


Potomac-Bethesda Rotary Club News


Calendar of Rotary Events

 **October 18 – 2:30pm Dictionary Project**
Waters Landing Elementary School
18100 Waters Landing Drive, Germantown

October 18 - 6:30pm Meeting – Hunters Inn
Kelly Kumayama

"The Special 442nd Infantry Combat Team"
October 18 - 8pm Board of Directors Meeting

October 20 – Potomac Day - Parade
Rotarians Providing Traffic Control

 **October 24 – 2pm Dictionary Project**
Wayside Elementary School
10011 Glen Road, Potomac

October 25 - 6:30pm Meeting – Hunters Inn
Installation of New Member Jason Hamel
Don Hiruo's Classification Talk

October 27 – 8am Rotary Leadership Institute
Frederick

 **October 29 – 2pm Dictionary Project**
Seven Locks Elementary School
9500 Seven Locks Road, Bethesda

October 29 – 6:30pm District Leadership Meeting – BWI Ramada

November 1 - 6:30pm
Wine & Cheese Social at Hunters Inn

November 3 – Rotary Day at the UN

November 10 – Mini-summit on Water

November 13 – Rotary Foundation Dinner with RI President at the Canadian Embassy
Reservations limited to the first 180 pre-paid guests. Send check for \$70 per person to Rotary District 7620, P.O. Box 985, Reisterstown, MD 21136 Deadline: November 5

December 9 – 1pm Holiday Party
Hosted by President Don and Nancy Smith
Food Prepared by Personal Chef Bernard Henry



Dictionary Distribution to Third Graders Begins at Beverly Farms Elementary School

Dictionary Project Chairman **Alan Grant** was joined by President **Don Smith, Nabil and Lucy Bedewi** and **Tom Leuchtenburg** on October 15 to kickoff the dictionary distributions for this school year. More elementary schools are scheduled for the next few weeks, so please check the calendar of Rotary events and join the team. You'll share the Four Way Test with the students and show them how useful their new dictionary/almanac can be.

October 11 Meeting Report



Alan Grant announced the dates, times and locations of the Dictionary Project distributions to third graders in our county. Everyone is encouraged to come to at least one location and experience this great

Rotary service project.

Potomac-Bethesda Rotary Club News



We welcomed guest Rotarian Karen Adrouny from Los Gatos, California, who assisted with placing stickers into the dictionaries.

ROTARY CLUB PROJECTS AND SUPPORT JULY 2007 to date

AUGUST

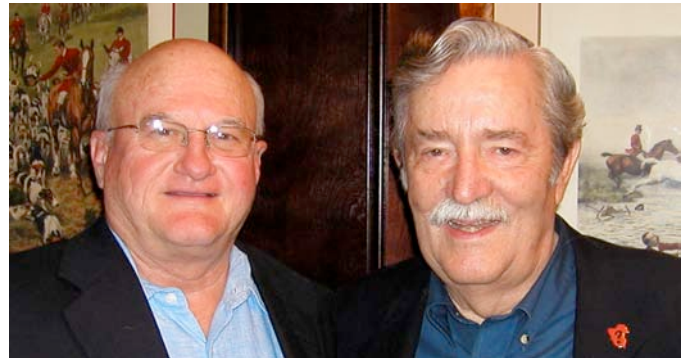
\$250 Lombardi Comprehensive Cancer Center (Georgetown) in memory of Hugo Souza

SEPTEMBER

*\$750 Peru earthquake victims (Peru Rotary)
\$9,000 Ethiopian orphanage
\$2,100 Rotary International Foundation
Sophia House Dinner*

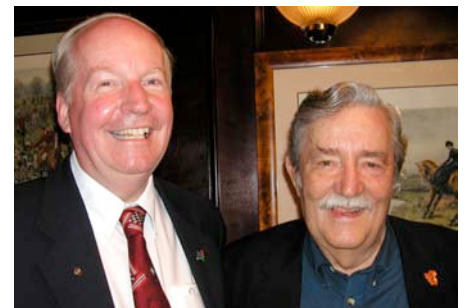
OCTOBER

*\$800 Jewish Foundation Group Homes (flooring)
\$870 Dictionary Project*



Guest speaker **Dr. Jerry Harvey**, professor emeritus at George Washington University and PhD in general psychology gave a back-home in Texas story of what led to his book titled "Abilene Paradox". On a hot day their family spent four hours traveling back and forth to Abilene to eat at a lousy cafeteria when nobody really wanted to go. He expanded that example into a general problem with today's contemporary organizations with the inability to cope with people agreeing with each other. "Organizations frequently take action contrary to the desires of any of their members." He also quoted a study from NIH where one third of the infants are suffering from anaclitic depression due to a lack of affection during their early years. Noting the impact of loneliness, he also said that the chance of dying is 1.54 times for a single versus a married individual. Bob Nelson

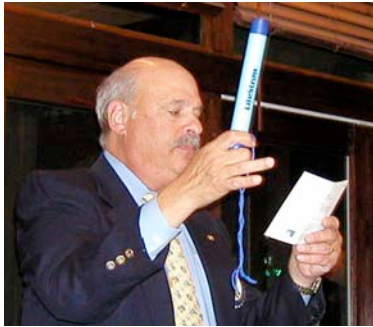
asked if Rotary membership can help you live longer and Dr. Harvey agreed.



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October 18, 2007 - Page 2

Potomac-Bethesda Rotary Club News



Art Blitz reported on a new technology to turn polluted water into a refreshing drink.

