

# Potomac-Bethesda Rotary Club News

## Rotary Club Calendar

September 17 - 6:30pm - Meeting - Normandie Farm

September 24 - 6:30pm - Meeting - Normandie Farm

John Kneiss Director, Government Affairs  
& U.S. Policy Services, Hart Energy Consulting:  
"Politics and Technologies of Oil and Gas"

September 26 - 9am to noon Membership Seminar -

8 am to 9am - Free Full Breakfast

Hilton Washington DC North/Gaithersburg

620 Perry Parkway, Gaithersburg, MD

RSVP by September 21 to [rotary@district7620.org](mailto:rotary@district7620.org)

October 1 - 6:30pm - Meeting - Normandie Farm

October 3 - Super Summit Day

Health, Hunger, Literacy and Water

(see flyer on page 3)

October 8 - 6:30pm - Meeting - Normandie Farm

Governor Paul Frey

District Governor's Official Club Visit

October 10 - Rotary Leadership Institute - Frederick

October 13 - 7pm Manna Food Center

at the new location:

9311 Gaither Road, Gaithersburg

## Potomac-Bethesda Rotarians Prepare Dinner for Homeless Women on September 16

Thanks so much for all the support from club members and their families in preparing and serving dinner to homeless women at Sophia House in Rockville on September 16. Photo by Steve Naron.



## September 10 Meeting Report



We welcomed visiting Rotarian **Elizabeth Mulbah**, Commissioner, Republic of Liberia. Immediate Past President **Todd Nitkin** will be traveling to Liberia in a month and now has made a new

Rotarian friend from Monrovia.

**Mark Scott**, Bethesda-Chevy Chase Rotarian, made an illustrated presentation entitled "Living Green for Normal People - Reducing Your Home Energy Use". Diana Farrell, director of the McKinsey Global Institute said, "Worldwide, the most inefficient sector was heavy industry in China, with the second residential housing in the US, where homes are large, poorly insulated..." The Brookings Institution reported, "Of the Top 100 Metro Areas, DC homes have the highest carbon dioxide footprint per capita. 1.96 tons compared to 0.93 tons for the average metro resident." How can we live greener and reduce or energy use? Some ideas were to drive greener, bicycle to work and build greener. Building greener definitely works, it's already happening and there's political will (new houses don't



vote), but it takes a long time. In the best of times, new housing amounts to about 1% of the housing stock, so it takes about 75 years for the revolution. The photo on page 2 shows a "green" home under construction in Bethesda.

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Energy conservation is the least expensive and most easily attained method of being greener. Replacing windows ranks near the bottom of the energy efficiency ladder. A replacement window costs anywhere from \$250 to \$1,200 installed. That window might save you as much as \$15 per year in energy savings. That calculates out to somewhere between a 16 and 80 year payback. Windows account for only 10% of air leakage. The most leakage (31%) occurs through walls, floors, and ceilings, followed by ducts (15%) and fireplaces (14%)” (source: DOE Office of Energy). A home energy audit is the first step to assess how much energy your home consumes and to evaluate measures to make your home more energy efficient.

Once you have an energy audit that has shown cold spots through infrared photos, you can seal air leaks, blow in insulation, and replace weather-stripping. If your furnace was built before 1992, it's time to replace it. If your HVAC system is less than 15 yrs old, and you don't have an electronic thermostat, get one. PEPCO will install one for free! You will see the most savings if the house is generally unoccupied during the day. Buy the highest energy rating (SEER) you can afford.

The incandescent light bulb has been around for over 100 years. The typical lifespan of an incandescent lamp is around 1,000 hours, usually less than a year. A 60 watt bulb burning 8 hours per day cost \$2.16 per month (electricity @ .15/khr). That same bulb produces 49,170 BTUs. 90% of the energy that goes into an incandescent light bulb is emitted as heat. Introduced in the mid 90's, compact fluorescent light bulbs have come a long way. CFL lasts about five

years and uses 75% less power required than for an incandescent light.

A typical CFL is in the range of 17 to 21% efficient at converting electric power to radiant power.

Improve the efficiency of your hot water system. First, turn down the temperature of your water heater to the warm setting (120°F), particularly for fossil-fuel water heaters with their high standby losses. Second, insulate your hot water lines so they don't cool off as quickly between uses. Third, use

low-flow fixtures for showers and baths. While storage water heater standards were raised in 2001, it was probably not enough to justify throwing out an existing water heater that is working well.

