

The Award Winning

Malibu Rotary Club Surfwriter

February 17, 2016

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

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- **Last week: Bernard Otis Talks about his life and “How to Prepare for Old Age ---- Without Taking the Fun Out of Life”**
 - **Other News and Guests at Last Malibu Rotary Club meeting**
 - **Next Regular Malibu Rotary Club Meeting February 24 Pepperdine Graduate Campus Room LC 152 Fellowship at 11:30 a.m. prior to regular meeting which starts at noon. Speaker will be Wynne Ritch, with his special presentation of “Walking Through Time With Norman Rockwell”**
 - **Malibu Rotary Club High School Singing Entrant in March 5 District Pageant of the Arts**
 - **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

**Bernard Otis Talks about his life and “How to Prepare for Old Age
---- Without Taking the Fun Out of Life”**



Bernard Otis, Past President of the Rotary Club of Arbor Woods, MI and Las Vegas, NV and John Bernaden, Past President of the Rotary Club of Milwaukee, WI both had stories to tell to those attending the Rotary Club of Malibu on February 17.

The featured speaker was Bernie, who is seen holding the book *How to Prepare For Old Age (Without taking the Fun Out of Life)* he published last year honoring his late wife Anna Patricia Otis, who passed away October 8, 2012 after battling cancer. John Bernaden, after retiring as Director, Corporate Communications of Rockwell Automation in July, 2015, he bought a 26 foot RV and has travelled the country as part of the Communications Committee of RI President Elect John Germ.

Bernard S. Otis told of his life, which began in an Orthodox Jewish household in Detroit, MI. Most of the kids he grew up with went to the Central High School across the street from where he lived. Because he wanted to be an architect young Bernie chose to go to Cass Tech High School, a well known technical seven miles away, taking streetcar and busses “except when there were transportation strikes, which was frequent. In those dark times, I had to walk. I had no choice.”

Bernie feels that his life was shaped by his high school experience. “The student population of Cass Tech...was comprised of individuals seeking to become not only architects but also artists, engineers, musicians, technicians, builders, chemical engineers... They came from every race, creed, religion, ethnicity, financial level, and family status.” Bernie went to synagogue on Saturday, but was invited to go to a church or Mosque on Sunday, and became friends with people he probably would not have met had he stayed at his neighborhood school.

He was popular enough at Cass Tech to be elected president of the student council, and it was his privilege to meet, dine with, and introduce world and community leaders when they came to speak at Cass Tech’s 3,000-seat civic-type auditorium.

Among those he came to know were Walter and Victor Reuther, the founders of the UAW-CIO, Senator Huber Humphrey, Eleanor Roosevelt, in every level of society, including “the most exciting and interesting Igor Sikorsky—one of the key designers developers of the helicopter.”

In 1946, in preparation of the automobile industry’s fiftieth anniversary, the high school principal, Bill Stirton (later to become Dean of the University of Michigan), asked Bernie to help coordinate a key component of a celebratory parade in downtown Detroit. He was assigned to work with baseball great Connie Mack and auto pioneer Henry Ford, both in their advanced years, to

coordinate a foot race down Woodward Avenue, Detroit's main street.

It was all a great learning experience for the teenager.

“For anyone under the age of, say, fifty, you really have no idea how fast it (life) goes by. The preliminaries are already over. The days speed by when you hit the half-century mark. Trust me.”

On his way going from a teenager to an 85 year old author Bernie accomplished a lot.

Bernie Otis is a well-known Food Service Facility Planning, Marketing, Management, Sales Consultnat, Speaker, Writer and Community Leader. During his 65 year career he has been instrumental in helping firms like ITT Corp, Hewlett Packard, Barkley's Bank and Tiffany's of New York, as well as being involved in the design and construction of food service facilities for Disneyland (Blue Bayou Restaurant), Major Hotels (such as the Fontainebleau Resort Las Vegas and Hilton Hotels), Major Hospitals, Universities (Pepperdine), and Restaurants (including IHOPS).

His first book “Revenue Generation Through the Sale of Kuquats and ____ Other Things” had been most successful

Bernie lived in Las Vegas for 21 years and had done most of the Hotels in that city as well as the majority of the hotels and restaurants in Southern California, Santa Clarita and San Diego areas as well as major hotels nationally. .

