



Malibu Rotary Club Surfwriter

November 10, 2010

**Official Newsletter of the Rotary Club of Malibu
Malibu Rotary Club President Christopher Bauman**

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In This Issue (click underlined topics for web link when connected to the Internet)

- **Last Malibu Rotary Meeting Potpourri of Member News**
- **Other News and Guests from Last Malibu Club Meeting**
- **Next Week Wednesday, November 17th, speaker will be **Jean-Marie****



Bonthous at Malibu Rotary Club Meeting at 7:30 a.m in the Pepperdine University Fireside Room. **Jean-Marie Bonthous, Ph.D,** is founder and Principal of Tribestrategist, a boutique consultancy helping clients organizations turn social media intelligence into business results, and a founding member and CMO of CREOpint, the leading online forum for commercial real estate

professionals worldwide. His company, BrightMagnet (see brightmagnet.com, is based in Malibu, CA.

- **SOS-Malibu Rotary Club Sponsored Thanksgiving Dinner Nov 18th**
- **Malibu Rotary Club Supports BioSand Filters in Ecuador**
- **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 \(2010-2011\) Ray Klingensmith](#)**
- **Rotary District 5280 Governor (2010-20 11): Doug Baker**

Last Malibu Rotary Meeting Potpourri of Member News

Because of traffic conditions on Malibu Canyon Road on November 10th, the scheduled speaker never got to the meeting. But most of the Malibu Rotary Club members were at the meeting and had news of various events going on in their lives.

David Baird, who had worked hard to get a life size statue of Peppedine founder George Pepperdine erected in the new campus central fountain area, told how some fraternity boys stole it last week, and how, because of damage to it on its return, the boys were in big trouble.

Kevin Boling announced that his daughter Kelli just received news that she had earned a water polo scholarship at San Diego State, and this was indeed good news because it is close enough that Kevin can attend home games.

Bill Wishard talked about the positive experience he has had at Northridge Hospital, where he is in the second week of an eight week treatment of Prostate Cancer with one of the latest radiotherapies, Intensity Modulated Radiation Therapy (IMRT), where careful 3-dimensional precise external beams of radiation are shrinking the cancer in the prostate. Bill is named after his grandfather who was a pioneer in the medical specialty of urology in the last century. His grandfather knew about the prevalence of prostate cancer but in those days there was limited treatment options. He couldn't have dreamt how today's advanced multi-imaging and computer technology has enabled tumors to be shrunk without scalpel and OR, and without collateral damage to adjoining tissue. About 1 man in 6 will be diagnosed with prostate cancer during his lifetime. Early detection and better treatments have made outcomes incredibly successful. Because this is a topic that affects so many of us I thought I would reprint from <http://www.prostate-cancer.com> information about radiation therapy.

Radiotherapy and Prostate Cancer

There are three types of common radiotherapies used as prostate cancer treatments: the conventional electron beam radiation therapy (EBRT), and the newer 3-dimensional conformal radiation therapy (3D-CRT) and intensity modulated radiation (IMRT). Electron beam radiation therapy was the first external radiation

therapy used as a prostate cancer treatment. The type of particle used for these three therapies is called photons which have no charge and no significant mass. Photons are the same type of energy used in diagnostic x-rays.

3D-CRT is an advanced form of EBRT, and IMRT is an advanced form of 3D-CRT. The way radiation oncologists prepare their patients for the procedure therefore is similar. Patients receiving external radiation therapy usually receive treatments Monday through Fridays for 5 to 9 weeks depending on the doctor's prescription. Radiotherapy usually begins with a CT (computer tomography) scan of the prostate gland and the surrounding organs. The CT scan takes a 3D-picture of the prostate gland and the surrounding organs and a team of radiation physicists and dosimetrists plan a target area for the radiation beam. The target area conforms to the shape of the patient's prostate gland and, to ensure correct positioning, the patient will have his target area marked with permanent ink. The team will further use alignment lasers to direct the radiation beam. The patient, who is lying on his back, receives therapy from the linear accelerator which moves up, down, and around to hit the target area from different angles.

3-Dimensional Conformal Radiation Therapy

3-dimensional conformal radiation therapy introduces the use of a body immobilization device. Since positioning is everything for the radiation oncologist, an immobile patient's target area is much easier to hit than the target area of a patient who might sneeze or inadvertently change positions. The CT scan is performed on a computer with specialized software that takes detailed cross-sectional pictures of the patient's internal anatomy. The linear accelerator is then aimed precisely at each of the targeted areas in these pictures. The prostate gland therefore can receive a much stronger dose of radiation while the surrounding organs receive much less.

Intensity Modulated Radiation Beam Therapy

Intensity modulated radiation therapy takes 3D-CRT a step further. The intensity of the beam is modified so that much smaller beams of radiation are delivered from multiple angles at smaller intervals. A patient receives more beams of radiation, but since these beams are thinner, they are capable of hitting the target more precisely while not hitting the healthy tissue. IMRT is currently not as common in the United States as 3D-CRT, but is gaining popularity as a prostate cancer treatment.

