



The Award Winning

Malibu Rotary Club Surfwriter

September 2, 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

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

- **Last Week Irene Bettler Talks about Kyäni line of Superfood Health products**
- **Next Regular Malibu Rotary Club Meeting August 26 in Pepperdine University Malibu Upper Drescher Graduate Campus LC 152 with fellowship at 11:30 a.m and meeting starting at 12:00 noon. Speaker will be J. T Waring regarding Rotary and Other Current Developments in "The Republic of the Union of Myanmar"**
- **Other News and Guests from last Malibu Rotary Club meeting**
- **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**

Irene Bettler Talks about Kyani line of Superfood Health Products



Irene Bettler talked about the Kyäni line of products at the Malibu Rotary Club meeting on September 2, and as an example of their effectiveness she brought with her Malibu's barefoot marathon runner, Alberto Perusset, who will be running in his 100th Marathon on September 13th at the Ventura Marathon. Alberto says that since he has been using the Kyäni products is has improved his stamina and has enabled him to shave at least an hour off his marathon running time.

Irene Bettler was born in Switzerland and lived in France before getting married and moving to New York. In her early years she was considering a career in medicine but after she got married and had a child she did not have time to go back to school and had a career in business. She never lost her interest in health and medicine and recently when she was feeling fatigued someone told her about Kyäni.

The word "*Kyani*" is a Native Alaskan word meaning "Strong Medicine". **Kyani** is comprised of 3 nutritional products, known as the triangle of health.

Though there is no legal or medical definition, **superfoods** are nutrient powerhouses that pack large doses of antioxidants, polyphenols, vitamins, and minerals. Eating them may reduce the risk of chronic disease, and prolong life, and people who eat more of them are healthier and thinner than those who don't.

The Kyäni triangle of products, three dietary supplements include *Kyäni Sunrise*TM, *Kyäni Sunset*TM, and *Kyäni Nitro*TM.

Although they are all natural ingredients that can be found in plants and certain fish, people would normally not have all of them in their normal food diet.

If we could feed our bodies the most remarkable, natural foods from around the globe to ensure our highest level of nutrition, we would choose the Wild Alaskan Blueberry (The King of Fruits) and the sixteen additional Superfoods found in *Kyäni Sunrise*.

***Kyäni Sunrise* Complete Nutrition & Antioxidant Powerhouse**

With 5 times more antioxidants than cultivated blueberries, research has confirmed that Wild Alaskan Blueberry consumption boosts serum antioxidant levels to protect against damage to cells and may reduce the risk of many chronic degenerative diseases.

Superfoods including Pomegranate, Red Raspberry, Amla Berry, Panax Gingseng and many others provide *Kyäni Sunrise* with an amazing spectrum of rich-colored, vitalizing nutrients that provide incomparable health benefits.

According to Irene and the company taken in the morning to provide maximum bioavailability, Kyäni Sunrise will help you experience optimal health.

Kyäni Sunset-- All-Natural Lipid Nutrition

Researchers have long known that one of the secrets to healthy skin and hair is Vitamin E and Omega-3s. Kyäni Sunset is a proprietary combination of tocotrienols (the most potent form of Vitamin E), Omega-3s derived from Wild Alaskan Salmon (the purest source in the world), Beta Carotene (a natural source of Vitamin A), and the essential Vitamin D.

Comprised of only lipid-soluble nutrients, Sunset is intended for evening use to maximize bioavailability and absorption.

Kyäni Nitro Family-- The Molecule of Life

In 1998, three scientists were awarded the Nobel Prize for their work with a molecule called Nitric Oxide. Dubbed the "Molecule of Life," the discovery of Nitric Oxide's signaling role in the cardiovascular and nervous systems was a dramatic scientific breakthrough.

Benefits of Nitric Oxide include increased energy, improved circulation, and reduced inflammation.

Irene was impressed by these products and also the business model that they had for a home based business—something the company calls Team Fusion and a turnkey operation called DFY “Done For You.”

