

The Award Winning

Malibu Rotary Club Surfwriter

March 6 2019

Official Newsletter of the Rotary Club of Malibu

Malibu Rotary Club President Bianca Torrence

Malibu Rotary Club Vice President for March John W. Elman

Pictures by John Elman and Joy Arcenas

Edited by Dr. John W. Elman

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- **Last Week: Tony Teverite shows video “Our Circulation System--The River of Life” and demonstrates the BEMER instrument that keeps the river flowing in humans and all animals.**
- **Next Week: March 13 2019 Malibu Rotary Club meets with Malibu Chamber (Paradise Cove Cafe) at 8:00 am (no meeting at Pepperdine)**
- **Next regular meeting of the Malibu Rotary Club regular Meeting will be March 20 8:00 a.m. in room LC 152 on the Pepperdine Drescher Upper Graduate campus. Speaker will be Lt. Jenn Seetoo, LA Co. Sheriff who will be talking about her “Liaison duties in Malibu”**
- **Joy Arcenas ART of Giving in the Phillipines**
- **Malibu Rotary Club Website: www.maliburotary.org**
 - **Rotary International Website: www.Rotary.org**
 - **Rotary District 5280 Website: www.rotary5280.org/**

- RI President (2018-2019) Barry Rassin
- Rotary District 5280 Governor (2018-2019) [Joe Vasquez](#)

Tony Teverite shows video about “Our Circulation System--The River of Life” and demonstrates the BEMER instrument that keeps the river flowing in humans and all animals



Tony Teverite is a real estate agent who took on a new career when his teenage son's stomach problems pushed the two of them into finding a health treatment that changed both of their lives. Tony is now a healthcare counselor and distributor for BEMER technology and demonstrated the device at the March 6 meeting of the Malibu Rotary Club

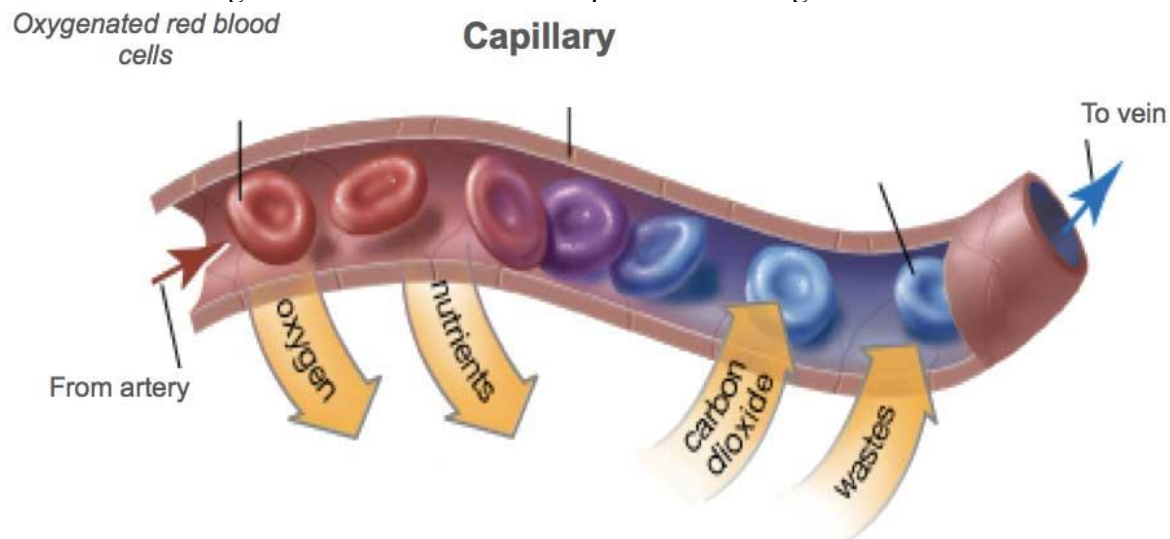
OUR CIRCULATORY SYSTEM

Approximately 100 trillion cells in our body are nourished and cleansed via capillaries, where nutrients and oxygen are delivered and toxins eliminated.

Almost 74% of all blood vessels in our body are micro-vessels. If stretched out in one continuous path, they would amass more than 74,000 miles.