Proton Beam Radiation Therapy

The technique of conformal proton beam radiation therapy is similar to that of 3D-conformal radiation therapy. The proton is a subatomic particle, not a wave like the photon. Protons deposit their energy into tissue only as they begin to slow down after being produced by the linear accelerator. A radiation oncologist can therefore determine to which speed to accelerate the protons resulting in maximum amount of energy being deposited into the prostate tumor. The proton can be aimed with extreme precision and is often used for delicate surgeries such as those involving the eye or spine. Conformal proton beam radiation therapy is the most expensive type of radiotherapy, and is usually used in conjunction with another type of EBRT.

How Radiotherapy Destroys Prostate Cancer

Patients who opt for radiotherapy as their prostate cancer will go to 5 times a week for 5 to 9 weeks depending on the doctor's prescription and the extent of the disease. Radiotherapy can be inconvenient, but exposing the cancerous cells to lowered doses of radiation damages their DNA by creating free radicals. Normal cells are able to quickly repair this damage before dividing but cancerous cells cannot. Since prostate cancer grows slowly, many weeks of therapy are necessary to continually damage the DNA that a cancerous cell may otherwise have time to repair.

Other News and Guests from Last Malibu Club Meeting

Malibu Club President **Chris Bauman** talked about the Rotary District Breakfast that he and McKade had gone to and the speaker Father Greg Boyle, author of “Tattoos of the Heart” and founder of Homeboy Industries. His group tries to get kids in East Los Angeles out of gangs and has a bakery and a tattoo removal facility. **Jack Corrodi** related his experience with the tattoo removal facility. He recounted the time a couple years ago when his twin teenage girls disappeared after meeting some boys on the beach. Because one of the girls had her mom’s (Kay’s) cell phone which had GPS capability the boys and girls were tracked down to a house in Pacoima. The guys were charged with kidnapping. The girls were unharmed except for the fact that one of them had the name of one of the guys “Alejandro” tattooed on her chest. Ultimately the tattoo was removed by the Father Boyle Homeboy tattoo removes. It would have been better if his name had been “Jose” or “Pepe” because it took several tattoo removing sessions to remove “Alejandro.”

Malibu Rotary Club Supports BioSand Filters in Ecuador

Malibu Rotary Club voted to send \$500 to the Rotary Club of Pontiac Michigan to help build and install BioSand Filters in Santo Domingo De Los Colorados, Ecuador. As was noted by Carol Cousineau, who, along with husband Ron brought the project to our attention, after installing the first BioSand filters in Ecuador (and pictured left), “That money would be matched



by the next District Grant, which we have been assured we will get. So, for instance \$500.00 would become \$750.00.

The filters and two 5 gallon safe water containers per unit, cost around \$60.00 each, so a donation of \$500.00 would provide 12 families of five or more with 20 gallons of water each day - enough for drinking, cooking, brushing teeth, bathing and washing clothes! The filters are expected to last at least 50 years without the need to add any expense except chlorine - available and inexpensive. That means each family will have more money to provide more nutritious food for their families, since they don't have to pay for propane to boil their water. It will mean more time to spend with their children, rather than boiling or foraging for firewood. With great improvement in the health of all the family members, fewer cases of diarrhea and stomach flu from bad water and parasites, the parents will better be able to hold down a

job and provide for their families, children will be able to attend school more days and have a better future.

We are excited about this project because we anticipate that this is just the beginning. All over Ecuador, there are families struggling to survive, with a high infant mortality rate, because of bad water. This successful project will be a shining example and model. Rotary is the perfect vehicle for getting the word out about BioSand and accomplishing the goal of providing safe drinking water for the world. **BioSand** is one of the four methods of purifying water recommended for Third World Countries by the World Health Organization. (We have researched the others. Since they provide only a small amount of water for drinking, are small and ceramic, so more susceptible to breakage or deterioration, or adding so much chlorine that the people won't drink it, the concrete BioSand is by far the best choice for all but mountainous areas, where a more expensive plastic version of BioSand is an alternative.)”

For a while it looked like the matching grant process was not going to happen. When Malibu Rotarian Bill Wishard visited Ecuador in March, 2010, he was able to meet with Ecuador Past District 4400 Governor, Juan Prinz, to get project back on track.

Calendar

Nov. 18 , (Thursday 6:00 p.m.) Malibu Rotarians in conjunctions with SOS (Standing On Stone) Sponsor, prepare, serve Thanksgiving Dinner for homeless at Webster School.

January 11th (Tuesday, evening) The Malibu Rotary Middle and High School Singing Competition will be held the evening of Tuesday, as a yet to be determined location.

More Calendar Next Page

Future Speakers at Malibu Rotary Club Meetings:

- **Nov 17 2010**
- **Jean-Marie Bontous**
"The Social Media"
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- **Dec 8 2010**
- **Otis Bradley**
"Building "Green""

Please see Malibu Rotary Club Website www.maliburotary.org for latest Calendar and future speakers