



The Award Winning

## Malibu Rotary Club Surfwriter

October 29, 2014

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

Edited by Dr. John W. Elman

Pictures by Dr. John W. Elman and Malibu Times

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

- **Next Week: Next Malibu Rotary Club Meeting is in room LC 152 at Pepperdine University Drescher Graduate campus with meeting starting at 11:30 a.m. Speaker will be Pepperdine Professor Darlene Rivas, whose specialty is International Relations. She will be the second in our Speakers series of affects of the Vietnam War as she presents overview of American Involvement that war.**
- **Last week: Speaker Floyd “Shad” Meshad, Founder and President of National Veterans Foundation Explains the Need for an Organization for Veterans That Does What The Veterans Administration Fails to do**
- **Malibu Rotary Club’s Halloween Fund Raiser on October 24<sup>th</sup> is a Ghoulish Success!**
- **Malibu Rotary Club Supports RainCatcher.**
- Check [Calendar](#) on Malibu Rotary website [www.maliburotary.org](http://www.maliburotary.org)

- **Rotary International Website:** [www.Rotary.org](http://www.Rotary.org)
- **Rotary District 5280 Website:** [www.rotary5280.org/](http://www.rotary5280.org/)
- **RI President (2014-2015) Gary CK Huang**
- **Rotary District 5280 Governor (2014-2015): Elsa Gilham**
  - **Assistant Governor for Malibu Rotary Club: Neil Godsey (2014-15)**

**Floyd “Shad” Meshad, Founder and President of National Veterans Foundation Explains the Need for an Organization for Veterans That Does What The Veterans Administration Fails to do**



In the first of a four part series the Malibu Rotary Club is presenting on the still lingering after effects of the war Americans call the Vietnam War, and the Vietnamese call the American War, the speaker was Floyd “Shad” Meshad, Founder and President of the National Veterans Foundation, an advocate for the soldiers who came back to a country they could not relate to, and which could not relate to them. NVF tries to bridge the gap between veterans’ reality and non-veterans reality. Shad told us about armed underground camps in our own neighborhood—yes, in Corral Canyon—that most of us never knew existed—and if we did know we probably wouldn’t live to talk about it.

After earning his Masters degree in Psychiatric Social

Work from Florida State University in 1968, Shad went on active duty in 1969 as a Captain in the U.S. Army. In 1970, he served one tour as a Social Work/Psychology Officer for I and II Corps in the Republic of South Vietnam.

Upon his return to the states, Shad continued his dedication to American veterans by starting the Vietnam Veterans Re-Socialization Unit at the Brentwood, CA VA Hospital in 1971. He spent eight years working with Vietnam veterans and their severe readjustment problems in the Los Angeles area. Shad was one of the pioneers in the study of the disorder known as Post-Traumatic Stress Disorder, or PTSD.

In the past 27 years, Shad has received many service awards and recognitions for his work. He authored a book about his year in Vietnam, *Captain for Dark Mornings*, which, highly acclaimed, is in its second printing. Shad has made appearances on many major television networks and cable news talk shows, including 60 Minutes, 20/20, Dateline, Nightline, and CNN News. Shad continues to consult, train, and counsel nationally and internationally.

Both mental and physical trauma affects the brain. The sound of a bomb going off near you can cause a concussion, as much as an actual physical blow to the head can. Shad told us that after having been in a war zone, the sights, sounds, and smells of that horrific experience never leaves you. Veterans of war always have that with them, and many of them can only relate to others who have shared the experience. Some don't trust anyone who hasn't shared that experience.

Shad brought with him a colleague from National Veterans Foundation, Gerald Hillard, a war Vet and NVF Resource Assistant, who video recorded the Malibu Rotary Club presentation.

One of the most widely seen, and most awakening, of Shad Meshad's revelations and examples of the extent of PTSD in returning Vietnam war veterans was presented on the June 2, 1988 CBS *60 Minutes* TV show titled "The Wall Within" with news correspondent Dan Rather interviewing Shad Meshad and selected veterans suffering PTSD. A link the full transcript of that show is: <http://www.freerepublic.com/focus/f-news/1249241/replies?c=1>

I have copied some selected transcriptions from the show:

Dan Rather (narration). Twenty years ago the United States military trained young Americans for combat operations in Vietnam. Since then a number of these men, haunted by their deeds, became seriously ill. He asked us to call him only Steve.

