

Potomac-Bethesda Rotary Club News

Rotary Club Calendar

January 22 – 6:30pm Meeting–Hunters Inn

Michael Zhuang, MZ Capital Management, LLC



Michael Zhuang is founder and chief investment scientist of MZ Capital Management, LLC, a registered investment advisor firm located in Rockville. Michael earned masters degrees in both mathematics and computational finance from Carnegie Mellon University before embarking on a PhD in financial economics. His academic training positioned him to devise scientific solutions to investment issues. From 2000 to 2003, Michael was a senior trader with PG&E National Energy Group where he was responsible for starting the weather derivatives

trading desk. He developed risk management guidelines and a suite of cutting-edge proprietary weather derivatives valuation software. Prior to year 2000, Michael was a co-founder of Optionvol.com Inc., and a financial engineer with FIMAT, Societe Generale Group. Michael is active in the community. He twice sponsored Melodic Impact, a musical fundraiser for kids with cancer. He sits on the Advisory Board of Hope International, a global, faith-based, non-profit organization focused on poverty alleviation through microfinance. He is an active member of The Greater Bethesda Chevy Chase Chamber of Commerce, and the Bethesda Chevy Chase Rotary Club. He also volunteers as an instructor for Toastmasters' Youth Leadership Program and as a director of public relations for the Chinese Cultural and Community Services Center. Lately, he was elected to the board of Special Love Inc, a Virginia-based non-profit organization providing support to kids with cancer and their families.

January 22 – 8pm Board of Directors Meeting

January 29 – 6:30pm Meeting–Hunters Inn

February 5 – 6:30pm Meeting–Hunters Inn

Christine Clapp, Founder, Spoken with Authority

February 10 – 7pm Manna Food Center

February 12 – 6:30pm Meeting–Hunters Inn

February 19 – 6:30pm Meeting–Hunters Inn

District Governor Elect Paul Frey

April 25 – 6:30 pm Potomac-Bethesda Rotary Club

International Night at the Austrian Embassy

2009-10 RI Theme Announced (see page 3)



January 15 Meeting Report

Our guest speaker was **Eileen Pugh**, Executive Director of the Crohn's and Colitis Foundation of America (CCFA). Crohn's disease and ulcerative colitis, collectively known as inflammatory bowel disease (IBD), are serious gastrointestinal illnesses. They are two separate and distinct diseases that share many of the same symptoms. The symptoms in their severity are often debilitating for patients, greatly altering their quality of life. Many require surgery



and/or an ostomy pouch on the side of their abdomen to collect waste. Over 1.4 Americans suffer from IBD, with almost 150,000 under the age of 18. Rotarian **Wendy Albertini** from the MetroBethesda Rotary Club, gave a personal testimony about how her 16 year old son has suffered from the disease

for the past five years resulting in the surgical removal of his entire colon. (continued on page 5)



Rotarians were pleased to welcome back Jason Hamel who shared his experiences over the past month of being a father for the first time. Wife Sarah and daughter Payton are doing very well.

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Arthur Blitz "On Track"

Bethesda Magazine, January/February 2009

By Batie Paff; Photos by Daniel Schreiber

With a remote control in hand, Arthur Blitz watches his old-fashioned model steam engine journey around a track in the backyard of his Bethesda home. When he notices debris on the rails, Blitz, a senior partner at the Bethesda law firm of Paley Rothman, stops the trains and grabs a brush to sweep the area clean.

Blitz's love affair with model railroads began 25 years ago when a friend gave him a starter set for Christmas. Today, he has about 500 feet of track, a half-dozen train cars and multiple buildings. In the backyard, trees surrounding his railroad are spotlights, which Blitz and Mimi, his wife of 30 years, turn on when they run their trains at night.