As a trained Hospice Care Giver he works with families of terminally ill patients and other community service. When a fire at the MGM Grand Hotel killed 87 people on November 21, 1980 Bernie was one of the people who had the terrible duty to tell children whose parents died in the fire what happened to their parents.

Bernie met a lot of famous performers and also infamous mobsters when he lived and worked in Las Vegas, but never liked the fast life style their, and moved back to Southern Calfironia. After Anna passed away he moved into Fairwinds-West Hills Assisted Living facility in West Hills, CA where he continues his work with persons with disabilities, along with his other activities.

Several months after Anna's passing Bernie was having lunch with Anna's primary caregiver Mimi Duca, who Bernie explains was provided by a wonderful company called Lifeline Companion Services. They were discussing all the problems they encountered from Anna's initial diagnosis to the end of her life. Together they formulated the idea of writing a book with the intent of helping others better prepare for their own inevitabilities. Mimi assisted Bernie in

writing *How to Prepare for Old Age (Without Taking the Fun Out of Life)*.

Bernie was 85 years old when he started to write the book. He tells us that we are all on a journey that takes us from life to death. The journey can be sad or happy.

It is better if we prepare for the end of the journey. In his talk to the Malibu Rotary Club Bernie stressed 3 key points:

1. Family Relationships—Older people need to remember: “Be good to your children— They choose your nursing home.”
2. 75% of people over 65 die because of a fall—talk to your family about when it is time to give up your independent living and accept assisted living..
3. Care Giver spouses die within 3 years of the one they care for. We are not meant to live alone.

To emphasize that latter point someone who came into the assisted care living residence where he living said she found him very interesting and not they are dating. It doesn't mean he won't always love his departed wife Anna any less. We have capacity for much love.

Bernie has an addendum to his book written a Book of Poems about Life available from the publisher at their website www.incorgnitobooks.com.

You can follow Bernie's blogs at: <http://seniormomentswithbernardotis.com/> .