The circulation of our blood is the engine that keeps us going..The heart pumps blood through the main arteries, but it relies on the additional power of the autonomous pumping motion of the micro-vessels. It is these very small vessels that reach the most remote parts of our body.

Our blood is our life-force energy delivery system for our body. Oxygenated red blood cells enter from the artery carrying oxygen and nutrients throughout the capillary system to all the organs of the body. As the blood gives the oxygen & nutrients to the cell, the cell then gives off Carbon Dioxide & Wastes to be eliminated from the cells. The waste material, which is not suitable for making new cells is delivered and processed through the Veins.



Lack of circulation is the cause of many diseases. A common cause of poor circulation is blocked or narrowed blood vessel, usually due to plaque building up and hardening in the walls of your blood vessels. Diabetes, thyroid disease, hypertension, and obesity can all lead to the problem. In fact there are approximately 45,000 known medical conditions, 95% of them are related to blood flow and microcirculation. Poor health habits are often behind poor circulation. Lack of exercise and poor diet are among the causes for poor circulation.

Many prescription drugs are prescribed to increase blood flow, and to counteract the disease process. Often the drugs have undesirable side effects.

The BEMER solution to poor circulation

The word BEMER stands for **Bio-Electro-Magnetic-Energy-Regulation** and it is a novel therapy that helps to regulate the flow of energy in your body. The idea is explained by Ralph Frizzle, who has been a Radiology Engineer for 40 years:

"Radio frequency energy is all around us. It travels through us. If it is the right frequency...like an FM dial, you'll begin to pick up the information. Our bodies have a resonant frequency; when we hit that frequency, it responds. That's an involuntary response. And that's what happens with the magnetic waves causing the improved circulation."

BEMER is designed to improve circulation thereby supporting the body's natural self-regulating processes. Blood is the body's universal means of transport. Oxygen, nutrients, chemical messengers (e.g., hormones) and immune cells are all transported through our blood. When our body's cells, tissues and organs are adequately nourished and metabolic waste products are removed, our bodies become healthy and function properly.

Dr. Rainer Klopp, the world's foremost expert on microcirculation, says: "BEMER is the most effective and widely researched physical therapy method available today. In 1998, we had nothing other than unshakable faith in the BEMER idea. We began as a leading innovator and, through groundbreaking research, were able to reach a new level in the development of our technology. Several thousand people have participated in studies and user observations and can attest to our products' effectiveness."

"The unsurpassed BEMER-Signal sets a new standard in the industry with its complex, carefully tuned configuration and timing. Nearly two decades of research and development have resulted in very specific and highly effective modulations of amplitude and frequency which are a worldwide patent-protected feat of German engineering and are used exclusively by BEMER. Complex calculations and processes are the basis of the signal's creation by the B.BOX control unit. The signal is then transmitted to the application module for delivery into the body."

Although long available in Europe it is only recently that BEMER has been available in the US. It received approval as a Class II Powered Muscle Stimulator in 2017.

There are other devices using **Pulsed electromagnetic field therapy (PEMFT)**, on the market by according to Tony the BEMER has a higher pulse and is most effective. The company continues update its technology and the devices it has available.

There several websites and videos to explain BEMER and its benefits. These include <https://www.bmuniversity.com/>

Although the company is careful to point out it can make no claims that BEMER cures any disease there have been numerous controlled research studies to find out its effectiveness when people with various health problems use the device.

Some that we have found in PubMed are:

[BEMER Electromagnetic Field Therapy Reduces Cancer Cell Radioresistance by Enhanced ROS Formation and Induced DNA Damage](#)

Katja Storch, Ellen Dickreuter, Anna Artati, Jerzy Adamski, Nils Cordes

PLoS One. 2016; 11(12): e0167931. Published online 2016 Dec

13. doi: 10.1371/journal.pone.0167931

PMCID:

PMC5154536

[ArticlePubReaderPDF-3.1MCitation](#)

Select item 4452849  2.

