

Potomac-Bethesda Rotary Club News

Rotary Calendar

September 25 – 6:30pm Meeting – Hunters Inn

**Tom Leitzer: No-Cost Medical Assistance
for Families and Individuals**

Tom Leitzer has worked for Johns Hopkins HealthCare for over four years. During that time he has served as the Senior Training Specialist for Corporate Training and Organization Development, and more recently as the Community Partnerships Manager for the managed care division—Priority Partners. In his current role, Tom works directly with government agencies, civic and professional organizations, political leaders, and other individuals and groups to disseminate information about no cost health insurance programs available to low income individuals and families through Priority Partners. Priority Partners provides health care services free of charge to HealthChoice and PAC recipients who qualify for Medicaid, the Maryland Children's Health Insurance Program and the Primary Adult Care Program. Additionally, Tom seeks to identify programs to further promote HealthChoice and PAC programs and benefits. For example, Tom is working with the Maryland Food Bank, the Capital Area Food Bank, and the Anne Arundel Food and Resources Center to provide support for food pantries for needy families. Additionally, he is working with a coalition of churches in Prince George's County to inform their congregations about these health care programs and also to provide no cost health education programs on topics including asthma, immunizations, taking care of a sick child, having a healthful pregnancy, preventing lead poisoning and many others. Priority Partners Managed Care Organization (PPMCO) is one of the seven MCOs authorized by Maryland's Department of Health and Mental Hygiene to provide the programs and benefits of the state's HealthChoice program. Since 1997, Priority Partners has been providing health care benefits to Maryland families and individuals and currently serves over 120,000 members with a healthcare provider base of over 9,000 statewide.

October 2 - 6:30pm Meeting – Normandie Farm

**Views and Issues on the Iraq and Afghanistan Wars
from a Veteran's Perspective**

October 9 - 6:30pm - No Meeting

**October 11 – Rotary District Health Mini-Summit
BWI Ramada**

**October 11 - Leukemia & Lymphoma Society's
"Light The Night", Rockville**

**October 16 - 6:30pm Meeting—Hunters Inn
Olobor Marvis – Manor Care Nursing Home
Wheelchairs for Nigeria**

October 18 – 10:30am Potomac Day

**October 23 – 6:30pm Meeting—Hunters Inn
Kanae Tsutsumi, Rotary Ambassadorial Scholar**

**October 25 – Rotary Leadership Institute
Marriott Courtyard, Frederick**

**October 30 - 6:30pm Meeting—Hunters Inn
Steve Naron on Biking the Entire C&O Canal**

September 18 Meeting Report



Amy Jo O'Hearn and **Tracy Shaw** described the work of the Leukemia and Lymphoma Society. Tracy was originally from North Carolina and was very familiar with "all the good things done by Rotary Clubs." "The mission of The Leukemia and Lymphoma Society is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and to improve the quality of life of patients and their families." The Society was founded in 1949



in memory of Robert Roesler de Villiers, a young man who died of leukemia and is now the world's largest private organization concerned solely with funding research to find cures for blood cancers. The Society's grant program is one of the most prestigious in the fields of hematology and oncology, supporting more than 481 researchers or projects in 15 countries on five continents. The important result is that, overall survival rates for leukemia have tripled in the last 40 years. In the 1960's, a child that was diagnosed with ALL (acute lymphocytic leukemia) had a 4 % chance of surviving their cancer diagnosis. Today, that child has an 86% chance of survival, but the Society wants a 100% survival rate. It was Society supported research that brought us chemotherapy, bone marrow transplants and targeted therapies, and it will be research that will

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eventually find a cure. The result of bench to bedside funded research is that it not only improves the quality of life of blood cancer patients, it also is helping with advances for patients suffering from other cancers. "

"In recent years, scientists affiliated with the Society have made the following discoveries: (1) molecularly targeted treatments that kill cancer cells with less harm to normal ones; (2) understanding of new ways to disrupt cancer cell proliferation, findings that aided the discovery and application of the drug Velcade® to multiple myeloma; and (3) Gleevec®, the molecularly targeted drug, used in pill form, to create sustained remissions in chronic myelogenous leukemia and several other types of cancer. "



"And, the Society is also moving in the direction of radio immunotherapy, developing better techniques to deliver radiation that bind specifically to cancer cells, sparing normal

tissue. Then there are the cancer vaccines, therapies that prime the body's immune cells to identify and kill residual blood cancer cells, prolonging remission. All of these advancements are moving us toward a time when cancer will become a totally treatable disease."

