

The Award Winning

Malibu Rotary Club Surfwriter

May 13, 2015

Official Newsletter of the Rotary Club of Malibu
Malibu Rotary Club President Margo Neal

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- **Last Week** Shannon Latson on “Enjoying the Freedom of Healthy Boundaries.”
- **Next Malibu Rotary Club Meeting** will be **May 20** in Pepperdine University Malibu Upper Drescher Graduate Campus LC 152 with fellowship at 11:30 a.m and meeting starting at 12:00 noon. Speakers will be Brewster and Keaton the two students Malibu Rotary Club sponsored to go to RYLA camp. They will talk about their experience there.
- **Other News and Guests at Malibu Rotary Club**
- **Malibu Rotary Club Supports RainCatcher.**
- Check **Calendar** on Malibu Rotary website **www.maliburotary.org**
- **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**

Shannon Latson on “Enjoying the Freedom of Healthy Boundaries”



Shannon Latson (L) illustrates how to share personal boundaries with Malibu Rotary Club President Margo Neal (R) at the May 13th meeting of the Malibu Rotary Club

Shannon Latson has an MA in Clinical Psychology, Marriage & Family Therapy from Pepperdine University, as well as a certificate in mediation from Pepperdine University Law School. She is the Office Manager of Pepperdine University International Studies and Languages Division by day, and in the evening since, among other things, is Marriage and Family Therapist at Stillpoint Family Resources in West Hills. There, as a and Family and Marriage Therapist, she focuses on relationships, handling conflict, and successfully navigating difficult transitions in life. Shannon is also an avid ballroom dancer and hula hoop enthusiast.

Personal boundaries are guidelines, rules or limits that a person creates to identify for themselves what are reasonable, safe and permissible ways for other people to behave around him or her and how they will respond when someone steps outside those limits.

At her presentation at the Malibu Rotary Club she used the hoops to represent a person's personal boundaries, and how those boundaries may or may not intersect with other people's personal boundaries. Shannon brought at least 2 large hula hoops to the meeting. She held one around herself. She call on Malibu Rotary Club President to hold another hoop around herself, representing Margo's personal boundaries. The 2 hoops were initially separated, with each around a unique individual, but Shannon then intertwined her hoop partially with Margo's, representing a shared personal boundary. It is rare that the hoops would be completely overlay each person the same way—everyone's personal boundary is different.

Shannon tells us that it is important to identify your personal boundary because doing so helps with your relationships with others.

We each have legal and physical boundaries. Even when we know what our personal boundaries are, we can't expect others to know what they are. Unlike the hoops, our personal boundaries are invisible to others, and unless we tell those around us what our boundaries are they may step over our boundaries and without even meaning to, they may hurt us. We get angry at someone close to us, and they don't know why we are angry. They don't know they stepped into our personal boundary because we haven't told them what it is.

The hoops were not the only props Shannon brought. She also brought with her pictures of a medieval castle with walls, a mote and drawbridge. To let people in the drawbridge has to be let down. If the drawbridge is not let down, and if the walls are too strong and too high it can lead to personal isolation.

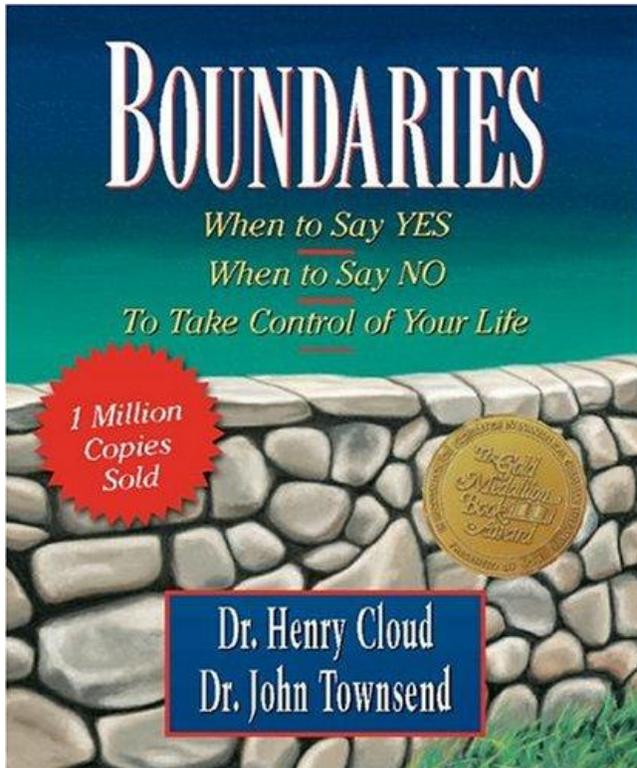
It is important that we let people know our personal boundaries, and it's often difficult for us to



realize the people around us are not mind readers, that we have to tell them our boundaries. We learn our first personal boundaries and communication about them from our parents. This communication is limited to the word we use, posture, inviting people to help or refusing, and using such actions

as slamming doors, rolling eyes.