[BEMER Therapy Combined with Physiotherapy in Patients with Musculoskeletal Diseases: A Randomised, Controlled Double Blind Follow-Up Pilot Study](#)

Franciska Gyulai, Katalin Rába, Ildikó Baranyai, Enikő Berkes, Tamás Bender

Evid Based Complement Alternat Med. 2015; 2015: 245742. Published online 2015 May 20. doi: 10.1155/2015/245742

PMCID:

PMC4452849

[ArticlePubReaderPDF-513KCitation](#)

BEMER uses German engineering and Swiss craftsmanship, with world headquarters in Liechtenstein. The US headquarters is in Carlsbad, California. The company has over 1 million users and over 12,000 distributors in 40 + countries. It has been used by numerous professional sports teams and champion athletes.

The BEMER also has device attachments available for animals, including smaller ones like dogs and cats, as well as larger ones like horses. And although only animals have a circulation of blood, other life forms, like plants have a type of circulation, and have benefited from Bio-Electro-Magnetic-Energy-Regulation

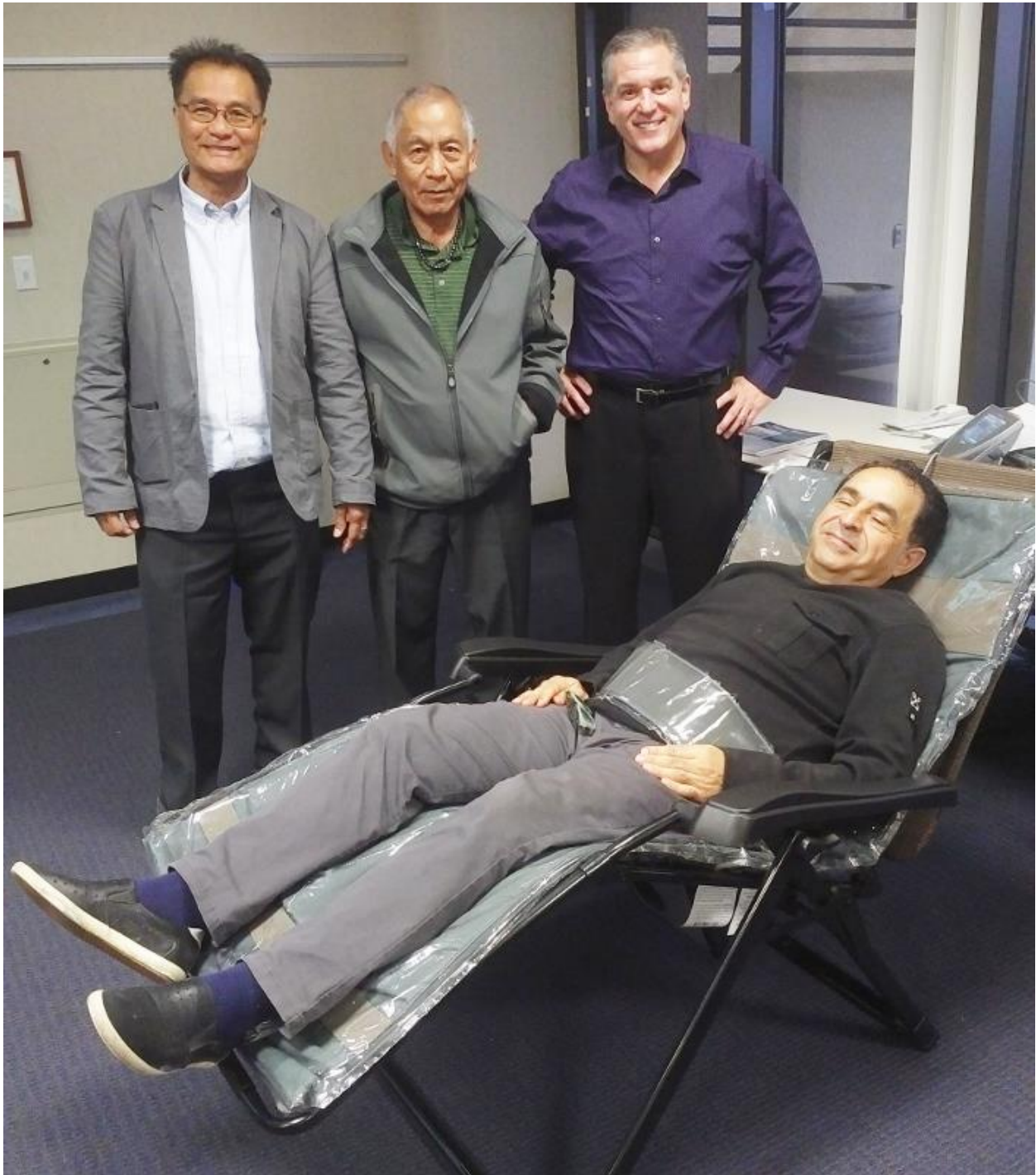
Although 4,000 wellness clinics, spas, gyms, doctors, hospitals and universities have BEMER devices it is recommended that people have these in their home and do a couple 8 minutes sessions per day, even sleep on it.