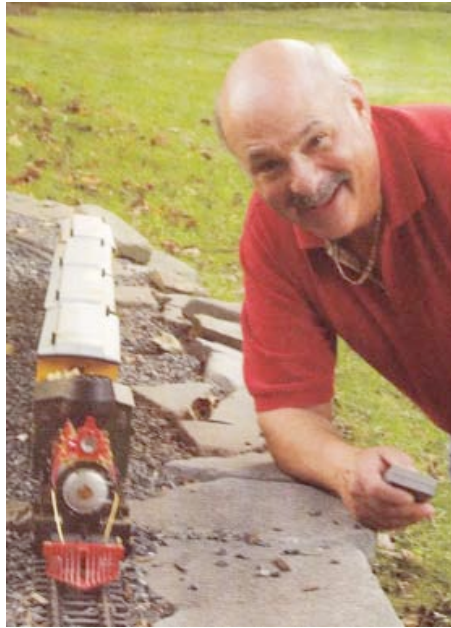
Children in his neighborhood on Seven Locks Road often come over to see the trains.

"Sometimes we have barbecues and get the trains running and invite the local kids over to watch and play," Blitz says. "They just love it, especially when I let them use the remote control. It's always fun to watch their faces light up."

Blitz has a demanding and often stressful job, and he says working on his model railroad provides a release. It's a hobby and a passion that he shares with his wife. While he mostly sticks to the physical aspect of things – such as maintaining the tracks – his wife provides the aesthetic inspiration, Blitz says.

At intervals along the tracks are the buildings that Mimi Blitz has picked out. Planning the miniature worlds, as she calls them, is a responsibility that she relishes. There's "Leslie and Robin's General Store", she says. It is named after the couple's twin 27-year old daughters. Next door to Leslie and Robin's is another

general store, named "Arthur and Mimi's." Two water towers and a bridge along with a train station also can be found trackside.



"I just love the opportunity to be creative and design all of these different worlds," Mimi Blitz says. "My mind is always thinking ahead about what we should do in the future. We're constantly looking for new buildings and ideas."

The Blitzes' locomotives include a Mogul steam engine and a diesel engine, both with realistic sound effects. Blitz says he has a soft spot for the steam engine, however, and he runs it more often than the diesel. The Blitzes have increased their train collection by perusing the Internet and visiting train shows across the country; both venues are considerably cheaper than buying

models at a store, Blitz says.

Blitz also has set up a small indoor track in his office. He brings in different trains when he wants to mix things up. "My clients definitely get a kick out of that," he says. "Often, it'll strike up a conversation or will bring them back to their childhood memories. It's a fun way to break the ice."

While both Blitzes have demanding work and social schedules – Mimi Blitz works at the National Institutes of Health in Bethesda – they try to devote enough time to their railroad to make sure that

everything runs smoothly. However, they insist that model railroading is only one of many hobbies. "It gives us a lot of enjoyment," Mimi Blitz says about the trains, "but we're not fanatics by any means. Some people are completely obsessed with garden railroads, and that's all they do. We have variety in our lives."

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



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Kenny says 'Future of Rotary Is in Your Hands'

By Arnold R. Grahl RI News – 19 January 2009

RI President-elect John Kenny announced the 2009-10 RI theme, The Future of Rotary Is in Your Hands, to incoming district governors at the 2009 International Assembly. Photo by Alyce Henson/Rotary Images

The 2009-10 RI theme acknowledges the important role individual Rotary clubs will play in shaping the future of Rotary.

RI President-elect John Kenny unveiled the theme, "The Future of Rotary Is in Your Hands", on Monday during the opening plenary session of the International Assembly, an annual training event in San Diego, California, USA, for incoming district governors. "The future of Rotary will not be shaped at RI headquarters – it will be shaped in each and every Rotary club," Kenny said, "because it is for each of us – as Rotarians – to do what is necessary to keep Rotary strong."

Kenny acknowledged the foundation established by past Rotary leaders and laid the responsibility for building upon that success on every Rotarian.

"Each one of us is standing on the shoulders of generations of Rotarians past, and it is our responsibility to determine Rotary's future," Kenny said.

"The goals we set, whatever our action plan, it is in our hands to accomplish or not," said Kazeem Mustapha, governor-elect of District 9125 (Nigeria). "Everybody has to be involved."

Chuck Cicchella, governor-elect of District 6710 (Kentucky, USA), likes the theme's emphasis on the future. "I have always had a strong desire to nurture along young people. It's vital to us."

Kenny emphasized that every Rotary club is and must be autonomous.

"Everything begins and ends with our clubs," he said. "Our clubs can and do work together; they work through their own districts, in cooperation with other clubs and districts, and with the support of our Foundation."