Other News and Guests at Last Malibu Rotary Club meeting

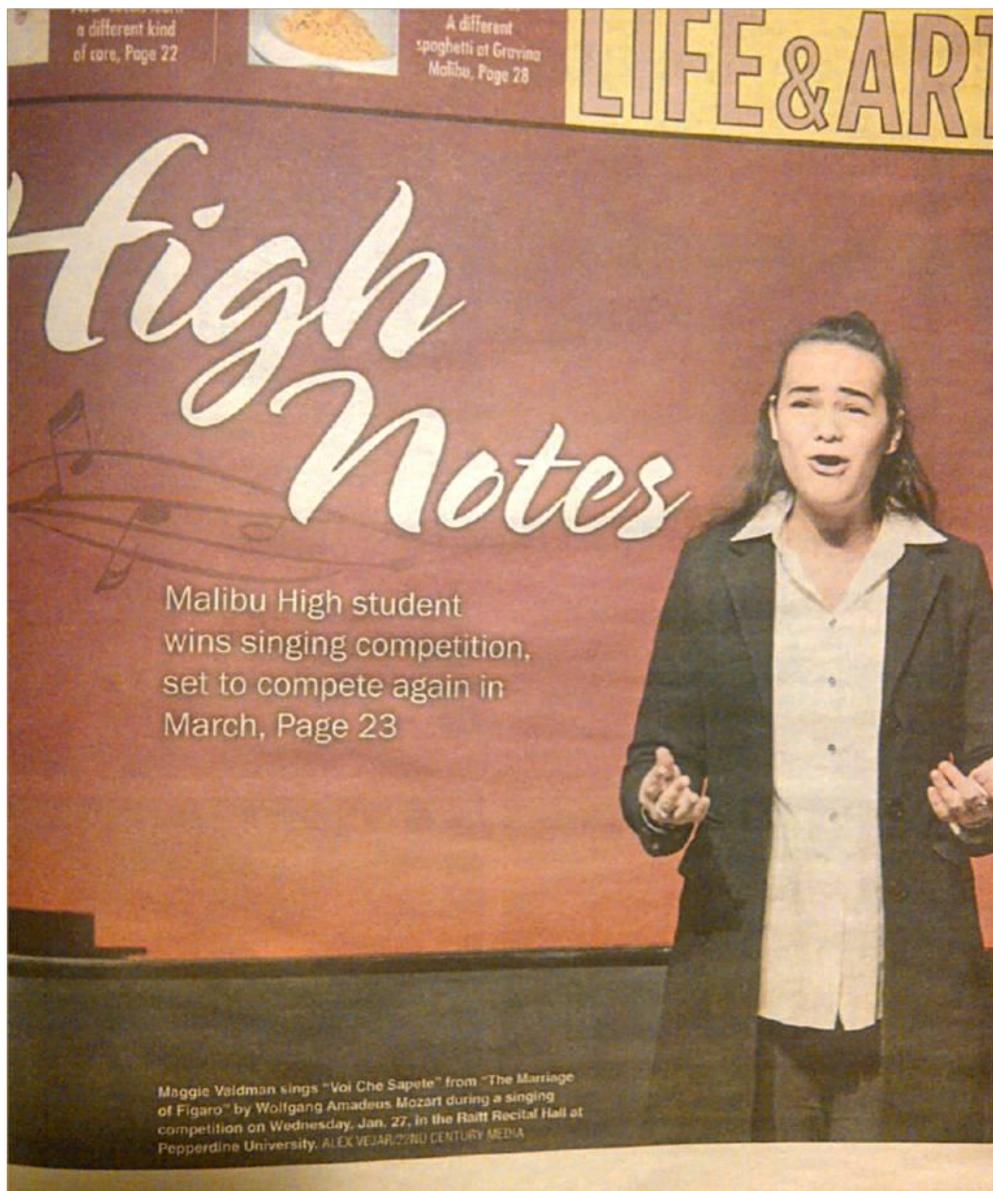
Malibu Rotary Club President-Elect Delvin Glymph will be going to the PETS (President-Elect Training Seminar) during the next week-end and will be telling us about some of the new ideas for next year after he returns from his training. Delvin has been writing movie scripts, and one for a sci-fi moving has drawn some interest..

The Malibu Rotary Club table at the last Rotary District breakfast had 10 people include Sprott Woods who will be featured speaker at the Malibu Rotary Club March 2nd on the “Hidden Tears Project”-- a media awareness initiative on the issue of child trafficking of American children.

Guests

Besides speaker **Bernie Otis** and **John Bernaden** who mentioned earlier, Bernie was accompanied by **Mimi Duca**, Anna Otis's caregiver who assisted Bernie in writing his book.

Rotary District Pageant of the Arts at LMU March 5



Alex Vejar's picture in *Malibu Surfside News* of Malibu Rotary Middle and High School Singing Competition winner first place winner Maggie Valdman. She will be competing March 5 at Rotary District Pageant of The Arts at Loyola Marymount University representing the Malibu Rotary Club entry. Several Malibu Rotarians will be there to root Maggie on!

Margo Neal, Rotary Chair for the Music Competition shared this letter from Margo's mom Jennider:

Dear Margo,

Thank you for reaching out and for your kind words of support. :)

I will make sure Maggie gets your email. She is currently at Young Arts summit as she has also been selected as their 2016 Winner. She will be flying back from Juilliard on March 4th so all will work out for March 5th and we will be there.

Thank you for all that you and the Malibu Rotary Club does as it really motivates these young singers to do better and better each year. Maggie is certainly a poster child for this as it was her 3rd year competing and so finally 1st place and she is happy and proud to represent Malibu Rotary Club at Loyola Marymount. :)

Best,

Jennifer (mom)

Malibu Rotary Club Supports RainCatcher

David Zielski, Executive Director of Raincatcher makes regular trips to Uganda and Kenya for new Raincatcher installations and maintenance of those previously intalled.. More about Raincatcher can be see on it website Raincatcher.org. A link to Raincatcher video is 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 Calendar on maliburotary.org)

Filter records:

Speaker

Date

Topic

Wynne Ritch

Feb 24, 2016

Walking Through Time With Norman

Wynne Ritch is a member and president of the Greater Van Nuys Club. Last month he was featured at Malibu Rotary Cub sharing his experience in Vietnam. Wynne is an authority on the works of John Rockwell, and owns over 20

Speaker

Date

Topic

Rockwell prints and has a s artifacts to go with each Rockw newspapers of the time and people in Rockwell's paintings.

