted asking questions about health (pre and post) and filter use (post only). All of the recipients are surveyed to see if the filters are being used properly and to ask questions about the recipients' experience with their water filters.

The recipients responses: "River water is always muddy and dirty but after filterization water convert to safe, crystal clear like mirror"... "We get clean, clear,

sweet, chilled, pure and safe water as compared to public outdoor tap and river water"... "After using this filter for one month we started to notice very low illness in our home and it is like a refrigerator in the summer."

In 2007-2008, TMA built the Fire Mountain Retreat Center in Nimboli, India. The center has space for 30 people in its main building while a small house can be used for the group leader. The jewel of the retreat is a geodesic dome that is useful for meetings, Haga Yoga practice, and meditations. Proceeds from center rentals will be used to fund TMA projects.

One of the purposes of Lee Schwing's presentation at the Malibu Rotary Club was find out about further funding of more biosand filters in the this area of western India where most of the population still suffers from poor quality drinking water. Similar to the project in Ecuador where a Rotary Foundation grant was initiated by the Rotary Club Tsachilas of Santo Domingo de los Colorados, Ecuador (District 4400), in conjunction with the Rotary Club of Pontiac Michigan and other clubs, including the Malibu Rotary Club, we hope to find a partner Rotary Club in the area around Nimboli India to submit an application for a Rotary Foundation grant.

Other News and Guests from Last Malibu Rotary Club Meeting

David Baird presided over the meeting and had more good stand up comedy material. He was also gathering electronic submissions from club directors of avenues of service to send to the

Rotary District Office for District Recognition Awards due February 2nd which were to get to David by February 1. Also announced at the meeting was the date of the **Annual Malibu Rotary Club Middle and High School Singing Competition**. Information about this event on February 29th is in article appearing below and also on Maliburotary.org Calendar.

Guests at Feb 1 Malibu Rotary meeting

In addition to our speaker there were four guests: Rotary District Assistant Governor **Kevin Smith, John Fettke**, a returning visitor from last week who is a member of the Rotary Club of Burnt Hills/Ballstone Lake, NY where he lives on a farm, **Maggie's sister Anita** who grew up with Maggie on a farm in Pennsylvania and now lives in Lewis, Delaware, in addition to last week's speaker **Camille Gaon**. A future guest was announced on Saturday:



Welcome to the world Mazzlyn Mamie-Marie Bauman!!

Proud parents Christopher and Leslie Bauman announce the arrival of Mazzlyn Mamie-Marie Bauman, born Saturday, February 4th at 8:05pm. Weighing 6lb 9 oz and measuring 19.5 inches.

Letters to the Editor

Editor's Note: The following e-mail was sent to Maggie Luckerath by Camille Gaon, who presented the program at the Malibu Rotary Club meeting on January 25th on "the benefits of anti-inflammatory and anti-cancer cooking and life-style changes."

i just read the rotary's recap of my january 25 talk and wondered if there was a way to forward this to john to let him know that he summed everything up beautifully and i appreciate everything he did.

i also wondered if it's possible to correct a few misstated points.

it was not a 33 week treatment of chemo & radiation. it was supposed to be a minimum of 33 individual radiation treatments and two 5 day rounds of chemotherapy.

i was admitted to the hospital and put on life support by the 5th day of treatment, not after 3 weeks of treatment.

i was in the hospital the 1st time for just over 3 weeks, so that may be where the 3 weeks came up.

there were not lengthy surgeries, but rather 2 life-saving surgeries due to the toxic life-threatening reaction to the drugs and chemo-induced colitis.

dr. servan-schreiber was one of the first of several authors that resonated with me. i did extensive research and interviews after reading his inspirational book along with others.

there were not a few anti-cancer cookbooks but really only a few that came close. unfortunately, i have yet to find any that are truly sticking to a strict anti-cancer diet.

lastly, dr. servan-schreiber lived an additional 18 years after diagnosis, not 20.

this is only intended to give an accurate portrayal of the events and not in any way to be petty. i realize i mentioned quite a few medical conditions and the information is overwhelming.

that said, i'm happy to provide any additional clarifications if needed.

hopefully, i 'll be able to attend tracey's talk in march. until then, i hope i see you at the malibu stage or out and around the bu.

