

Potomac-Bethesda Rotary Club News

Rotary Club Calendar

August 7- 6:30pm Meeting - Hunters Inn
State Senator Brian E. Frosh



Brian E. Frosh was elected to the Maryland House of Delegates in 1987 and to the Maryland Senate in 1995. He represents District 16, including parts of Chevy Chase, Bethesda and Potomac. Senator Frosh currently serves as chair of the Senate Judicial Proceedings committee and has been described as the General Assembly's leading environmentalist and a leader in education, juvenile justice, and energy conservation. He serves on the

Chesapeake Bay Commission and the Joint Committee on Chesapeake Bay Critical Areas. Senator Frosh has authored a wide variety of environmental legislation including the Maryland Recycling Act, the Newsprint Recycling Act, legislation that prohibits drilling for oil and gas in the Chesapeake Bay, and the Brownfields Redevelopment Act which provides incentives for the expedited cleanup of contaminated industrial sites. He has led the fight to improve education and reduce tuition costs at Maryland's public colleges and universities. He authored a law that provides a waiver of tuition and fees to state universities for children in foster care. Senator Frosh grew up in Montgomery County and is a graduate from Bradley Elementary, North Bethesda Junior High School and Walter Johnson High School. He graduated with a B.A. from Wesleyan University received his J.D. from the Columbia University School of Law. He is married to Marcy Masters Frosh; they have two daughters, both educated in Montgomery County's public schools.

August 7 - 8pm Board of Directors Meeting

August 12 - 6pm Sophia House

Rotarians serve dinner to the homeless at Sophia House,
12250-B Wilkins Avenue, Rockville 20852

August 12 - 7pm Manna Food Center

Rotarians pack 144 food boxes at Manna Food Center
614 Lofstrand Lane, Rockville 20850

August 14 - 6:30pm Meeting - Hunters Inn
David Matthews, NRC

"New Nuclear Reactor Licensing"

August 21 - 6:30pm Meeting - Hunters Inn
Dr. Roxolana, Development of a Clinical
Network for Rural Physicians in the Ukraine

(continued on page 5)

July 31 Meeting Report:

Toastmasters Public Speaking Programs



Steve Naron made a Toastmaster presentation and introduced three other speakers from Toastmasters: **Mary Ann Guerra**, the Immediate Past District Governor who was responsible for about 200 Toastmaster clubs; **Gustavo Guerra**, Mary Ann's husband, who recently chartered the only bi-lingual Toastmaster club in District 36; and **Nancy Pirt**, a Past Area Governor. The four speakers described how Toastmasters programs could benefit Rotarians and Rotary programs. *[See presentations beginning on page 4.]*

August is Rotary Membership Month



Welcome Back Rotarians: After some career changes, two of our Rotarians are now back in the club and both have offices in Potomac Village within one block of our meeting location. **Anil Alpay** is the manager of the BB&T Bank and **Jason Hamel** just joined Wachovia Bank.

www.pb-rotary.org www.rotary7620.org www.rotary.org

Potomac-Bethesda Rotary Club News

The Tragedy of Childhood Hunger from Manna Food Center's Newsletter

"It can be hard to believe in Montgomery County, a place where many debate if they should go to Cancun or Cabo for Spring Break, that there are thousands of hungry children. According to Montgomery County Public Schools, there are more than 30,000 school-aged children at risk of hunger. An astonishing 39 percent of all MCPS students qualify for free or reduced priced meals at some point during their academic career. Imagine trying to learn to read or figure out the meaning of all those x's and y's with a stomach that rumbles from hunger.



Hunger and malnutrition have serious consequences for growing brains. Food-insecure children are twice as likely to have fair or poor health and are one-third more likely to be hospitalized than children who have enough to eat. Hungry children exhibit higher levels of hyperactivity, anxiety, irritability and aggressive behavior. Teenagers who don't have enough food are more likely to be depressed and/or suicidal and are almost twice as likely to be suspended from school.

With your help, Manna battles childhood hunger. About half of the people Manna serves are children, but there is so much more to be done. No child should go to bed hungry or miss breakfast because shelves are bare."

New Menu at Hunters Inn

President **Todd Nitkin** announced that Hunters Inn will be providing more variety on their menus. Here are the menus for this Thursday and subsequent weeks. It's time to bring guests during August, Rotary's membership month!

