



The Award Winning

Malibu Rotary Club Surfwriter

March 25-28, 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

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Rotary International Website: www.Rotary.org**

Rotary District 5280 Website: www.rotary5280.org/

RI President (2014-2015) Gary CK Huang

Rotary District 5280 Governor (2014-2015): Elsa Gilham

Life Coach Allison Kim Talks about “Life-Work Balance” --When Your Lifestyle Demands More Than What's Humanly Possible



Allison Kim became a health coach after her victory over cancer in which she learned the importance of truly making her health the top priority.

Having lived a crazy busy corporate life herself, Coach helps employers and their teams create a healthy and productive environment that reduces their healthcare costs. She offers corporate and individual coaching on mind and body wellbeing.

At the Malibu Rotary Club meeting March 25 Allison Kim explained why she changed her life from being a civil engineer, working for a large corporation, to a Life Coach Allison.

She said she was a successful working her way up the corporate ladder, do the things her contemporaries were doing to keep her edge in the business world—get little or no sleep, multitasking, eating out of vending

machines when she took the time to eat.

Then she received the phone call that changed everything. It was a call from the medical doctor's office.

In the biopsy that had just been taken from her breast the pathologist had “found Stage 3 cancer cells.”

She couldn't believe it. She was 43 and had always been healthy. She ran marathons, was never sick.

She began cancer treatment, chemo and radiation therapy.

She was feeling healthy before her diagnosis, but the treatment was making her ill. She had an aggressive cancer and the treatment was aggressive.

She is now at the 2 year anniversary of her radiation and her 1st year of wellness.

She still wears gloves all the time because the chemo made her finger tips cold, and this is a lingering effect of the therapy.

She asked the doctor what changes she should make in her diet. She was told “It doesn't matter what you eat.”

Not satisfied with the answer she went back to school to learn about holistic health. What she learned launched her on a new career path.

She saw many people around her living as she had done. People who were trying to live “Superhuman” lives. They are simultaneously juggling school, job, parenting.

The corporate world was the only life Allison knew. She was driven to excel. But she was not prepared for the cancer treatments. They were so tough she didn't know if she could endure them. She was ready to end her life.

She asked herself, “Will I live to see another sun rise?”

Without urgency people tend not change.

People think they are superhuman but they are really not. You have to consider what the important things are in life? Why do you not go to your child's recital, skip your doctor's appointment, make unhealthy choices?

Allison admits she has always had a competitive nature. Being a perfectionist isn't always a good thing. Nothing is good enough. A perfectionist is never satisfied and is often suicidal.

Personal Pride and self worth can be achieved from getting things done right, but a standard of excellence can be derived from a fear of failure.

For Allison there was always a high standard of achieving in her Korean family—both her parents are college professors.

Being the top of the class puts you in demand. Instead of worrying about finding a job the CEO contacts you. You get a VIP pass for anything you want.

But when you push past your limits, your body starts giving you signal, warning signs, symptoms, that all is not right.

Headaches, indigestion, high blood pressure, diabetes, autoimmune diseases and cancer can be the outcome of trying to push past your limits.

Cancer cells are being produced by all of us. They start out as normal cells that have become altered and multiply. Cells produced by the immune system normally kill the cancer cells. A strong immune system therefore is necessary to protect against cancer.

Lifestyle has a lot to do with keeping the immune system working. Allison postulates that many, if not all diseases, are preventable and reversible. Proper diet can enhance the immune system.

Smoking, lack of sleep, and mental and physical stress can weaken the immune system.

Sometimes people try for a quick fix, take an aspirin or pain killer, which there is a symptom that may need a long term solution—a life style change.

Allison urges us to make lifestyle changes to prevent cancer because the treatment for cancer is terrible—if you survive.

Some of these life style changes include:

1. Cultivate a bigger game plan to live better
2. Dejunk- Dejunking involves many things'
 - a) diet—eat real foods
 - b) relationships—find your real friends and family and get rid of people who bring you down
 - c) Physical environment—get rid of clutter, clean the garage, your desk, organize
3. Avoid multitasking—each task is distraction to the other—do tasks sequentially rather than simultaneously
4. Find creative outlets
5. Find and know your boundaries

Editor's note: After the meeting Coach Allison told me and later e-mailed information about the book she has written *Superhuman's Guide to Life-Work Balance and Burnout Prevention*.

