

# Potomac-Bethesda Rotary Club News

## Rotary Club Calendar

**May 14- 6:30pm Meeting-Normandie Farm**

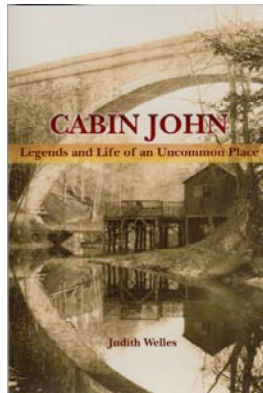


### **Judy Welles: Legends of Cabin John**

Located in Bethesda, Maryland, Judith Welles provides freelance writing, customized media coaching, media relations consulting, and other communications assistance. As a journalist, columnist, and media relations manager, she brings more than 25 years of experience with a variety of media, large and small companies, government agencies, and nonprofit organizations. She was media relations manager for PricewaterhouseCoopers in Washington, D.C., and media specialist with IBM in Bethesda, Md. She was previously Deputy Assistant Secretary for Public Affairs at the U.S. Department of Health and Human Services and, later, Director of Communications for the U.S. Pension Benefit Guaranty Corporation. She has been a speechwriter for three Cabinet Secretaries. She has provided strategic communications advice to nonprofit health organizations and environmental groups. She has been a reporter for New York and Virginia daily newspapers, worklife editor for a dot-com news service, and is currently a worklife columnist and blogger for a technology magazine.

Her first book, a local history, *Cabin John: Legends and Life of an Uncommon Place*, was published in 2008.

The name Cabin John is steeped in mystery and legends about lost lovers, ghosts, pirates and buried treasure and has historical significance. The Union Arch Bridge, known today as the Cabin John Bridge, is the longest single-span stone arch bridge in the United States. Never before published photos show the grandeur of the Cabin John Bridge Hotel, a resort destination in the 1890s and early 1900s. The book gives a glimpse of the past and present of a community imbued with history, character and charm.



**May 21- 6:30pm Meeting-Normandie Farm**

### **Amgad Fayad:**

**Information Security - What You Should Know at Home**

**May 28 - 6:30pm Meeting-Normandie Farm**

**Albrecht Brodhun, Rotary Ambassadorial Scholar**

**Much Appreciation to the Team That Packed 200 Boxes of Food at Manna on May 12**



## **Thanks to All Who Participated in the Jewish Foundation Group Homes Fix-Up Project**



Thanks to all who participated in last Saturday's Fix Up event for the Jewish Foundation for Group Homes. The event was a huge success and very much appreciated by the folks at JFGH. Special thanks to Caesar who sent us a professional painter. Fernando Solis, also a professional painter who has helped us in years passed, brought all the paint, ladders, drop cloths, brushes, trim and miscellaneous materials for the fix up. Fernando stayed with us from start to finish. The landscape crew, under the charge of Tom Leuchtenburg, planted and mulched a large area at the rear of the house. The turnout was fantastic. We should be proud of our Club. And thanks to Bob Nelson for the Donuts and Coffee. Yours truly bought the Pizza. Many thanks to Mike Rubin of JFGH for coordinating the event.

Arthur H. Blitz, Esq.

*[See more photos on page 3]*

## **May 7 Meeting Report**

In the absence of the President and President Elect, Past President Phil Meade ran the meeting. Phil introduced our guest speaker, Rotarian Larry Heilman from the Friendship Heights Club. Larry has been a Rotarian for 18 years and has perfect attendance. He had a long career in international development doing all kinds of projects and visiting 154



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countries. Larry described how one finds a project internationally and gave some specific examples of a school in Belize where they sent 500 dictionaries in English (similar to the Dictionary Project in our Rotary district) and then the local Rotary Club picked up the sustaining project. Other examples included a dam project for clean water in Burkino Faso, a ring well and efficient stoves that reduce the use of wood by 90%. Many Rotarians were excited about being involved with the stove project pledging \$35. Acting President



Phil asked the club to match the donations so that several \$70 stoves could be purchased for Honduras. Thanks to Rotarians Caesar Kavadoy, Steve Naron, Phil Meade, Alan Grant, Bob Nelson, Dick Gordon and Alan Cookson who instantly made donations to the stove project. The accompanying photos show some of the homes that have previously received stoves. Phil asked Rotarians to name a country they have visited

and Larry told of some interesting experiences in those countries (e.g. Burma, Albania). Bob Nelson had traveled to a country that Larry has yet to visit - Indonesia. Thanks, Larry, for an excellent talk!

Art Blitz distributed directions to the Jewish Foundation Group Home in Silver Spring. Steve Naron requested more volunteers for Manna Food packing. Jason gave a report on the International Night where 117 people attended, \$5000 was raised for the Ethiopian Orphanage, and the raffle prize of a week in Orlando furnished by President Elect Noel Howard was won by Tsegaye Wolde. President Todd has talked to him to let him know he won. Todd said that Tsegaye is a wonderful man, whose wife was extremely ill for quite some time, so this trip is much appreciated by them. Tom Leuchtenburg circulated a flyer from the Bethesda-Chevy Chase Rotary Club that is included on page 5.

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The Jewish Foundation Group Home needed inside and outside updating. President Todd and daughters, Alan Grant, Tom and Bob tackled the gardening while Art, Phil, Noel, Laura, Hibst, Fernando and Caesar's painter worked inside. Fernando also made repairs such as shown above attaching moldings to doorways. Photos by Bob Nelson.

