

Potomac-Bethesda Rotary Club News

Dictionary Project Continues

Allan Grant, Potomac-Bethesda's Dictionary Project Director, thanks the Rotarians who have come out to the elementary schools to support the project: Jerry Gross, Don Smith, Dick Alsmeyer, Joe Jennette, Bob Nelson and Hugo Souza (and wife). Dictionaries have been distributed to third graders at Wayside, Poolesville and Potomac Elementary Schools. Join in the fun at the following elementary schools:

November 22 - 10am - Beverly Farms ES

November 29 - 1pm - Bells Mill ES



Students at Potomac Elementary School check out their new dictionaries and ask questions about the Rotary Club and what we do.



The meeting room was packed with 28 Rotarians and guests on November 9. **Anil Alpay**, Vice President at Wachovia Bank in Potomac, was pinned as our newest member. Joining him was his wife, Caroline. Anil is originally from Turkey and Caroline is from Belgium. Anil commented that he has received so much from living in this country and it is his time to give back to the community through Rotary. Thanks so much to Caesar Kavadoy for sponsoring Anil!



Speaker Dr. Barnard and Caroline Alpay

Guest speaker Dr. Barnard from the Physicians Committee for Responsible Medicine discussed the disadvantages of having a high-fat meal and promoted all the advantages of better health when switching to a vegetarian diet. He distributed several handouts including "Preventing and Reversing Heart Disease". More information is available at www.pcrm.org.

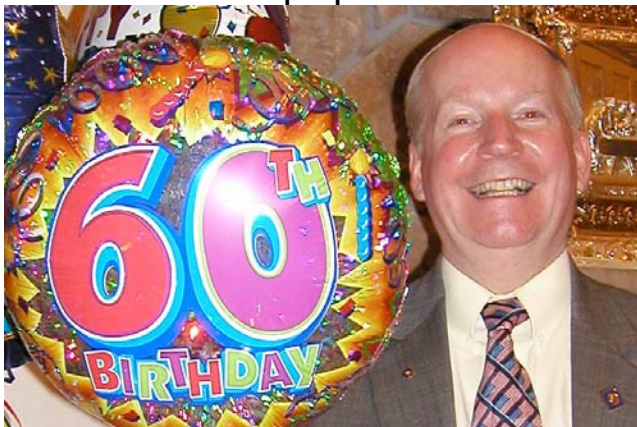
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We welcomed Oscar Hendricks, guest of Caesar Kavadoy, who is with the International Monetary Fund. Visiting Rotarians were from Maryland, Virginia, Texas and New Mexico.

In recognition of **Eliminate Hunger Month**, Potomac-Bethesda Rotary will be having a community service project in conjunction with the Community Ministries of Montgomery County. Our Rotary Club will be serving a meal at their shelter on Wilkins Avenue in Rockville. The residents also desperately need the following items: soap, shampoo/hair conditioner, toothpaste, toothbrushes, body lotion, women's cosmetics, baby powder and other small hygiene products. Thanks so much to those who have already brought in several boxes of toiletries. We will again be collecting these toiletries items tonight and gather enough to prepare a 'goodie bag' for each man and women (35 people).

We want to thank **Alex Naron** for faithfully leading the club each month to pack 144 boxes of food for needy people in our community at the Manna Center. It's great to see so many Rotarians and their families so active in this service project.



Bob Nelson celebrated his 60th birthday

Calendar of Events

**Dictionary Project Distribution Dates*

Tonight - 6:30pm Hunter's Inn
"Everything You Want to Know about Investments"

Stuart Teach manages a 5 Star Mutual Fund (he is not a broker/salesman.) Stuart is very knowledgeable and articulate about the economy, stocks, bonds, interest rates, foreign companies, etc. He will answer **all** your questions. You will profit from this discussion!

***November 22 - 10am - Beverly Farms ES**
November 23 - Thanksgiving - No Meeting
***November 29 - 1pm - Bells Mill ES**
November 29 - Community Service Project - Homeless Shelter in Rockville

November 30 - 6:30pm Hunter's Inn
Flute Performance by Japanese Rotary Ambassadorial Scholar Kozue Tominaga
New Member Classification Talk
by Tom Leuchtenberg

December 7 - 6:30pm Hunter's Inn
December 9 - Holiday Party at the Meades'

Save the Date: Holiday Party Dec. 9

Come Back Soon - We Miss You!

Todd Nitkin
Mon Dickinson
Hazel Rahe
Fritz Cineas

Dick Gordon is in California visiting his family until after Thanksgiving. Dick's tip: save time, shave in the shower.