It is best to tell people exactly what you're upset about. "I don't like it when you...."



The consequences of breaking the boundary may be that you never allow a person the chance to be within your personal boundary again. If you shared a secret with someone and they told someone else you wouldn't share another secret with them, or if loaned them money or something else, and they didn't return it the consequence would be you would not loan them anything else.

If there are no consequences to breaking the personal boundary, then there will be resentment.

There have been several books written about boundaries including a best seller called *Boundaries-When to Say YES—When to Say NO—To Take Control of Your Life* by Henry Cloud and John Townsend.

Drs Cloud and Townsend talk about 4 distinct categories of people regarding how they treat the consequences of violation of personal boundaries:

1. **Avoidant**—Says no to the good & to receiving care & help from others.
2. **Compliant**—Says no to limits, yes to the bad, easily swayed by peer pressure, may appear to be helpful & good listener.
3. **Non-responsive**—Says no to the responsibilities of love/relationship. Does not hear

“no.”

4. **Controllers**—Has little or no respect for the needs & wants of others, manipulates the boundaries of others. Projects responsibility for their own life onto others.

Shannon says that people overlap in these categories. She also points out that children with boundary problems carry that problem over into adulthood.

When someone is angry it is often because their personal boundary has been violated. Shannon also points out there is difference between hurting someone and harming them. A child with no boundaries is heading for big trouble down the line. They may feel hurt when they don't get what they want but may be harmed if allowed to do what they want to do.

Feelings are a warning light for a boundary violation. If people don't verbally tell us what their boundaries are we must try to read them by the way they are acting.

Things to keep in mind:

Don't get in a relationship with someone that does not respect your boundaries.

Strategies that are recommended:

1. Distinguish and define your differences from others.
2. Rather than telling someone your view of others use “I” statements such as “I feel hurt when you do that.”
3. Listen to what others are saying (both verbally and by their actions).
4. When you realize other people's personal boundaries respect them and avoid crossing them.

In summary realize that boundaries are important in our daily lives. We must communicate our personal boundaries to others. Pay attention to the warning flags, the signal that others give us. Why are you getting angry? Look beyond the words.

In addition to the hoops, the picture of the castle, Shannon also used ballroom dance metaphors, to illustrate points about personal boundaries, and how people may or may not control others. In a Q & A at the end of Shannon's program visitor at the meeting Bruce Stratton, who teaches Argentine tango dance, picked up on the theme of control in dance and the discussion continued after the meeting adjourned.

Shannon also demonstrated some of her nifty moves with hula hoop.

After the meeting Shannon sent the following e-mail to club members:

Good afternoon,

For those of you who were at the meeting today, I wanted to share a couple of my favorite “hooping” videos with you. Check out where the world of hooping is today via the links at the end of this email.

The first video is with the big hoops, similar to what I brought to the meeting. The second is a video with mini-hoops. I’d love to introduce mini hoops to individuals in wheel chairs. It is a great arm workout, cognitive skills are engaged when learning/developing new tricks, there is a meditative element, artistic and expressive art opportunities abound, and there is an esteem building element because the tricks are not easy to learn. I’d love to help develop a wheelchair mini-hooping dance team. US Vets? Could be awesome!

Also at today’s meeting, I missed the opportunity, when Bruce asked me a question, to point out a couple great things relating Dance and relationships (boundaries). In ballroom dance, both parties have their “space.” This is especially obvious in the leaning back and looking toward a particular direction, which you might have noticed in watching the Waltz, Foxtrot, or American Tango in any DWTS episode or Fred Astaire movie.