If you are thinking of buying a new refrigerator, don't leave the old one plugged in, in the basement, as a backup for party supplies and liquid refreshment. Electricity to operate the old one isn't free: figure an extra \$50-150 per year to run it. In contrast, the new one, particularly if Energy Star rated, may cost only \$30-60 per year to run because refrigerator efficiency has improved so much in the past three decades. Under these circumstances, think about how much refrigeration you

really need. The best rule is to have only one refrigerator, and to size it to meet your real needs. That allows the luxury of ice-makers and similar conveniences with a clear conscience.”



**Please send news articles and photos to  
[Bob.Nelson@NASA.gov](mailto:Bob.Nelson@NASA.gov)  
for inclusion in the newsletter**

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## A Rotary Day In Photos

Rotary International News  
– 16 September 2009

On 10 October, Rotary clubs worldwide will take photos of Rotarians in action. *The Rotarian* is looking for a wide variety of photographs that showcase all aspects of Rotary life for its first "Rotary Day in Photos" feature.

Get your club members together, and get creative. Shoot photos of Rotarians digging wells or planting trees, raising funds to eradicate polio or educate children, building parks or painting schools, leading a Group Study Exchange team or hosting a Rotary Youth Exchange student, playing golf or piloting an airplane with a Rotary Fellowship, networking at a local pub or baseball game, or attending a Rotary club meeting in a familiar place or an unusual location. *The Rotarian* is also interested in photos of or by Interactors, Rotaractors, alumni, and other members of the family of Rotary.

Please e-mail up to three of your club's best high-resolution photos to [rotarian@rotary.org](mailto:rotarian@rotary.org).



You requested it! We're making it happen!



District 7620 is holding one Super Summit this year

Come join us to learn about the  
needs and service opportunities regarding  
**Health, Hunger, Literacy and Water**  
Saturday, October 3, 2009

8:30 a.m. – 12:30 p.m.

7:30 – 8:30 a.m. Breakfast and Registration

at the Holiday Inn Laurel-West

15101 Sweitzer Lane

Laurel, MD 20707



**SHOWCASE** your CLUB'S **SERVICE PROJECTS** at the **Super Summit**

Cost of Breakfast is \$20 (Deadline: Sept. 27, 2009)

To Make Reservations go to [www.directory-online.com/Rotary](http://www.directory-online.com/Rotary). Visit the District Calendar Section to register. Credit card payments will be accepted on this site. To pay by check, please register online and then send your payment to: District Office, 772 N. Mesa Rd., Millersville, MD 21108 Tel. 443-272-2349. Please include the following info with your check.

Name \_\_\_\_\_ Club \_\_\_\_\_ Tel. # \_\_\_\_\_

Comment: \_\_\_\_\_

All photos must be taken on 10 October and submitted by 17 October. Be sure to specify who's in the photo, what they're doing, where they are, what time the photo was taken, and who took it.

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## From Soundstage To World Stage

By Warren Kalbacker *The Rotarian* -- September 2009

*Farrow waits with Niece, 3, in the Central African Republic in 2007. Niece's mother couldn't afford medical fees, so Farrow brought her to the hospital. Giacomo Pirozzi/UNICEF*

Mia Farrow refuses to believe that we are powerless in the face of humanitarian crises. "Responsibility is the core word for me and my children," says Farrow, a UNICEF goodwill ambassador. "You don't have to be an expert to say that you expect our government to take action."

As a keynote speaker at the 2009 RI Convention in Birmingham, England, Farrow urged Rotarians to help end the genocide in Darfur, Sudan. She also praised Rotary for its work in eradicating polio.

Farrow became famous for her men (Frank Sinatra, André Previn, and Woody Allen) and her films (more than 40, including *Rosemary's Baby*, *The Great Gatsby*, and *Hannah and Her Sisters*). But she devotes most of her time these days to her family and her humanitarian work.

An honorary Rotarian, Farrow was appointed a UNICEF goodwill ambassador at the first Global Polio Partners Summit in 2000. "My first brush with Rotary was in Nigeria when I started with UNICEF," she recalls. "There was an immunization day, actually several days. We immunized 40 million kids. Rotarians are good people doing tremendously important work."

The privileged daughter of screen star Maureen O'Sullivan and director John Farrow, she fell at her ninth birthday party and couldn't stand up. The diagnosis was polio. She spent the next several months in an iron lung. "I became a pariah," she recalls. The experience changed her life and inspired her efforts to help women and children in Africa.

