



Malibu Rotary Club Surfwriter

March 14, 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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- **Next Week March 21 at Malibu Rotary Club meeting in Pepperdine University Firesdie at 7:30 a.m. Speaker will be Michael M. Folkerts Ph.D. The Pepperdine Associate Professor of Psychology did his doctoral paper**

at UC Davis on the biochemical changes in the brain of rats after trauma. Since 2002 he has been the chair of the Neurotrauma Research Lab at Pepperdine and he will talk about the highlights discovered in his research

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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](#)

Tracey Brown Tells us Why Breakfast is the Most Important Meal

Tracey Brown is a physio-therapist, Exercise Rehab Specialist & Wellness Coach in the Malibu office of chiropractor Dr. Taber Chinn. At the Malibu Rotary Club meeting of March 14 she gave us the last part of the Malibu Rotary Club "trilogy on nutrition." In the first

part on January 11th **Susan Helm**, Pepperdine Professor of Nutrition told us why we are better off eating 4 or 5 smaller meals during the day rather than one big one, and on January 25 author and chef, **Camille Gaon** talked about the benefits of anti-inflammatory and anti-cancer cooking. This week Tracey Brown continued the theme started by the other two women. (The programs of Susan and Camille can be found on the Malibu Rotary Club website. Click [Malibu Rotary Club Surfwriter Jan 11 2011](#) for Susan and [Malibu Rotary Club Surfwriter Jan 25](#) for Camille if reading this newsletter online).

Tracey concurred with Susan Helm's theme of frequency of eating. As example to pointed to how babies want food about every 2 to 3 hours throughout the day, and if they don't get it they cry. We are fasting during the 6 to hours we are sleeping during the night. We deplete are blood sugar and water by morning. We lose between ½ to 1-1/2 liters of water every night. So when we wake up we need water or hydration , nutrients (we require 114 nutrients everyday to function optimally, and we need energy from the proper nutrients and something to maintain normal blood sugar, and need to absorb the nutrients we take in. The surgar/insulin response is where weight gain begins daily and is the easiest to address every day at BREAKFAST.

Tracey says "Every 'body' needs 114 nutrients every day to function at it's very best." Doctors have proven that in order to get all the nutrients we need daily we need to eat a perfectly balanced meal that includes all the colorful fruits and veggies with 50% plant based lean protein in proper proportion with complex carbs. In order for this "perfectly balanced meal" to have all the nutrients it will contain approximately 1000-1500 calories. But, warns Tracey, *most people will not be able to maintain this caloric intake without gaining weight.*

Every "body" needs: lean protein, complex carbs, good fats, fiber, vitamins, minerals, phyto-nutrients and herbs. But most people get too much animal based or "non" lean protein, simple sugar (aka simple carbs), bad fats, salt or sodium, and chemicals/pesticides/hormones/junk. The chemicals of this undesirable list may also include alcohol, tobacco and artificial colors.

Tracey says the amount of nutrients in a perfect breakfast would be 24 grams and could fit into the palm of the hand, she points out that the palm does not include the fingers. The lean proteins are found in soy, lentils, beans and tofu. Caffeine can help get people up in the morning but tea is a better source of it than coffee. Coffee is very acidic, and is addicting. In fact it takes a person only 3 days to becom addicted to coffee.