Wow! Over \$200 in happy dollars were contributed on November 9

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Beginnings of the Club...and More By Charter Member Dick Alsmeyer (President, 1982-83)

My family (father, brother, uncles, cousins, brothers-in-law...) have been Rotarians for years. Today, I wear my father's Past-President's pin - - he was President of the Sebring (FL) Rotary Club in the 1940's. So, when Joe Jennette (my son's father-in-law) telephoned me that he and other were starting a Rotary Club and asked me if I would like to go to a meeting of the provisional club, I immediately said, "Yes"!

The meeting of about eight of us was held at a nearby restaurant. Some of the attendees were members of nearby clubs. The new club was sponsored by the North Bethesda Rotary Club. After several weekly meetings we met at the acting President's home and elected officers. Because I had an excellent secretary at the time, I volunteered to serve as secretary and was so elected!

Emerson's restaurant served as our meeting place for more than one year, but lack of privacy, except for the basement room, forced members of the provisional club to say that they could not invite prospective members to this location.

Joe Jennette, Ed Zaucha (IBM) and I met with the manager of the Bethesda Country Club. As he had hosted Rotary Clubs elsewhere in his career, he was quite willing to have us there. The summer after moving to this new location, our club had the required 20

members and received its charter. There were actually 22 members at that time.

We enjoyed events at the Bethesda Country Club for about five years; however, that club wanted to host national golf events, so they had to remodel the club and the golf course. So, we moved to the Rickshaw Restaurant for about three years. Then we tried other restaurants - - four in all and were asked to leave the last one as they had lost their lease. It was then that we moved to Hunter's Inn and have been there now for about five years.

Since the formation of our Club, many wonderful events have taken place - - trips to the race track in West Virginia, trips to the Eastern Shore of Maryland for picnics, work days helping update homes in the area through Rebuilding Together, packing boxes of food for needy Montgomery County families at Manna, baseball outings in Baltimore to watch the Orioles, baseball locally, holiday parties at members' homes, and most importantly, being together with our spouses at homes of our members.

Charter Night is the annual event that celebrates the date that we received our charter from Rotary International. In the Club's By-laws was a provision for a portion of our annual dues to go toward payment for Charter Night. That provision may have been dropped or overlooked in recent years.

Each of us has fond memories of our evenings and work events together. Fellowship and Service of other - - that is what Rotary is all about.

Potomac-Bethesda International Rotary Club

Potomac-Bethesda Rotary Club News

Rotary supports Kenya's response to new polio threat

By Vukoni Lupa-Lasaga Rotary International News
1 November 2006

Rotary International's role as a spearheading partner of the Global Polio Eradication Initiative often requires a rapid response to emergencies.

In October, for example, the government of Kenya reported a case of polio in a three-year-old girl, the first case of the disease in Kenya since 1984. To help address the risks of the poliovirus spreading across the country, Rotary Foundation Trustee Chair Luis Vicente Giay approved a US\$350,000 rapid response grant.

The grant was announced on 17 October, a few days after the initiative confirmed news that the child, who lives with her parents at a refugee camp in Daadab, Garrisa, near the border of Somalia, had been diagnosed with polio. Rotary's contribution, channeled through the World Health Organization, will support emergency Subnational Immunization Days (SNIDs) targeting communities in northeastern Kenya.

According to Parmindar Lotay, a volunteer with the Kenya National PolioPlus Committee, Rotary and its partners in the Global Polio Eradication Initiative have been worried since last year by news of imported polio transmissions in the East African region and the Arabian Peninsula, especially in Ethiopia, Somalia, Sudan, and Yemen.

"We have fairly porous borders with some of these countries," he says. Consequently, even when Kenya became polio-free, local

Rotarians were mindful of the risks of reinfection from neighboring countries.

"Working with UNICEF, we also managed to carry out NIDs in neighboring war-torn countries or countries with civil unrest and displaced populations," Lotay notes. "Since we have been able to keep polio at bay for over 20 years, we are committed to do whatever has to be done to not only keep this dreadful disease out of Kenya but to kick it out of Africa."

Lotay is hopeful that the single case of polio, which is genetically linked with the virus circulating in Somalia, might become the catalyst for more concerted action among all of the affected countries. Already, he says, there is a sense of urgency in the planning and implementation of immunization activities because of the polio infections in neighboring countries.

"The World Health Organization, Kenya Expanded Program on Immunization, and other partners including Rotary decided to carry out immunizations against polio and measles towards the end of last year," he explains. In August and September, health officials and volunteers in Ethiopia, Kenya, and Somalia held coordinated SNIDs.

In the September immunization effort, close to 1 million children were targeted in Ethiopia, 240,000 in Kenya, and 1.7 million in Somalia. Scheduled SNIDs in early November will be coordinated among the contiguous border areas in the three countries.

