



The Award Winning

## Malibu Rotary Club Surfwriter

January 14, 2015

Official Newsletter of the Rotary Club of Malibu  
Malibu Rotary Club President Margo Neal

Edited by Dr. John W. Elman  
Pictures by Dr. John W. Elman

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

- **Next Wednesday January 21 at 6:00 p.m. Raitt Recital Hall at Pepperdine: Annual Malibu Rotary Club Middle and High School Singing Competition (no noon Malibu Rotary Club meeting)—See Calendar at end of newsletter or click [Event](#) for more details**
- **Next Regular Malibu Rotary Club meeting Jan 18, 2015-- speaker is Khoi Pham CoFounder and Executive Director of Bella Communities. He will present his firm's integrating Community Service with affordable housing for low-income families through participants engaging in a multi-part Social Capital Professional Network Volunteership Program they have developed.with fellowship starting at 11:30 a.m. and meeting starting at noon in room LC152 Pepperdine Drescher Graduate Campus . Pham and his family were among the last of many thousands evacuated by helicopter from Saigon on 30 April 1975. His Rotary talk will focus on his pioneering work with affordable housing, but will likely include some reference to that historic family day in Vietnam.**

- **Last week: Malibu Rotarian Marriage and Family Therapist Shannon Latson talks about “Managing Conflict at Home and at Work”**
- **Rotary District Breakfast Features News of 2015 Special Olympics and Volunteer Opportunities For Locals to be Presented at Feb 11 Malibu Rotary club meeting.**
- **Other News and Guests from Last Malibu Rotary Club Meeting**
- **Malibu Rotary Club Supports RainCatcher.**
- **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 (2014-2015) Gary CK Huang**
  - **Rotary District 5280 Governor (2014-2015): Elsa Gilham**

**Malibu Rotarian Marriage and Family Therapist Shannon Latson talks about “Managing Conflict at Home and at Work”**



**Shannon Latson** works as a Marriage and Family Therapist for Stillpoint Family Resources in West Hills, and she also works as an Office Manager in the International Studies and Languages Division of Pepperdine. She obtained her undergraduate degree in Business from Michigan State University, her master's degree in Psychology from Pepperdine University, and her Certificate in Dispute Resolution from the Straus Institute at Pepperdine's School of Law. Shannon volunteers as a club convocation leader for Pepperdine students, serves as the faculty/staff advisor for the Pepperdine Swing Dance Club, and she has presented at many community organizations, including a psychiatric facility, a gang prevention unit of the Van Nuys police department, a domestic violence shelter, Many Mansions, and the National Alliance on Mental Illness.

Having a degree in psychology as well as a certificate in Dispute Resolution gives Shannon a perfect background to give us suggestions to tackle today's topic, "Managing Conflict at Home and at Work."

She notes. "Few of us like conflict, but it will always be a part of our lives. Dealing with conflict in healthy ways can deepen your relationships, permit personal growth, and improve the outcome of challenges that you face." She suggests some tools we can use when we approach our next difficult conversation.

Shannon talked about creating a lower conflict environment to avoid interpersonal conflict. People try to use skills not let a conflict erupt but somehow the other person will "push their buttons" and set them off.

Sometimes we "read" the wrong messages in people. We hear something that was not meant the way we thought we heard it.

It is important to recognize both our needs and wants and the other person's needs and wants, and express them respectfully to the other person.

Can these needs be met?

The conflict generally doesn't go away. Negotiate. Solve. Manage.

Usually there is some common ground—something that both parties can agree on.

People do have different conflict styles and personalities. Some withdraw. Some are yielders. Some must be "winners". Some are compromisers. To Resolve is ideal.

Sometimes you need a third party to resolve.

**William L. Ury**, who co-founded Harvard's Program on Negotiation said, "To change the game change the frame."

Shannon had a printed hand out suggesting things to consider to reduce conflict and to help resolve conflict when it ultimately occurs.

