

Potomac-Bethesda Rotary Club News

Rotary Club Calendar

August 13 – 6:30pm Meeting – Normandie Farm

Steve Naron:

What's New and Useful in Technology



Steven Naron is retired after 35 years as a technology and business consultant, 22 years with IBM as architect, project manager, and principle. During his professional career he helped design and manage the development of major innovative industry solutions that have become standards in the healthcare, insurance, research, and financial industries. He has an MS in computer science and MBA in operations analysis. He is a certified Project

Management Professional (PMP) by the Project Management Institute (PMI). He has a number of publications and a patent. He has been a Rotarian since 2001 and is a past president of our club. He is our club's webmaster and co-chair for Rotary District 7620's incoming Ambassadorial Scholarship program. He is an active Toastmaster and runs youth speaking programs. He is helping to establish an organization named, Club Projects, to provide project management support to project managers of service clubs. He is past president of the Johns Hopkins DC area alumni and continues active on various Hopkins boards and committees. He is on the board of the Nast-Naron fund that provides scholarships for internships in cancer research. He is a serious bicyclist and kayaker and a volunteer for the C&O Canal. He has started producing multimedia materials including videos and podcasts for his various non-profit ventures. He is starting an education program to introduce appropriate technologies that can make life better, easier, or more fun. This talk is part of that program.

August 20 – 6:30pm – Meeting - Normandie Farm

August 27 – 6:30pm – Meeting - Normandie Farm

August 29 – Scholar Orientation - Rockville Library



The Manna Food Center announced that they will be moving next month to a new facility. Pictured above is the packing team on the last Potomac-Bethesda Rotary Club night in the original facility on August 11. Our club has packed nearly 40,000 boxes at that location over the past 23 years.



made with **Caesar Kavadoy** giving much experience and insight and our newest member **Chinyere Amaefule**



providing a fresh approach to recruiting.

Chinyere

recommended that prospective members be invited to participate in a service project. **Jerry Gross** suggested buying an advertisement in the local paper featuring all the members of the club. **Tom Leuchtenburg** came up with a Rotary

postcard idea similar to what he uses in his real estate business to send to local residences. Perhaps some of these membership development plans can be shared with the Potomac Rotary Club since we now meet in the same location. *(continued on page 2)*



President Elect Jason Hamel Attempts Mount Rainier Ascent During Record Heat Wave



See the story of the Rotarian and the mountain on p.2

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Caesar Kavadoy said that visiting the larger companies in the county such as Medimmune and meeting with the human resources department may yield prospects for members. Neil Cohen urged having good speakers and Jerry agreed to

schedule the very best. Steve Naron suggested an outing to the Big Train baseball stadium. There was interest in again participating in Potomac Day on October 24. President Noel urged everyone to advertise every day by wearing their Rotary pin.



Also reflecting President Noel's vision of reaching out to Haiti, visiting Potomac Rotarian Mark Dreibilis described the Mission Ranch Orphanage project. He goes into the worst slums in Haiti to find the lost, broken, damaged, abused, and abandoned children. They serve them with their outreach programs and then absorb them into their orphanage. The Mission Ranch child sponsorship program provides food, lodging, medical care, and dental care for the poorest of the poor children in Citi Soleil. Their staff hand delivers all gifts and supplies directly to the Haitian people photographing every project so that they have verifiable proof that all blessings have reached their proper destination. He has a current need to fund the shipping of a container of furniture at a cost of \$7000. Their website is faminerelieffoundation.com.



"I've Been Told That It's About the Journey and Not the Destination"

By President Elect Jason Hamel

As I packed up my gear for Mt. Rainier, I decided to check the weather for my climb. That is when I found out that Seattle was experiencing a record heat wave with temperatures well over one hundred degrees. After struggling last year with heat and dehydration in thirty to forty degree weather, I became a little anxious, but quickly calmed myself with the thought of the glacier covered mountain that experienced four feet of snow last August when I was there. Despite my best efforts, my mind kept drifting and I could not stay on task packing for my trip and the next day's early flight. My mind was swirling with questions about my trip, my fundraising, and all the daily stresses I would be leaving behind.



After a short night sleep, my wife took me to the airport for the long flight. I purposefully left a day earlier than needed so I could catch up with sleep and jet lag. The flight was very uneventful except for the fact that they no longer take cash on the plane for food and drink, the only take credit cards. Upon landing we were notified of the local temperature of one hundred and six degrees. As I exited the plane I was greeted with a wall of heat on the ramp. I began to get nervous. After a quick visit to the rental car counter, I was on my way for the two and a half hour drive to base camp and eagerly watching the car's outside thermometer as the temperature began to drop.