August 7

Tilapia with roasted shallot sherry wine sauce
Chicken Piccata
Roasted Potatoes
Glazed Carrots & Peas
Bibb Salad with Cherry tomatoes, cucumbers,
artichokes & White Balsamic dressing

August 14

Rainbow Trout with lemon-thyme buerre blanc
Chicken Parmesan
Pomodora with Penne
Green Beans, Roasted Peppers & Com
Caesar Salad

August 21

Scrod with Putanesca Sauce
Chicken Francaise
Wild Rice Pilaf
Vegetable Medley
Chopped Salad with Sylvia's Dressing

August 28

Fried Chicken
Burgers with LTO & buns, French Fries
Cole Slaw
Tomato/Onion/Cucumber/Mozzarella Salad
with Balsamic dressing

September 4

Salmon with Rosemary cream sauce
Chicken Marsala
Garlic Mashed Potatoes
Vegetable Medley
Chopped Salad with Sylvia's Dressing

www.pb-rotary.org www.rotary7620.org www.rotary.org

August 7, 2008 - Page 2

Potomac-Bethesda Rotary Club News

RI President's Message

August 2008

Dear fellow Rotarians,

This year, we have set ourselves an ambitious goal: to Make Dreams Real for the world's children by reducing child mortality. I believe we can achieve this goal, if we focus our efforts and work together. But I also know that at the end of this year, there will be a great deal left for us to do to bring health and hope to all of the world's children.

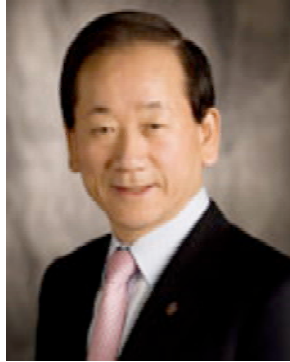
If we are to reduce child mortality, in this Rotary year and for many years to come, we need to have Rotarians to do it. Every project we do in water, health and hunger, and literacy helps create a better world. Every project helps change the world, a little bit at a time.

And every project needs caring and capable Rotarians.

Each new Rotarian we bring into our clubs helps to Make Dreams Real. That is why, this year, I am asking Rotarians everywhere to meet bold membership goals: first, to increase membership by 10 percent and, second, to create two new clubs per district.

Like the goal of reducing child mortality, these are ambitious goals that we can achieve – if we set our minds to them. If we look for new Rotarians only among our friends and family, we may not be able to find enough qualified new members. But if we reach out to community leaders who are of a different profession, or a different generation, we will find many potential Rotarians.

It is natural to want to invite people into our



clubs who are like ourselves, but that limits the diversity and talent of each club. We must welcome younger members to our clubs, or we will have not only lost an important source of energy and expertise but also failed in our duty to our organization to train the next generation of club presidents, district governors, and senior RI leaders.

Remember: Membership is the responsibility of each of us. Every one of us has an obligation to keep Rotary strong, active, and growing. If we hope to Make Dreams Real for the world's children in a meaningful and lasting way, we must ensure a new generation of Rotarians to continue our work.

Dong Kurn (D.K.) Lee
President, Rotary International



The Rotarian: Richard S. Lawrence, Rotary Club of Manchester, Conn., USA

The Place: Cojomachaj, Guatemala

The Service Above Self Moment: A Guatemalan boy inspects a cup of water made possible by Rotarians in District 7890. Eleven clubs in the district raised more than \$24,000 to provide water filters, vented pit latrines, and raised vented stoves for each of 52 families in Guatemala.

www.pb-rotary.org www.rotary7620.org www.rotary.org

August 7, 2008 - Page 3

Potomac-Bethesda Rotary Club News

Steve Naron's Presentation

Training in public speaking skills is an important, but an often overlooked part of many Rotary programs. It should be an important part of our literacy programs and youth programs; it is critical to the communications necessary for international understanding; it is key to recruiting participants in many of our projects; and key to the effectiveness of our meetings, speech contests, conferences, and training programs.

As obvious as this is, it came to me slowly. A couple of months ago, a fellow Rotarian mentioned that the Frederick Rotary Club continued year-after-year to have the winning District candidates in the 4-way speech test and that their coach was a Toastmaster.