Steve: I think I was one of the highest trained, underpaid, 18 cent an hour assassins ever put together by a team of people who knew exactly what they were looking for. And who used to the maximum. And then dumped it back on society to take care of.

Guy Iredale: In Vietnam I saw and did the most violent, cruel things. After a while you get where, uh, it's almost a rush, it's almost a high, uh, to be hurting people over there like that. Then you come home and you're told stop. No more.

Narration. Washington state has more Vietnam veterans than could be statistically expected ... About 200,000. A number came here because they wanted to live in isolation ... Hidden in the wilderness. We came to find them -- sufferers of a psychological disease called post traumatic stress disorder --PTSD. In one degree or another, this illness affects perhaps a million Vietnam veterans. One of the results of the illness can be suicide.

Mike Rice. During the second marriage, things got bad, and I had my pistol, and I, I picked it up, and it was always loaded. Always loaded. I picked that thing up and I put that right up here and I go, and I thought, just for that second, I thought of my two boys, and the more I thought about them, I couldn't do it.

Narration. There have been between 26,000 and 100,000 suicides, depending on what reputable source you believe. In Vietnam, some 58,000 men were killed. The men who told us their stories all have symptoms of ptsd -- a disorder, which, fourteen years after the war, still affects about a third of the veterans.

John pathologically distrusts society.

John Michaelson. I ain't coming down off that hill. And there ain't nobody coming up there, you know. If I said that down there at the Spokane mental health, where, where my boy's been worked with, I'd never get him back. (cough) I'd never get him back. Well, no wonder this kid's violent in school and packs a knife and sleeps with a knife under, his old man's crazy, you know, got the ... One of the guys at work asked me if I had the Vietnam crazy syndrome. I had to walk off. I'd a killed that sucker.

Narration. These men say they are patriots who love their land, their country. When they came back they were outcasts. Broken spirits learning to heal themselves from the wounds of war. The Vietnam conflict was unlike any other American war -- so their illness is different from that suffered by other veterans. Recently, the Vietnam veteran has become recognized and now the tributes have begun. For some, it may be too little, too late.

Dan Rather (on camera). Well, what happened to flag, country, duty, honor?

George Greul. No matter how you tried to hold those values, it was compromised. Totally compromised at times.

Rather. When they have Veterans Day parades do you go?

Terry Bradley. No.

Rather. Take part in them?

Bradley. I'm afraid to go to people because I been institutionalized all these years. See, I, if I go to the community now ... Nah. If this is the way these people have to be, these humans have to be in America, they can, I should, I guess I lost the country I fought for, I just, I don't want them to have my stress and my burden so I, I'll stay up here and hide.

Narration. They came out of hiding to talk to us, and talking sometimes takes more bravery than fighting. After the killing stopped the illnesses surfaced. PTSD is a syndrome that ranges from nightmares to suicide. This illness is not confined to the state of Washington; it's all over America. We tell you a story of hidden illness; perhaps your own story of the wall within.

Shad showed Rather a camp in Malibu. Shad was only let into the camp because he was a Vietnam Vet. It had been covered with camouflage, protected with barbed wire and an arsenal of weapons. Shad had to swear to "General" at the camp he would not talk about it for 10 years.

(camp -- Dan and Shad walking.)

Shad sync. This is it \*\*\*

Narr. Treatment began here, in the hills of Malibu, California. His name is Shad Meshad, and he took us to a place where twenty years ago he found a group of veterans sick with PTSD. They mistrusted society, their government, and especially the Veterans Administration.

They hid out here, and rebuilt Vietnam. Guard posts \*\*\* barbed wire.

As they gazed out over this, they could -- imagine that they were back in Vietnam.

Shad sync. Oh, exactly. (under) I was in I-corps most of my tour. This is I-corps.

Narr. Meshad, both a veteran and a therapist, tried to help. At the time the only thing he could do was to get them to talk it out. Talking might keep them from self-destruction.

Shad sync. One guy, one guy was just bashing his head and his hands, he was all bloodied, and he was just trying to kill himself and he wanted to do it manly; he wasn't gonna cut his wrists or whatever. He just wanted to go out violently.

(vet center.)

Narr. Twenty years later this is the result of Meshad's work. Small storefront meeting places throughout the country called vet centers. Congress insisted that the reluctant veterans administration get out of Washington and do something local and innovative. Give them places to talk it out \*\*\* outside of v.a. hospitals.

