



The Award Winning
Malibu Rotary Club Surfwriter

November 14-21, 2012

Official Newsletter of the Rotary Club of Malibu

Malibu Rotary Club President William Wishard

Edited by Dr. John W. Elman

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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.rotary5280.org/
- Rotary District 5280 “Rotarians Doing Business With Rotarians” Website: <http://yp5280.org/>
- RI President (2012-2013) Sakuji Tanaka Rotary District 5280 Governor (2012-2012): Lewis Bertrand
- Assistant Governor for Malibu Rotary Club: Julie Jenkins (2012-13)

Nearly 300 Take Part in SOS Thanksgiving Meal Sponsored by Malibu Rotary Club



(by Jessica Davis,
Malibu Patch)

Dozens of volunteers served at least 300 homeless men and women a special Thanksgiving meal in the auditorium at Webster Elementary in Malibu.

Eighteen turkeys and lots of Thanksgiving trimmings were served on Thursday as part of the [Standing on Stone Community Outreach program](#) (SOS), which offers a weekly free meal at the school.

The volunteers from Malibu Rotary, [Our Lady](#)

[of Malibu](#), [Malibu Presbyterian Church](#) and [Pepperdine University](#) prepared the meals and helped serve them.

"This is the largest turnout we've had. What I love is the interaction of students with members of the community," said Chris Bauman, a member of Malibu Rotary who has attended the Thanksgiving meal for several years.

Maggie Luckerath, who is also a member of Malibu Rotary, helped organize and serve meals in the kitchen.



"I think we had more people than we expected. They were feeding people outside. There wasn't room to be seated inside in the auditorium," Luckerath said. "We had a wonderful work crew that is here in the kitchen still cleaning up." Lucy Nicolosi, a member of Malibu Presbyterian, said everyone contributed, giving special thanks to organizer Kay Glander.

"I think people were really feeling the love, feeling the joy. This time they were being served, they didn't wait in line. It was a great feeling," Nicolosi said.

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One man, who wished to withhold his name, said he took the bus from his camp the Pacific Palisades area to come to the meal, which he called "very good." SOS Malibu also works with nearly all of Malibu's homeless and runs the city's only [emergency](#)

[shelter](#). To date, the organization has helped 349 people transition off of Malibu's streets.

Maggie Luckerath forwarded this e-mail from SOS Program and Volunteer Coordinator Gary Darajian:
Friends,

SOS Thanksgiving was a great event, thanks largely to your coordination and support. Thank you for rallying your groups to provide not only a wonderful meal and other necessary donations, but a warm and inviting atmosphere in which many felt welcomed and loved. Being that our Thanksgiving dinner is the biggest night of the year for SOS, you helped make it one of the smoothest and easiest nights as well. Please pass this note of gratitude on to all who had a hand in helping.

Again, thank you so much!

--

Gary Darakjian

Program & Volunteer Coordinator

SOS Community Outreach

501-I S. Reino Rd. #286

Newbury Park, Calif. 91320

805-499-4279

sosmalibu.org

Other News from Last Malibu Rotary Club Meeting

From Hubert Luckerath (filling for Editor John who was in an ambulance on way to ER—see below)

We had a good meeting at the Rotary Club this morning and discussed a variety of things how to bring more life to the Club in the future. We will have to approach some of the members who do not show up at the meetings and ask "WHY" and perhaps, as Margo suggested, get one speaker a month who has to be outstanding. But we definitely want to stay independent.

In that regard, Chris will write up a new policy that describes "Dues" and how they will have to be paid etc. You will see the finished product at our next meeting.

The new policy will go in effect on January 1, 2013.

The Rotary Meeting I Didn't Get to By Malibu Rotary Club Editor John Elman

A funny thing happened to me on the way to the morning Malibu Rotary Club meeting on December 14. I knew construction workers would be arriving to finish re-piping our condominium and I remember hanging the clothes I would be wearing on the bathroom door and getting in the shower at about 7:00 a.m., trying not to be late for the Rotary meeting, and also getting out before the construction workers arrived—they might be shutting off the water. The next thing I remember is my wife talking to me from what seemed to be a long distance away, only she was standing right next to