More recently I attended presentations by two groups of scholarship students. The first was our Rotary Ambassadorial Scholars, brilliant graduate students studying at great universities in the Baltimore/Washington area. The second was some local scholarship students at a very good, but frankly less recognized university. The second group surprised me and represented themselves and the value of their scholarship program much better than our Rotary Scholars. I happen to be sitting with the head of development of this university. I asked why these students were so good. He said it was because of coaching and a university Toastmaster club.

I have responsibility for overseeing the incoming Ambassadorial Scholars in our

Rotary District. Part of this responsibility is to see that these students attend and present at a minimum of 10 Rotary or public events. These presentations allow the students to further Rotary's goal of international understanding. They also, should show the value of this scholarship program. It can be difficult for our Scholars, who mostly have English as a second language to come off as great speakers in English. Still the better they present themselves and their stories, the better it is for our mutual goals.

So I rejoined Toastmasters and found a Toastmaster club that was willing to help coach these Scholarship students. That was the fun and easy part. Our District Governor, Bette Lewis asked me to extend this to other programs. I sent out an e-mail to Rotarians in District 7620. From this one e-mail we received 35 expressions of interest. Here is how the

responses broke down into groups:

- 8 e-mails from Rotarians who had interact clubs that might be interested.
- 3 e-mails from Rotaractors (20-somethings, graduate students and young professionals)
- Another mostly 20-somethings group is our Rotary Alumni made up of those who live in the area and have participated in one of the many Rotary programs, but are not Rotarians. Peter Kyle, who chairs this group, expressed interest in Toastmasters programs for his group.



www.pb-rotary.org www.rotary7620.org www.rotary.org

August 7, 2008 - Page 4

Potomac-Bethesda Rotary Club News

- 3 e-mails asking for club talks.
- 3 more from members excited by the idea, familiar and experienced with Toastmasters, and wanting to learn more.
- 1 from - Rotary Youth Leadership Awards (RYLA), usually scheduled as a weekend program and often has a very short speaking training program on the agenda.
- 1 e-mail from a club with an elementary school program.

Some other programs:

Rotary Youth Exchange - spend up to a year living with a few host families and attending school in a different country - Could prepare outgoing and incoming students.

Educational

- Ambassadorial Scholarships
- Rotary Peace and Conflict Studies
- Rotary Centers for International Studies
- Rotary Grants for University Teachers
- Group Study Exchange
- Volunteer Service Grants
- Carl P. Miller Discovery Grants

Members Issues:

With the geographical distribution, travel is a problem and there are different district borders. Volunteer officers in both organizations change on July 1.

There are several approaches:

1. A concentrated "Speechcraft" program - 4-5 sessions with lessons and practice over that many weeks. [See page 6]
2. A Gavel club - a young person's version of Toastmasters -- with structured speech practice, perhaps meeting once or twice a

month.

3. Each Rotary club to have an active "sister" Toastmaster club (open club that fits geographically and time that is sufficiently active in appropriate programs). Education periodically to members about respective programs and perhaps support of the 4-way speech contests. Start with guest speaker(s) from Toastmasters club(s).

4. Education at appropriate Toastmaster /Rotary District conferences and Leadership programs (respectively TLIs and PETS) about other organizations.

5. Combine these initiatives with a group of Rotary or Toastmaster clubs.

Finally, anyone participating who is 21 or over should join a Toastmasters club. If the person is not a Rotarian and is in a program supported by a Rotary club, the club should consider providing funds to support this person's Toastmaster membership fees. I believe the two organizations compliment each other and fill dramatically different needs.

-steven.naron@jhu.edu

Rotary Club Calendar (continued)

August 28 - 6:30pm Meeting - Hunters Inn
September 4 - 6:30pm Meeting - Hunters Inn
Bob Pelletier and Gerald Aldridge
Montgomery Works Business Services

Please send news articles and photos to BobNelson20854@yahoo.com for inclusion in the newsletter

www.pb-rotary.org www.rotary7620.org www.rotary.org

August 7, 2008 - Page 5

Potomac-Bethesda Rotary Club News

Speechcraft Presentation by Nancy Pirt

I have been asked to speak to you about the Speechcraft program. Speechcraft is a class on public speaking that is sometimes offered by local Toastmasters clubs. The format of the class was written by Toastmasters International headquarters, so it is a high quality program. There is some flexibility built into the Speechcraft program. It can be scheduled for 4, 6, or 8 weeks, and the classes can run from 1 to 2 hours.

