



## **Malibu Rotary Club Surfwriter**

**January 11, 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**

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Pictures by Dr. John W. Elman**

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- **Malibu Rotary Club Website: [www.MalibuRotary.org](http://www.MalibuRotary.org)**
- **Rotary International Website: [www.Rotary.org](http://www.Rotary.org)**
- **Rotary District 5280 Website: [www.rotary5280la.org](http://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](#)**

**Susan Helm, Pepperdine Professor of Nutrition, on Why We Should Have 4 or 5 Small Meals Each Day**



**Susan Helm** was the speaker at the January 11<sup>th</sup> meeting of the Malibu Rotary Club. Susan is Pepperdine professor of nutrition and has been at the college since 1993. She has two children in Malibu schools. She did her undergraduate work at Cornell University, received her Masters at Texas A&M and Ph.D at UC Davis. She points out that all these schools have an emphasis on agriculture, which includes where much of our food comes from and how it is produced.

**What and when you eat matters.**

## When to eat

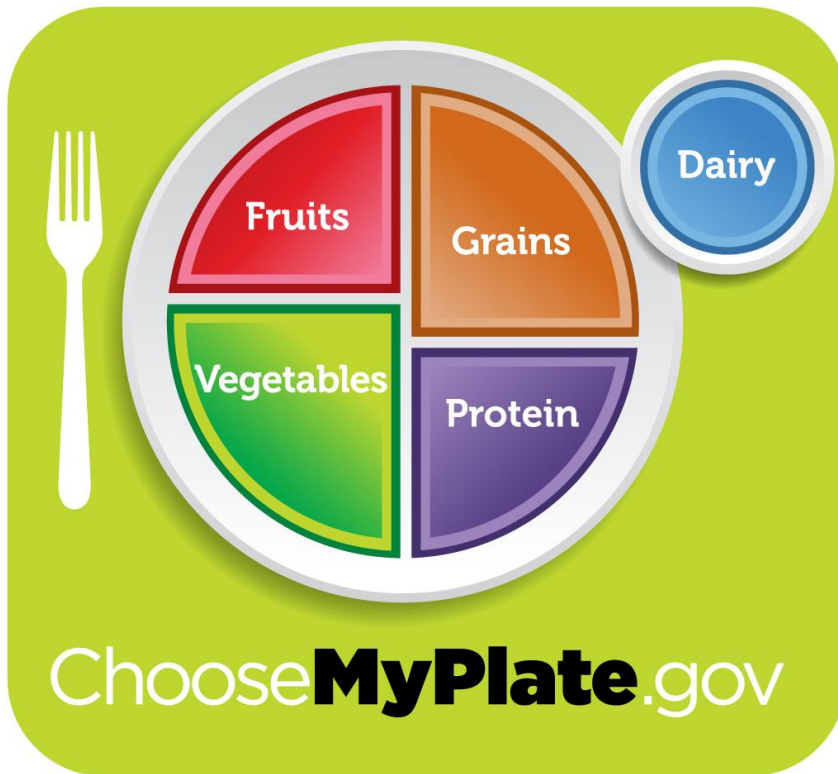
Research done during the past century shows that it is better to eat several small meals a day than have on large one. If you consumed 2000 calories during the day it is much better to have it spread out between several meals (such as four 500 calorie meals) rather than one 2000 calorie meal. It takes time for the body to metabolize the food and it can only metabolize a certain amount in a certain time. The excess is turned into fat. So the person who consumes only the one 2000 calorie meal will gain more weight than the person who has four meals of 500 calories each.

About 4 hours after food is eaten part of the digestive process involves the pancreas releasing glucagon and insulin into the blood. Glucagon raises the level of glucose (sugar) in the blood and insulin stimulates cells to use glucose. We need the glucose for energy. It also prevents diabetes and cancer.

Most people skip breakfast and eat a large dinner. Dinner should not be the largest meal.

It is better to nibble, to eat a little bit every 4 or 5 hours, than to go for long periods without food.

When blood glucose levels get low we are less energetic, become fatigued.



## What to eat

*MyPlate* is the latest in over 100 years of nutrition guides from the USDA. It replaced the *MyPyramid* and was unveiled by Michelle Obama this past June.

In unveiling *MyPlate*, [First Lady Michelle Obama](#) said, "Parents don't have the time to measure out exactly three ounces of chicken or to look up how much rice or broccoli is in a serving. ... But we do have time to take a look at our kids' plates. ... And as long as they're eating proper portions, as long as half of their meal is fruits and vegetables

alongside their lean proteins, whole grains and low-fat dairy, then we're good. It's as simple as that."

MyPlate is divided into sections of approximately 30 percent **grains**, 30 percent **vegetables**, 20 percent **fruits** and 20 percent **protein**, accompanied by a smaller circle representing **dairy**, such as a glass of low-fat/nonfat **milk** or a **yogurt** cup.

Professor Helm said, “We are not created to have no meat.” Vegetarians and vegans can make substitutions to get the all the nutrients they need, but it is easier to have a balanced diet that contains a minimal amount of protein. She says that protein wastes calories. Carnivore animals such a cats eat mostly protein. Dogs, like humans, are omnivores, and can eat and do eat anything and everything. They also can get a lot of eating disorders eating human food. We need only 6 ounces of protein per day, much less than what most people eat.

Professor Helm’s talk was informative, humorous at times, at may I say, *easy to digest!*

It is also the first of a trilogy of talks the Malibu Rotary Club will present on nutrition. On January 25<sup>th</sup>, Camille Gaon will be speaking on “the benefits of anti-inflammatory and anti-cancer cooking and life-style changes” and on March 15 Tracey Brown will be speaking on “Why breakfast is the most important meal.”