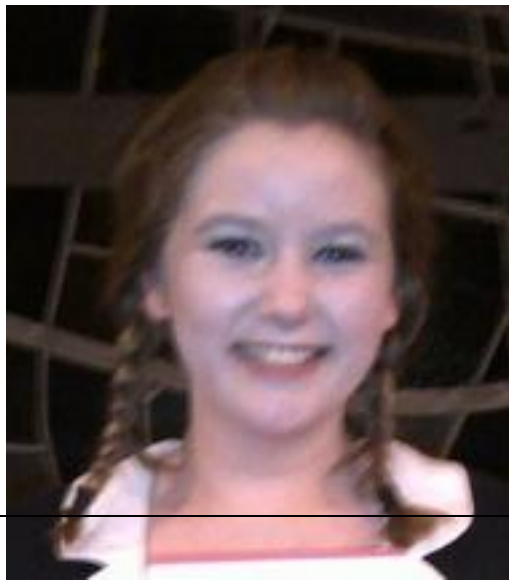
The "perfect breakfast" could contain 4 oz of salmon and whole grain. When asked about food supplements such as fish oil Tracey said that although they should be controlled by the FDA they are not all the same. She said that fish oil does not freeze so you can test your fish oil supplement by placing it in the freezer and see if it still remains pliable.

All three of our divas of nutrition contributed to our understanding of what and when we should eat and what and when we shouldn't. And although they all came from different backgrounds there was much agreement in what they said.

Dr. Taber Chinn Inducted as Malibu Rotary Club's Newest Member



Dr Taber Chinn, chiropractor at Malibu Health Center, was inducted as Malibu Rotary Club's newest member on March 14. The induction ceremony was performed by Rotary District Governor Elect Nominee Jim Dyer (L), after Maggie Luckerath (2nd from L) sponsored Dr Chinn (3rd from L) for club membership. Malibu Rotary Club President David Baird (R) presided over meeting at Pepperdine University.



Malibu Rotary Club Entrant Places 3rd in Rotary District Music Competition

The 2012 Malibu Rotary Club Middle and High School Annual Singing Competition was held February 28th at Stauffer Chapel at the Pepperdine University campus in Malibu. Martha Thatcher was the winner of the first place prize of \$250 in High School Division of that competition. Martha was then sponsored by the Malibu Rotary Club to compete in the Rotary District 5280 Music Competition held March 3rd at the Torrance Marriott and won an additional \$250 as 3rd place finisher in that event, competing against entrants from the Rotary Clubs throughout the Los Angeles area.

Rotary Ambassadorial Scholar Luci Prosapio's Letter From South Africa



Editor's Note: We received the following letter this week from Luci Prosapio, Pepperdine graduate who is a 2012 Rotary Ambassadorial Scholar in Port Elizabeth, South Africa. She had spoken to the Malibu Rotary Club several times before her departure. I have added a link to Luci's website to the Malibu Rotary Club website at www.MalibuRotary.org. She has posted pictures and stories of not only her experience, but on Rotary and the process of becoming a Rotary Ambassadorial Scholar.

Dear Malibu Rotary Club,

Hello from Port Elizabeth, South Africa! I have realized it has been almost 10 months since my last visit to the club in Malibu...I cannot believe how quickly time flies! I am so grateful for the acceptance and support your club gave to me as I began preparing for my upcoming scholarship.

I arrived safely in South Africa at the end of January and spent the first month moving in, attending intensive lectures and figuring out the 'how's and what's' of life in Port Elizabeth. Each day has been quite an experience – I cannot complain of being bored! I have met a wonderful network of Rotarians here and been able to see many of the projects they have in the area. No matter where you are in the world, Rotary has such a strong presence and does such good in its community! My Master's programme is a 'semi-distance education' degree, meaning I went to three weeks of full-day lectures and now am doing my research and assignments in a self-study capacity. It is definitely a new way of education and I am able to adapt it to my interests and work it into my schedule. This enables me to get more involved with the Rotary and with community work in Port Elizabeth (as well as have time to travel, of course!).

I hope everything is going well in sunny Southern California! I do miss the area and the wonderful community that surrounded Pepperdine – I would love to hear from you all and hope to keep in touch. I have a website where I have been uploading photos and keeping a journal of my time here in Port Elizabeth. I hope to revamp it to include more information about Rotary

(the clubs, the scholarship, its work, etc) and about the organizations with which I am involved.
If you are interested in checking it out, it is www.usa2sa.webs.com

Thank you again for your support and I look forward to keeping in contact!

