



The Award Winning

Malibu Rotary Club Surfwriter

November 18, 2015

Official Newsletter of the Rotary Club of Malibu
Malibu Rotary Club President David Zielski

Edited by Dr. John W. Elman

Pictures by Dr. John W. Elman, 2020visionquest.org and Jeff Runyan

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

- **Last week: Jeff Runyan Shows and Talks about “Kilimanjaro, Fear, and Rotary”**
- **There will be no Malibu Rotary Club meeting Thanksgiving Week— We wish everyone a Happy Thanksgiving—Those who want and can do it are invited to participate in the Malibu United Methodist Church/Malibu Jewish Center Thanksgiving Dinner at MUMC Thanksgiving Day (contact Diane Matecha dianemalecha@gmail.com for details)**
- **Next Regular Malibu Rotary Club Meeting December 2 in Pepperdine University Malibu Upper Drescher Graduate Campus LC 152 with fellowship at 11:30 a.m and meeting starting at 12:00 noon. Program will be the reincarnation of Teddy Roosevelt. Theodore Roosevelt was a soldier and statesman, explorer and scientist, historian and author. Our youngest president, he personified a vigorous nation**

on the cusp of the American Century. Teddy Roosevelt stories entertain and inspire today.

- **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 (2015-2016) K.R. Ravindran**
 - **Rotary District 5280 Governor (2015-2016): D.J. Sung**

Jeff Runyan Shows and Talks about “Kilimanjaro, Fear, and Rotary”



Jeff Runyan is Managing Member, Runyan Capital Advisors, an affiliate of Wedbush Securities Inc in Beverly Hills. He celebrated his 40th birthday with 4 long time friends climbing Mount Kilimanjaro in Tanzania, in east Africa. He presented a slide show of his adventure at the Malibu Rotary November 18, 2015.

One of Jeff's best long time friends is Shannon Horn, who besides being CEO of First Response Fire Rescue, which makes the fire retardant that helicopters and planes drop on wild fires, is the Executive Director of Premier Sports Center in Post Falls ID. Instead of taking vacations that his wife may have preferred, like going on a cruise or going to a resort in Mexico, Shannon challenges Jeff to get out of his comfort zone and to go on a birthday adventure that would tax his physical strength and endurance, conquer his fear of the wild. He gave Jeff two choices on how they would spend their vacation. Either they would go to Antarctica or go to Africa and climb Mount Kilimanjaro. To Jeff, given Shannon's choices of ideal places to test themselves Kilimanjaro was preferred, and so they made plans for their guided ascent for October 2014.

Kilimanjaro is the highest mountain in Africa, and rises approximately 4,877 metres (16,001 ft) from its base to 5,895 metres (19,341 ft) above sea level.

Kilimanjaro sits on the northern border of Tanzania, overlooking Kenya, and just over 200 miles south of the Equator. The area is not particularly mountainous; indeed, the nearest mountain to Kilimanjaro is Mount Meru, over 60km away to the south-west.

The first recorded ascent to the summit of the mountain was by [Hans Meyer](#) and [Ludwig Purtscheller](#) in 1889.

All the main routes up the mountain are really just walking routes so you don't need to be a mountaineer. Indeed, there are a couple of people who've climbed up the mountain in wheelchairs, so the ability to walk isn't even a pre-requisite.

In 1991 the park authorities made it compulsory for all climbers to sign up with an agency. They in turn will provide the climbers with a crew (consisting of a guide and his assistants, a cook and several porters). For the 5 people who were in Jeff's party there were 24 porters and support people who accompanied them.

The minimum legal age for climbing Kilimanjaro is ten although younger people have known to do it. There is no upper age limit and currently the record for the oldest man and oldest woman to climb Kili is held by the same couple, Martin and Esther Kafer, from Vancouver, who have been married since 1953 and who reached the summit in September 2012 aged 85 and 84 respectively.

At the time Jeff was thinking about this trip was worry about an Ebola epidemic in Africa. There are other potential dangers in addition. There are a few deaths on Kilimanjaro every year with acute mountain sickness (AMS) and heart attacks the main causes. Very occasionally there are freak accidents too, such as lightning strikes and rockfalls. Jeff insists he always tries to minimize his risk in whatever he does, but he signed up to do the climb.