### **Other News and Guests from Last Malibu Rotary Club Meeting**

**Bill Wishard, Hubert Luckerath, Donna Bohanon and Tom Bos** attended the Rotary District Breakfast on Tuesday morning January 10 at the **Westin LAX Hotel**, and sat at the the Malibu Rotary Club table shared with another club. The speaker was John Osterlund, General Manager of The Rotary Foundation and showd how Rotarians are changing lives around the world and previewed **Future Vision**, Rotary Foundation's new grant model to support club and district humanitarian and educational projects. Starting in 2013 all districts will transition to the new grant model which offers two types of grants. District grants are block grants that enable clubs and districts to address immediate needs in their communities and abroad. Global grants offer opportunities to participate in strategically focused, high-impact activities within the six areas of focus. Global grants range from \$30,000 to \$400,000.

Bill was able to talk to people RI people after the meeting and learned of the announcement (which became official on January 13<sup>th</sup>), that India had its first year a no new polio cases (see article below).

**Geoff Ortiz and Chris Bauman**, who are both involved with Malibu Rotary Club New Generations activities, are scheduled to attend the **Youth Protection Policy Certification & Training** given by the Rotary District on Friday January 13<sup>th</sup>. The Youth Protection Policy Certification Training & Wine Tasting Event at the Hacienda Hotel Courtyard Hotel. 6:30pm is the seminar & certification and at 8:00pm is the wine tasting social. All Rotarians who work with Youth/New Generations must be certified with YPP and go though the background certification

process. Each club must be represented. Chris and Geoff have been heads of our New Generations committees and both agreed to get YPP certified at that event.

### **Guests at Jan 11th meeting**

No stranger to our meetings **Tom Bos** is a member of the Rotary Club of Holland, Michigan, a Past Rotary District Governor of a district encompassing parts of that great lakes area (including Canada) who will be attending the District breakfast with several of our members. Other guests at our meeting included **Jeff Runyon** from the Beverly Hills Rotary Club, as well as **Joe Lacase**, a visiting Rotarian from Illinois who **Bob Syvertsen** has known for many years. Joe continues to do what but used to do, be the Financial Officer for a newspaper chain. Bob used to do that for the company that owned the now defunct *Santa Monica Evening Outlook*. Joe does it for the company that owns the *Palisades Post*. We also had two other visitors both named Tracey and both of whom will be future speakers at the Malibu Rotary Club : **Tracey Brown**, who was very interested in our speaker Professor Helm, because Tracey is also a nutritionist, works for Malibu chiropractor Dr Chinn and will be speaking to the club on March 14<sup>th</sup> on “Why breakfast is the most important meal.” She also announced after the meeting that she recommended to Dr Chinn that she become a member of the Malibu Rotary Club representing his office. **Tracey Garaas** is a senior Pepperdine student in International Studies who will be speaking at the Malibu Rotary Club meeting March 7<sup>th</sup> on her experiences as a Rotary High School Exchange Student who spent a year in Brazil sponsored by her local Rotary club in Arizona.

### **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.

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).

## 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 Santísima 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 in sufficient 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.



citizen residential facility in Arecibo, Puerto Rico.

In the second project (*Centro Geriatrico San Rafael, Inc* in Arecibo, 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

### 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 3<sup>rd</sup> 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 November 5th he has raised almost \$32,000 for ICSF, over 60% his goal of \$50,000.

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**

## **Calendar**

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



Jan 18 2012

**Al Sturgeon**

"Malibu Labor Exchange"

Al Sturgeon is Chair of the Board of the Malibu Labor Exchange and director of Pepperdine University law school's Academic Success Program. When he entered law school as a nontraditional student. Married with two children, Sturgeon had already worked as high school teacher and as a pastor in Mississippi. He was a volunteer in Hurricane Katrina and at two Habitat for Humanity affiliates before arriving at Pepperdine for law school. He was a student volunteer at the Malibu Labor Exchange before chairing its board.

Jan 25 2012

**Camille Gaon**

"the benefits of anti-inflammatory and anti-cancer cooking and life-style changes"

Camille Gaon is New York writer and chef who just finished a book on anti cancer nutrition. She is a Consultant/Chef for Anti-cancer diet and general wellness life-style choices. Created tailor-made menus and instruction on how to prepare food according to safe handling guidelines to maintain optimum health benefits. Clients include cancer-survivors and patients undergoing treatment.

Feb 1 2012

**Lee Schwing**

"Third Millenium Awakening Biosand Water Filters in Ganeshuri, India"

Lee Schwing is curator for GreenLife Buzz in Malibu and also a spokes person for the nonprofit Third Millennium Awakening based in Malibu. TMA is dedicated to uplifting the quality of life in impoverished areas of the Thane District, Maharashtra State, India. In India, diarrhea alone causes mor than 1600 deaths daily. Lack of pure drinking water is a major cause of diarrhea. As Malibu Rotarians have seen by the project we had donated to in Ecuador Biosand Filters is the best method for purification in these type of environments and TMA is providing them in Ganeshpuri.

Feb 8 2012

**Tommy Hawkins**

"Life's Reflections: Poetry for the People"

**FORMER LOS ANGELES LAKERS STAR, BROADCASTER AND L.A. DODGERS  
EXECUTIVE TOMMY HAWKINS AUTHORS POETRY BOOK**

***"Life's Reflections: Poetry for the People"* is an eclectic collection of  
narratives and colorful illustrations, full of insights and surprises!**

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 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 be having a special club assembly lunch meeting at Charlie's Restautant in Malibu.