Terry sync. I came out and they threw me out of the army. They tore off my stripes, tore off my medals, and branded me to be a nut.

Anderson sync. I was drinking a lot \*\*\* I was, jumping on my wife all the time, jumping on my kids all the time.

Narr. Their symptoms range from violence to suicide.

Vet sync. I don't think there's a man here, including myself, that ain't thought about snuffin' it.

Michaelson sync. I'm in there all by myself; except right here. This is the only place where I'm not by myself. And I don't know if anybody else feels that way or not \*\*\*

Narr. This group counseling has been wildly successful.

Michaelson sync. Hang in there, doc. Hang in there.

Narr. There are 189 centers in all. In eight years more than half-a-million vets have come in for help.

(Steve in mall.)

Steve has just found a vet center. He's poised, well-educated -- but hear him well. Part of his mind is still patrolling vietnam.

Steve vo. I don't want to be around a lot of strangers. I go to a shopping mall, and it's make a beeline in, hit the store, get what you want, and get out. You have to look in every eye that goes by you, and you have to scan the entire environment, from left to right, up and down.

(Steven driving home.)

Narr. He's excessively alert, always on guard. To the casual eye, he looks like the ideal american veteran. Good neighbor, family man. But for 20 years he brought his rage and anger home each night. He won't talk about his first marriage. His second was in trouble until he found the vet center. Now things are better at home.

(comes home, kisses daughter.)

Steve vo. And i wish that there had been someone, anyone, that could have done something to help me a long time ago. I wouldn't have hurt myself, and I wouldn't have hurt the ones that are around me as much as I have.

(trw board meeting.)

Narr. At work, Steven's a success -- always in control. He suppresses thoughts about the day an enemy rocket blew up his firebase. That trauma left him with PTSD

(steven walks down hallway and office stairs.)

Steve vo. I remember looking at the pile of men that had been alive an hour before and were dead now. \*\*\* i was one of the couple of guys that picked them up and put them on the MediVac choppers as they went out ... You know, parts of the bodies were coming off in my hands, and it was really very \*\*\* but I know I went numb. I was just totally numb. And I felt aged when I came back. I knew I was only 20 that day, but I might as well have been 80.

(computer room.)

Narr. There are professionals all over America like steve. They're suffering from delayed stress. They don't know what's wrong with them. That includes doctors, lawyers, bankers, literate people who surprisingly have never heard of the disorder. Steve's upset that he learned about himself so late. He blames the v.a. for failing to spread the word.

(steven driving.)

Steve vo. I resent it. I had no idea that there was anything called PTSD. I didn't hear anything about it on the radio, newspaper, TV.

(night -- Caspar driving.)

Narr. You can have untreated PTSD and live in suburbia. But it's more likely you'll be living in the streets. One out of three homeless men is a Vietnam veteran. One-third of the men without shelter served their country in wartime.

Caspar vo. When I came back from the 'nam, I had quite a habit. Johnny come marching home again hurrah, hurrah. Only thing, the gun I was carrying when i came back was a

little syringe.

Narr, Caspar's home is his car. He stopped using heroin, but he shows other PTSD symptoms: a wandering lifestyle, nightmares, isolation

Shad told us there are pockets of camps across the country like the one he found in Malibu. He started the National Veterans Foundation in 1985 when he realized that most Veterans distrusted the Veterans Administration—that the VA was obsolete and there needed to be an organization that was able to communicate better and be trusted by U.S. war veterans.

Now 13% of the U.S. Military is made up of women. There are 26,000 reported sexual assaults per year in the military. There are 22 suicide per day.

The National Veterans Foundation is a non-profit organization that provides information and referral services for Veterans and their families. They currently only provide those services Monday through Friday, but would like to be available 24-7 and encourages donations to expand capabilities. Toll-Free telephone is 1-888-777-4443. Their local phone number is 310-642-0255. Their website is [www.nvf.org](http://www.nvf.org).

## **Other News and Guests at Last Malibu Rotary Club Meeting**

### **Happy Dollars**

There were Happy Dollars by Bill, Carlye and Maggie related to the Halloween party.

### **Rotary Minute**

Bob Syversten's Rotary history minute had to do with women in Rotary. Women were not allowed to be Rotarians in July 1, 1987. In 1923 there was a women's Rotary auxiliary association called the Inner Wheel.