I arrived at base camp disappointed that the temperature was only down to one hundred and two degrees. As I went into the coffee shop to check in, I was even more disappointed to find out that my room in the bunk house was not air conditioned and that it was in the attic. It was calmly explained to me that in

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Seattle air conditioners were not needed. The young girl then offered me an iced coffee, which I politely declined. I proceeded up to my room to hydrate and try to sleep. Both were losing battles. I managed to sleep fitfully for about six hours.

The next afternoon marked the beginning of the climb with orientation and gear check. This is where I was informed that the summit was experiencing very rare above freezing temperatures and that Camp Muir was in the seventies. This was going to be a very different trip from last year's blizzard conditions. Gear check was also very different in that despite the very warm temperatures, we had to bring more gear. Because of the heat, we were advised to bring shorts, t-shirts, sneakers, and extra socks. Apparently the heat makes your feet very sweaty, your socks extra wet, and wet feet mean more blisters and foot injuries. We would also have to bring more water. All of this was in addition to all the alpine gear that we had to bring just in case. At the orientation we also discussed sanitation needs and the use of a blue bag and why it is tied and not zip locked. Perhaps a better conversation to have at another time.

Friday morning arrived and we were off to snow school at about seven thousand feet. We were able to hike in shorts and t-shirt, but upon arrival at the snow, we had to change into alpine gear. All day Friday we practiced rope techniques, self arrest, and crampon usage. All of this was done on ice and in temperatures over ninety degrees. Needless to say we all ran out of water and were forced to farm snow. All of us were taking a calculated risk because the snow at this level is "dirty". There are numerous red patches that look as if someone poured cherry kool-aid all over, but in fact are actually some type of bacteria or algae. To minimize the risk we dug down into the snow. Despite the heat, it still took time for the snow to melt and no one on our team had quite enough water. When I arrived back at base camp that evening all I did was

drink and it never felt to be enough. I figure I had at least 12 liters of water that day plus two 32 oz bottles of Gatorade. I spent another fitful night sleeping in heat.

The next morning I awoke early to begin our climb and to meet our lead guide Dave Hahn. Dave is a super star in the climbing world and has reached the summit of every major peak multiple times. He currently holds the record for most summits of Mt. Everest without Sherpa aid at eleven times. It was truly an honor to be climbing with him and the other two guides with impressive resumes themselves. After a brief talk we loaded our fifty pound plus packs into the van and headed off for the trailhead at Paradise.

At Paradise, despite the elevation and early hour, it was already eighty degrees outside. After one last pep talk, water bottle refill, and sun screen application we

began our journey. Even from the beginning, the trail is at a very steep incline and I found myself almost immediately in trouble. Last year during the



first few miles, I was able to hold a conversation, but this year I found myself gasping for air and sweating profusely. Despite the guide's rule of drink only on breaks, I found myself drinking during the hike. At a brief stop Dave explained that we all will be dehydrated today, but as long as we can make it to Camp Muir we will spend the entire evening drinking and the cooler temperatures will make our rest more beneficial. The trick he said will be to make sure we have something left in the tank for the summit.

As we continued on, I realized that after only a third of the way up, I was already through two of my three liters of water. This was definitely going to be a problem when under normal circumstances we are only supposed to consume two liters the whole trip to Camp Muir. The guides became increasingly nervous with my water consumption, sweating, and color leaving my face. As we approached a break in the snow, I began

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to feel nauseous and dizzy. It was very clear to the guides at that point that things were not going well for me. Dave's cautious nature first checked me over for any signs of altitude illness. This was a very hot topic because another Summit for Someone climber just a few years older than me died a couple of days prior on another mountain at a similar altitude. Luckily it became clear that was not the issue, but heat and dehydration. Worried of heat stroke on top of what he believed to be dehydration and heat exhaustion, I was told my ascent was ending. I was to rest, drink, and eat before I began my decent.

I was overwhelmed with disappointment at striking out again on my attempt to summit Mt. Rainier. I had spent two years of my life training and thousands of dollars to fail in my two attempts. To make matters worse, I didn't even come close to my high point the previous year, so I had done worse this time around. Luckily this was when reality set in. The guide that was left behind to make sure I made it back down reminded me of the most important aspect of mountain climbing was coming back down safely and that I was climbing to help under privileged kids. He told me not to worry as the mountain is not going anywhere and it will be there for another attempt.

As I began my descent, I realized that this was just a set back and that over the past two years I have raised thousands of dollars for inner city kids and I had already planned on doing this again next year at Mt. Shasta, so a minor change in mountains and I could return for another attempt. My head began to contemplate the various options for next year's attempt. This is when I passed a small middle aged Asian woman on her way up the trail in high heels. That brought a smile to my face and added inspiration to next year.

