



## **Malibu Rotary Club Surfwriter**

March 21, 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 Michael M. Folkerts

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- **Next Week March 28 at Malibu Rotary Club meeting in Pepperdine University Fireside Room at 7:30 a.m. Speaker will be Robert Lloyd, Associate Professor of International Relations at Pepperdine University, speaking on "What we need to know about Africa"**
- **News and Guests from Last Malibu Rotary Club Meeting**
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- **Check [Calendar](#) on Malibu Rotary website MalibuRotary.org**
- **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](#)**

**Michael M. Folkerts Ph.D. Pepperdine Associate Professor of Psychology on the Effects of Traumatic Brain Injury**

Micheal Folkerts is a Pepperdine Associate Professor of Psychology who has always had a special interest in the functioning of the brain is a biological organ in humans and animals. He has undergraduate degrees in both Biology and Psychology from Hope College in Michigan, as well as a Masters degree in Biological Psychology from Wayne State University and

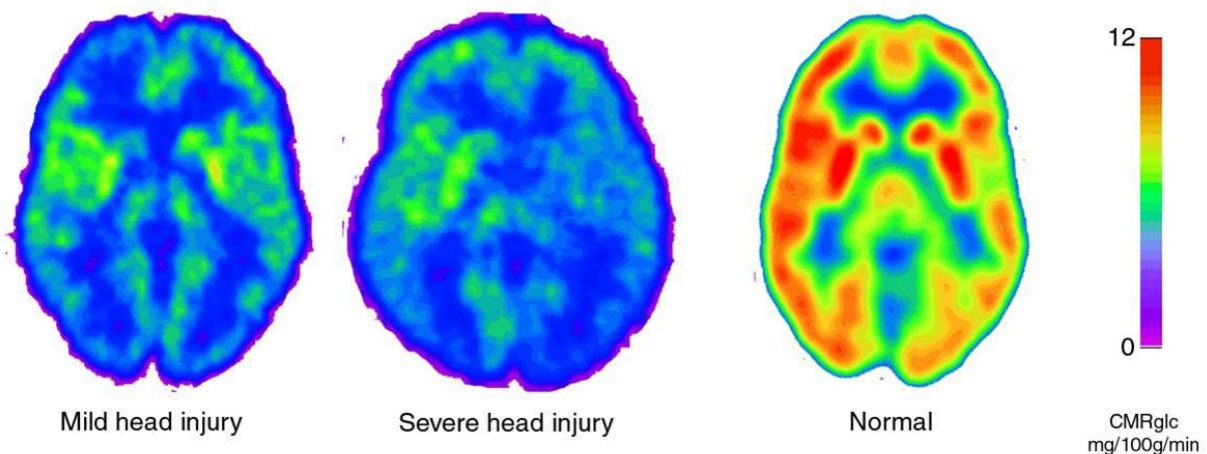
Ph.D in NeuroScience from UC Davis. Both his Masters and doctoral research centered around biochemical and other changes that take place in the brain during traumatic brain injury, and he still works with researchers at UC Davis and UCLA on this general subject.

At his address to the Malibu Rotary Club on March 21 he especially spoke about two groups of people who were often getting significant traumatic brain injury (abbreviated TBI) which is often ignored by the people sustaining the injury as well as those around them. Those two groups—military personnel in combat situations and athletes competing in certain sports, especially football.

In both groups people are subject to getting Concussion. Concussion is a traumatically induced alteration of neurological function, usually transient, even without loss of consciousness. Football players at every level, from Pop Warner to high school, college and NFL are all possible victims of concussion. And of course the soldiers having served in Iraq, Afghanistan, or any other battlefield.

### **Traumatic brain injury causes cerebral metabolic dysfunction, even after a ‘mild’ injury!!!**

It is possible to see how the brain is affected by trauma using certain imaging techniques, like PET scans and diffusion tensor imaging (DTI) MRIs. If the biologically active molecule chosen for PET is **FDG**, an analogue of **glucose**, the concentrations of tracer imaged then give tissue metabolic activity, in terms of regional glucose uptake. When there is activity in the brain images will show brighter color when there is activity versus when they are not.

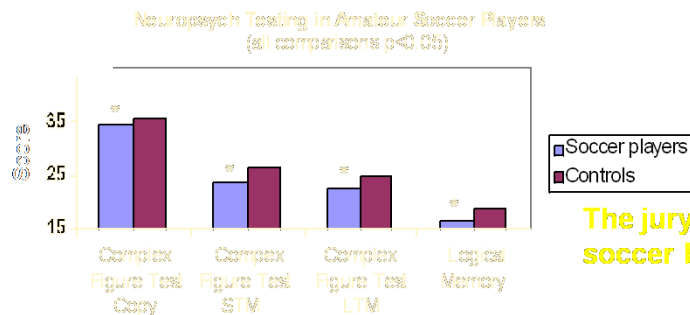


The images above show the PET scan of a normal brain (R) compared to someone who was pulled unconscious from car wreck with severe head injury (center), and someone who had a mild head injury (L). The mild head injury would be like a football player after a big hit, maybe a little dizzy by no loss of consciousness. The scan of the mild head injury appears more like the severe head injury than the normal brain.