"It is not only research that drives us. Our 68 chapters also provide Patient Services. Each chapter has a master's level social worker on staff who is responsible for providing support groups, information and financial assistance to help pay for some of the medical costs. The National Capital Area Chapter includes counties in The DC Metro Area, Northern Virginia and Maryland. Last year we gave \$55,000 in financial support to 125 patients. Additionally, the Chapter sponsored over 40 patient education programs to help clarify treatment options and strengthen decision-making and coping skills for more than 1,100 people. An estimated 750 doctors, nurses, social workers and school personnel took part in their professional education opportunities

and provided education programs to over 1,100. Their Patient Support Manager, Sara Singer, is on call to help patients navigate their treatments and help them with the overwhelming burdens that living with a blood cancer involves. The Board of Directors and staff are charged with changing the future. To do this it is imperative that we partner with local corporations."



Joanna Goodwin gave a very moving testimony of her 22 year old daughter in California recently being diagnosed with Hodgkins lymphoma and is

starting chemotherapy on Monday. That type of lymphoma has a high remission rate. Through the Society Joanna found someone with similar experience who will be able to walk through this trial with her. Joanna is a realtor with Long and Foster in Bethesda and plans to visit her daughter in California frequently.

Frank Angier's office is just across the street and he made a strong recommendation to support the Society and it's major fundraiser "Light the Night Walk" in Rockville on October 11. His father is 92 and has 39 years perfect attendance in Rotary.



Funds raised through Light The Night help fund research to find cures for leukemia, lymphoma and myeloma and provide services for patients and their



families. **Steve Naron** announced that "we are walking on October 11 in Rockville to remember my late wife, **Jackie Naron**, who was a member of our Rotary club until she passed away from non-Hodgkins lymphoma in 1999." To join the team that walks, or

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contribute to anybody's walk, go to http://teams.lighthtenight.org/JackiesTeam_RockvilleTownCenter.

For any member who prefers, Steve would be glad to take contributions at our meeting this Thursday. Steve plans to match club contributions.

Other News Items

Don Hiruo underwent lithotripsy for kidney stones on a recent visit to see his wife in Michigan. Thankfully he's back on the mend!

Steve Naron had accompanied three Ambassadorial Scholars to Valley Forge for an orientation meeting. He spoke to eight scholars from several states who are interested in coming to our International Night program next spring.

Alan Grant announced that the Dictionary Project is starting up for the fall and he has two schools lined up during the second and third weeks of October. Stay tuned for the exact dates and location of dictionary distribution to third graders.

\$100 in happy dollars were collected.

CNN recognizes Rotarian Tom Henderson

Rotary International News – 18 September 2008
Rotarian Tom Henderson, founder and CEO of the relief charity organization ShelterBox, appeared on the international news channel CNN on 5 September for being selected as a hero. More than 3,000 people worldwide were nominated in response to CNN's call for stories of ordinary people who do extraordinary work. The report highlighted the incredible achievements of Henderson and ShelterBox.

"I'm delighted that ShelterBox was selected to appear on this year's CNN Heroes," says Henderson, member of the Rotary Club of Helston-Lizard, Cornwall, England. "I would like to thank all of our loyal supporters and volunteers who have helped us grow to

become one of the most effective aid agencies in the world.

Rotary District Conference Cruise

Dear Special Invitee,

What better way to celebrate the culmination of a great Rotary year than at the District Conference. District Governor Bette Lewis invites you to "Cruising, Rotary Style." We'll set sail to beautiful Bermuda to begin an unbelievable adventure in Rotary fellowship. Joined by District 7260 (Long Island), you'll experience all the ambiance of cruising along with a conference show focused on entertainment. This year's conference team has an exceptional offer for you. Our regular registration allows for a two-payment plan with a deposit of \$335.00 and balance of costs by February 1, 2009. For a limited time we'll break down all costs in three equal payments. Here's an example:

Category N Room (Inside) \$850.00 (pp/dble occ.) plus \$35.00 registration extra: Total \$885.00. Three payments of \$295.00: October 15th - \$295.00; December 15th - \$295.00; February 1st - \$295.00. In addition, the District will waive ground transportation charges. * Please hurry as we have a limited number of rooms reserved.