### **Create a safe environment.**

In conflict, people may hold on to defensive behaviors that feel safe to them, such as blaming, or withdraw so they don't get hurt or feel shame.

- Avoid the words always/never, still/finally, just, but.
- Use "I" statements to minimize defensive reactions.
- Exercise good listening skills (restating, not interrupting, not reacting defensively)
- Validate others right to have their own opinion even when you don't agree with them.
- Use a verbal tone that reflects respect and curiosity rather than sarcasm and contempt.
- Focus on what you want rather than what you do not want.
- Do not play games, such as staring someone down, or force opinions on others.
- Express appreciation for the other party participating in the conversation and acknowledge that the topic is difficult.
- Avoiding escalating conflict with the name calling, shouting, swearing, shaming, and non-verbal expressions of contempt, such as rolling your eyes or sighing.
- De-escalation may include taking a 20 minute break and taking a short walk. Before the break, agree when & where conversation will resume, so both parties know the conversation will continue.
- Observe your thoughts rather than reacting to them. "Don't believe everything you think." Ask yourself if something else might be going on that you are not aware of. Disclosing your fears may help the other party disclose hidden concerns.

## **Clarify and acknowledge what the other person is telling you.**

- Do not try to prove right or wrong, but to understand.
- Be genuine. Sincerely seeking to understand is helpful, while feigning sincerity will often contribute to an atmosphere of mistrust and elicit defensive responses.
- Move from blame to perspective taking. Repeating the other's perspective and experiences can be helpful.
- Identify concerns, ideas, or goals up which you agree.
- Reframe communications. "He treated me disrespectfully when xyz" becomes " I felt disrespected by xyz." This may feel like minimization of an issue to some people, but if expressed to the speaker, the first statement is likely to sound accusatory and lead to defensiveness. It also puts the power in the hands of the offender. The second statement states the recipient's perspective, minimizes the victim mentality, and restores some feeling of control.

Shannon gave us pointers we should all consider utilizing in our interpersonal relationships and communications. Doing so should make our life's ride a bit smoother.

To reach Shannon her e-mail is [Slatson125@gmail.com](mailto:Slatson125@gmail.com).

**Rotary District Breakfast Features News of 2015 Special Olympics and Volunteer Opportunities For Locals to be Presented at Feb 11 Malibu Rotary club meeting**



**L to R Dustin Plunkett, 2015 Special Olympics Volunteer Workforce Manager, Malibu Rotary Club Past President Bill Wishard (who worked on the 1984 Olympics), and Patrick McClenahan, President and CEO of the 2015 Special Olympics World Games, which will be held in Los Angeles July 25<sup>th</sup> through August 2<sup>nd</sup>, 2015.**

Featured speaker at the January 13<sup>th</sup> Rotary District Breakfast was Patrick McClenahan, President of the 2015 Special Olympics games. Eight people from the Malibu Rotary Club attended the breakfast meeting: Malibu Rotary Club President **Margo Neat, Bill Wishard, Bianca Torrence, Peter Formosa, Fred Cornet, David Baird, Qadir Mouihiddin, Tom Bos.**

2015 Special Olympics will be the largest sports and humanitarian event anywhere in the world in 2015, and the single biggest event in Los Angeles since the 1984 Olympic Games. The 2015 Special Olympics World Games, with the unparalleled spirit, enthusiasm, teamwork, joy and displays of courage and skill that are hallmarks of all Special Olympics events, will feature 25 Olympic-style sports in venues throughout the Los Angeles region. The Opening Ceremony, to be held July 25, 2015 in the historic Los Angeles Memorial Coliseum, site of the 1932 and 1984 Olympic Games, is expected to attract 80,000 spectators. On April 30, 2014, LA2015 and ESPN announced a global programming deal that will see ESPN bring coverage of World Games to millions of fans around the world.

One of the messages brought back from those attending the breakfast is simply that they wanted volunteers to cheer on the athletes at the games, which will mostly be held at UCLA and SC. Bill Wishard had a chance to speak to Special Olympics Volunteer Workforce Manager Dustin Plunkett and asked him to be featured speaker at the Malibu Rotary Club meeting on February 11.