I want to extend heartfelt thanks to all the members of Rotary for their moral and financial support. I look forward to boring you all with many more stories of my failed attempt and plans for my third attempt. See you on Thursday.

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

New Clubs Hold Key To Membership Growth

Rotary International News – 6 August 2009



Corbett Parker (first row kneeling) and members of the Rotary Club of Houston Skyline, Texas, USA, pitch in on the club's Habitat for Humanity day. Photo courtesy of Corbett Parker

Just two years after completing his Rotary Foundation Ambassadorial Scholarship, Corbett Parker, 28, started the diverse Rotary Club of Houston Skyline, Texas, USA.

Parker, who studied in the Netherlands in 2005-06, has long identified with Rotary. "I believe that knowledge calls, ultimately, for a life of service," he says.

After completing law school, Parker took a job as an attorney in downtown Houston, an area where Rotary had little presence. When he talked with local Rotarians to see how he could keep Rotary in his life, he saw an opportunity: Bring Rotary back to Houston's downtown area, and attract young professionals who work there.

Chartered in June 2008, the club now has more than 30 members, who range in age from 23 to 50 and include Latin and African Americans as well as immigrants from Africa, Eastern and Western Europe, and South America. Five Foundation alumni, including Past District Governor D'Lisa Simmons, also have joined.

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Parker, who served as charter president, brought a fresh approach to the club. Meetings take place over cocktails in the evening to accommodate work schedules. Members under age 35 pay lower club dues. Outside meetings, fellowship continues through text messaging and social networking Web sites like Facebook and LinkedIn.

The Houston Skyline club is not the only new club playing an important role in membership growth. In many districts, start-up clubs are helping to bridge the age gap that sometimes inhibits younger prospective members from joining. Below are some more examples of newer clubs that are creating their own niche in the Rotary world and helping to build membership:

- * On the outskirts of Amsterdam, 21 people gather at De Houten Vier restaurant each week. The newly chartered Rotary Club of Amsterdam-Arena exemplifies the diverse membership that Rotary International leadership has stated is necessary to keep the organization strong. Read more.

- * Three former members of the Rotaract Club of Rushden, Northamptonshire, England, came up with the idea to launch a new Rotary club after they had turned 30 and could no longer qualify for Rotaract. The Rotary Club of Rushden Higham has an average age of 32, and all but four of its members are female. Read more.

- * A five-year-old Japanese Rotary club is expanding its membership by recruiting Foundation and RI program alumni. The Rotary Club of Kanagawa Shonan, Kanagawa, which began as a gathering of young professionals, was chartered on 15 December 2004 with 23 former Ambassadorial Scholars, Group Study Exchange team members, and Rotary Youth Exchange students. Read more.

- * The Rotary Club of Duluth Superior Eco, which spans the border between Minnesota and Wisconsin, USA, is focusing its energies on helping the environment while reaching out to younger members.

Comments:

- On 10 August 2009, William McGiffert wrote: There are now two Eco Rotary Clubs Duluth/Superior and East Manatee Eco Rotary. Contact either club for

information on how to start an Eco Rotary club. They are joining to help other clubs to form

- On 6 August 2009, Dan Romanchik wrote: While starting new clubs is certainly a "good thing to do," especially in areas that don't currently have a Rotary Club, we need to do more help smaller clubs recruit new members. It would be a shame if our smaller clubs had to scale back their activities or disband due to lack of members.

- On 7 August 2009, Pauline Henderson-Ferguson wrote: This article is exactly what happened here in Sarnia-Lambton. The Rotary Club of Sarnia-Lambton After-Hours was chartered on June 5, 2009. We have three Rotary Youth Exchange Alumni and two former Rotarians who couldn't make the other meeting times work for them. We meet Thursdays at 6 pm in a local restaurant. Meal and drinks are optional. Children are always at our meetings ranging in age from under a year to 18. Family is a big part of the club in all that we do. Service projects like collecting canned goods at the recent Canada Day Parade, serving meals at the soup kitchen and purchase back to school kits for needy kids. We have teachers, small business owners, community volunteers and self-employed members. I'm very proud to be the charter president of this very eager, energetic and hands-on group. This club lives "The future of Rotary is in your hands!"

Banerjee Is Choice For 2011-12 RI President

By Jennifer Lee Atkin RI News – 11 August 2009

Kalyan Banerjee, a member of the Rotary Club of Vapi, Gujarat, India, since 1972, is the selection of the Nominating Committee for President of Rotary International in 2011-12. Banerjee said he would like to see Rotary "blossom from being the world's most recognized service organization to being the

most important NGO in the world. Rotary, it is said, has the strength of a government and the tenderness of a parent," he added. Banerjee is a director of United Phosphorus Limited, the largest agrochemical manufacturer in India, and the chair of United Phosphorus (Bangladesh) Limited.