Tony brought with him a couple of BEMER devices and two assistants to help him set it up on Rotarians and guests who wanted an 8 minute trial on the device.

Joy Arcenas introduced Tony and his assistants to the Malibu Rotary. She has a BEMER at home and is also a distributor.

Rotarians who waited to try the device after the meeting were Mehrdad Sahafi, Teresa LeGrove and John Elman

Mehrdad takes test drive on a BEMER



BEMER distributors Carlito Lumagui, Cesar Aucheta and Tony Teverite set up Malibu Rotarian Mehrdad in BEMER brought to Malibu Roary Club meeting on March 6. Mehrdad said the experience was very restful.

Other News from the Last Rotary meeting

Malibu Rotary Club President Elect **Teresa LeGrove** handed out a Rotary Club Health Check list paper entitle Your Club Experience. Teresa wants all members to fill out 10 page list and e-mail it back to her. Teresa also announced that the Malibu Rotary Club has filled the 2 positions for students to go to the next RYLA camp. Tersea will be one of the chaperone counselors there. The Malibu Rotary meeting on March 27 will be a 3 hour members only 2019-2020 planning session starting at 8:00 a.m. and led by Teresa.

March Malibu Rotary Club Vice President of the Month **John Elman** reminded everyone that **next March 13 2019 Malibu Rotary Club meets with Malibu Chamber at the Paradise Cove Cafe at 8:00 am . There will be no Rotary meeting at Pepperdine University.** The next meeting at Pepperdine will be March 20 8:00 a.m in room LC 152 on the Pepperdine Drescher Upper Graduate campus. Speaker will be Lt. Jenn Seetoo, LA Co. Sheriff who will be talking about her “Liaison duties in Malibu”

Guests

In addition to returning guests **M. J. Ilknur Tekin Ph.D**, and **PDG Tom Bos**, from the Holland Michigan Rotary club, our speakers **BEMER distributors Carlito Lumagui, Cesar Aucheta and Tony Teverite**, were guests at the meeting. The BEMER group all traveled to the meeting from Orange county. Arriving just as the meeting was ending was another guest, **Eva Johnson RN**, who is Community Public Relations Director for SoCal Hospice Inc. She arrived just in time to have a session on the BEMER. We will have her return to tell us more about her company and the in-home skilled nursing services they provide for patients and their families.

Rotary District Foundation Grant to Malibu fire victims



In a televideo meeting January 21 initiated by Rotary District Governor Joe Vasquez and Malibu Rotary Club President Bianca Torrence and attended by district and club leaders the Rotary District agreed to allocate \$15,000 from the Rotary District Foundation to Malibu fire victims.

The Malibu Rotary Club was charged with quickly deciding how the money would be distributed to victims of the November Woolsey fire which affected so many homes and people in Malibu. The Malibu Rotary Club is not equipped to sift through the needs of all the individuals who need help during this natural disaster and they have decided to turn to the Malibu group which was created to do just that—the Boys & Girls Club of Malibu Emergency Relief Fund. It is the same organization that helped the Malibu Rotary distribute the \$11,500 total donation raised by the Venice Playa Vista Rotary Club. Using the extensive application process and review that had been devised by the committee of the Boys & Girls Club of Malibu Emergency Relief Fund that had been submitted by fire victims the Malibu Rotary Club was able to distribute 23 \$500 gift cards to Malibu students who had sustained losses in the recent Woolsey Fire which destroyed over 670 structures in Malibu. District Governor Vasquez emphasized the need that recipients and the process be well documented, and the Boys & Girls Club of Malibu Emergency Relief Fund does just that. Margo Neal sent the documents used by the B&GM Malibu Emergency Relief Fund to DG Vasquez in an e-mail after the conference call meeting. Details about the structure of B&GM Malibu Emergency Relief Fund are printed below.