"But at the end of the day, everything that we accomplish is done through the strength of our clubs. And so each club must have autonomy to serve where and how it can serve best."



At the same time, Kenny highlighted the importance of the RI Strategic Plan, adopted by the RI Board of Directors, as an essential tool in providing continuity.

"The plan is designed to strengthen and proclaim the core values of Rotary: service, fellowship, diversity, integrity, and leadership," Kenny said. The training sessions for incoming governors during the weeklong assembly are all tied to some component of the strategic plan, and a final group discussion on Saturday will seek to tie all the pieces together and show the future district leaders how to take the strategic plan to the club level.

Kenny concluded his remarks by sharing a favorite saying from his homeland, Scotland: "We must look beyond our own parish pump."

"It means that we must look beyond our own home and our own community," Kenny said. "We must look beyond our own needs, and we must be aware that ours is only one community, of one country, of the many communities and countries in this world."

New Midwest Club Focuses on Environment

By Arnold R. Grahl, RI News – 16 January 2009

A new Rotary club spanning the border between Minnesota and Wisconsin, USA, is focusing its energies on helping the environment while reaching out to younger members.

The Rotary Club of Duluth Superior Eco, which received its charter in November, meets late Tuesday afternoons at a popular restaurant in Duluth, Minnesota, where members are treated to snacks and a nonalcoholic drink for \$5. The location, time, and price are all designed to appeal to younger professionals, who comprise a majority of the club's more than 30 members.

"Probably 75 percent of our members are young women. I'm in my forties and one of the oldest in the group," says Kay Biga, the club's secretary and a Rotarian since 1996. "We also have several members in their twenties, who would typically join a Rotaract group."

Biga said she began percolating ideas for a different kind of club a year ago, after having drifted away from the club she had been attending. She lined up a few other former Rotarians with connections, including a

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chamber of commerce member who runs a group for young business leaders.

Selecting a fun location and keeping meetings short were major priorities. Effort is made to keep every meeting under an hour, although Biga notes "a lot of people will order a glass of wine or a beer and stay on. We provide the restaurant with a fair amount of spillover business."

Once a month, the club goes "on the road," and joins the Duluth Chamber of Commerce's monthly after-hours event in lieu of the usual meeting. "It gets us out, and more people learn about Rotary," Biga notes.

The club has also adopted a decidedly ecological theme in both name and service projects. Each month, the club participates in projects that focus on making a positive impact on the environment or local community. Past projects have included pulling buckthorn at a local nature center and helping a theater company organize its script library.

The club plans to partner with the like-minded Rotary Club of Baikal-Eco Centennial, Russia, for international projects.

This is the first in an occasional series of profiles on new clubs. If you have ideas for a club to be profiled, just e-mail RI at website@rotary.org with subject "New Clubs."

Mary Cohen, Kati Bryant, Patti Peterson & Bill Kimbler, of the Rotary Club of Duluth Superior Eco, help clear buckthorn

at the Hartley Nature Center in Duluth, Minnesota, USA, in October. Photo courtesy of Kay Biga.



Medical Mission Provides Care For Kenyan Children

By Ryan Hyland RI News – 14 January 2009



Bob Elser, a physician and a member of the Rotary Club of York-East, Pennsylvania, USA, spends time with children during a medical mission in Nairobi, Kenya, in September. Photo courtesy of Connie Spark.

During a massive Rotary club-sponsored medical mission in September, a team of 70 volunteers from 11 countries provided preventive health care to more than 10,000 children in the poorest communities of Nairobi, Kenya.

The medical team, including health care professionals and nonmedical volunteers, screened patients to determine their most urgent needs before sending them to specialty stations set up to provide dental care, eye care, nutrition counseling, and treatment of infections.

"I'm blessed to have had the opportunity to be a part of this mission and share my skills and knowledge in a way that may improve the lives of the children," says Joseph Rebman, an optometrist from the Rotary Club of Elizabethtown, Pennsylvania, USA. "In the midst of such astonishing poverty, the children were generous in their smiles and waves."

The medical mission, the tenth of its kind and the first in Kenya, focused on the health needs of children living in the slums of Mukuru, Mathare, and Korogocho outside Nairobi, where the poverty rate is high and preventive medical care is lacking.

