

Potomac-Bethesda Rotary Club News

Calendar of Rotary Events

October 9 – 7pm Manna Food Center

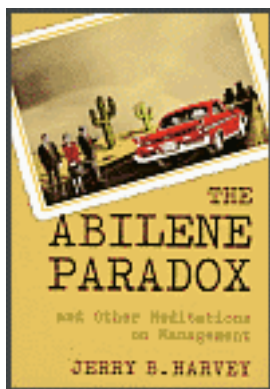
October 11- 6:30pm Meeting – Hunters Inn

Dr. Jerry B. Harvey, Professor Emeritus,
George Washington University



What's the real reason behind so many wasted efforts, projects that go nowhere and ventures that miss the mark? The answer is something you might not expect...a phenomenon called mismanaged agreement (also known as "the Abilene Paradox"). Many years ago Professor Jerry B. Harvey discovered that the fundamental problem of

contemporary organizations is the inability to cope with agreement-not conflict. He finds that most agreement in organizations is actually false consensus. It occurs because many people feel they might be isolated, censured or ridiculed if they voice objections. This often leads groups to act on inappropriate goals and is a setup for organizational failure. Jerry B. Harvey is the author of the books "The Abilene Paradox", "How Come Every Time I Get Stabbed in the Back My Fingerprints Are On the Knife?", "When We Buy a Pig and Other Meditations on Management" and the author of the widely used McGraw-Hill management development film "The Abilene Paradox."



October 13 – Mini-summit on Health

October 18 - 6:30pm Meeting – Hunters Inn

Kelly Kumayama

"The Special 442nd Infantry Combat Team"

October 20 – Potomac Day

October 27 – Rotary Leadership Institute

November 3 – Rotary Day at UN

November 10 – Mini-summit on Water

November 13 – RI President Reception

September 30 Wine and Cheese Social Features Great Fellowship, Guests



Good food, wine and fellowship are a great formula for the second Rotary Club social held on September 30. Special guests were **Laura Naron** and **Lucy Leuchtenburg** (on left). Prospective Rotarian **Dr.**

George Mattamal from the US Food and Drug Administration received a warm welcome on his very first visit to the club. Also visiting was Rotarian **Andrew Winters** from the



Potomac Rotary Club. It was a fine evening for all and we are looking forward to the Charter celebration picnic coming up on October 6 at 4pm at **Dick and Jane Gordon's** home.



More photos on page 2...

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September 30 Rotary Club Social



A Whole New Rotary, Online

RI News 2 October 2007

On 8 October, Rotary International will launch its completely rebuilt Web site. As part of a massive effort toward simplifying communication with volunteers and the general public, the rebuilt site offers several key enhancements including:

- An improved Club Locator
- Easy to search Rotary-themed graphics and professional photos that Rotarians can use for their Web sites and newsletters
- A powerful and simple download search
- Related downloads on easy to locate tabs on inside Web pages

RI added a Web site to its family of publications more than 10 years ago, and the site grew to about 5,000 pages. "Like a house

with too many people living in it, RI had outgrown its Web site in its current structure. When this happens, it's time to move," says Vince Aversano, RI Communications Division manager.

This meant a structural change, which involved consolidating or adding sections and moving pages. As a result, many of the site's URLs will change, although the main Web address of www.rotary.org remains the same. Automatic jump, or reference, links from old to new pages will be in place to help visitors who have bookmarked some of their favorite sections. Nonetheless, visitors should update their bookmarked pages.

The changes will help people quickly find all the Rotary information and resources that RI offers online. In the future, more Web tools will be added to assist Rotarians in putting Service Above Self.

Sowing Seeds for Potential Rotary Members

Recognizing that not everyone is able to become a member of a Rotary Club, the Ellicott City Rotary Club offers a chance for those who share Rotary "ideals" and would like to "maintain some connection with the local community" to become a "Friend" of the Rotary Club. "Friends" are invited to attend lunch meetings and to participate in and assist with Rotary projects or activities by volunteering, "in-kind" or financial assistance.