The Kindle release date is May 8:

John,

As I mentioned yesterday, I am launching my book on May 8 on Amazon Kindle store. It is based on my signature talk that I gave yesterday. I usually have more time for the presentation than I did

yesterday, so even those who were in attendance will find it helpful to read the book to find out more about the topic. It's a quick read... because I know my audience is already too busy! I will be ready to take pre-orders in the next week or so, and the kindle book will be delivered to the buyers on May 8.

title: Superhuman's Guide to Life-Work Balance and Burnout Prevention

subtitle: When The Lifestyle Demands More Than What's Humanly Possible

by: Coach Allison

purchase on Amazon Kindle store

price: \$0.99

description: This book is for people who have too much on their plate, whether by needs or wants or expectations – humans who are running faster than they have strength, with their superhuman efforts. SuperWorkers, SuperMoms, SuperExecs, you know who you are. You cut corners in your basic human needs (sleep, nutrition, and social support) in order to get things done... because there are only 24 hours in a day. How do you prevent burnouts and manage life-work balance when your lifestyle demands more than what's humanly possible?

If this lifestyle sounds familiar, take a short break from your busy day and read this Superhuman's Guide. Reflect on the why and the how of your lifestyle, and implement the game plan in this book on improving your balance, health, and happiness.

And remember, it's life-work, not work-life.

I'll also release the printed version of the book, though the price of the hard copy will be much higher than the electronic version. I don' have the details on it yet, I'm still working on the finals steps for the kindle version.

Thank you,

Coach Allison, Certified Integrative Nutrition Health Coach

Life-Work Balance. Burnout Prevention. Improve Productivity. Reduce Healthcare Costs.

Corporate Coaching - Individual Coaching

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Malibu Rotary Club Entrant Isobel Anthony Takes 3rd Place in Rotary District Music Competition

Isobel Anthony, a junior at Malibu High School, took third prize in the Rotary District 5280 Music Competition held March 28th at Loyola Marymount University.

Isobel was sponsored in the competition by the Malibu Rotary Club after winning the local club's music competition. At LMU Isobel had to compete against high school instrumental and vocal entrants sponsored by other clubs in the Los Angeles district and judged by a panel of music professors from three local universities. Although third in the overall music competition Isobel garnered the most votes among vocalists.

The overall winner for the Rotary District 5280 was violinist Aileen Kim from Palos Verdes High School. Second place winner was pianist Irene Lee.

Malibu Rotarians Margo Neal, Bill Wishard and John Elman all attended the District competition.

Other News and Guests from Last Malibu Rotary Club Meeting

“3-2-1- Go To End Polio” Day at Griffith Park on March 21



Margo Neal, Bianca Torrence, Bill Wishard and Tom Bos represented the Malibu Rotary Club at the special Rotary District “3-2-1- Go To End Polio” Day at Griffith Park on March 21. The district event was part of world wide Rotary event, with activities scheduled around the planet to help raise money and awareness for Rotary’s effort to end polio. A Rotary fund raising event in India boasted 40,000 participants. The local district event was a 5 K / 10 K Run or Walk and Family Festival with at Griffith Park had about a little over 400 participants. There was also a 1 mile fun walk and lunch by IN-N-Out Burger and a raffle. All proceeds went to END POLIO NOW, a humanitarian program of Rotary International to eradicate polio worldwide.

Left: Bill Wishard models his 321 Go to End Polio participant’s T-Shirt.

Bill Wishard appointed Rotary District Special Olympics Chair

Bill Wishard is coordinating Rotary District efforts for the Special Olympics games being staged in Los Angeles July 25 - August 2, 2015. Bill will be speaking about this at the Rotary District Breakfast March 31 at the City Club in Los Angeles, and at the District Assembly on June 20th. There are several ways for Rotarians to participate as volunteers, and we will be hearing more about this in the near future. About 8 members of the Malibu Rotary Club will be attending the District Breakfast on Tuesday. It is already overbooked and if you haven’t made reservations you will have missed the last Rotary District Breakfast at this Rotary year and the last one at the City Club building. Starting in July 28th the Rotary district breakfasts will be back at the Westin LAX Hotel.



Movie Premier of *Godspeed: The Story of Page Jones* Brings Out Rotary District Leaders

When both were spending months and years recovering from traumatic brain injuries at Daniel Freeman Hospital Bill Wishard and Page Jones became friends. After his injury Page had never spoken in public until Bill invited him to be the program at a Malibu Rotary Club meeting. The program was an interview of Page by

Bill.

on

Page, son of race car driver Parnelli Jones, was a top midget race car driver until the accident ended his career, and almost his life. After Page told his story at the Malibu Rotary Club meeting, he went to speak at 7 other Rotary Clubs, district 5280 breakfast (Jan 5 2009) and became keynote speaker at a Rotary District 5330 Conference Dinner. Past District Governor Lew Bertrand was president of the Palos Verdes Rotary Club when Page spoke. PDG Lew and current District Governor Elsa Gilham and Bill were among the guests who were invited to the premier showing of a movie that was made about Page *Godspeed: The Story of Page Jones* on March 22nd at Regal Cinema Promenade Stadium 13, in Rolling Hills Estates, California.