### **Guests**

In addition to regular guest **Annalisa Averill**, the Pepperdine student who headed up the group of Pepperdine volunteers at the previous week's Malibu Rotary Club Halloween fund raiser there were several people at the October 29<sup>th</sup> meeting to see and or help speaker **Shad Mashad**. These included **Gerald Hillard**, National Veterans Foundation Resource Assistant; **Leslie Bisno**, Institutional Advancement Consultant FIRSST, Basecamp Foundation USA in Santa Barbara, and **Mary Leonard**, a filmmaker who is documenting the story of Paige Jones recovery from Traumatic Brain Injury in the movie *Godspeed!*(a registered 501(c) (3) (see promo at [www.godspeedpj.com](http://www.godspeedpj.com))).

## Malibu Rotary Club's Halloween Fund Raiser on October 24<sup>th</sup> is a Ghoulish Success!



Rotary Club of Malibu Halloween - photo from The Malibu Times — with Cathleen Lewis, Margo Neal, Livia Giordano, David Baird, William Wishard, Lydia Rink Graham, Denise Peak, Griselda Espinoza, Kimberly Russell, Robert Hayman, Jennifer Grossman, Bianca Torrence, Leslie Vaccarello Bauman, Peter Formosa, Joe Evans, John W Elman, Lee Ann Stevens Elman, Jennifer Grossman, Shannon Latson, Diane Peterson, Maddy Evans and Patrick Brand.



Above: Rex and Friends at the October 24, 2014 Malibu Rotary Halloween Fundraiser Party

The exact total is not in, but it is estimated that the net receipts for the October 24<sup>th</sup> event is over \$5,000. Event Chair Maggie Luckerath filed the following story:

### Thank you from Maggie at Malibu Rotary

This is a letter to thank the community who contributed to the success of the Malibu Rotary Halloween Fundraiser on October 24th at the Malibu West Beach Club. Proceeds from this fundraiser will benefit "Rex and Friends" - Autism, Malibu Surf Team and Malibu Youth Football program.

Special acknowledgement to our young volunteers from Pepperdine and especially to Annalisa Averill for her coordination.

I would like to give a shout out to Tara Buran of Malibu West for being my top promoter of ticket sales and to Linda Zielski for recruiting families of the Malibu Surf team and for her help in collecting their checks also.

Special thanks to Martha Templeton, who is such a hard worker and one person I can always rely on to give me a helping hand. Sondra Valdez, from the Artific Tree was another excellent pair of hands helping at the event. Diane Peterson, my good friend and supporter who I know is so very dependable and willing to help when needed and adds her special flair. Many, many thanks to Pam Temmen (who I call

my Time Warner friend) for her many hours of professional work behind the scenes on the Silent Auction as well as manning the Silent Auction tables the night of the event. Pam, always goes well beyond the call of duty on whatever she handles.

Thanks to the generosity of Carlos from Trancas Nursery for his donation of the straw bales, pumpkins and gourds and making the delivery. What would we do without such good neighbors!

Without the following donors we would not have had such a great Silent Auction: Danny Klein, Nati from nati clothing at Trancas, Craig Clunies-Ross from Drill Surf and Skate, Laura Burdge of Malibu Beach House, Greg and Kristy of Kristy's, Saddle Peak Lodge, Chipotle, Yvonne Gelbman, Barbara and Rick Springfield, Josh from Duke's, Sean McCaffrey and Joe at Spruzzo's, Scott from Malibu Film Society, Cathleen and Rex Lewis, Marie Therese Retourne, Antari at Trancas Starbucks, Fred Cornett, Rex Levy, Claudia, Andi, Rick and Julia at Malibu Playhouse, Veera at Malibu Chronicle, Bill Wishard, Dr. Alan Pfeiffer, Dr. Taber Chinn of Malibu Health Center, James Pearse, Ruth and David Gomez of Gomez Vineyards, Casa Escobar at the Malibu Inn, and last on my list but not the least, Dr. Anthony and Renee Virella.

What would we have done without our generous sponsors: Lisa Semler from Malibu Family Wines; Ashleigh and Chris at Malibu Surfside News; Lilianna at Anheuser-Busch, Inc.; Eric, Mary and Executive Chef Bruce at Vintage Grocers; Karen, Arnold and Melissa at The Malibu Times.