The has the ability to restore itself to normal function if it does not have another trauma within a week of that initial concussion. With each TBI the brain loses function, and this is cumulative over the persons life. The more lifetime concussions, the worse cognitive performance.

Soccer concussions also can result in cumulative cognitive impairments. Should people use their head to hit a soccer ball.

### NeuroPsych Testing in Amateur Soccer Players



Soccer concussions also can result in cumulative cognitive impairments...

The jury is still out on heading the soccer ball, however...

Matser, et.al., JAMA 1999

The table above, appearing in a 1999 issue of the Journal of the AMA shows the decline in cognitive neuropsych testing in amateur soccer players. And what happens if TBI occurs at a younger age? Articles appearing in Archives of Physical Medicine and Medical Rehabilitation show that IQ is reduced after moderate and severe pediatric TBI. Recovery of IQ occurs primarily in the first year after injury and then plateaus. ( Jaffe, et.al., Arch Phys Med Rehab 1993 and Fay, et.al. Arch Phys Med Rehab 1994).

But those in those first two groups we talked about, the competitive athletes and the soldier in the battle zone are both likely to get TBI as a concussion, and not want to stop what their to doing, to be inactive for a week, to heal the damage done to their brain. They want to immediately get back in the game, back on the battlefield, to help the rest of their team win. Boxing is another sport in which few escape without experiencing cumulative TBI.

The CDC has a form, called the ACE, available on line for accessing concussion and recommendations on what to do if you or your child experiences a concussion:

[http://www.cdc.gov/concussion/headsup/pdf/ACE\\_care\\_plan\\_school\\_version\\_a.pdf](http://www.cdc.gov/concussion/headsup/pdf/ACE_care_plan_school_version_a.pdf)

The military also has one called MAC. If a soldier is within 40 yards of a bomb blast he should be considered as having a concussion and treated accordingly. In the battlefield medical attention is limited. It is common to write a medical chart on the back of the fallen soldier with a Sharpie to describe what happened. The army knows every part on a million dollar Humvee but not all the parts of the soldiers in those vehicles.

Some colleges are recognizing the dangers of undiagnosed concussions and doing something about it. Ivy league schools are putting sensors in their helmets, and The National Football League (NFL) launched a pilot program this season in which accelerometers are placed in players' mouthpieces, earpieces, and helmets to analyze how blows to the head relate to the effects and severity of concussions and other traumatic brain injuries. The data could potentially help team doctors diagnose the severity of a concussion within a few minutes. Collected long-term from groups of players, the impact data could help coaches and doctors determine how players get injured and the possible effects of such injuries. Such data could also help engineers design a better football helmet. As long as the game of football continues to be played, concussions will be pretty much impossible to avoid. However, changing technology and increasing knowledge of traumatic brain injury will hopefully only make football a safer, more enjoyable sport.

The conclusions of Dr. Folkerts talk are Trauma is the #1 cause of brain injury under the age of 25 years. It ranges from mild (concussion) to severe (brain death). Brain injury can affect development and cognitive outcome. Focal injuries are generally better compensated for than diffuse ones. Research and medical scientists are able to replicate aspects of TBI using animal models to better understand the resulting biochemical, anatomical and behavioral effects. There are no currently successful treatments for TBI but several major clinical studies ongoing (hypothermia).

As much as possible protect your brain (young people, sports, academics, war)!

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

Guests at the March 14 Malibu Rotary Club meeting included **Tom Bos**, a Past Rotary District Governor from Holland Michigan and a regular at our winter meetings, who like our speaker Michael Folkers also graduated from Hope Colleg, **Cliff Mortensen**, a frequent guest of Bill Wishard who is a Pepperdine grad working for Northwestern Mutual Life.

### **Rotary District Conference April 19 through 22<sup>nd</sup> at the Hilton San Diego Resort & Spa**

Early Bird rates were supposed to end March 15, but have been extended to March 19<sup>th</sup>, both registration to the conference (\$65 before and \$85 after) and the hotel (Hotel Rate of \$169 plus taxes & fees single/double occupancy guaranteed before March 15). *If registering online or by phone and you request anything other than **ROT**, the reservation system/agent will not be able to locate the District 5280 group.* On Saturday The District Conference will feature some local Rotary service projects, including a clean water project and a Shelter for Women. Reservations for both the conference and the hotel can be made at the Rotary District 5280 site or by clicking [here](#).

## **Bless the Beasts & the Children**

**What:** First Annual Bless the Beasts and the Children fundraiser with food, drink, entertainment, both live and silent auctions and special emcee Dick Van Dyke.

**When:** Saturday, May 19, 2012 from 6:00 p.m. to 10:00 p.m.

**Where:** Private estate in Malibu, CA.

**Why:** To honor Dave Woods for a lifetime of Rotary Service projects and Malibu Coast Animal Hospital for years of service to homeless animals.