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## **Indiana Rotarian Assists AIDS Orphan From Uganda**

By Peter Schmidtke RI News – 13 May 2009

*Bloomington North club president Kirk White (left) presents Allan Akamura with a club banner. Club member Ira Zinman (right) is making a documentary about Allan and the Nyaka AIDS Orphans School in Uganda. Photo by Eric Rudd*

Allan Akamura's friends used to push him to school in a homemade wheelchair. Now the 13-year-old from Uganda, who has cerebral palsy, pedals himself around on a tricycle through the corridors at University Hospital in Ann Arbor, Michigan, USA. He received surgery there to correct problems with his hips, knees, feet, and hands, with help from Ira Zinman and his club, the Rotary Club of Bloomington North, Indiana.

Allan, who lost his father to AIDS when he was a year old and now lives with his uncle, attends the Nyaka AIDS Orphans School in southwestern Uganda. Zinman became acquainted with him while working on a documentary about the school.

"I was in Indiana watching footage, and I see kids at the school walking and running and kicking a ball, and here is this boy crawling," says Zinman, who was reviewing film from a cinematographer he had sent to the school for the documentary. "He didn't say he wanted to walk or run. He said that when all the students at the school would stand up to sing or pray, he wanted to stand up with them." When Zinman learned that the medical procedures that could improve Allan's condition were unavailable in Uganda, he enlisted the help of the Children Waiting Everywhere Foundation to lobby University Hospital to provide the surgery free of charge. Allan flew to Michigan in November for the surgery and is staying with a host family while he undergoes physical therapy to build his strength and flexibility and

to develop neuromuscular connections. Doctors are hopeful that he will be able to walk.

In March, Allan's host family took him on a visit the Bloomington North club, during which he traded smiles and laughs with Zinman and other club members. The club has contributed \$5,000 for travel and other costs associated with Allan's surgery, and it has committed to providing \$3,000 annually in support of the Nyaka school.

Zinman hopes to accompany Allan back to Uganda in mid-November and is planning to shoot footage of him returning to school. The film will tell the story of the school and its 260 students, all of whom have lost one or both of their parents to AIDS, in a country with over one million children orphaned by the virus.



## **Alaska Club Moves To Fight Hunger**

By Ryan Hyland RI News – 11 May 2009

*Members of the Rotary Club of Anchorage East distribute food from the mobile pantry. Photo by Gregory Solomon*



Every second Saturday of the month, members of the Rotary Club of Anchorage East, Alaska, USA, distribute food to families in low-income neighborhoods through a mobile food pantry, addressing the area's increasing need for assistance.

In 2006, the club raised \$50,000 to purchase and refurbish an old beer truck for the Food Bank of Alaska. Rotarians have since maintained a strong connection to the project by volunteering once a month to distribute food and funding the maintenance of the vehicle.

The truck made a "magical" transformation from hops to hope, says David Kester, who chairs the effort.

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"This project fills a basic but important need in the community," he says. "By helping put food on the table, we are hitting people where it counts. We're making a lasting impact one family at a time."

Demand at the mobile food pantry has increased by about 30 percent in the last 18 months, says Susannah Morgan, an Anchorage East club member and executive director for the Food Bank of Alaska, which distributes food six times a week to hundreds of families in Anchorage. The recession has increased the number of people seeking help.

"We're seeing more and more working residents utilizing our pantry," says Morgan. "I'm consistently amazed at how many people are hungry. This pantry puts a face on hunger."

Stocked with a variety of canned goods as well as fresh and frozen produce, the truck delivers enough groceries to last a family a week. The food is donated by farmers, local grocery stores, and other agencies. People can choose the items they want and take home as much as they can carry, says Kester.

Club member and Rotary Foundation Trustee Carolyn E. Jones says volunteering once a month at the pantry gives Rotarians the opportunity to build relationships in the community.

"We know a lot of the people on a first-name basis," she says. "It's a great hands-on project that is fun and exhilarating. When the money runs out, we're there to put food on the table. You can see the appreciation on their faces."

Kester estimates that more than 2 million pounds of food has been distributed since the mobile pantry first

started its engine. He says the free groceries help in ways that extend beyond finances.

"We give families one less thing to worry about, which in turn can improve home life," says Kester. "This project serves communities in immeasurable ways."

"I think Rotarians here are catching a glimpse of the difference we truly can make in people's lives," says Morgan. "The success of the mobile pantry gives me faith that Rotary can fight hunger worldwide."

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## Strut Your Mutt!

### 2009



#### Annual Dog Parade and Festival

May 16, 2009 • 10:00am - 3:00pm

Presented by The Bethesda-Chevy Chase Rotary Club



A fundraiser for the Bethesda-Chevy Chase Rescue Squad

- Pooch Parade & Contests
- Dog-Related Exhibitors
- Rally to Rescue Adoption Shows
- Kiddie Park: Moonbounces & Games
- Demonstrations by Melissa Heeter, Former Disk Dog World Champion

On Woodmont Ave. between Bethesda Ave. and Elm St.

Pre-register online and also receive a goodie bag and t-shirt!

Event will be held rain or shine.

SPONSORED BY:



For more details and to register online, go to:

[www.strutyourmuttbethesda.org](http://www.strutyourmuttbethesda.org)