Always —

Luci Prosapio

Rotary Ambassadorial Scholar 2012

Port Elizabeth, South Africa

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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, **Cliff Mortensen**, a frequent guest of Bill Wishard who is a Pepperdine grad working for Northwestern Mutual Life. Another returning guest was **Camille Gaon**, our speaker of January 25, who was at the meeting to hear today's speaker **Tracey Brown**, and comment on the subject of nutrition.

Three other Rotarian guests had come to announce events that could be of interest to Malibu Rotarians to which Malibu Rotarians are invited if they can afford to attend them.

From the Rotary Club of Woodland Hills there were two guests: **Sherie Polack** and **Elizabeth Tilkian**. Elizabeth is from Ethiopia but now lives in Tarzana. These two visitors were in Malibu to invite everyone to an event that was to be held in a large private home in Malibu: "Bless the Beasts and the Children." Elizabeth is one of the co-chairs of the event. Information about the event is below (See story **Bless the Beasts & the Children**).

The other Rotarian, a Malibu resident, is Rotary District Governor-Nominee (to be District Governor 2013-14) **Jim Dyer**, past president of the Santa Monica Rotary Club, who was recognized this month by President Obama and ShelterBox USA with a Presidential Volunteer Service Award for his efforts during 2011 to provide shelter, warmth and dignity for survivors of

natural and other disasters worldwide. In the aftermath of disasters such as the Japan earthquake and tsunami last March, many watched on the television wishing they could make a difference. Dyer knew ShelterBox, an international disaster relief charity, would be on the scene delivering it's iconic green box containing a family tent, water purification, a cook set and stove along with other lifesaving supplies. Through Dyer's efforts of raising awareness and funds for ShelterBox, the organization was able to provide more than 17,600 ShelterBoxes to families throughout the world in 2011, including the tornadoes in the southern U.S., drought and famine in East Africa, widespread flooding in the Philippines and the subsequent earthquakes in Turkey.

But Jim wasn't at the Malibu Rotary Club to talk about ShelterBox, an important Rotary sponsored project [see www.shelterboxusa.org, or call (941) 907-6036] but to promote and encourage Malibu Rotarians to attend the **Rotary District Conference April 19 through 22nd** at the **Hilton San Diego Resort & Spa** and also the next Rotary District Breakfast held April 10 7:25 a.m. at the Westin LAX Hotel, 5400 W. Century Blvd. in Los Angeles The April District Breakfast which will be led by our New Generations youth. Speaker will be **Terrence J. Roberts, Ph.D**, one of the "Little Rock Nine" who desegregated Central High School in Little Rock, Arkansas in 1957. As a 15 year old eleventh grader, he joined eight other students and became one of the first nine black students to go to a formerly segregated public high school in Little Rock, while the country watched changes in civil rights that most of today's new generation takes for granted.

Jim was also called upon while at the Malibu Rotary Club meeting to induct new member Taber Chinn into the Malibu Rotary Club.

Rotary District Conference April 19 through 22nd at the Hilton San Diego Resort & Spa

Early Bird rates were supposed to end March 15, but have been extended to March 19th, 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

For more information about **Rotary Club of Woodland Hills**, please go to:
www.WHRotary.com

Contact:

Bless the Beasts and the Children

5737 Kanan Road, #339
Agoura Hills, CA 91301-1601

E-Mail: BlessTheBeastsAndTheChildren@rcwh.org

Web: 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 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 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 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 21 2012

Michael M. Folkerts Ph.D

"Highlights of Neurotrauma Research"

Pepperdine Associate Professor of Psychology Michael M. Folkerts did his doctoral paper at UC Davis on the biochemical changes in the brain of rats after trauma. Since 2002 he has been the chair of the Neurotrauma Research Lab at Pepperdine.

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

Malibu

Rotary

Club

Assembly

"Malibu Rotary Club Assembly"

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 "