**Please send news articles and photos
to Bob.Nelson@NASA.gov
for inclusion in the newsletter.**

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Sign Up by October 9

Rotary District 7620

**Inaugural Mini-Summit on Health
Saturday, October 13, 2007
8a.m. – 12 noon**

**Holiday Inn, Laurel, Maryland
15101 Sweitzer Lane, Laurel, MD
(SW of I-95 and MD 198)**

Although most renown for its Polio Eradication efforts, Rotary plays a critical role in responding to serious health issues across the globe. From sponsoring eye and limb camps in developing countries to providing surgery for children with congenital defects and building and equipping medical institutions, Rotary Clubs have never ceased their efforts to ease suffering and provide life-sustaining care to millions of people. Yet, achieving better health for all is an ever-challenging task. Join your fellow Rotarians at the District 7620 Mini-Summit on Health to find out how you and your Club can do all it can to respond to health care issues globally and locally. Hear what other Clubs in the District are doing, find out about District and 3-H Grants for supporting your health projects, and elicit support for your project from other Rotarians in our District!

We especially encourage your New Rotarians to attend!!! Register today!

Preliminary Program

- 8:00 – 8:30 a.m. Continental breakfast
- 8:30 – 8:40 a.m. Welcome and Introduction of Mini-Summit – District Governor Elect, Bette Lewis
- 8:40 – 9:00 a.m. Overview of Current Rotary International Health Initiatives
John Sever, M.D., Ph.D. – PDG, Chairman of

- District 7620 Resource Group on Health, Professor of Pediatrics, Children's National Medical Center
- 9:00 – 9:15 a.m. Safe Blood Initiative – PDG James McDiarmid
- 9:15 – 10:15 a.m. District 7620 Health Project Panel
Geetha Jayaram, M.D., Columbia - Maanasi Project (India); Bob Martin, Rockville - Mayan Vision Project (Mexico); Brendan Adams, Capital City Rotaract & Poonam Chhunchha, District Rotaract Rep., Cambodian Mine Project; Lon Chesnutt, Columbia-Patuxent, HIV-AIDS project (Ethiopia); John Capoccia, Carroll Creek, Health Project (South America)
- 10:15 – 10:30 a.m. Break
- 10:30 – 11:00 a.m.
3- H Grants Process - Dr. Shah, Charlotte Hall Club
District Grants Process - Andrew Baum, PDG, Chairman, District Grants Committee
- 11:00 – 11:30 a.m. Break out groups to discuss projects
- 11:30 – 11:45 a.m. Rotary Volunteers - Paul Manchak
- 11:45 – 12 noon Closing remarks, DGE, Bette Lewis

Registration Form
Rotary District 7620
Health Mini-Summit
Saturday, October 13, 2007
8am-12 noon

**Payment MUST be received by October 9, 2007.
Registration is limited.
Registration Fee: \$10 per person**

Name: _____ Badge Name: _____
Rotary Club of: _____
Address: _____
City: _____ State: _____ Zip: _____
Tele: (H) _____ (B) _____
Fax: _____ Email: _____
Number of years in Rotary _____
Signature: _____ Date: _____
My check, payable to District 7620 of RI, in the amount of \$ _____ is enclosed.

Return this form with payment to:

Ms. Pamela Kumar, District Secretary
4281 Bright Bay Way
Ellicott City MD 21042

Registration Questions: contact Pamela at
410-303-2537 or pamkumar@verizon.net

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A New Look At Global Ethics And The Four-Way Test

By RI Director-elect Lars-Olof Fredriksson
September 2007

Moral codes and ethics give us tools but also raise questions to be answered: How should we live? What is morally good and bad, right and wrong? Shall we aim at happiness or knowledge? Virtue or the creation of beautiful objects? If we choose happiness, will it be our own or the happiness of all?

And what of the more specific questions that face us? Is it right to be dishonest for a good cause? Can we justify living in opulence while elsewhere in the world people are starving? Is going to war warranted in cases where innocent people will likely be killed?

Ethics deals with such questions at all levels. The subject's core consists of the fundamental issues of practical decisionmaking, and its major concerns include the nature of ultimate value and the standards by which human actions can be judged right or wrong.