Irene said that the three fundamentals of a successful business are 1) Demand, 2) Having a Unique Product and 3) making it duplicatable.

Irene gave three examples, or testimonials, of success using her products, starting with herself. She had a heart valve condition, with hi blood pressure and heart palpitations One a day when she was about to go to the emergency room because of her symptoms she instead took the *Kyäni Nitro* and felt better. She warns not everyone might have that kind of success but it worked for her.

Another example she gave was a person named Lorraine, who had low hemoglobin and needed transfusions. After 4 weeks on the *Kyäni Nitro* she no longer needed the transfusions. Another example was a 2 ½ year girls with type 1 diabetes, who apparently controlled the condition with *Kyäni Nitro*

The final example was the barefooted marathon runner Alberto Perusset, who said his marathon time improved using the Kyäni products.

Irene can be contacted at the phone number and e-mail address written on the white board behind her in the picture at the beginning of this story.

Other News and Guests at Malibu Rotary Club

Malibu Rotary Club President David Zielski was back in town to preside of the September 2 Malibu rotary Club meeting. With discussion of the Malibu Rotary booth at the Labor Day Weekend Chili Cookoff by Bianca Torrence and Irene Bettler's program there were a few things he did not get to bring up, and wanted them to included in this week's *Malibu Rotary Club Surfwriter*. From President Dave:

The Rotary Picnic - September 20 in Redondo Beach

If you are going, please read this. The District Picnic is less than 3 weeks away! If you plan to go, please email me or let me know by next week. Also, what food item you will bring (they really need salads, side dishes and soft drinks). You should bring enough for at least 50 people.

Taste Of Malibu Basket

Thank you Carley for the basket. We would like all auction items to be in the basket by the time Dwight Heikkila our District 5280 AG comes to the club on September 23. Please work on anything you have committed to.

Thank you and see you this weekend at the chili cook off!

When Past President **Bill Wishard** presided over the Malibu Rotary Club meeting of August 26. he talked about a couple upcoming Rotary District events, including the annual Rotary District 5280 Picnic held September 20 11:30 a.m. to 3:30 p.m. at Seaside Lagoon, 200 Portofino Way, Redondo Beach. Bill has been to these before and says they are lots of fun, especially for kids, and he will be attending with his grand daughters. Admission is free but it is recommended you bring some food or dinks to share with the group. The Rotary Foundation Dinner will be held Novemer 14 at the Loewe's Hotel in Santa Monica. It is sold out, but several club members have tickets. Bill said that he had tickets available for Carlye Rudkin. Everyone should buy Rotary Foundation Raffle tickets, which are \$100 per book. Selling these books the money goes directly into the Rotary Foundation and counts towards Rotarians' Paul Harris total of \$1000. Items are being solicited for the silent auction at the event. At our August 19 meeting we decided to create a "Taste of Malibu" basket which will contain wine from local Malibu Vineyards and certificates for Malibu Restaurants. When the Rotary District Assistant Governor Dwight Heikkila visits on September 23 he will be presented with the Malibu Rotary Club auction item (or items) as well as a \$333.00 donation to the Rotary Foundation, derived from our clubs Happy Dollars account.

With Bill Gates matching 2 for 1 dollars the \$333.00 will become \$1000.00. Are we donating \$333.00 or \$333.33 1/3? Maybe it should be \$333.34 to reach that magic \$1000.00 plateau with Gates' help.

Malibu Rotary Club Participation in Malibu Kiwanis Club Chili Cookoff

By the time you get this newsletter this event will be all but over. Bianca Torrence is chairing Malibu Rotary Club participation in the Annual Malibu Kiwanis and from all indications has done a heroic job pulling this thing together.