Days before Farrow began her fast, she met with journalist Warren Kalbacker in New Milford, Conn., USA, the rural town where she has raised many of her children.



*The Rotarian:* As a UNICEF goodwill ambassador, are visits to troubled regions part of your job description?

Mia Farrow: With UNICEF, yes. Children caught in conflict is my niche, at my own request. I opened a UNICEF office in Angola after the war ended there [in 2002]. There was a fragile peace, and people were in hiding all over the country. Everyone was missing someone. Land mines littered the countryside. Seeing so many people with limbs blown off alters the way you think. My son Ronan, a UNICEF spokesperson for youth, came to

Angola with me. Some guy in an encampment looked at Ronan's belt and said that he once had a belt like that – but had to eat it. That was the level of hunger in Angola. I thought I could be the most help if I went where circumstances were most extreme.

TR: Such as Darfur, which has been in crisis for several years.

Farrow: Yes. There was an uprising in Darfur in February 2003. Darfur, Sudan's western region, had been disenfranchised. Its people wanted representation in the government. They wanted roads and hospitals and schools. They wanted some share of the oil revenues that were coming in from southern Sudan and enriching Khartoum, the capital. None of this was coming to the Darfur region. In response to the uprising, the government of Sudan launched an all-out assault upon the civilian population of Darfur.

TR: Didn't hired militias execute the attacks?

Farrow: They did. The government enlisted the help of Arab tribes now known as Janjaweed. The people in Darfur will tell you about the attacks on their villages: Without warning, the morning sky filled with bombers and helicopters. Bombs rained upon families as they slept, as they prayed, as they were going out to their fields. People began to flee in panic in all directions. Then came the Janjaweed on camels and horseback and, more recently, in vehicles stolen from aid workers. They came shouting racial epithets, shooting, and raping women and girls.

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Eighty to 90 percent of Darfur's villages are in ashes today. And 2.7 million people have now found relative safety in the wretched camps sprinkled across Darfur and eastern Chad.

TR: Even though this crisis has unfolded over years, is it worse now than ever?

Farrow: The very worst time, I guess, was during the initial attacks, when hundreds of thousands of people were killed. But now Darfuris will be deprived, because after the International Criminal Court issued an arrest warrant for Sudanese President [Omar al-Bashir], he threw out 13 international and [revoked the permits of] three Sudanese aid organizations. These were the implementing partners of the UN agencies and delivered about half of the medical care, food, and water. The situation will become the worst yet if that gap can't be filled. The UN issued a plea to have those aid agencies reinstated. More than a million people could die of hunger and disease as the stockpiled food dwindles. Within weeks we could see the dying begin. And this while we watch.

TR: Does the government in Khartoum fear the aid workers?

Farrow: That government is claiming the NGOs [nongovernmental organizations] are spies. We're talking about Save the Children and those infamous spy rings of Oxfam and Doctors Without Borders. It's atrocious. It's "get rid of the witnesses."

TR: Does news about Darfur appear often enough in the headlines?

Farrow: It's beneath the mainstream media radar. That's why I set up my Web site, [miafarrow.org](http://miafarrow.org). I blog when I travel, and I post relevant news as it happens. How is it that we could watch a million people die in Rwanda? The Darfur genocide is Rwanda in slow motion. [Former U.S.] President [George W.] Bush was among the first to call it genocide. [U.S. Senator John] McCain and [President Barack] Obama and [Secretary of State] Hillary Clinton made a [joint statement during the 2008 presidential campaign]. Will we stand by and watch while hundreds of thousands of people die? We like to think we're doing our best to live in a way that is responsible. Since we know what is happening in

Darfur, we have a responsibility to act. We live in a democracy where we can persuade elected officials, if we say, in a loud enough voice, that this is unacceptable. The late [U.S.] Senator Paul Simon said that if just 100 people from every district had phoned or written on the Rwandan genocide, our government would have done something.

TR: Define genocide .

Farrow: After the Holocaust, Raphael Lemkin, a Polish Jew, coined the word genocide – the killing of a people. But Lemkin stopped short of saying what is demanded of us if we see a situation that meets that criterion. I think it's mandatory that we respond.

TR: Have you become accustomed to the sound of gunfire?