For Rotary, The Four-Way Test is the cornerstone of all action. It has been for years, and it will be in the future. Of the things we think, say or do

- 1) Is it the TRUTH?**
- 2) Is it FAIR to all concerned?**
- 3) Will it build GOODWILL and BETTER FRIENDSHIPS?**
- 4) Will it be BENEFICIAL to all concerned?**

The test is one of the hallmarks of Rotary. Since it was developed in 1932 by Herbert J. Taylor, who later became RI president, it has never ceased to be relevant. Its four brief

questions are not based on culture or religion. Instead, they are a simple checklist for ethical behavior. They transcend generations and national borders.

As Rotarians, we should have The Four-Way Test in mind in every decision we make, all day long. Our utmost responsibility is to speak the truth, to be fair, to build goodwill and better friendships, and to do our very best in all situations.

Life is very turbulent today, and people all over the world are exhausted in their duties. Where are the dreams of a better world? Where are we? Who are we? What is our duty to ourselves, neighbors, and fellow citizens? Where are charity and our joint responsibility to humankind?

Now more than ever, we need a vision and knowledge of what is happening around us, a new view of cultural and religious phenomena, without dividing humankind into limited and subjective categories. That's the tenet for a better world and a job for us Rotarians: not engaging in politics, but serving without any boundaries.

This happens through our programs, and it happens through acting as a guide for international coexistence, providing a forum for dialogue and discussion worldwide, giving perspective to views and models, finding new solutions using Rotarians' great knowledge and expertise, and having interfaith, multicultural, and ethical standards as guiding principles in all dealings.

No divine right can be vested in anyone to pronounce the final word or the ultimate truth.

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In matters of faith and religion, prescriptive morality should be avoided, as it often is the root cause of hostility and divisiveness. Global ethics is based on an interfaith mind and ecumenical way of living.

The one universal, unsurpassed principle expressed by nearly every major religion and values system is similar to the golden rule: Do to others as you would have them do to you.

Today, it is especially confusing to determine what is really right and wrong. But the fundamentals of Rotary are bound to universal ethics and humanity without any boundaries between race, religion, or ethnic background.

Rotary offers a possibility for solving ethical problems. Well-trained, well-engaged in social life, and with strong consciences, Rotarians must try to address these issues through Rotary's vocational and community service programs. People all over the world need more safety, tolerance, understanding, and love. They want to live in peace.

Tolerance, fairness, respect, compassion, and hope are particularly needed today. But what are tolerance and fairness? Are they only a question of sharing resources, rights, and obligations, or more a question of an ongoing dialogue? For an effective discourse, we have to identify the real problems, discuss them, and try to find compromises.

We should know what the human culture is made of, and what it means to different

people and to the identity of other nationalities. The knowledge of other cultures, along with the skill to face the dissimilarities in our lives and lifestyles, seems to be a key point and the biggest issue.

Rotary, whose club members represent many cultures and religious beliefs and are committed to high ethical standards, can support mutual understanding and serve as a tool for peace. Rotarians and Rotary clubs all over the world – in small country towns and huge capitals, in the East and West, South and North – may provide enduring forums for peace discussions and together work for peace.



Deadline Extended! **Sign Up For The 2008 RI Convention By 5 October And Earn The Star Voyager Pin**

Rotary International News 20 September 2007

Sign up for the 2008 Rotary International convention in Los Angeles by 5 October, and you'll receive a special,

limited edition, Star Voyager pin.

The deadline to sign up has been extended as RI Headquarters will be undergoing a computer server upgrade from 27-30 September. During that time, phone and computer lines were not available, including the Member Access portal for registration.

For this reason, the deadline has been extended to 5 October.

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Pumpkin Recipes Packed with Nutrition: Three Tasty Reasons to Move Pumpkins from the Porch to the Pantry

by Jeanie Lerche Davis WebMD Feature
[article provided by Jerry Gross]

Jack-o'-lanterns are the symbol of Halloween. But don't overlook pumpkins as a source of nutrition. Pumpkins are loaded with vitamin A and fiber, and low in calories. So don't just buy canned pumpkin for pie; keep it in the pantry to whip up one of these quick, homemade pumpkin recipes: pumpkin muffins, pumpkin ravioli, or pumpkin soup. Now that's a year-round treat!

Try these pumpkin recipes from Cooking Light magazine.