me and seemed concerned about something. She was talking about somebody she just called and said they were on their way over while she was helping me get dressed. I seemed to have a little trouble doing the simple task of putting my pants on. In seconds I was in the living room, which was becoming crowded with people, construction workers in hard hats, uniformed paramedics. I thought the Village People were going to do a command performance in my living room. It was after 8:00 a.m. Where had the time gone? The paramedics told me to get on the gurney they had brought in and asked me simple questions like my name, birthday, and what day this was. I knew it was December 14th, but I had a feeling that I wasn't going to the Rotary meeting I had set out for this morning. This in itself was quite extraordinary because I hadn't missed a Rotary meeting in about 35 years. I listened as paramedics also interviewed my wife. She told them she was concerned that I had been in the shower so long, knowing that I didn't want to be late for the Rotary meeting. She said she saw me in the shower rocking back and forth and mumbling incoherently. It was almost like some kind of religious chanting. As she was recounting her observations I thought back to what I remembered about being in the shower. I felt like I had some out of body spiritual experience. When the paramedics told me to get on the gurney so they could take me to ER at Santa Monica-UCLA Hospital I reluctantly thought that maybe it was a good idea. There was indeed something strange going on about my behavior. Other than my confusion about what happened between getting in the shower and getting out, I felt normal. I had no headache, no pain anywhere, and if I hadn't been told to lay down on the gurney, I felt perfectly capable of walking, driving, or doing anything asked of me. But what happened to me between 7:00 a.m. and 8:00 a.m.? As I was trying to figure that out they took my blood pressure several times. Without telling me what the numbers were I could tell that they were concerned about the readings they had observed.

My wife grabbed my wallet, and specifically my health insurance care. I had never been in an ambulance before and didn't really feel sick. As the ambulance backed out of the driveway I could see the construction workers all looking and wondering what happened to the poor soul in the ambulance—a thought I often have seeing a poor soul in an ambulance. I could easily see out of the back window of the ambulance through my feet as we drove down PCH from Malibu to Santa Monica. I took out my cell phone, took pictures, and called Maggie at the Malibu Rotary meeting telling her why I wasn't there this morning.



My primary care physician is part of the UCLA Healthcare Network, and by the time we arrived at the Santa Monica ER, they told me that they had already contacted my primary care physician's office and found out that she was out of town, but would be returning the following week. I was expecting that they would be asking to see my insurance card, but they didn't. It was obvious to me that Santa Monica Hospital had computerized patient health records (something I had been advocating for year) and could see records from the UCLA affiliated Palisades Medical, where my medical records were, including insurance information.

The paramedics rolled me out of the ambulance and into the special door for arrivals Santa Monica ER. Everyone was friendly and efficient. I was hooked up to various monitors while all my vital signs were checked. Various nurses, 2 ER doctors, a neurologist, and a consulting radiologist, all were part of my care while at the ER. An MRI of my brain showed something I suspected—there was nothing there! My blood pressure when they brought me in was 188/90. Through the day there it was around 180/85. Normal blood pressure should be less than 120/80.

My symptoms indicated the diagnosis of TIA (Transient Ischemic Attack). From [eMedicine Health](#) on the internet you can read that:

The symptoms [of stroke](#) and TIA are the same and depend upon the particular region of the brain that is affected. But while a stroke is permanent, a TIA by definition resolves on its own.

- Neurologic deficits appear suddenly and can affect the ability to move or feel on one side of the body.
- Speech and vision can be affected.
- The affected person may experience confusion, difficulty saying words, or the inability to follow commands.

TIA's, like stroke, may have large, obvious neurologic defects like paralysis. However, the symptoms may also be subtle, such as numbness or burning of a limb, or clumsiness with the use of hand or while walking. I actually did not experience any of these.

If my wife hadn't observed me rocking and mumbling in the shower I may have not known I had a TIA, and later had a full blown stroke.

The TIA is a wake up call. I have been taking daily aspirin for years—for the purpose of warding off TIAs, strokes and heart attacks. Several years ago I had borderline hypertension, and to lower blood pressure was given a common medication Benazopril (Lotensin). At the time I developed a cough nearly every morning. The cough is a known side effect of various medications in the “pril” family. These are a class of medications called angiotensin-converting enzyme (ACE) inhibitors. I told my doctor at the time about the coughs, and we decided to see how my blood pressure would be without the med. The blood pressure seemed ok without meds, but I was supposed to monitor my blood pressure regularly just in case the hypertension returned. I monitored the blood pressure for a while, but then got lazy and stopped. That was a couple years ago.