The Horn of Africa Technical Advisory Group provides the framework for more efficient

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coordination among national health authorities and representatives of the Global Polio Eradication Initiative partners in the region.

Understanding teenagers Project unites Arab, Jewish teens in the name of peace.

By Anna Bakalis *The Rotarian*

Lutof Zreik, a 16-year-old Arab Christian, reads the Torah aloud in Hebrew inside the Brandeis-Bardin Institute, a Jewish cultural center in Simi Valley, Calif., USA. He's one of 16 students – eight Arabs and eight Jews – from Haifa, Israel, participating in a two-week conflict resolution seminar and leadership retreat. The program is called Project TRIUMPH (Today's Revolution is Understanding: Making Peace Happen), and it's partially funded by the Rotary Club of Haifa and clubs in California.

Project TRIUMPH, which debuted this year and may become an annual event, brings Jews and Arabs together to build a shared vision for a peaceful future. Before arriving in the United States, the teens met every two weeks from December to May to get to know each other and find ways to promote tolerance in their communities and beyond. They also committed to a one-year community service project after the seminar.

Now at the retreat, the teens have a rigorous schedule, usually starting the day with yoga at 6 a.m. They participate in team-building programs and outdoor activities, attend local high schools, and see the Southern California sights. They also spend time with Rotarian families, eat lunches with Rotary clubs, take

nature hikes, and speak with a rabbi, imam, and pastor. At the end of each day, they record their thoughts in journals.

"This was a whole different experience," says participant Reut Donner, 16. "It wasn't easy at first, being away from home, and our schedule is very strict, with very little time by yourself."

She says the ropes course, where she had to trust others to catch her as part of the exercise, was one of the more challenging activities. She also climbed a 50-foot rope, which she never thought she'd be able to do.

"I was able to tell myself, This is your ego speaking, which works out of fear," she says.

"I was able to envision making it to the top. I believed in myself, and through that, I can help others."

Three ways to do a literacy project

By Joseph Derr Rotary International News

9 November 2006

Inspired by his daughters, Don Plunkett returned from a trip to India with a new literacy project for his Rotary club in Peekskill, New York, USA.

"My daughter Mariah was traumatized by the level of poverty she witnessed in India and wanted to do something," Plunkett says.

The Plunketts decided to help through [Mrs. Helena Kaushik Women's College](#) near Jhunjhunu, India, which provides a college education to rural women who would otherwise not have access to one. Back in New York, Mariah and her sister, Kayla (then ages 12 and 9 respectively), began saving their allowance to sponsor scholarships.

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The Rotary Club of Peekskill then picked up Plunkett daughters' idea and now sets aside US\$1,200 from an annual fundraiser to cover all costs for a student to attend the college for a year. The project, in its third year, is going strong.

"More girls in the village now attend elementary school in hope of attending their new and only women's college," Plunkett says. "Just a few years back, they were mostly all in the fields and not the classrooms." The Plunketts plan to return to India next year.

The Peekskill club is one of the many clubs participating in literacy-related projects. Clubs typically get involved in literacy projects in three main ways.

1. Adoption projects

Adoption projects, such as the Peekskill club's, usually involve long-term commitments between a club and a community. Together, they can assist a school by supplementing existing programs with a combination of volunteer time and donations. Clubs can work either with local communities or internationally. The [Rotary Club of Columbus](#), Ohio, adopts inner-city schools as part of its long-running Adopt-a-School project.

2. Donations

Schools and libraries worldwide need books, teaching resources, and other classroom materials. This type of literacy project often involves simply organizing a book drive or donating money to organizations that provide books.

Before conducting a book drive, work with your local school, library, or community center to determine what types of books are most needed. Donated reading materials should work in conjunction with existing programs. The International Reading Association resolution on book donations to developing countries provides [excellent guidelines](#) (PDF).

Examples of successful Rotary projects or partnerships include the [Dictionary Project](#), [Books for Africa](#), [District 7620 Books for International Goodwill](#), and the [Guatemala Literacy Project](#).

3. Volunteering

Service-minded Rotarians love hands-on projects like volunteering as reading tutors or mentors.

"Volunteering in existing tutoring or mentoring programs is one of the most effective and rewarding projects clubs can do," says David Plater, a program coordinator at Rotary International who specializes in literacy. "Both volunteers and students benefit from the interaction, and all it really requires is time."

Your club's community service or literacy coordinator can serve as a liaison to the community and seek out opportunities for tutoring. Clubs also can work with local affiliates of the [International Reading Association](#) to get project ideas and contacts.

**It's a Rotarian's Privilege and
Responsibility to Help Grow Club
Membership.**