Pumpkin Muffins Ingredients For 18 servings

- 2 3/4 cups all-purpose flour
- 1 cup granulated sugar
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 cup canned pumpkin
- 3/4 cup fat-free sour cream
- 1/3 cup fat-free milk
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 large egg
- 1 large egg white
- Cooking spray
- 1 tablespoon granulated sugar
- 1 1/2 teaspoons brown sugar

Instructions



Preheat oven to 375.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (flour through salt) in a medium bowl, stirring with a whisk. Make a well in center of mixture.

Combine pumpkin and next 6 ingredients (pumpkin through egg white); add to flour mixture, stirring just until moist. Spoon the batter into 18 muffin cups coated with cooking spray.

Combine 1 tablespoon granulated sugar and brown sugar; sprinkle over muffins.

Bake at 375 for 25 minutes, or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; cool on a wire rack. Yield: 18 servings (serving size: 1 muffin).

Nutritional Information: CALORIES 164 (19% from fat); FAT 3.5g (saffat 0.6g, monofat 0.8g, polyfat 1.9g); PROTEIN 3.5g; CARBOHYDRATES 29.7g; FIBER 1g; CHOLESTEROL 12mg; IRON 1.2mg; SODIUM 269mg; CALCIUM 78mg.

Pumpkin Ravioli Ingredients For 6 Servings

- 1 cup canned pumpkin
- 1/3 cup grated Parmesan cheese
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 6 wonton wrappers
- 1 teaspoon salt
- 1/2 cup chicken broth
- 1 1/2 tablespoons unsalted butter
- Chopped parsley

Instructions

Combine pumpkin, Parmesan, 1/4 teaspoon

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salt, and black pepper. Spoon about 2 teaspoons pumpkin mixture into center of each wonton wrapper. Moisten edges of dough with water; bring 2 opposite sides together to form a triangle, pinching edges to seal. Place ravioli into a large saucepan of boiling water with 1 teaspoon salt; cook 7 minutes and drain in a colander. Place chicken broth and butter in pan; bring to a boil. Add ravioli, tossing to coat. Sprinkle with parsley. Yield: 6 servings (serving size: 4 ravioli).

Nutritional Information: CALORIES 162g; FAT 5g (saffat 4g, monofat 1g, polyfat 0g); PROTEIN 6g; FIBER 2g; CHOLESTEROL 17mg; IRON 2mg; SODIUM 505mg; CALCIUM 102mg.

Pumpkin Soup Ingredients For 6 Servings

- 1 tablespoon butter
- 1 cup chopped onion
- 3 tablespoons all-purpose flour
- 1/2 teaspoon curry powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground nutmeg
- 2 garlic cloves, crushed
- 1 cup peeled and cubed (1/2-inch) sweet potato
- 1/4 teaspoon salt
- 2 14 1/2-ounce cans fat-free, low-sodium chicken broth
- 1 15-ounce can pumpkin
- 1 cup 1% low-fat milk
- 1 tablespoon fresh lime juice
- 2 tablespoons chopped fresh chives (optional)

Instructions

1. Melt butter in a Dutch oven over medium-

high heat. Add onion; sauté 3 minutes. Stir in flour, curry powder, cumin, nutmeg, and garlic; sauté 1 minute. Add sweet potato, salt, broth, and pumpkin; bring to a boil. Reduce heat; simmer, partially covered, 20 minutes or until potato is tender, stirring occasionally. Remove from heat; cool 10 minutes.

2. Place half of pumpkin mixture in a blender or food processor; process until smooth. Pour pureed soup into a large bowl. Repeat procedure with remaining pumpkin mixture. Return soup to pan; stir in milk. Cook over medium heat 6 minutes or until thoroughly heated, stirring often. (Do not boil.) Remove from heat; stir in juice. Garnish with chives, if desired. Yield: 6 servings (serving size: 1 cup).

Nutritional Information: CALORIES 121 (21% from fat); FAT 2.8g (saffat 1.6g, monofat 0.7g, polyfat 0.2g); PROTEIN 5.1g; CARBOHYDRATES 19.7g; FIBER 3.5g; CHOLESTEROL 7mg; IRON 1.5mg; SODIUM 565mg; CALCIUM 85mg.

Published September 12, 2007.

SOURCES: WebMD in collaboration with Cooking Light: "Pumpkin Muffins," "Pumpkin Ravioli," "Pumpkin Soup." American Dietetic Association: "Pumpkins: Good for More than Just Carving."