**Who:** Sponsored by Woodland Hills Rotary Club Charitable Foundation and Malibu Pet Companions.

**Special Note:** The event will be held outdoors and the attire is dressy casual.

For more information about **Malibu Pet Companions**, please go to:  
[www.MalibuPetCompanions.org](http://www.MalibuPetCompanions.org)

For more information about **Rotary Club of Woodland Hills**, please go to:  
[www.WHRotary.com](http://www.WHRotary.com)

### **Contact:**

#### **Bless the Beasts and the Children**

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Agoura Hills, CA 91301-1601

E-Mail: [BlessTheBeastsAndTheChildren@rcwh.org](mailto:BlessTheBeastsAndTheChildren@rcwh.org)

Web: [events.rcwh.org](http://events.rcwh.org)

Phone: 818-483-4228

The event will be held at a private Malibu estate and jointly hosted by the [Rotary Club of Woodland Hills](#) and [Malibu Pet Companions](#), the event will raise money for local and international service projects benefitting children, as well as for the medical care for sick, injured and un-weaned homeless pets at the [Agoura Animal Shelter](#). Guests at the Bless the Beasts & Children event will be treated to an extraordinary evening filled with fun, laughter, music and the excitement of both a live and silent [auction](#) while revelers join in festivities to honor [Malibu Coast Animal Hospital](#) and Rotarian Dave Woods for their unfaltering dedication and selfless contributions to animals and children. "These two groups, children and animals, often have no voice and because of that, have no choice. They both depend on us to love and care for them. Together, we illuminate their needs," say event co-chairs Robin [Kahrs](#), Lois Koch and Elizabeth Tilkian.

**Malibu Pet Companions (MPC)** is a community-based, all volunteer-operated, non-profit 501c3 organization. Its mission is to **fund medical care for sick, injured, and unweaned homeless pets** at the Agoura Animal Shelter (part of LA County Animal Care and Control). Care includes **prescription medicines, surgery** (including spay/neutering if not yet altered) **diagnostic testing, and special food**. It depends on **donations** to provide the medical treatment these animals need so they can be restored to good health and subsequently adopted into loving homes.

## **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. Barbara Riley (front row third from left) represented the Malibu Rotary Club at the *Centro Geriátrico San Rafael*, Arecibo, PR Rotary Project in February, 2012. Malibu Rotary was one of the lead sponsors of the project, along with 4 other Rotary Clubs from Los Angeles, CA Rotary District 5280 who also sent representatives.

Malibu Rotary Club was also a sponsor of a second project, *Hogar Santisima Trinidad* (HST) in Barrio Macarabones, Toa Alta, Puerto Rico which involves rehabilitating alcohol and drug abusers at the HST Center to train for job skills and also educate in recycling and train in solid waste management.

More on Rotary District 5280's humanitarian trip to Puerto Rico can be seen at <http://www.facebook.com/PuertoRico5280>.

In the *Centro Geriatrico San Rafael, Inc* in Arecibo, Puerto Rico project the Malibu Rotary Club is the PRIMARY INTERNATIONAL PARTNER. 5 Rotary Clubs from Los Angeles along with Rotary Foundation and the host Arecibo Rotary Club has helped the senior residential center purchase needed maintenance and repair tools, 8 energy efficient air conditioning units and a commercial sliding gate opener. This is a geriatric home for indigents founded in 1925. The Arecibo Rotary Club has been supporting them since 1935. 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 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.



## 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 February 22nd he has raised almost \$38,000 for ICSF, over 76% 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](http://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 7:30 a.m. Wednesdays in Fireside Room of Pepperdine University unless otherwise noted)**

Mar 28 2012

**Robert Lloyd**

"What we need to know about Africa"

Dr. Robert Lloyd is an Associate Professor of International Relations at Pepperdine University. He also directs Seaver College's International Studies program. He received his Ph.D. from The Johns Hopkins University's Paul H. Nitze School of Advanced International Studies in Washington, D.C., an M.R.P., in regional planning from Cornell University and a BA, cum laude, from the University of Arizona.

His areas of research include international conflict management and negotiation, Africa, democratization, and development

Apr 4 2012

**Geoff Matlock**

"My Peace Corps Experience: Small Business Development in the South Pacific"

Geoff Matlock is Peace Corp volunteer who spent over a year in Fiji doing Small Business Development

Apr 11 2012

**David Baird**

"Rotary Information Meeting--What is Rotary?"

This meeting is especially for people in the community wondering what Rotary is and what Rotary does.

Apr 18 2012

**Sam Lagana**

"Pepperdine Athletics and Events Center"

Sam Lagana, Pepperdine University Associate Vice Chancellor will speak and show slides of the new Pepperdine Athletics and Events Center

Apr 25 2012

**Jessica E. Davis**

"On Being the New Editor of Malibu.Patch.Com "

When Jonathan Friedman, the original Editor of the online Malibu.Patch.com community news service decided to leave Malibu to follow his heart and love Tammy in Boston, Jessica Davis was named new editor of Malibu Patch. Jessica has been editor of Palm Desert Patch and a member of Indio Rotary Club in the Coachella Valley, where she resided. Come see Malibu Patch's new editor at the Malibu Rotary meeting April 25, 2012..