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

### **Annual Malibu Rotary Club Middle and High School Vocal Competition**

**Delvin Glymph** announced he has been able to contact both Geoff Ortiz and Amy Loch to get the information for program for next week's Annual Malibu Rotary Club Middle and High School Vocal Competition. With the help of **Chris Bauman** it will be at Raitt Recital Hall at Pepperdine University at 6:00 p.m. Wednesday January 21. We will have no regular Malibu Rotary Club meeting that day—everyone should go to the evening event.

### **Other News**

**David Zielski** said he is starting to plan next year's Malibu Rotary Halloween fundraiser and is considering having it at Duke's Restaurant in Malibu. Many in the club volunteered to work on the planning committee for the event.

### **Happy Dollars**

**Margo Neal** had a Happy Dollar, getting excited about going on the Rotary District's Humanitarian Trip to Guatemala. She also announced another Rotary trip to Cuba in April. **Beth Mohiuddin** had a happy dollar glad that **Qadir** is still here. **Bill Wishard**, as usual, had a few Happy Dollars, happy that he was able to talk to the speaker at the District Breakfast the day before, and get the Volunteer Manager for the 2015 Special Olympics Dustin Plunkett to speak at our club; **Shannon Latson** has a happy dollar for being the happy parent as her son started at Pepperdine.

## **Guests**

Last week's speaker, Beth's husband **Qadir Mohiuddin**, was back as a guest. He also went to the Rotary District Breakfast the previous day. He has been to more Rotary meetings than a lot of our members. He pointed out to me that I incorrectly listed his position at the New York Institute of Technology at Nanjing, Jiangusu, China, as Associate Professor of Economics when in fact he is an Associate Professor in School of Management at that institution. We certainly enjoy hearing his world views, whatever his official title is. And we will miss him, as will his family, when he is off again to attend to his official duties on the other side of the globe. **Chris Bashaw** from the *Malibu Surfside News* was back to tell us that the newspaper will no longer be available at local news stands, but will still be available by mail, free of charge, if we fill out the subscription card available in the newspaper or online.

Besides our regular winter time guest PDG **Tom Bos** from Holland, MI, we had **Neil Godsey**, the Assistant Rotary District Governor from Palisades Rotary Club, who has been assigned to the Malibu Rotary Club, making his first visit in 6 months.

## **Malibu Rotary—Home Club of RainCatcher Executive Director David Zielski**

Every 21 seconds, a child dies from a water-related illness. Women and children spend 200 million hours a day collecting water.

There are over a billion people who do not have access to clean drinking water. RainCatcher is efficiently doing something to try to reduce that number. They get low cost, low maintenance and sustainable water systems to Uganda and Kenya so women and children have a safe and close water source.

Besides the obvious health benefits, providing a local and safe water source multiple other social, economical, and educational benefits also accrue. There can be an increased girls' school attendance, level of education and literacy rates, as they no longer need to miss school to secure water for their families and have adequate and separate sanitation facilities. There can also be reduced physical injury from constant lifting and carrying heavy loads of water, reduced risk of rape, sexual assault, and increased safety as women and girls do not have to go to remote and dangerous places to defecate or to fetch water during the night.

The Malibu Rotary Club along with the Rotary Clubs of Beverly Hills, CA USA and the Rotary Club of Entebbe, Uganda has applied for a Rotary Foundation Grant to assist Raincatcher. There are several videos available on You Tube that show the amazing things Raincatcher is



doing bringing clean drinking water to places in Uganda and Kenya where there was previously no clean drinking water.