With pleasure I want to acknowledge our contributors and my good friends Denise and Robert Hayman, Margaret Rifenburg, John and Sal from Malibu Kiwanis Club, Patt Healy, Diane and Hans Laetz, and last but not least Cynthia from Pavilions.

To Chris from Malibu Surfside News and Devon from Malibu Times, I say you both took some real great photos. I thank your newspapers for the publicity given the Malibu Rotary Club in their issues last week.

All the others I would like to acknowledge with appreciation are too numerous to mention - you know who you are - and have my heartfelt thanks for making this event the memorable night it was.

I admire the talent of the "Rex and Friends" group from Performing Arts Studio West - you are a wonderful group and everyone was so amazed at your performance.

Cathleen and Rex, you are one of my biggest inspirations in life!

Maggie Luckerath  
Chairperson  
Malibu Rotary Halloween Fundraiser 2014

## **Malibu Rotary Club Supports RainCatcher**

### **Malibu Rotary—Home Club of RainCatcher Executive Director David Zielski**

Every 21 seconds, a child dies from a water-related illness. Women and children spend 200 million hours a day collecting water.

There are over a billion people who do not have access to clean drinking water. RainCatcher is efficiently doing something to try to reduce that number. They get low cost, low maintenance

and sustainable water systems to Uganda and Kenya so women and children have a safe and close water source.

Besides the obvious health benefits, providing a local and safe water source multiple other social, economical, and educational benefits also accrue. There can be an increased girls' school attendance, level of education and literacy rates, as they no longer need to miss school to secure water for their families and have adequate and separate sanitation facilities.

There can also be reduced physical injury from constant lifting and carrying heavy loads of water, reduced risk of rape, sexual assault, and increased safety as women and girls do not have to go to remote and dangerous places to defecate or to fetch water during the night.

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. The latest video showing what David and the Raincatcher people are doing 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>

After viewing this RainCatcher video on YouTube look at some of the others. This is a project that all of the Rotary world should be participating in. Malibu Rotary Club is proud to take a lead in this endeavor.

### **Upcoming Speakers** (yet to be confirmed)

Bella Communities Director Khoi Pham (who was on the last helicopter out of Saigon)

Dana Sherman of the Fleet Street Bike Project

Dan Wise on history of the 25,000 acres from Marina Del Rey to PV Peninsula to Western Ave

## Calendar (for details on these programs see [maliburotary.org](http://maliburotary.org))

**Professor Darlene Rivas Nov 05, 2014**

Overview of American involvement in Viet Nam.

Darlene Rivas is a professor of history with a specialty in international relations. She is widely known for her expertise in the diplomatic history of the United States, having published widely in matters relating to South America and Nelson Rockefeller.

**Sean Mcaffery Nov 12, 2014 (tentative)**

Camps and tutoring program for homeless and low-income children

He will be speaking about non-profit for homeless and at-risk youth and also inviting everyone to volunteer Thanksgiving Day at the House of Blues on Sunset.

[www.childrenslifesaving.org](http://www.childrenslifesaving.org)

[sean@childrenslifesaving.org](mailto:sean@childrenslifesaving.org)

There will be no Rotary meeting on November 19 or November 26

**Rick Mendoza Dec 03, 2014**

Rick's Underwater Images -- A slide show you won't want to miss

**Richard "Rick" Mendoza, PDG**

Rick joined Rotary in 1986 - was club president in 1993-1994. And he served as **District Governor in 2002-2003** –

In 2009 he was recognized with Rotary International's highest award the **"Service Above Self"** award.

In 2012 he was recognized with The Rotary Foundation's highest award, the "*Distinguished Service Award*".

He served a three year term as the District Rotary Foundation Chair for D-5280. And, he is currently serving Zone 26 as the Assistant Regional Rotary Foundation Coordinator in 2013-2015.

In 1973, as a hobby, he became a Los Angeles County Certified Under Water SCUBA instructor - and was cross certified with NAUI and PADI. He taught SCUBA for 4 years certifying 200+ students.

His passion for photography is recognized throughout the District, Zone and Rotary International. At this meeting Rick will show some of the images he has captured with underwater camera.

Evening Dinner Holiday Party Dec 10, 2014 (location to be determined)

Dec 17 will by Budget Meeting Club Assembly