On November 11, 2018, The Boys & Girls Club of Malibu established the Malibu Emergency Relief Fund (Fund), in response to the Woolsey Wildfire that was declared a city, state and federal disaster. This fund is in partnership

with The Malibu Foundation sponsored by GVNG.org, and has support from Senator Henry Stern as well as the City of Malibu. Boys & Girls Club. Malibu has also consulted with and implemented best practices established by disaster relief experts, Waves for Water.

The Fund will be administered by the Boys & Girls Club of Malibu, which will allocate and distribute funds to support impacted individuals/ households. Currently, we are raising funds to support people living in and working in unincorporated and Malibu City limits being defined by the geographic boundaries of the Santa Monica Malibu Unified School District. This new fund allows Boys & Girls Club of Malibu to serve vulnerable members of our community through one of their most devastating life events. II. Purpose Entire families and communities are impacted by wildfire devastation. The Fund is designed to support our most vulnerable neighbors whose lives and livelihood are affected by the current wildfires in Southern California, specifically Malibu. We focus on families/ individuals with demonstrated, immediate emergency needs. III. Allocation The total amount of funds allocated to each individual/household will be determined based off of whichever tier of need they fall into. There will be three tiers (Tier I, Tier II, Tier III), that an individual/household can fall into if approved for emergency relief. Based on the application process that identifies various risk factors the individual/ household faces, the applicant/household will be evaluated and placed in a tier if approved for funding. The tiers progress from supporting the immediate needs of the most vulnerable populations (Tier I), to supporting the immediate needs of those impacted by the Woolsey Wildfire disaster that demonstrate a financial need (Tier II and III). IV. Use of Funds Assistance from the Fund is intended to assist with immediate needs of daily living for those affected/ impacted by the Woolsey Wildfire disaster that can show financial need. Funds are intended to be used for immediate emergency relief, including interim housing, food, water, clothing, transportation, medical supplies or school materials, or other approved immediate needs. Additional criteria for recipients include providing the following information or documentation, to be collected and vetted by the Boys & Girls Club of Malibu:

- Proof of residency or employment in Malibu and the address of loss or damage
- Description of loss or damage
- Description of recipients benefitting from the funds Funds are expected to be expended within 30 days of receipt, unless granted an extension from the Boys & Girls Club of Malibu.

Recipients are expected to provide receipts or documentation for expenses that are projected to exceed \$1,000. Currently funds are not eligible for rebuilding efforts. V. Eligibility To be eligible for emergency relief aid, the individual/ household must demonstrate a financial need for immediate emergency relief funds, which will be verified through the application process. Documentation that can help support demonstrated need includes (but is not limited to): bank statements, proof of no insurance,

*The Emergency Relief Fund Oversight Committee: Lizzy Moore, Foundation President & Dean, Institutional Advancement, Santa Monica College Foundation Craig Foster, Santa Monica Malibu Unified School District Board Member Laura Rosenthal, Councilmember City of Malibu Lou Lamonte, Councilmember City of Malibu Karen Farrer, Councilmember Elect, City of Malibu Trevor and Evelin Neilson, The Malibu Foundation Kasey Earnest, Executive Director, Boys & Girls Club of Malibu

** For purposes of this Fund, "low-income" is defined by the Real Cost Measure, developed by United Way of California. The Real Cost Measure factors in local costs of housing, food, transportation, child care, health care and taxes.