Farrow: Gunfire and the braying of donkeys is the music of the night. Shots make different sounds depending on whether they hit something. Nobody is safe in the Darfur region and along the Chad border. If you're looking to be safe, don't go there. To me, that's irrelevant because the need is there. The refugees, who are extraordinary in their losses, will share their shade if that's all they have. A woman gave me this protection amulet in 2004. She insisted I wear it for my protection, the point being I could offer her none. She had been wearing this on a day her village was attacked. Three of her five children were killed on that day. She had tried to run with her baby son, and he was taken from her arms and bayoneted in front of her eyes. She clasped my hands and said, "Tell people what's happening here. Tell them we'll all be slaughtered. Tell them we need help." I don't know if she is still alive.

TR: Nongovernmental organization aid workers: tough people?

Farrow: Oh, my gosh. NGO workers are great. They're usually quite young. They're fun, and they care deeply about what they're doing. They're risking their lives to sustain the world's most fragile and vulnerable population. And I haven't met one aid worker who didn't have a tremendous sense of humor. I remember one saying she couldn't bear to wear flip-flops anymore because she could no longer look at her filthy

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feet. There was no way to get the dirt off because of very, very limited water.

TR: You find something to laugh about amid the danger and privation?

Farrow: There's always a laugh among the refugees and the NGO workers and me. It can be any silliness. I clown around. I can always make people laugh. The refugees are quick to laugh. And they are good parents. Their humanity is focused because they don't have the things that we would hoard or would distract us. They don't have shopping or jobs or Wall Street. They don't have a house to keep. They grind grain and gather firewood and cook. When they're with their children, they have that heightened sense of humanity, the absolute joy of being together.

TR: Generals and militias have the firepower. Can refugee mothers and children exert a real moral power?

Farrow: Definitely. In Africa, the women are extraordinarily strong. But it is the men who have the power where I've visited, in Darfur and Chad. A man can marry early and often, and can have as many wives as he wants. The women do the work, get the firewood, grind the grain, cook the food, and care for children. And they get raped. I can't imagine that most of us would have a fraction of the courage and retain the humanity that they have as they carry on and hope for something better for their children.

TR: You've traveled widely in Africa – to Nigeria, the Central African Republic, Uganda, Rwanda, and the Democratic Republic of the Congo. Why do you keep returning?

Farrow: I'm connected in my heart to the African continent. I've made three trips into Darfur and 10 into eastern Chad. I'm also working on my own project, which is to document the traditions and culture of the Darfur tribes. After living for six years in tattered tents in camps, the refugees don't sing and dance anymore. I went to a camp [in Chad] where they know me, because I'd been there so many times, and said I'd like to talk to the elders, to hear stories told by their grandparents. And they said, "Mia, we're in mourning. If we brought you our elders, they would tell you

stories, but that wouldn't be what's on their mind." I told them, "I know what you've lost and how you continue to suffer. But if your elderly people and you yourselves die off, with you will die your culture and your treasures. And when your children and your children's children can one day, inshallah [God willing], go back to Darfur, how would they know what they were?" I brought a camera and sound equipment to the edge of the camp every day for the month of February. Thousands of people from seven tribes speaking seven different languages were out there. The cotton makers wove. The oil makers showed me how they make oil out of nuts from a very thorny plant. They use the oil to cook and to moisten their hair and skin. They enacted and explained all their rites of passage.

TR: Have you achieved any degree of success in Darfur?

Farrow: That would be for others to say. It's easier to see the failure. Have lives been saved by putting more focus on Darfur? Perhaps. Are the people still suffering? Absolutely. Are they facing a deepening catastrophe? Absolutely. Does it feel like head banging? Absolutely. Could I have done otherwise? No. I returned from Darfur in 2004 as a witness. I had to do my utmost to address what I'd seen. I am an actress and a mother, and I had no idea what my activism would involve. I'm still figuring it out. I'd never written an op-ed piece. I never envisioned traveling from campus to campus as a speaker, or going to [Congressional] divestment hearings.

TR: Does hope have a future?

Farrow: Our biggest enemy is our own sense of helplessness and hopelessness. I end my talks with a quote from Elie Wiesel. He said of the Holocaust, "What astonished us after the torment, after the tempest, was not that so many killers killed so many victims, but that so few cared about us at all." It's a defining moment for each of us: whether we choose to be among the many or the few. If we love our neighbors and care about our fellow human beings, then something is required of us other than to turn away.

*Warren Kalbacker is a journalist based in New York City.*

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