David Zielski, Executive Director of Raincatcher, makes regular trips to Uganda and Kenya to do Raincatcher installations and maintenance. The latest video showing what David and the Raincatcher people are doing was shown at the Malibu Rotary Club meeting on August 20. A link to the video is now on the MalibuRotary.org website. The direct link to the video is at:

<https://www.youtube.com/watch?v=59rzOcM-RLo&list=UUFetq8NgjhXhtkVf0idcQUg>

After viewing this RainCatcher video on YouTube look at some of the others. This is a project that all of the Rotary world should be participating in. Malibu Rotary Club is proud to take a lead in this endeavor.

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

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

## **Calendar** (for details on these programs see [malibuRotary.org](http://malibuRotary.org))

**Wednesday January 21 at 6:00 p.m. at Raitt Recital Hall on Pepperdine Malibu Main Campus.**

### **Annual Malibu Rotary Club Middle and High School Singing Competition**

The Malibu Rotary Club Annual Middle and High School Vocal Competition is an entertaining evening that will have singers from Amy Loch's Choral classes at Malibu Middle and High School compete for cash prizes awarded by the Malibu Rotary Club.

Three prizes will be awarded in the Middle School Division and three prizes will be awarded in the High School Division. This year the competition will be held starting at 6:00 p.m. at Raitt Recital Hall at Pepperdine University's Malibu campus.

First place winner in the high school division will be sponsored by the Malibu Rotary to compete in the Rotary District Art, Dance, Music and Speech Competition March 28 at Loyola Marymount University.

Admission is free and open to the public.

## **Next Malibu Rotary Club Meeting, January 28, 2015 Noon in Room LC 152**

### **Khoi Pham---Community Service Integrated Into Affordable Housing for Low Income**

Malibu Rotary Club, Speaker for Wednesday January 28, will be Khoi Pham, a native of Vietnam who received a BA degree from UCLA Cum Laude in Economics and an MBA from UCLA's Anderson School of Management. Beginning his career as a Certified Public Accountant (CPA) at Pricewaterhouse Coopers, followed by corporate positions in financial management at Nestle, Sony Entertainment, other start-up companies, and Adjunct Lecturer in Finance at Woodbury University, he is CoFounder and Executive Director of Bella Communities. He will present his firm's integrating Community Service with affordable housing for low-income families through participants engaging in a multi-part Social Capital Professional Network Volunteering Program they have developed. He will address their short and long term goals.

Pham and his family were among the last of many thousands evacuated by helicopter from Saigon on 30 April 1975, featured in the recent film "The Last Days in Vietnam," just nominated for a Documentary Film Academy Award. His Rotary talk will focus on his pioneering work with affordable housing, but will likely include some reference to that historic family day in Vietnam.

## **February 11 Speaker Dustin Plunkett**

### **News of 2015 Special Olympics and Volunteer Opportunities For Locals to be Presented at Feb 11 Malibu Rotary club meeting**



2015 Special Olympics will be the largest sports and humanitarian event anywhere in the world in 2015, and the single biggest event in Los Angeles since the 1984 Olympic Games. The 2015 Special Olympics World Games, with the unparalleled spirit, enthusiasm, teamwork, joy and

displays of courage and skill that are hallmarks of all Special Olympics events, will feature 25 Olympic-style sports in venues throughout the Los Angeles region. The Opening Ceremony, to be held July 25, 2015 in the historic Los Angeles Memorial Coliseum, site of the 1932 and 1984 Olympic Games, is expected to attract 80,000 spectators. On April 30, 2014, LA2015 and ESPN announced a global programming deal that will see ESPN bring coverage of World Games to millions of fans around the world.

### Josh Voorhees Feb 18, 2015

How he received Pepperdine Scholarship from his Boston area Rotary Club

### Sade Obanwo Feb 25, 2015

Science Care whole body donor program

Sade Obanwo is Manager of Community Relations for Science Care.

The Science Care whole body donor program links those that wish to leave a lasting legacy through medical research with the researchers and educators that need human tissue to do their important work. Each donor not only gives of him or herself but gives hope to future generations. Hope for new disease treatment options, better patient outcomes and advanced surgical procedures to improve the future for all of us.

See more at <http://www.sciencecare.com/>