

Potomac-Bethesda Rotary Club News

Rotary Club Calendar

June 18 – 6:30pm Meeting–Normandie Farm



**Robert Nicholas, Executive Director,
The African Methodist Episcopal Church
Service and Development Agency**

The African Methodist Episcopal Church Service and Development Agency (AME-SADA) is the humanitarian relief and development entity of the African Methodist Episcopal Church (AME), the oldest organized African American Church in the United States. AME-SADA is a nonprofit organization, dedicated to improving the quality of life in

Africa and the Caribbean. Since its founding 28 years ago, AME-SADA has demonstrated the implementation of its mission, *Helping People Help Themselves*, by providing essential assistance to those in need through health, micro-credit and education programs, as well as emergency humanitarian aid in Africa and Haiti. AME-SADA is a charitable institution with financial support coming from the AME Church, government, foreign institutions and thousands of persons committed to our vision for a better world. AME-SADA has its headquarters in Washington, D.C., with field offices in Haiti and South Africa. Program Areas include Haiti and South Africa.

Haiti has a population of almost eight million people. The population is young, 40% of the population is younger than 15 years of age, and 15% is under the age of five. Women of childbearing age make up approximately 25% of the population. Only 4% of the population is aged 65 years or older. The country's annual per capita income is less than US\$250; unemployment is over 89%; the current rate of inflation is 41.66%; the literacy rate is less than 35%; and potable water is available to less than 40% of the population. An equal number have no access to health care. The prevalence of HIV/AIDS in Haiti is the highest among all nations in the Western Hemisphere. Child mortality and morbidity have reached crisis proportions.

The Republic of South Africa is located on the southern tip of the continent of Africa and at 471,010 square miles is nearly twice the size of the state of Texas. It has a population of approximately 45,026,000. This estimate takes into account the effect of excess mortality due to AIDS, which can result in lower life expectancy, higher infant mortality and death rates, and changes in the distribution of population than would otherwise be expected. The United Nations recently estimated that about five million South Africans are HIV positive. Approximately 50% of South Africans live below the poverty line and the unemployment rate is in excess of 31%.

June 25 – No Meeting

June 27 – 5pm Installation of 2009-2010 Club Officers

**Home of President Elect Noel and Gladys Howard
8212 Buckspark Lane, Potomac**

June 29 – 6pm - District Governor Installation

Elks Lodge, Frederick

July 2 – 6:30pm Meeting–Normandie Farm

July 9 – 6:30pm Meeting–Normandie Farm

June 11 Meeting Report

Our **President Dr. Todd A. Nitkin**, DPM, FACFAS, MPH, will be traveling to Uganda next month to address the needs of refugees from the Congo where the world's deadliest conflict since World War 2 has resulted in 5.4 million deaths since 1994.

Todd gave an overall assessment of the world's situation. "The needs in our world are great: every 3.6 seconds a child dies from a preventable illness; more than half of the world lives on less than \$2 a day; 40 million people are infected with HIV or AIDS; 1 in 4 people have no access to medical care." Preventable illnesses include



pneumonia, diarrhea, malaria, malnutrition, measles, HIV and sepsis.

Todd works for Medical Teams International, a faith-based organization founded in 1979 and headquartered in Portland, Oregon.

Its mission is to demonstrate the love of Christ to people

affected by disaster, conflict, and poverty around the world. Medical Teams International is a medical humanitarian organization that sends volunteer teams and ships donated medical supplies.

Medical Teams International provides medical and dental care, disaster response, community health development, emergency

medical services, HIV and AIDS care, partners with in-country groups and has a mobile dental program in the Pacific Northwest and Minnesota.



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Potomac-Bethesda Rotary Club News



Since 1979, Medical Teams International has: shipped more than \$1.2 billion in humanitarian aid; responded to 60 major disasters; sent 2,000+

80% of these displaced people are without access to safe water, food, and health services. 45,000 civilians die per month with the primary deaths among women and children, who die from disease, malnutrition and assault. Children are most at risk. 200 of every 1000 children die before age 5.

Since August 2008, rebel fighting forced 250,000 to leave their homes.

People live in camps, where there is critical shortage of



water, food, shelter and medical care and the conditions breed cholera.

volunteer teams; served 45 million people in 70 countries; and provided free dental care to 110,000 people in the Pacific Northwest. Medical Teams International has distinctive characteristics: low overhead - 3.6% last year; high leverage - \$30 sends \$3,500 in aid; faith-based - but we serve all in need; focus on health; involve volunteers - 2,600 volunteers last year; and



work with Christian partners whenever possible.

The perpetrators of violence in the Congo include government soldiers, Hutu and Tutsi rebels, the Lord's Resistance Army, and Rwandan soldiers.

Refugees flee eastern Congo to Uganda where 1 million people are displaced (25% population).



Refugees initially live in transition camps. The UN gives each family a tarp, hoe, pot, jerry can for water, seeds, and ration card. Each family is

given 6000-square-foot plot of land to build a hut and plant a field. Pictured on the next page is a hut and plot for a family of six.

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June 18, 2009 - Page 2

Potomac-Bethesda Rotary Club News



Medical Teams International provides the only medical care for 40,000 refugees



Medical Teams International Ugandan staff and American volunteers find the people who are most sick.