A large, semi-transparent movie poster for 'Godspeed: The Story of Page Jones' is overlaid on the page. The poster features a close-up of a person's face with a textured, brain-like pattern. At the bottom, there is a small image of a midget race car on a track.

GODSPEED:
THE STORY OF PAGE
JONES
JUNE 2
2009

“Godspeed: The Story of Page Jones” (see <http://www.godspeedpj.com/>) is a documentary of a racecar driver’s recovery from a severe traumatic brain injury. Chronicling 20 years, Page Jones redefines victory

while advocating for access to long-term rehabilitation for others. Page is living proof that with support, quality lives are within reach.

The story begins with a crash. Page Jones' young life passes before his eyes.

With Indy 500 winner Parnelli Jones for a father, comparisons are easy. Page is expected to be a great driver and he is. Leading at Eldora Speedway in 1994, he hits the wall. The accident looks routine but is not. While rolling he is hit in the head by a passing racecar. By the time Page's racecar stalls, he is turning blue.

His near death experience gives him a reason to choose life.

He would not wake up fully for months having suffered a severe brain injury. Page does not remember being 22 but footage from his early recovery shows his struggle.

While no family is prepared for the burdens of taking care of someone with such an injury, the Jones family is determined. Page will never race again, but he will have a life worth living.

After 15 years, Page has a positive attitude and lives with his wife Jamie and their family. His short-term memory is unreliable. Learning new skills is difficult yet his daily pursuit. He is a working miracle.

Page encourages his family to help him share his story and advocate for others who still struggle. His message is two-fold: access to quality rehabilitation is essential and never give up.

Malibu Rotary Club Supports RainCatcher

Clean drinking water is a problem affecting millions of people around the world. A Malibu company, RainCatcher, is trying to solve the problem in an efficient manner. Much of their work has been in Africa. 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. In February The latest video showing what David and the Raincatcher people are doing in Africa 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-RL0&list=UUFetq8NgjhXhtkVf0idcQUg>

Calendar (for details on these programs see maliburotary.org)

March 31 2015 at City Club in Los Angeles

Last Rotary District Breakfast of this Rotary year—featuring the Rotary Youth Organizations (Rotaract and Internact)

April 1 2015 Marshall Thompson and Brad Davis

Emergency Preparedness Network in Malibu

Marshall Thompson, a writer, producer, director and photographer will be bringing Brad Davis, City of Malibu Emergency Services Coordinator to the Malibu Rotary Club meeting on April 1 to talk about the Emergency Preparedness Network in the City of Malibu.

April 8 2015 Harold Mintz

“Spare Parts—An Organ Donation Story”

Harold Mintz acts as the communications director, among other things, for Shady Acres Entertainment. Harold left Washington DC a few years ago to take a position working closely with Shadyac. He spent much of last year on the road promoting ShadyAcres most recent project, the documentary "I AM," a documentary citing scientific and anecdotal evidence that all life is interconnected and that we can make profound impacts in people's lives by making meaningful connections.

In 2000, Harold donated his left kidney to help someone who had been on the transplant waiting list for more than a decade. In his spare time, Harold enjoys speaking with high schoolers on the topic of organ donation and to encourage everyone to sign their driver's licenses to become future organ donors.

April 15, 2015

Malibu Rotary Club Assembly

Margo Neal and Bob Syvertsen

The April 15, 2015 meeting of the Malibu Rotary Club, tax day, will be a Malibu Rotary Club Assembly where the club budget for the last quarter of the Rotary year will be discussed.

May 6, 2015

Mati Waiya, Chumash Ceremonial Elder

Wishtoyo Foundation--Preserving Chumash Culture in Malibu

"Wishtoyo was founded in 1997 by Chumash ceremonial elder, Mati Waiya and our mission is to address modern day environmental issues by preserving and utilizing the ancient wisdom of Chumash culture and inspiring the public and its youth to have environmental awareness and responsibility for sustaining the health of our land, air, and water. At the heart of our programming is the Chumash Discovery Village, an authentic recreation of a working Native American village next to Nicholas Canyon Beach in Malibu. We provide education programming to over 3,000 school children per year and we open our doors to the general public one Sunday per month. Our board members include: Beau Bridges (actor), Terry Tamminen (Schwarzenegger administration), Carole Goldberg (Vice Chancellor UCLA), Debora Sanchez (Supreme Court Judge) and David Kaplan (Surfdog Records). For more information about us, you can visit our website at www.wishtoyo.org or see us in the Malibu