Page 2 proof of loss of employment, proof of residence or association to unincorporated and Malibu City limits being defined by the geographic boundaries of the Santa Monica Malibu Unified School District. VI. Application Boys & Girls Club of Malibu, along with partners, will use social media, traditional media, website, and direct/inperson outreach to widely communicate fund availability. Potential applicants will be directed to complete either (a) a paper application, (b) an online application located on the Boys & Girls Club of Malibu's website, or (c) a fillable form that will be provided via email. The Boys & Girls Club of Malibu will also have a dedicated page on their website for the public to access with updated information about the Fund. VII. Awards & Payment The amount of funds available for each individual/ household will be determined in accordance with the allocation schedule in section III of this document that discusses the three different Tiers of need. The Boys & Girls Club of Malibu will base funding determinations on:

- Amount of funds available
- Need of individuals and/or household proposed to be served
- Alignment of requested support with "Use of Funds" described in section IV of this document
- Financial health of applicant/ household

Once needs have been identified and fiscal allocation is determined based on need and budget available, the individual/household in need will receive a live check at designated disbursement sites, which are to be

determined. Authorized personnel from the Fund will verify that funds are being distributed to correct person/household and collect appropriate receipts or documentation of expenses when needed. VIII. Reporting The Boys & Girls Club of Malibu is committed to administering the Fund with accountability and transparency. In this respect, the Boys & Girls Club of Malibu established an oversight committee*, comprised of local community members, to provide leadership and guidance in establishing the Fund and determining the most appropriate ways to manage and disburse funds. In accordance with the oversight committee, the Boys & Girls Club of Malibu will keep detailed records of case management efforts that occurred with all recipients of funds, how funds were allocated and spent, and in specific circumstances proof of receipt of funds on part of grantee. The Boys & Girls Club of Malibu will also keep record of the following data and information:

- Number of low-income families assisted**
- Type of assistance provided
- Description of how economic status is determined for families and individuals assisted
- External partners and Fund donors will receive updates on a quarterly basis and will receive additional information upon request.

For more information, visit <https://www.unitedwaysca.org/realcost> If you have questions about our Emergency Relief Fund, contact us at emergencyrelief@bgcmalibu.org or at 424.388.9862. Follow us to stay informed at: Facebook: @bgcmalibu90265 | Instagram: @bgcmalibu90265 | Twitter: @bgcmalibu Donations/ Volunteer ops at <https://bgcmalibu.org/>.

Margo Neal reported that the Rotary District officials decided to give the Rotary District Grant directly to B&GM Malibu Emergency Relief Fund to distribute to the needy recipients rather than give the grant to the Malibu Rotary to distribute to the recipients. Margo had been in contact with Kasey at the Boys and Girls Club. The people of Malibu and the recipients will associate with Malibu Rotary Club with this contribution—the opportunities for the Malibu Rotary Club to share in the publicity of this major community giving event are obvious.

ART of Giving to the Philippines



Joy Arcenas spoke about the project she started to help the children in her native country—the Philippines. She donates back packs and school supplies to 2000 students in poor villages. Joy donates \$10,000 per year to the project. Last year on an individual basis members of the Malibu Rotary Club donated to her giving the students an additional requested item—flip-flops for the feet. Joy asked our club members if they are interested in contributing to another item that has been requested—umbrellas.

February 12 Joy had written the following e-mail to all the members of the Malibu Rotary Club:

Good morning Rotarians

As I prepare for my Humanitarian

trip to the Philippines in May. I would like to ask our club members if they are interested in supporting an umbrella for the parents of a 1st grader.

The cost is \$2 each including the print.

This year we will distribute 2,000 backpacks sponsored by Masbate Association of America

2,000 set of school supplies sponsored by Ligaya Legacy Homes

Hope Foundation will donate t-shirts for the kids.

Thank you for your time and appreciate your kind attention.

Best service above self.

There was some question from Teresa whether to Malibu Rotary contributions could be as a club donation, or even a grant. **David Baird** made a commitment toward the project by e-mail. Joy has already had prototypes of the umbrellas made and pictures of them are shown below.



Rotary Project in Peru

On July 25 Malibu Rotary Club President Bianca Torrence spoke in detail about the Rotary District 5280 Humanitarian Trip to Lima Peru April 3-8. Via e-mail prior to the August 8 meeting Bianca made a formal proposal to the Malibu Rotary Club Board of Directors: Her proposal was that the Malibu Rotary Club commit to be the Lead club for the grant #10 on the Peruvian Rotary Humanitarian District trip **BARRANCA-Smile Project**.