The international team was hosted by the Rotary Club of Nairobi North, many of them members of Rotarians for Fighting AIDS (RFFA), a Rotarian Action Group. The RFFA was one of several mobilizing partners, along with Hope Worldwide, AmericaShare (the charitable arm of Micato Safaris), and the Coca-Cola Africa Foundation.

In cooperation with RFFA, Hope Worldwide offered HIV testing and counseling during the mission.

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The medical team treated as many as 3,000 children a day. Co-team leader Connie Spark, governor-elect of District 7390 (Pennsylvania), said the communities benefit from better hygiene, disease prevention, and education.

"Hundreds of happy-faced children lined the path, waving and chanting happy goodbyes as we left the Mukuru camp on the last day," says Spark. "That was quite a difference from the stares and solemn faces we passed on the first day. This international team changed many lives with their medical assistance."

The team had to turn away hundreds of people, mostly adults, says Patricia Santos, a nurse and a member of the Rotary Club of Americana-Carioba, São Paulo, Brazil.

"It was difficult to only focus on children with so many adults needing care as well," says Santos. "But what we did accomplish will go a long way. Providing health education will produce long-term benefits."

Santos said this was her fourth medical mission with Rotary. Her father, Waldir, a Rotarian and past district governor, joined her in Nairobi.

"After these medical missions, I become a better and stronger Rotarian," says Santos. "I understand more about what Rotary is all about. Anyone who goes through something like this will have a clearer vision of why they are Rotarians."

Local physicians and other Kenyan health care professionals took part to ensure that patients would continue to receive care after the mission concluded.

The mission was supported by contributions totaling US\$38,000, including a \$16,000 Matching Grant from The Rotary Foundation. Clubs in Pennsylvania and Georgia, USA, and Kenya also contributed funds.

Crohn's and Colitis Foundation (cont. from p. 1)

Crohn's disease may attack anywhere from the mouth to the anus, while ulcerative colitis inflames only the large intestine (colon). Crohn's and colitis are multi-system diseases and not only affect the colon, but sometimes involve the skin, joints, and other systems of the body. Symptoms may include: severe abdominal pain; chronic diarrhea; rectal bleeding; fever; fatigue and weight loss. Many patients require hospitalization and surgery. These illnesses can cause severe complications including colon cancer in patients with

long-term disease. The cause of IBD is not known. Despite the development of promising medications, no cure currently exists. Physical and emotional challenges remain part of the daily lives of people afflicted by these diseases. Current evidence suggests that both genetic and environmental factors contribute to these diseases. If a person has a relative with the disease, his/her risk is estimated to be at least 10 times that of the general population—30 times greater if the relative is a sibling. Researchers have found that American Jews of European descent are four to five times more likely to develop IBD than the general population. IBD has long been considered a predominantly white disease. However, there has been a steady increase in reported cases of both Crohn's disease and ulcerative colitis among African Americans. IBD can begin at any age, but adolescents and young adults between the ages of 15 and 35 are most susceptible.

CCFA is the only national voluntary nonprofit organization dedicated to the fight against IBD. The mission is to cure Crohn's disease and ulcerative colitis (IBD), and to improve the quality of life of children and adults affected by these diseases. Since its founding in 1967, CCFA has invested approximately \$136 million in IBD research worldwide and funded some 925 grants. \$16 million was invested in 2008. Approximately 80 experimental therapies are already in the pipeline. A team of internationally recognized basic researchers and clinicians developed CCFA's comprehensive, long-range strategic plan for research. On Capitol Hill, CCFA is the voice of people with Crohn's disease or ulcerative colitis. The foundation is instrumental in encouraging increased government support of IBD research conducted by the National Institutes of Health.

CCFA sponsors the nation's largest event dedicated to finding cures for digestive diseases. In 2008 there were 65 walk sites across the nation involving thousands of walkers. The walks bring together people who suffer from these diseases in a fun environment where they are able to connect face to face and support each other. The goal is to raise over \$7 million and awareness for digestive diseases. A walk is planned around the Tidal Basin on June 20.

Rotarians [Tom Leuchtenburg](#) and [Art Blitz](#) shared that they had relatives who had been treated for IBD.

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