Mothers receive care and education at the prenatal clinic. Friends carry patients and others who can't walk are brought to the clinic by bike "ambulance." Refugees face intense trauma. These orphans (see photo on next page), ages 3-13 years, are living on

Potomac-Bethesda Rotary Club News

their own. Their father was killed by rebels, and their mother recently died in childbirth.

"For the sake of the children our medical volunteers give their time and skills to bring hope and healing. On behalf of the Congolese children, Thank you!"

Medical Teams International website is www.medicalteams.org.



President Todd said it was a pleasure to be President this year and thanked a number of Rotarians for their service including **Nabil, Alan Cookson, Noel and Tom**. We thank President Todd for his service and wish him well as he travels to Uganda next month.

President Elect Noel Howard invited everyone to his home for dinner on June 27 and installation of 2009-2010 Rotary Club officers.

Honor Dads and Outgoing Rotary Officers with a Gift to The Rotary Foundation

Rotary International News – 11 June 2009

A tribute gift to The Rotary Foundation is the perfect way to honor fathers and Rotary officers this June.

Do you know an idealist? Someone committed to Service Above Self? Someone who believes that one person can change the world?

Give a gift in someone's honor, and The Rotary Foundation will send a letter expressing gratitude to the person you've chosen to honor. Your generosity will support Rotarians who are making a difference around the world.

The amount of your gift will not be disclosed. You will receive a separate tax receipt for gifts above US\$25.

Giving the gift of food, clean water, or medicine has never been easier. Use the online memorial and tribute gifts form to make a contribution. By giving to the Annual Programs Fund, you will help to fund Rotarian projects and scholarships.

Neil and Arlene Cohen in Kennebunkport

By Arlene Cohen

Just got back from the C-Change meeting in Kennebunkport. The highlight of the meeting was when the former President jumped out of the airplane. It was raining for 3 days and we were all pretty bummed that the jump might not happen. When we were standing by the landing site suddenly the clouds disappear, the sun comes out and the sky is blue! And as the say, the rest is history!

The Bush's formed the C-Change organization 10 years ago in memory of their young daughter who died of cancer. Goal is to end the spread of cancer as soon as possible. I'm on the board of directors of the Lymphoma Foundation of America and have been representing the board at this meeting for 4 years now. All of us have gotten to know the Pres. and Barbara and they invited us to have the meeting in Kennebunkport to celebrate his b-day with a lobster dinner, cake and a jump from 10,000 ft! It was a fun day for all!



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

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June 18, 2009 - Page 4

Potomac-Bethesda Rotary Club News

Rubber Ducks Race Down River For Charity

By Diette Courrégé, The Post and Courier, Charleston, South Carolina, June 7, 2009



Bob Welsh and Colleen Adams gather the winners as rubber ducks are collected at the finish of the third annual Charity Duck Race on Daniel Island. The event is sponsored by the Daniel Island Rotary Club.

The third annual Charity Duck Race, sponsored by the Daniel Island Rotary Club dropped 15,000 rubber ducks into the Wando River from the 526 bridge to race to the finish on Daniel Island and raised money for local charities.

Saturday's race on the Wando River might be one of the few in which its competitors don't train or have any control on how well they perform.

These "athletes" were 15,000 rubber ducks dumped into the water as part of the Rotary Club of Daniel Island's third annual Charity Duck Race.

The ducks plummeted from the Wando River bridge onto the race course at 11 a.m., and they floated for

about a half-hour down a quarter-mile stretch of water to the finish line. The tide and a couple of boats with an inflatable boom propelled the ducks to their destination.

The boats' first attempt to corral the ducks to the finish line failed, and a number of wayward ducks floated outside the course boundaries. Boaters used nets to scoop up those wayward ducks.

Families gathered on a nearby dock and stood at the river's bank to cheer on their adopted ducks, which they acquired for a suggested donation of \$10. The owners of the first 25 ducks that finished the race won prizes between \$100 and \$15,000. The top 10 finishers each had a shot at winning \$1 million, but no one did.

Thomas Sisson of Daniel Island won the second largest prize, \$3,000, and he cheered and threw his hands in the air when his name was announced. Sisson has some good friends in the Rotary Club and comes to the duck race every year. He and his fiancée are getting married next month and likely will put the money toward new carpet.

"It's just a good event for charity," he said.

The duck race broke its record for the number of ducks adopted, 13,599, which was 243 more than last year. The event raised \$135,000, and the money will go to the club's community service projects as well as the Down Syndrome Association of the Lowcountry, East Cooper Community Outreach, East Cooper Meals on Wheels, Friends of the Berkeley County Library and Junior Achievement of Coastal South Carolina.

Hundreds of rubber duck races are held across the world each year. The largest race in the United States benefits the Freestore Foodbank in Cincinnati, according to Wikipedia. Last year, 86,000 ducks raced down the Ohio River to raise money for the organization.

After the race on Daniel Island, children played in jump castles while others participated in line dances under a large tent.

Elizabeth Perkis and her daughters, ages 1 and 4, ate lunch in the shade of the big tent, and Perkis said her daughters' only disappointment in the day was that they couldn't keep the ducks they adopted.

"It's a fun way to come out and support a good cause," she said.

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