As the ER doctor told me, in some ways the TIA is a good thing—it doesn't do any permanent harm but alerts you that something is wrong. He told me he recently had a TIA also. It wasn't because of hypertension but because he had a small hole in his heart. There are other causes of TIA too. One third of the people with TIA later have recurrent TIAs and one third have a stroke because of permanent nerve cell loss. I am now having a more extensive work up of my cardiovascular system. I am taking another hypertensive medication (Losartin-Hydrochlorothiazide) and monitoring my blood pressure morning and evening.

At this Thanksgiving time of year I have a lot to be thankful for.

Rotary District News

New Generations

The Rotary District 5280 high school Speech, Music, Art and Dance Competition will be held March 9 and prizes of \$1,000, \$500, and \$250 will be awarded in each category. Entries are due in by February. Members of Rotaract can win \$1500 at an Ethics Forum to be held at Loyola Marmount University March 29. RYLA camp will be held April 26-28 and the cost is \$190.00 per student. Typically the Rotary Club of Malibu has sponsored 2 students. The deadline for entrants is Dec 20.

Other Rotary District Events:

April 6th will be a Rotary Day of Service. Melody St John, President of the Hollywood Rotary Club, is heading up this event. She and Paul are again hosting a Rotary High School Exchange student. The student is from Germany and was able to converse with Malibu Rotarian Hubert Luckerath who had just returned from a month in Germany in time to attend the Rotary District Breakfast in Los Angeles.

The Rotary Global Peace Forum Conference will be held January 25th through 27th in Honolulu. Young adults are especially encouraged to attend, and Rotarians who can afford it are encouraged to sponsor young adults. Malibu Rotarian Barbara Riley is planning to attend.

Rotary District 5280 is having a Group Study Exchange (GSE) this year with Rotary District 2620 in Japan. The Rotary Foundation's Group Study Exchange (GSE) program is a unique cultural and vocational exchange opportunity for businesspeople and professionals between the ages of 25 and 40 who are in the early stages of their [careers](#). The program provides travel grants for teams to exchange visits in paired areas of different countries. For four to six weeks, team members experience the host country's culture and institutions, observe how their vocations are practiced abroad, develop personal and professional relationships, and exchange ideas.

Winston Fiore Completes His 10,000 Mile Smile Trek

Received the following e-mail from Marine Sgt Winston Fiore on 11/17/2012:

Hi everyone,

I completed smile trek's last 25 miles yesterday. It's been a rewarding 408 days and look forward to a safe return home.

I have a week's worth of presentations and Thanksgiving dinners in Singapore before flying back to Indiana. I intend on writing a blog post in the not-too-distant future ;)

Thank you again for all of the support you've shown over the last year or so, and happy Thanksgiving in advance!

Best,

--

Winston Fiore

Sgt/USMC

smiletrek.org

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 which he began in September. Before he left he explained " 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 was 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.

“Smile Trek has officially

surpassed its \$50,000 fundraising goal. That's 200 children who will be able to receive life-changing surgery, so a big thank you to all of you who helped make this possible!

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 Unive

Nov 21, 2012

[There will be no meeting--Enjoy Thanksgiving](#)

Nov 28, 2012

[Joan Benedict Steiger](#)

"The Love's of My Life--(Noon meeting at Tra di Noi Restaurant)"

Veteran actress of stage, screen, and television, writer, and inspiring romances with three devoted men--special reservation only lunch meeting at Tra di Noi restaurant with Joan Benedict Steiger will make this Malibu Rotary Club meeting one not to miss!

Dec 05, 2012

[Bill Wishard](#)

"Malibu Rotary Club Planning Assembly"

Dec 12, 2012

Holiday Party

"Holiday Party 6:00 p.m. at Kristys Wood Oven & Wine bar, 6506 Westward Beach Road(no morning meeting"

There will be no morning meeting of the Malibu Rotary Club on December 12th. Instead there will be a Holiday Dinner Party 6:00 p.m. at Kristys Wood Oven & Wine bar located at Malibu Country Inn, 6506 Westward Beach Road.

Dec 19, 2012



Livia Giordano

"Experiences as Rotary Ambassadorial Scholar Studying at Pepperdine in Malibu, CA USA"

We met Livia Giordano this past July when she first came to Malibu as Rotary Ambassadorial Scholar newly arrived from Zurich Switzerland just before she was about to start her classes at the Strauss Institute for Dispute Resolution. At the December 19th Malibu Rotary Club meeting she will report on how her first half year in the United States.