Wynne was an Eagle Scout as in 1960 and following his st Marines was assistant executiv of the Verdugo Hills Council o Scouts of America for 32 year associated with scouting that lon surprising that Wynne becam with the art of Norman Rockwell is noted for his relationship with the Boy S America (BSA), during which he covers for their publication E calendars, and other illustration works include popular images t the *Scout Oath* and *Scout as The Scoutmaster, A S Reverent* and *A Guiding Ha* many others.

Sprott Woods

Mar 02, 2016

Hidden Tears Project

The Hidden Tears Project is awareness initiative on the issu trafficking of American children. to statistics, 70 percent of gl trafficking cases are American foreign. Hidden Tears Project h gained the rights to film 12 sho the book *Slave Next Door*.

hiddentearsproject.org

Jennifer Linehan MD, Urologic Oncologist *Mar 09, 2016*

Understanding Prostate Cancer and Bladder Function

Prostate cancer screening is a Should you get screened? W

Speaker

Date

Topic

indicates you might have prostate cancer. Dr. Jennifer Linehan, M.D., urologic oncology expert, will talk about the latest research surrounding prostate cancer, how to avoid prostate cancer risk factors, and how to manage prostate cancer risk factors. Dr. Linehan will also discuss bladder function. As a urologist, she knows how this changes, causing pain, incontinence, and other conditions that can take a toll on your quality of life. Learn more about common bladder conditions like urinary tract infections, bladder cancer, and other common bladder conditions. Dr. Linehan, who practices at Saint John's Health Center.

Dr. Jennifer Linehan is a urologist at the John Wayne Cancer Institute, Providence St. Johns Health Center, and Saint John's Health Center in Santa Monica.

Dr. Linehan is an Assistant Professor of Urology and Urologic Oncology. Her expertise includes minimally invasive approaches to urologic oncology and reconstructive urology with a particular emphasis on robotic and assisted procedures. She practices general urology, including both male and female urology, dysfunction and treatment of the kidney.

Dr. Linehan completed her medical degree at the College of Medicine at the University of Arizona. She subsequently completed a urology surgery internship and urology residency at the University of Arizona where she received the George M. Drach Award for the most compassionate physician.

Speaker	<u>Date</u>	Topic
		<p>resident. She joined City of Hope in 2010, first as a fellow in the field of oncology and robotic surgery, followed by a staff appointment in the City of Hope Medical Center. She has received multiple awards for her contributions to kidney cancer research and has published articles in a variety of medical journals.</p> <p>She is an experienced robotic laparoscopic surgeon who has performed many endoscopic procedures.</p>
<p>Pete Peterson, Interim Dean Pep School Pub.Policy</p>	<p><i>Mar 16, 2016</i></p>	<p>Running for Public Office (tentative) Pete Peterson is Interim Dean Pep School Public.Policy who ran for California Secretary of State in 2006</p>
<p>Delvin Glymph</p>	<p><i>Mar 23, 2016</i></p>	<p>Future of Malibu Rotary Club Discussion Special 7:30 A.M. Breakfast Meeting (noon meeting) Future of Malibu Rotary Club Discussion Special 7:30am. Breakfast Meeting Assembly in Room LC 152 of the upper graduate Drescher Campus.</p>
<p>Rotary District Breakfast #4</p>	<p><i>Apr 05, 2016</i></p>	<p>Rotary District Breakfast #4 at Walden Hotel, 5400 Century Blvd, Los Angeles</p>
<p>David Zielski</p>	<p><i>Apr 13, 2016</i></p>	<p>Malibu Rotary Club Assembly Discussion to Bring Club to Completion to End Rotary Year This will be a club assembly to provide an opportunity for open discussion and suggestions that may be implemented</p>

Speaker

Date

Topic

help bring club plans toward com