



Malibu Rotary Club Surfwriter

January 25, 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**

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- **Check [Calendar](#) on Malibu Rotary website MalibuRotary.org**
- **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](#)**



**Camille Gaon on the
"the benefits of anti-inflammatory
and anti-cancer cooking and life-style
changes"**

Camille Gaon is a chef and writer who commutes between New York and Malibu. In 2009 she was a single mom living in Malibu with a daughter who was a senior at Malibu High School. She had always had a sensitive constitution, with allergies to many things. Just before her daughter was to graduate from high school she was stricken with anal cancer and started on a 33 week treatment of chemotherapy and radiation. After just 3 weeks of treatment she was hospitalized in critical condition with kidney and heart failure and had to undergo lengthy surgeries. It was obvious should not tolerate the treatment that was effective for others.

Was there another way to rid her body of cancer without going through the traditional treatment? With her background as a chef and the help of her daughter she researched this. The answer could be in food and lifestyle changes.

Certain actions promote cancer and others reduce it. Stress promotes it and she began doing meditation and yoga to relieve stress.

Hippocrates said, "Let Medicine Be Thy Food and Food Be Thy Medicine." She found that there were few anti-cancer cookbooks, yet she felt that, since she could not go through the chemo and radiation cancer cures, her cure would have to come in the kitchen. Camille's research brought her to the work and book called *Anticancer - A New Way of Life* by Dr. David Servan-Schreiber. At age 31 Dr Servan-Schreiber was a founding member of the U.S. branch of Doctors Without Borders and a rising star in neuropsychiatry. When a volunteer for a brain scan experiment failed to show up, he slid into the scanner himself and discovered a tumor in his brain. Further tests revealed that he had brain cancer.

He had chemotherapy, radiation, and surgery. His oncologist did not mention life style changes. "Go back to your usual way of life. It won't make much difference." After surgery his cancer returned. He researched and travelled the world to find answers and wrote:

"The first thing I learned is that we all carry cancer cells in us, even if only a few. But we also have natural defenses that usually prevent these cells from becoming an aggressive disease. These defenses include our immune system; the bodily functions that control inflammation; and foods that reduce the growth of blood vessels needed by tumors."

"In my quest, I discovered that the list of anticancer foods is actually quite long. Some foods block natural bodily processes such as inflammation that fuels cancer growth. Others force cancer cells to die through a process that specialists call apoptosis. Still other foods assist the body in detoxifying cancer-causing toxins or protecting against free radicals. But most of them attack the disease on a variety of fronts. And they do it every day, three times a day, without provoking any side effects. To avoid the disease, it's essential to take advantage of this natural protection, and nurture it." Dr Servan-Schreiber's initial prognosis give him only a short survival time. Because of his life style changes he was able to live for 20 more years and died in 2011.

Using what she has learned from Dr Servan-Schreiber, and her background as chef Camille has in the process of writing a cookbook. Until she gets it published you can read some of what she has to say on the web at <http://camillesanticancercooking.blogspot.com/>

Camille had two printed handouts to give to those attending her presentation at the Malibu Rotary Club meeting. One was a list of Do's and Don't on her Quick Cancer-Kicking Tips. The other was a recipe for Roasted or Steamed Asparagus w/ Vegan Cilantro Pesto.

Do's

- Eat a plant-based, nutrient-dense diet as exclusively as possible.
- Eat a balanced rainbow-diet everyday.
- Eat antioxidant & phytonutrient-rich foods like cruciferous vegetables.
- Eat fresh, organic fruits & vegetables and avoid pro-inflammatory foods.
- Eat wild-caught fish versus conventional farm-raised.

- Eat grass-fed or flax-fed organic meat if still eating meat.
- Eat Quinoa, Millet, Buckwheat and stone ground whole organic grains.
- Eat short-grain Brown Rice or Basmati Rice.
- Eat Pasta that is Whole Wheat, Quinoa, Farro or 100% Brown Rice.
- Eggs must be organic AND Omega 3, not just natural & Organic.
- Chocolate must be 100% Cacao and unsweetened.
- Cook with Olive Oil or Flaxseed Oil, not Canola or any other oils.
- Bake, Boil, Blanche, Roast or Steam your food.
- Juice your own organic fruits & vegetables. Drink within 15 minutes.
- Drink Filtered Water, not distilled or tap or plastic bottled.
- Drink Green Tea if you are not Vitamin K restricted.
- Use Stevia or Xylitol to sweeten instead of any sugar or honey.
- Eat Lentils and Beans several times a week.
- Add Sea Vegetables, such as Nori Seaweed to your diet.
- Strive for a low glycemic index diet and an alkaline versus acidic diet.
- Add Turmeric and fresh Ginger to spice up your food.
- When in doubt, leave it out!

Don'ts

- Avoid ALL sugar, including Brown Sugar & Tubinado Sugar.
- Avoid Cane Sugar, Beet Sugar, Corn Syrup & Fructose-sweetened foods.
- Avoid processed, refined or preservative-laden foods and all soft drinks
- Avoid all White-flour Products like Pastas and Breads.
- Avoid dairy products, even organic.
- Avoid Potatoes unless the Nicola variety.
- Avoid peanuts and Corn due to aflotoxins that can form when stored.
- Avoid genetically engineered fake foods, aka junk foods.
- Avoid Micro-waved foods a home or in restaurants.

On her website Camille writes:

“The most important rule I follow myself is eliminating all sugar and white flour products.

I thought I was eating to promote good health B. C. (before cancer) by only utilizing fresh fruits and vegetables, usually organic, in my cooking. I had sugar sweetened desserts sporadically. I never ate junk food or processed foods, but I mistakenly thought regular semolina pasta was a good choice as long as I was making it or ordering it with a sauce made of fresh, nutritious ingredients.

Now I still make my fresh sauces for my pasta dishes but instead I substitute out the semonila (white flour) pasta with 100% whole wheat pasta, brown rice pasta, kamut pasta, kelp noodles and even quinoa. Try for organic if you can. Make sure it is not a blend of white and whole wheat. Be aware that spinach pasta is made with white flour pasta.

As to sugar. Banish this from your cupboards. Cancer feeds off sugar. They give radioactive sugar injections when doing your PET scans to detect cancer cells. So. No refined sugar. No

white sugar, brown sugar, no turbinado sugar, no organic sugar. No sugar of any kind or color whatsoever. No raw honey, no agave nectar. I substitute sugar with stevia. Picture Joan Crawford yelling, 'no wire hangers!' from the film Mommy Dearest and picture me shouting, 'No sugar!!!'

Dr Servan-Schreiber's research and book tells us "Why" we should be eating certain foods and making life changes to avoid cancer and promote good health; we look forward to Camille's cookbook telling us "How."

Other News and Guests from Last Malibu Rotary Club Meeting

David Baird presided over the meeting and had more good stand up comedy material.

Guests at Jan 25th Malibu Rotary meeting

In addition to our speaker there were four guests: **Tom Bos** member of the Rotary Club of Holland, Michigan, a Past Rotary District Governor was again a guest at the Malibu Rotary club meeting, along with **John Fettke** of the Rotary Club of Burnt Hills/Ballstone Lake, NY where he lives on a farm, **Nicole Mars**, who works in Chris Bauman's office in Pepperdine, and **Tracey Brown**, a previous guest who works in Dr Chinn's Malibu office. The latter 2 guests were at the meeting especially to hear today's speaker **Camille Gaon**

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 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 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

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 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.

Like Rotary Club of Malibu on



Calendar

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

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 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 hs 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.

Mar 7 2012

Tracey Garnaas

"My Experience as Exchange Student in Brazil"