Here is a statement from

LifeStraw®: "At any given moment, about half of the world's poor are suffering from water-related diseases, of which over 6,000 – mainly children – die each day by consuming unsafe drinking water.

Today, 1.1 billion people are without access to safe drinking water, robbing hundreds of women and girls of dignity, energy and time.

Safe water interventions, therefore, have vast potential to transform the lives of millions, especially in crucial areas such as poverty eradication, environmental upgradation, quality of life, child development and gender equality.

Recognizing the importance of safe water in our daily lives and the billions of people who are still without access to these basic human rights, LifeStraw® was developed as a practical response to the urgency, and confirms our commitment to achieving the UN Millennium Development Goals.

Mobilizing LifeStraw® offers relief from waterborne diseases of major public concern such as typhoid, cholera, dysentery and diarrhea. As a personal and mobile water purification tool, LifeStraw® is designed to turn most of the surface water into drinking water, thus providing access to safe water wherever you are."



Jason Hamel jumped right into the Dictionary Project labeling process. He is a field director for the National Capital Area Council of the Boy Scouts of America. Jason will be joining the club on October 25.

Rotary 101: How To Make Up A Missed Meeting

A club member must attend or make up at least 50 percent of regular club meetings in each half of the year (though some clubs may have more stringent requirements). Any missed meetings must be made up within 14 days of a regular meeting. If traveling, club members are encouraged to visit clubs in the new area to make up a missed meeting.

Check the Official Directory or use the Club Locator to get meeting and contact information. Be sure to call or e-mail before you show up for a meeting.

Rotarians often wonder what to do if there's not a club where they travel or if an emergency causes them to miss a meeting.

One option is to attend a regular meeting of a local Rotaract club, Interact club, Rotary Community Corps or Rotary Fellowship. Attending one of these meetings counts as a make-up.

Another option is to participate in an interactive activity on a Rotary e-club Web site. Check with your club secretary and the e-club of interest to learn more.

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Potomac-Bethesda Rotary Club News

**Please Pay Your
Invoice
For The Fourth
Quarter Of 2007 To
Treasurer Alan
Cookson**



Rotary Club Books A Sustainable Worldwide Reading Initiative

In 1995, the Rotary Club of Parole (Annapolis), Maryland, USA, provided a South African Rotary Foundation Ambassadorial Scholar with books to help promote literacy in South Africa. Over the next 12 years, the club built that one shipment into Books for International Goodwill (B.I.G.), a massive literacy project that's put almost 2.5 million used books into the hands of people needing educational and recreational reading material. About 2,000 volumes are donated to the project each week. Nearly all shipments – 20,000-25,000 books each – are sent to Rotary clubs around the world, primarily in Africa, Eastern Europe, and South-east Asia. The clubs then allocate them to schools and libraries.

Steve Frantzich, a member of the Parole (Annapolis) club and director of B.I.G., has overseen distribution in the Czech Republic, Kenya, and Malawi. He believes the books have an "unlocking effect" that opens up new educational opportunities for students at all levels.

"It's such a wonderful experience to see this project come full circle and have it reach

students that need these tools for prosperity," he says. B.I.G. is also working with Books for Soldiers to provide reading material to U.S. military personnel stationed in the Middle East. With a volunteer base of more than 50 non-Rotary organizations across Annapolis, B.I.G. keeps overhead low and productivity high. Every second and fourth Saturday of each month, at least three dozen volunteers work feverishly for four hours in a 7,000-square-foot warehouse to get thousands of books sorted, sealed with a Rotary emblem, boxed, and put on delivery trucks.

"Volunteering has to have a hands-on element for it to grow and succeed," says Frantzich. "This is why we have been so successful for 12 years and why we will continue to be for years to come."

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

**Live Well. Eat Well. Exercise Well. Be
Proud Of The New, Improved You.**
Gabrielle Reece [provided by Jerry Gross]

Call me crazy but the number one way to share your success with someone is to give back. I know you're thinking, "Hey, it's my celebration, so it's all about me."

Truth of the matter is that your success grows much greater arms if you share it with someone else, and actually give back from something you've gotten. You may be the perfect person to mentor someone who struggles with some of the same things you contended with.

Maybe you can really understand where they

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October 18, 2007 - Page 4

Potomac-Bethesda Rotary Club News

feel overwhelmed re: exercise and food, and be a mentor to them. Not only are you an example, but you will be able to speak their language to get in there and unlock some of those obstacles.

Martin Seligman wrote "Authentic Happiness" where, according to him, there are three pathways to happiness: pleasure, engagement, and meaning. Volunteering your services falls under the pleasure area, and it is said to affect the spirit the most (vs. body or mind).

I would suggest celebrating unselfishly by taking a friend, someone on your block, or church under your wing. If you know they have been wrestling with weight, food, or finding the time to get started, give them a hand.

Share Your Secrets

-Give them a food journal. Show them exactly what you have done and how you reached your mini goals.

-Walk with them or invite them on a bike ride or to the gym two times a week. This will also make you feel good because you will realize how far you have come. You see we can always keep spinning it back to us.

-Celebrate together. As you continue to reach your interval goals, and they theirs, go out and do something fun together. Go on an adventure, visit a place you have never driven to, or go do something fun just 'cause.

In the end you can look at it selfishly and realize that by helping someone else you may just be helping yourself even more.



Four Way Test

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?

Rotary is looking for men/women in a variety of professions – just a few vocations are listed below:

Small Business Owners
Restaurant owners
Physicians
Insurance brokers/agents
Pharmacists
Banking and Wealth Management
Journalist/writers
Rotary Shares by
Growing Rotary Membership!