Sincerely, Your Cruise Directors,

Andy Baum, PDG, John Murkey, PDG, Paul Frey, DGE

* Ground transportation will be available from Timonium fairgrounds to the dock in Cape Liberty, NJ. While on-board the bus, lunch and libations will be available.

Thanks so much for sharing your photos and news! You are invited to submit articles and photos to BobNelson20854@yahoo.com.

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Message from the Rotary International President

Dear Fellow Rotarians,

When I was a child, Korea experienced a terrible war. After it was over, my country received a great deal of help from other governments and humanitarian organizations, help that put Korea on a track of health, hope, and economic growth. In the decades since the war, both Korea's economy and its Rotary club membership have grown enormously. I feel there are two reasons for this. One is Koreans' desire to help others as we were once helped ourselves; we all want to pay back some of what was given to us. The other is the natural affinity Koreans have for the values of Rotary: integrity, honor, hard work, and fairness.

Many of Rotary's core values are also core values in Korean business. Koreans know very well the lesson taught by Herbert J. Taylor, author of *The Four-Way Test*: We do not succeed professionally despite our ethical behavior; we succeed because of it.

When Korean businesses interview potential employees, they look for what we call *chim shin uro*, or "pure heart." A person with a pure heart is someone who has personal integrity, a person who treats others with honor and respect and can always be counted on to do what's right. It is a highly valued trait in companies, and it is equally important in Rotary. As Rotarians, our integrity is what makes us successful in business, in service, and in life. "Pure heart" is what we in Rotary call *Service Above Self*.

Koreans also talk about work as *chip an*. *Chip an* means "inside the house." It is a way to talk about how important our work is to us, how our companies are like our families. Our businesses and the people in them should be treated with respect, honor, and dignity because, Koreans believe, good personal relationships are the basis for good business. We in Rotary also believe that honest, open relationships with customers,

co-workers, and employees are important, as are our relationships with all our fellow Rotarians and those we serve through Rotary.

True service gives us pure hearts when we bring it "inside the house." This is the reality behind *Service Above Self*. This is the reality of Rotary, the reality that inspires us and challenges us every day.

Dong Kurn (D.K.) Lee

President, Rotary International

Safe Water Is On Its Way To A Crowded Slum by Diana Schoberg The Rotarian



Left: A girl stands next to an open sewer, a typical scene in the Kibera slum in Nairobi, Kenya. Right: Mike Klingbiel helps with the construction of one of the bathroom facilities in Kibera.

Residents of the Kibera slum of Nairobi, Kenya, use one of the pay-per-use pit toilets that service the settlement – if they can afford it. But if they can't, they resort to using what are colloquially known as "flying toilets," plastic bags that are then left to litter one of the largest slums in Africa.

It's a situation that Rotarians are working to change.

Using a \$330,000 Health, Hunger and Humanity (3-H) Grant, the Rotary clubs of Denver Southeast, Colo., USA, and Nairobi-Langata, Kenya, are partnering to build shower and bathroom facilities for about 150,000 residents of Siranga, one of nine villages in

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Kibera. These "wet cores" tap into Nairobi's water and sewer systems, providing clean city water in a structure similar to the bathroom and shower areas one might remember from a high school locker room, explains Mike Klingbiel, the Denver club's point person for the project.

The structures will also provide safe drinking water at a nominal fee. Currently, people have to trek, sometimes for hours, to the edge of the slum to get water from unregulated businesses, which charge more than eight times what the people who live outside the slum pay, Klingbiel says. At the new facilities, local residents manage the operations at a break-even cost, charging the going meter rate and remitting the money collected to the Nairobi water board.

"People that are poor are having to pay more," Klingbiel says. "The idea here is to take the money they are usually charged for that water and free it up for education, food, housing, whatever else they can use it for."