best regards,
Camille

Editor's note: *I used the 20 year figure for Dr Servan-Shreiber's survival after diagnosis because it was the figure used in the website about his book <http://www.anticancerbook.com/> and also in a Los Angeles Times article written July 17, 2011 by Kim Willsher "David Servan-Schreiber dies at 50; physician wrote about cancer battle" [<http://articles.latimes.com/2011/jul/27/local/la-me-david-servan-schreiber-20110726>].*

When a public name is mentioned by any speaker I try to check facts for accuracy in reliable references before posting my story. That being said the important thing is that both Dr Servan-Shreiber and Camille have stories to tell that can aid others in avoiding cancer and surviving it once it is discovered in your body. The message from each is clear—lifestyle and diet go a long way in thwarting cancer cells and prolonging life. Dr Servan-Shreiber's book and website still actively show the way, and we look forward to Camille's cookbook to add to the literature and continue to point the direction of how it's done, and to create a tasty healthy diet for those who feel restricted by a non-healthy one.

Annual Malibu Rotary Club Middle and High School Singing Competition



The Annual Malibu Rotary Club Middle and High School Singing Competition will take place February 27 at 7:00 p.m. in Stauffer Chapel on the Malibu Campus of Pepperdine University. Six cash prizes will be awarded, 3 to the top 3 middle school contestants and 3 to the top 3 high school contestants. Members of the Malibu Rotary Club judge the music competition and each year the student performances are professional level and entertaining. The top contestant will be sponsored by the Malibu Rotary Club to participate in the

Rotary District music event March 3rd at Cal State Dominguez Hills where top prize money will be \$1000. Last year's middle school winners shown above.

Malibu Rotary Club International Projects in Puerto Rico



With matching grants from the Rotary Foundation, Rotary District 5280 (District Designated Funds [DDF]), and in partnership with other Rotary clubs in Rotary District 5280 and host clubs in Puerto Rico, the Malibu Rotary Club is involved in two humanitarian international projects in Puerto Rico in 2012.

The most ambitious project (*Hogar Santisima Trinidad* [HST] in Barrio Macarabones, Toa Alta, Puerto Rico) involves rehabilitating alcohol and drug

abusers at the HST Center (who are also highly likely to have HIV) to train for job skills and also educate in recycling and train in solid waste management. HST is a private community based non-profit organization, offering a safe residential rehabilitation and treatment program to 35 young males addicted to drugs and /or alcohol, established in 1993. HST depends on income from their semi-industrial aluminum and metal recycling and processing program. As part of their rehabilitation program, the HST implements occupational, physical and work therapies through their Mobile Recycling Center Program (MRCP). It consists in the training of patients in the use of a fixed industrial recycling unit permanently located at the Center, where they learn how to process and recycle aluminum, car batteries, diverse metals and other materials under the

close supervision of trained supervisors. They also pickup recyclable materials in nearby communities to process at the center. The project also addresses a problem of waste management in Puerto Rico. Studies done by the US Environmental Protection Agency have revealed that improper or insufficient capacity to dispose of solid waste in Puerto Rico has created public health problems. The management and disposal of solid waste in the Island has long been a challenge, aggravated by the limited space available due to its geographical size, roughly 100 mi by 35 mi, and its delicately balanced ecosystem and the large amount of solid waste generated, at 4,000,000 tons per year. Puerto Rico's residents generate more waste than people living on the mainland and recycling rates are lower. Much of Puerto Rico's waste ends up in landfills, most of which do not comply with local and federal governments' landfill requirements. The cost of HST Rotary project in Puerto Rico is \$22,570. The primary international club sponsoring this project is the Westchester Rotary Club. Malibu Rotary Club is an equal share holder with the Westchester Rotary Club, with each club contributing \$1570.00. Besides the host Rotary Club of Santurce, the Rotary Club of Torrance-Lomita is a partner in this project.