On the way to the lodge at the base of the mountain while Jeff was still wondering what he had gotten himself into he saw a sign that comforted him and made feel at home—it was Rotary wheel—on the building of a project sponsored by the Rotary Foundation.

A bus dropped them off at a lodge at the base of the mountain, which was attached to a school. It turns out that the school was supported by the profits from the lodge.

To climb Kilimanjaro means you will be going through all types of terrain and weather conditions, from desert, to tropical jungle, to sub zero cold winter conditions, depending in the elevation of the ascent.

The secret to staying warm is to wear lots of layers. Not only does this actually make you warmer than if you just had one single, thick layer – the air trapped between the layers heats up and acts as insulation – but it also means you can peel off the layers one by one when you get too warm, and put them on again one by one when the temperatures drop. Jeff said he had special thermal underwear and sleeping bag.

Briefing before 9 day climb to summit Kilimanjaro



The fastest ascent-descent has been recorded by the Swiss-Ecuadorian mountain guide [Karl Egloff](#) (born 16 March 1981 in [Quito](#)), who ran to the top and back in 6 hours and 42 minutes on 13 August 2014.

Jeff's group took the leisurely pace of 9 days. Because it has often been the quick ascent into rarefied air that has caused people to become ill on the climb the group would climb higher than the next camp, and then walk back down to the camp they had just passed, to acclimate themselves to the condition of the higher level.

One of the marvels of a trek on Kilimanjaro is the skill with which the cooks are able to conjure up tasty and nutritious food despite little in the way of equipment and ingredients. Every evening there was hot soup, which always had salt, which helps from getting dehydrated.

Approaching Kilimanjaro





Kilimanjaro was formed from 3 volcanoes. Kibo, the highest; Mawenzi at 5,149 metres (16,893 ft);¹ and Shira, the shortest at 4,005 metres (13,140 ft).¹ Mawenzi and Shira are **extinct**, while Kibo is **dormant** and could erupt again. Uhuru Peak is the highest summit on Kibo's crater rim. In the picture above one can see the volcanic rock in the foreground and glacier in the background.

The day before the ascent to the Uhuru peak the guide told Jeff's group to stop and try to sleep at 1:00 p.m. so they would be well rested for final ascent, which will begin at midnight. They started out at midnight to reach the peak in the middle of the next day.

Once they reached the summit they didn't stay long—about 15 or 20 minutes. It was long enough for a photo op. That is Jeff in the picture below wearing the yellow parka and standing beneath the sign

**“ MOUNT KIIMANJARO
-CONGRATULATIONS
YOU ARE NOW AT
UHURU PEAK TANZANIA 5895M/19344f ANSI
AFRICA'S HIGHEST POINT
WORLD'S HIGHEST FREE STATDING MOUNTAIN**



Other News and Guests at Last Malibu Rotary Club meeting

Malibu Rotary Club President David Zielski had returned from his latest trip to Uganda for Raincatchers. Dave said that he was fine when he was there but became ill when he returned home to Malibu. He was ok the day of the meeting, and introduced the speaker **Jeff Runyon** whom he had originally met at the Beverly Hills Rotary Club.

Several Malibu Rotarians as well as guest **Jack Scherer** attended the Rotary Foundation Dinner at the Santa Monica Loewe's Hotel. Jack was able to meet Cozette and other Rotary District officials who are anxious to have Jack become part of the new "Young Professional Rotarians" program. The "Taste of Malibu" basket was auctioned off at the dinner for over \$400, and Bill Wishard sold all the remaining Rotary Special Olympics t-shirts at the auction to one person, who let Bill keep half of them, so he might be able to sell them again.

Kudos were given to **Mark Persson** for the superb job he and the Malibu Chamber had done in staging the annual Malibu Veteran's Day event the previous week. Malibu Rotary had a table there where bottled water was giving out. Although Rotary did not charge for the water, Bianca Torrence was collecting donations for Rotary at the table and was able to contribute \$70.00 to the "Happy Dollars." Rotary charities bag from collections at the Veterans Day event.

The Malibu Rotary Club Holiday Dinner scheduled for December 9th still does not have a verified venue. Several people working checking local restaurants and an e-mail will be sent to members (and posted on Maliburotary.org) as soon as the holiday party dinner is verified.