It takes \$5k to be the lead club on the Global Grant project. Bianca pointed out the Malibu Rotary Club already had committed \$2k for the project and she will work on getting the rest so the Malibu Rotary Club will be recognized as lead club in this project.

Malibu Rotary Board approved the funding of the Peruvian **SMILE BARRANCA** project at the August 8 meeting. The **SMILE BARRANCA** was the project that was in most need of funding of the eleven humanitarian projects of the Rotary District 5280 Humanitarin trip in Peru. We are sure Bianca will bring a big smile to the people of Barranca.

Bianca spoke at the Pacific Palisades Rotary Club September 20 and was persuasive enough to have the Palisades Club join the Malibu Rotary Club in sponsoring the Peruvian **SMILE BARRANCA** project.

That project specifically is hosted by Rotary Club of Barranca, District 4465 Serving the marginal urban and rural sectors, and in educational institutions where there are deficiencies in oral health care in Supe Pueblo, Puerto Supe, Pativilca, Paramonga and Barranca. Needs Assessment Oral Health in Peru is a public health problem, so a comprehensive approach is necessary, applying effective measures to promote oral health and prevent the consequences of poor oral health . Poor population, as well as non-poor, presents needs for the treatment of oral diseases. One of the human groups sensitive to such public health problems are minors, including children between the ages of 3 and 6, where the habits of hygiene and oral care are generated and reinforced, which will be sustained during their future development. This need was assessed by visiting the schools and population evaluation by dentists in Barranca. Project Description • Preventive care and education to children who belong to the Non-school Initial Education Program. • Oral health care for beneficiaries of urban and rural sectors. • School and population training in Barranca Area of Focus: Disease Prevention and Treatment Goals The objective of this project is the promotion of oral health and oral hygiene in marginal urban and rural sectors without health coverage and children from Not Standardized Initial Education Programs.

Bianca said her family has had a charity project in Peru for years she has decided to have her family charity project to contribute an additional \$1000 to that project in behalf of the Malibu Rotary Club, doubling the Malibu Rotary Club contribution from \$1000 to \$2000.

MALIBU ROTARY CLUB 2018-2019
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Bianca Torrence

Vice-President

Margo Neal

Vice-President

W. David Baird

Vice-President

John W. Elman

President Elect

Teresa Le Grove

Immediate Past President

Bianca Torrence

Treasurer

Joy Arcenas

Assistant Treasurer

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Secretary

John Elman

Club Service

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Community Service

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Mark Koller

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Allan Mannheim

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Youth Chair

Teresa LeGrove Cherkas

Rotary Foundation

David Baird

Club Administration

William Wishard

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Margo Neal

Bianca Torrence

Historian

David Baird

Bob Syverstein

Peace Chair

Carlye Rudkin

Fundraiser Co-Chair

Margo Neal and David Zielski

Malibu Rotary Club Rotating Presidents for 2018-2019

July 2018	W. David Baird
August 2018.....	Margo Neal
September 2018.....	Margo Neal
October 2018.....	Margo Neal
November 2018.....	W. David Baird
December 2018.....	W. David Baird
January 2019.....	W. David Baird
February 2019.....	John W Elman
March 2019.....	John W Elman
April 2019	John W Elman
	Teresa LeGrove Cherkas
May 2019.....	
June 2019.....	Bianca Torrence

CALENDAR

March 13 2019 Malibu Rotary Club meets with Malibu Chamber (Paradise Cove Cafe) at 8:00 am (no meeting at Pepperdine)

March 20 2019 Lt. Jenn Seetoo, LA Co. Sheriff will talking about her “Liaison duties in Malibu”

March 27 2019 Teresa LeGrove “Malibu Rotary Club Members Only Planning Session (3 hrs)” This will be a special meeting led by Malibu Rotary club President Elect **Teresa LeGrove** discssing plans for the Rotary year Jul 2019 to Jul 2020

April 3 2019 Richard Garvey CERT: Malibu Community Emergency Response Team

June 12 2019 Malibu Rotary Club meets with Malibu Chamber (Paradise Cove Cafe) (no meeting at Pepperdine)