Because the project is in a major metropolitan area, Rotarians had to get the support of many stakeholders, including government officials and agencies, before they could start the project. Klingbiel and the Denver Southeast club wrote up the 3-H grant application and provided some of the administrative expertise, while members of the Nairobi-Langata club provided on-the-ground support, helping with site preparation and coordinating with Ecotact, the Nairobi-based company hired to implement the project.

This was the Nairobi-Langata club's first project of this magnitude, says past club president Muchau Githiaka, who has been active with the project. "A project of that size has been quite a challenge for us, because it's the first time we have handled it," he says. "Now that we have the experience, we can do this in the future with other projects."

A total of ten of the structures are planned, and the Kenyan government has committed to build an additional four. All 14 are expected to be finished in

2009. Residents have been involved all along – from site selection to construction to management training – so that they can operate and maintain the structures in the future, says David Kuria of Ecotact.

"They are excited," Kuria says. "Now they have been participating in the whole process."

And Rotarians hope the initiative will continue. Klingbiel says they have been in talks with other agencies such as USAID that might pick up where they leave off to provide clean water and facilities to the residents of the Kibera slum.

"We're marrying Rotarians' passion with their ability to deliver on a project, and then find money outside to finish it," he says.

Massive India Flood Strands Millions

By Ryan Hyland RI News – 19 September 2008

Past RI President Rajendra Saboo visited the Saharsa District of Bihar, India, last week to survey the devastation caused by August's massive floods.

The Kosi River in Bihar, one of India's poorest states, overflowed its banks in August after torrential rainfall from heavy monsoons caused a dam to burst in southern Nepal, setting off the worst flooding in 50 years. Millions of people have been displaced, and hundreds of villages are under water in northeast India.

"These are unprecedented conditions. Bihar presented a deadly picture of devastation," says Saboo, a resident in the Union Territory of Chandigarh. "We saw the human spirit fight for survival."

During a two-day visit to the region, Saboo, accompanied by Past Governor Ranjit Bhatia of District 3080 (India), met Governor Lal Bahadur Singh of District 3250 (India) to tour affected areas and assess Rotary's response so far.

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"I'm happy to see how Rotary clubs and districts from all over the country are responding," says Saboo. "Rotarians are doing a good job during the intermediate relief stage. As the rehabilitation stage nears, I believe Rotary has tremendous potential of doing good, as we have in many other natural disasters."

Relief aid trucks have been coming in from districts throughout the country. Districts 3131 and 3140 have already sent trucks full of medicine, food, clothes, and blankets. Two doctors from District 3100 arrived to provide medical care.

Because areas in Bihar are so ravaged by the flood and conditions are still too dangerous to return, nearly half of the 1.2 million people left homeless are in government and relief agency camps.

Homecoming Kits

The Rotary Club of Calcutta-Mahanagar plans to send 3,500 ghar wapasi -- or homecoming -- kits, each of which provides comprehensive shelter relief for a family of four, including two roof tarps, a kerosene stove, cooking supplies, 500 chlorine tablets, toothpaste, a mosquito net, and other consumables.

Rotarian volunteers have arrived in Bihar to help distribute kits and other aid to camp refugees as well as families stranded deep inside swampy villages.

Saboo said the main need for people in the flood zones is basic medical care.



As the water recedes, Saboo fears the crowded and often unsanitary conditions in refugee camps could lead to outbreaks of water- and airborne diseases.

Rotary districts in India also are arranging accommodations for visiting volunteer doctors who are coming to provide preventive care in the refugee camps, he adds.

Under the guidance of RI Director Ashok M. Mahajan, funds collected by Rotary in India will be leveraged with support of the RI community and The Rotary Foundation.

Saboo admits to being moved by the spirit and determination of those affected by the flood. "One thing that hit me hard was the realization and the appreciation of the power and strength of these people."



"Rotary's compassion and action will make the difference for victims," says Saboo. "This is the time when the sincerity of purpose will bring a sense of tremendous satisfaction far more than any recognition or

credit."

Top photo: Past RI President Saboo (middle) listens to residents affected by the massive August flooding in Bihar, India. Bottom photo: Flood victims make their way to refugee relief camps. Photos courtesy of Saboo