Club Chili Cookoff held Labor Day weekend September 4, 5, and 6th. The Malibu Rotary club was again selling water and watermelon. Usually Kiwanis supplies tent for booth, but not this year. Bianca's sister Carmen was lending us her tent to use. Kiwanis had Malibu Rotary Club buy \$100 raffle ticket for car in order to participate in event. All Malibu Rotarians were expected to put desired hours on sign up sheet Bianca circulated at the August 19th and 26th meetings and will have at future meetings leading up to event. In addition Bianca had gotten contributions of water melon from Vintage Grocers, water from CVS and a cash gift from Ralphs market. She arranged for tables and chairs from the Corrodi family. We had problems with transportation with ice this year and had to buy it from the carnival people for about \$10.00 per bag, using about 2 bags per day. Look for our profits to be less this year because of additional expenses—Bianca will have a report at next meeting.

Guests

Irene brought a couple guests for her presentation on Kyäni, barefoot marathon runner **Alberto Perusset** and **Chris Cruse**.

Next Week's Speaker—J.T. Waring

Speaker at the Malibu Rotary Club meeting September 9, will be J.T. Waring , regarding Rotary and Other Current Developments in "The Republic of the Union of Myanmar"

J.T is 41+ year Rotarian, Member LA 5

- also Major Donor
- Six-Diamond Bequest Society Member
- 2010 Recipient of Rotary International's highest honor, **Service Above Self Award**

Was successively appointed by three RI Presidents as RI's Special Representative to Myanmar,

Kalyan Banerjee, Sakuji Tanaka and Ron Burton, with getting Rotary government-approved and a first Rotary Club organized in Myanmar.

This objective was accomplished in 2014, RC of Yangon now has 62 members and gaining.

Since 2005, resident 3-6 months annually in Yangon, where he founded and directs the **Rotary Water Management Systems Project**, which has to date

constructed 42 functioning safe-water systems for a mix of Orphanages, Monasteries, Schools and Villages. Resulting from this Project, he was befriended by Daw Aung San Suu Kyi.

JT continues on call to successive RI Presidents, and is currently conducting multiple special assignments to President Ravi Ravindran and his successors, John Germ and Ian Riseley.

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)

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Speaker	Date	Topic
JT Waring	Sep 09, 2015	Bringing Rotary Back to Burma <u>Since 2011 JT Waring has been Special Representative of the Int</u>

Speaker	Date	Topic
		<p>Rotary International.</p> <p>He lives in both Anaheim Hills, California, USA, and Yangon, Myanmar.</p> <p>He is recognized for senior public affairs/civic service leadership, to orphanages in Myanmar (the former Burma), where Rotary had as a local organization on June 3, 2013. He will now lead the re-in</p>
David Zielski	Sep 16, 2015	Club Assembly in Preparation for Rotary District Assistant Governor
Rotary District Beach Party	Sep 20, 2015	Rotary District Picnic at Seaside Lagoon in Redondo Beach
		<p>Don't miss one of the most fun events every year- the District P fellowship! - See more at: http://portal.clubrunner.ca/50010/Event/1</p>
Rotary District Assistant Governor Dwight Heikkila	Sep 23, 2015	Rotary District Report from The Rotary Assistant District Governor
Rotary District Breakfast #2	Oct 20, 2015	Rotary District Breakfast #2 at Westin LAX Hotel, 5400 Century Blvd
Rotary Foundation Celebration	Nov 14, 2015	Rotary Foundation Celebration "Seaside Serenade" at Lowes Santa
David Zielski	Jan 13, 2016	Club Assembly -- 6 month Rotary Year Review
		David Zielski and Malibu Rotary Club leadership review the club's p
Rotary Peace Conference	Jan 15, 2016	Rotary Peace Conference in Ontario, CA Jan 15-16
Rotary District Humanitarian Trip tp Panama	Jan 27, 2016	Rotary District Humanitarian Trip tp Panama Jann 27-Feb 1
Rotary District Breakfast #3	Feb 11, 2016	Rotary District Breakfast #3 at Westin LAX Hotel, 5400 Century Blvd

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