Also, each party must maintain a solid & strong frame. If either party has a mushy frame or “noodle arms” (compare to the compliant category of Cloud and Townsend’s poor boundary techniques,) turns and patterns cannot be led and the couple will not get beyond the basic box step and a simple turn. If either person has an overly rigid frame, (the controller category) the couple will not be able to dance well, nor will they have any fun.....and they’ll look like robots. A good solid frame from both dancers, with both parties staying in their own space at appropriate times is needed for a successful and beautiful dance.

Lol, I’ll remember those points the next time someone pursues dance as an analogy for relationships J It’s not about who leads and who follows, (I’m singing “Life’s a dance, sometimes you lead, sometimes you follow”by John Montgomery to myself now J)

I hope you watch and enjoy some of each video in the following two links! Let me know if you want to borrow my hoops to try any of their tricks!

<https://www.youtube.com/watch?v=cbw934kZ130>

https://www.youtube.com/watch?v=GMhS_qbQ6Jk

See you next week,

Shannon

Other News and Guests at Last Malibu Rotary Club Meeting

While Malibu Rotary Club President Elect was out of town installing Raincatcher facilities in various places, Malibu Rotary Club President Margo Neal was back in town to preside over the meeting. She reported she spoke to Swiss Rotary Ambassadorial Scholar Livia Giordano, whom the Malibu Rotary Club had sponsored at the Strauss Institute at Pepperdine University last year. As most of us know, Livia is hoping to stay in America, and when her student visa expired was able to get a tourist visa and is driving across the U.S. in a Winnebago, checking out job interviews. She was about to get an interview at George Mason University in Washington DC.

Bill Wishard was the only one representing the Malibu Rotary Club at the Rotary District Conference May 14-17 at the Loew's Coronado Bay Hotel. The following week Bill will be headed for Indianapolis for the weekend's Memorial Day Indy 500 Auto Race, which he attends every year. He took copious notes at the Rotary District Conference and will be reporting on that when he returns to Malibu .

Happy Dollars

The following people had happy dollars for the following reasons

Margo – she was well after being sick

Bianca Torrence—celebrating 15 years with RE Remax Realty

Carlye Rudkin – both she and her husband feeling well after recovering from recent surgeries

Bill Wishard – ran into Pompeya on mother's day (she and Bill share the same 2 grandchildren) and Pompeya after spending the past several months in her beach home in Ecuador had her Malibu Rotary Club dues for Bill to give treasurer Bob—also Bill had an opportunity to meet Brian Erickson, Vice President of Sales for Mattel, Inc., and who was responsible for US toy sales of Mattel and Fisher-Price branded products to both Toys“R”Us and Babies“R”Us, Erickson will lead LA2015's efforts to secure corporate partnerships and sponsorships.

Guests

Guests at the May 13th Malibu Rotary Club meeting included **Bruce Stratton**, who among other things teaches Argentine Tango dancing, **Chris Bashaw** reporter from the *Malibu Surfside News* and a lady named **Laurie**. Former member and past Malibu Rotary Club President **Rex Levi** was also at the meeting.

Bill Wishard, 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. People in Los Angeles, and especially Rotarians, can get involved. Bill spoke about this at the Rotary District Breakfast March 31. The Special Olympics will have 7,000 athletes from 177 countries.

Rotarians to participate as volunteers “Fans in the Stands,” or by sponsoring an athlete. It is free to go to the games, and individual Rotary Clubs should each have a captain to have club members go to the sporting events together for a fun group experience. The Rotary District is planning to have about 1000 people go to the Opening Ceremonies which are going to be held July 25 at 5:00 p.m. at the Los Angeles Memorial Coliseum. Tickets for the opening ceremonies cost from \$30.00 to \$120 each. It is hoped that Rotarians will have a special section, have special event t-shirts identifying them as Rotarians, and hopefully will be able to charter special buses. Details about all this should be available in the near future. Sponsoring an athlete financially costs \$2500. Some large clubs in District 5280, LA 5 and Wilshire Rotary Clubs have done this. For smaller clubs, like the Malibu Rotary Club, they can join with other clubs to raise the \$2500. The Malibu Rotary Club is contributing \$500, and will join with another club to support an athlete.

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)

May 20, 2015

RYLA Students sponsored by the Malibu Rotary Club Christian Pearce and Keaton Brewster Share Their Experiences at the RYLA Camp

May 27, 2015

Realtor Bianca Torrence Gives Her Craft Talk

Bob Syvertsen Jun 03, 2015

Malibu Rotary Club Budget for 2015-2016