The class teaches students some of the basic principles of public speaking. The class is modeled on a Toastmasters meeting, but it is condensed and abbreviated.

Students are all assigned advisors who work with them one-on-one throughout the program. The students give several speeches of 3-5 minutes. As a student, you can speak about any subject, but each speech has an objective, such as learning to organize your speech, or learning to use visual aids.

Each speech will be evaluated by an experienced Toastmaster. That is one of the skills that we practice. The evaluation will tell you your strong points, and will identify 1-2 areas that you could improve. This might be something like "Don't grip the podium so hard when you speak." We only identify 1-2 areas of improvement so that you can concentrate on those items.

You will also learn to give an oral evaluation. You may have the opportunity to do an oral evaluation as one of your speeches.



You will also practice impromptu (extemporaneous) speaking. We call this Table Topics. At the class, you will be given a topic and asked to speak about it for 1-2 minutes. You will have the chance to practice this at all of the classes.

As for cost, it varies, depending on the club that offers the class. There is a cost for the materials, and the club may offer refreshments or have to rent a room. In any event, this usually is not expensive. My club conducted a Speechcraft and charged about \$25 a person.

If you like Speechcraft and wish to continue in Toastmasters, you

can do that, too.

I should mention that Toastmasters offers a similar class for teenagers. It is called Youth Leadership.

Tips to Organize, Be Confident and Be a Better Person by Gustavo Guerra

1. Organization: I used to lose my audience, change topics and talk too much and consequently run out of time, and I have problems getting back on track. All the speeches given in Toastmasters are timed.

- Stick to your to-do list/stop procrastinating
- Pay bills, Delegate, Multitask, Follow through
- Write it down
- Combine similar activities
- Feel better about yourself
- Have more time for yourself and your family
- Get things done
- Enjoy your home, get rid of clutter, eliminate all the piles of paper, discover better storage solutions,

www.pb-rotary.org www.rotary7620.org www.rotary.org

August 7, 2008 - Page 6

Potomac-Bethesda Rotary Club News

- Find more time in your day, get everything done without getting exhausted

- Better ways to combat procrastination

- Better ways to set and achieve your goals

If you know you need to wash your car, then put a post-it note on your steering wheel so that next time you get in your car, you remember to get it done. Other good spots for post-it notes are doorknobs, mirrors, and PC monitors (the borders, not the actual screen).

Start your phone conversations with "I only have — minutes to talk." Then stick with it. When calling for appointments, make sure you have all information you will need and write down any questions in advance.

If you know that you're not naturally inclined to be organized, you can change that by starting with one small area of your living space and focusing on keeping that small area organized. Keeping a small area organized over time is easier to do, and it will help you build a new habit. After about 2-3 months of keeping one corner organized, you will naturally tend to expand your new-found organizing instincts to other areas.

2. Be Confident:

Practicing your speech makes perfect and Toastmasters offers an opportunity to do a better job, getting no a criticism, but a positive evaluation of your speech, evaluating others. Make a list of **special talents** you have, **find your passion**. Choose a role model, **Accept and give compliments gracefully**. Know that you have **important things to say and do**, **Take care of yourself**, **Stick up for yourself**. If people put you down

(and not in a good-natured, joking way), **celebrate your individuality**. If you know you've got something special or different, then embrace it-don't hide it! That's diversity! You may wish that you were taller, or shorter, skinnier, stronger, whatever the case may be. But you need to realize that, if you were like everyone else, then you wouldn't be who you are. "What am I? **Take action**. It is surprising how powerful the simple step of taking an action can be. **Find a song that you love!** Such as Drive My Car by The Beatles and walk to the beat. Sing it in your head if you're feeling insecure.

3. Become a better person:

Communication is a key ingredient you get the opportunity to serve other people by mentoring or becoming an officer of your club. You learn to not be judgmental; respect; be a good listener; be interested - not interesting; respond from your heart; be truthful; be helpful; maintain your integrity and your dignity; go the extra mile, say what you mean and mean what you say.

Conclusion

In every aspect of your life it is very important that you be organized. "A place for everything and everything in its place" is always a good organizational rule of thumb to live by. Remember, "organized minds make successful people." Feel confident by knowing yourself and by being a better person makes it more likely that you will be successful in any endeavor you take. By being a better person you will become a people person, you will be much more friendly and happier (and also become more proficient in English).