Although SOS is not having a Thanksgiving Dinner for homeless event this year (something that Malibu Rotarians have participated in for many years) there is a Thanksgiving Dinner that Malibu Rotarians are invited to participate in sponsored by Malibu United Methodist Church and Malibu Jewish Center Thanksgiving Dinner at MUMC on Thanksgiving Day (contact Diane Matecha dianemalecha@gmail.com for details).

Guests

Jeff Runyan who was our speaker and is a member of the Rotary Club of Beverly Hills, was responsible for bringing at least one guest to the meeting, **Steve Talb**, who is also a member of the Beverly Hills Rotary Club. Steve wanted to hear about Jeff's Kilimanjaro experience. Another guest at the meeting, besides the aforementioned **Jack Scherer**, was **Michael Omari**, who is in the water filter business. He may be doing a future presentation at our club. **Tom Bos**,

Past Rotary District Governor from Holland Michigan, was at the Malibu Rotary Club meeting as well as at the Malibu Rotary club table at the Rotary Foundation Dinner.

Malibu Rotary Club Supports RainCatcher

David Zielski, Executive Director of Raincatcher makes regular trips to Uganda and Kenya to 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-RLo&list=UUFetq8NgjhXhtkVf0idcQUg>

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

Filter records:

Speaker	Date	Topic
NO MEETING	Nov 25, 2015	
Teddy Roosevelt	Dec 02, 2015	Teddy Roosevelt Theodore Roosevelt was a soldier and statesman. He personified a vigorous nation on the cusp of greatness. At meetings, luncheons, and banquets, Joe Wiegand's one man theater performance, Joe Wiegand's
HOLIDAY PARTY	Dec 09, 2015	Evening Holiday Party--No Regular meeting
Jack Sherrer	Dec 16,	Turning a short term weakness into a long term growth

Speaker	<u>Date</u>	Topic
	2015	
NO MEETING --HAPPY HOLIDAY	Dec 23, 2015	
NO MEETING	Dec 30, 2015	
Page Jones	Jan 06, 2016	"Godspeed" Documentary Movie About Page Jones Re
Wynne Ritch	Jan 13, 2016	My Experience in Vietnam Wynne Ritch is a member of the Greater Van District , club events". Wynne's unique experi program of the Jan 13 meeting of the Malibu meeting will give in an introduction of us future
Rotary Peace Conference	Jan 15, 2016	Rotary Peace Conference in Ontario, CA Jan 15-16
Malibu Middle and High School Singers	Jan 20, 2016	Annual Malibu Rotary Club Middle and High School Sing
Rotary District Hunanitarian Trip tp Panama	Jan 27, 2016	Rotary District Hunanitarian Trip tp Panama Jann 27-Fe
Don Rudkin	Jan 27, 2016	Pepperdine's New Masters of Science in Accounting
David Zielski	Feb 03, 2016	Club Assembly -- 6 month Rotary Year Review David Zielski and Malibu Rotary Club leadership review
Deanell Reece Tacha, Dean Pepperdine School of Law	Feb 10, 2016	Latest News From the Pepperdine Law School Dean Tacha is the Duane and Kelly Roberts Dea Court of Appeals for the Tenth Circuit where she 2007. Dean Tacha earned her bachelor of arts de Ann Arbor in 1971. She was a White House Fellow

Speaker	<u>Date</u>	Topic
		<p>She returned to the University of Kansas where s 1977-1985. She served as associate dean from 1 for Academic Affairs between 1981-1985. In 1992, to the university and received its most prestigious the Year" by the Native Sons and Daughters of Ka</p>
Rotary District Breakfast #3	Feb 11, 2016	Rotary District Breakfast #3 at Westin LAX Hotel, 5400
Rotary District Breakfast #4	Apr 05, 2016	Rotary District Breakfast #4 at Westin LAX Hotel, 5400
David Zielski	Apr 13, 2016	<p>Malibu Rotary Club Assembly--Open Discussion to Bring This wil be a club assembly to provide and opportunity completion.</p>

- See more at: <http://portal.clubrunner.ca/2529/Speakers#sthash.FxK4gCSS.dpuf>