In the second project (*Centro Geriatrico San Rafael, Inc* in Areciba, Puerto Rico) the Malibu Rotary Club is the PRIMARY INTERNATIONAL PARTNER. This project costs \$15,585.00 of which the Malibu Rotary Club and the Westchester Rotary Club have given \$1170.00 each. Other partner clubs are Culver City, Wilmington, along with the host Rotary Club of Arecibo. The project involves upgrading equipment (mostly air conditioning) in a low income senior

citizen residential facility in Arecibo, Puerto Rico.

Malibu Rotary Club is [Official Sponsor of Smile Trek](#)



Marine Sargent Winston Fiore Started his 5,000 mile Cross Country Motorcycle Trip in Malibu. His purpose is to bring awareness of children's cleft palate and raise money for the International Children's Surgical Foundation. The organization provides surgery, training for 3rd world surgeons, plus follow-up care for surgical correction of children's cleft palate disease. The US trip was in preparation

for a 5,000 mile walking trip across Southeast Asia. He explains, “In late September, 2011, I will set out on a 5,000-mile walk through Southeast Asia. My route will take me through eight different countries, beginning and ending in Singapore, and the yearlong trek will be an ongoing effort to raise funds for the ICSF and awareness for children living with clefts in the developing world. I chose to base this trip in Southeast Asia because of the region's high prevalence of cleft births.” Malibu Rotary Club is one of his sponsors. One surgery costs \$240.

See Winston’s blog at <http://www.smiletrek.org> (which includes multiple videos) as he travels across the world. As of January 18th th he has raised almost \$33,000 for ICSF, over 73% his goal of \$50,000.

A post card mailed by Winston to Malibu Rotary from Thailand on December 31 read “1,000 miles down, 4,000 miles to go...Thanks again for making a difference. Wishing you a happy new year from Bangkok! ---Winston smiletrek.org”

Please see Malibu Rotary Club Website www.maliburotary.org for latest Calendar and future speakers and facebook pages for other news.

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facebook

Calendar

(all Malibu Rotary Club meetings are held at 7:30 a.m. Wednesdays in Fireside Room of Pepperdine University unless otherwise noted)

Feb 8 2012

Tommy Hawkins

"Life's Reflections: Poetry for the People"

Speaker will be "The Hawk," Tommy Hawkins. Hawkins starred at Chicago's Parker High School before playing at the [University of Notre Dame](#), where he became the school's first [African American](#) basketball star. He was then selected by the [Minneapolis \(later Los Angeles\) Lakers](#) in the first round of the [1959 NBA Draft](#), and he would have a productive ten-year career in the league, playing alongside Elgin Baylor and Jerry West for the Lakers. He finished his NBA career with the [Cincinnati Royals](#). Hawkins later worked in radio broadcasting in Los Angeles and served as vice president of communications for the [Los Angeles Dodgers](#) baseball team for 18 years. Until recently he hosted a Saturday morning radio program devoted to jazz music on KJAZ FM.

Tommy recently authored a poetry book "*Life's Reflections: Poetry for the People*". It is an eclectic collection of narratives and colorful illustrations, full of insights and surprises!

Feb 15 2012

J. Caleb Clanton

"Ethics of Citizenship"

Pepperdine Associate Professor of Philosophy and recipient of 2009-2010 Howard A. White Award for Teaching Excellence, Pepperdine University, and 2010-11 Seaver Fellow in the Humanities J. Caleb Clanton Ph.D, returns to Malibu Rotary Club to deliver another thoughtful speech about ethics and philosophy.

Feb 22 2012

Lee Kats

"Latest Research on Frogs and things"

Dr Kats is Pepperdine University Professor of Biology, Vice Provost For Research and Strategic Initiatives, Associate Dean for Research, and Frank R. Seaver Chair of Natural Science who has delivered a couple of very interesting programs to the Malibu Rotary Club on research he and his students are doing in Tropical Rainforest and locally on frogs and other amphibians.

Feb 27 2012

Malibu Rotary Club Middle and High School Music Competition (7:00 pm in Stauffer Chapel on Pepperdine Campus

Feb 29 2012

Malibu Rotary Club Directors

"5th Wednesday in February Malibu Rotary Club Assembly (noon at Charlie's Restaurant)"

Once in 40 years there are 5 Wednesdays in February. Malibu Rotary Club will mark this occasion by having a special club assembly lunch meeting at Charlie's Restaurant in Malibu.