

Potomac-Bethesda Rotary Club News

Rotary Club Calendar

December 3 – 6:30pm – Meeting - Normandie Farm

Todd Nitkin: "Trip to Liberia"

December 3 – 8pm – Board of Directors Meeting

December 8 – 7pm Manna Food Center

New larger Location:

9311 Gaither Road, Gaithersburg

We need your help packing food boxes this month!

[See news article on p. 6]

December 10 – 6:30pm – Meeting -
Normandie Farm

Kathy Stevens-Montgomery College

December 17 – 6:30pm – Meeting -
Normandie Farm

Sheila McDonald - Health Care Bill

December 24 – No Meeting

December 31 – No Meeting

November 19 Meeting Report

Chuck Cenker, Assistant Regional Rotary Foundation Coordinator and Past District Governor from Harrisburg Pennsylvania traveled a long distance on a rainy night to be with us for the club meeting. He presented the current status of the world-wide polio eradication program and what makes the PolioPlus campaign so personal. His speech is included in its entirety starting on page 3.

Chuck's talk motivated an outpouring of contributions to PolioPlus and President Noel provided matching funds to top \$200 in total!

Update from President Noel Howard

It seems like a Board Meeting this Thursday would be appropriate to review the current situation which includes:

1. International Night:

a. Caesar indicated he has connections with the Brazilian Embassy which he thought would be fruitful, soon—either for that embassy or a comparable venue. He thought

he'd have something to report by now; so, I have not pursued the Italian Embassy, further. My sense is that we should be able to secure a venue where the only Embassy charges would be for security & clean-up.

b. I've spoken with Nabil who reports a positive gustatory experience at Chef Bernard's Bistro. Also, it appears the Chef would be willing to take on the catering aspect for a decent price once we establish a site. Here is his new contact information: Chef

Bernard's Bistro and Catering,
7115 Leesburg Pike, #107, Falls Church, VA 22043, 703-942-8148, openkitchen-dcmetro.com.

c. We may have to consider an alternate date to April 10th, perhaps holding the event in March.

2. Sophia House:

a. I'm getting indications that the 24th may already be taken—unfortunate as I was making every effort to fit it in my schedule—but the 25th remains open (on site participation impossible for me on Christmas)—expect confirmation over the next few days.

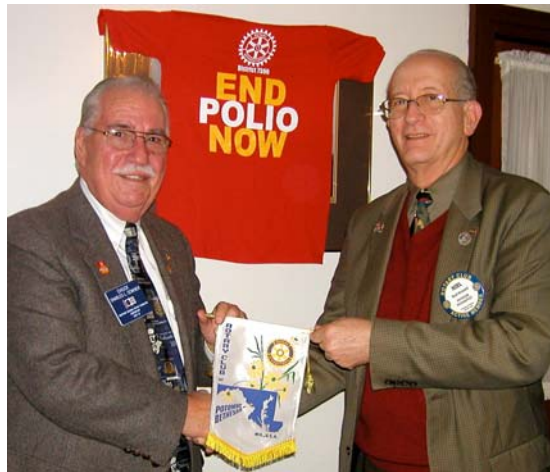
b. If Todd & Jerry, et. al. could be available on Christmas Day, I'm sure that some of the rest of us would be able, at least, to provide some of the food to them on Christmas Eve.

c. In any event, would be nice to provide some gifts for the ladies. My wife is willing to search out attractive, high-quality gifts at a bargain price—her guess is well-under \$10/person.

d. The center, also, needs an industrial laundromat equipment—it would be nice to contact Mark Scott, the contractor who spoke with us a couple of months ago on environmentally friendly 'green' construction (www.markivbuilders.com). I'll be happy to approach him.

3. Winter Solstice Holiday Party—options include:

a. Thursday, 17 December.



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Instead of our regular meeting: Normandie Farm would, likely, be able to accommodate. I suggest we consider absorbing the cost for guests.

b. The weekend of 19-20 December. Either an afternoon brunch or evening event, probably, at Normandie Farm.

c. Someone's home.

Volunteers?

4. Membership: We've pledged to bring 5 new members into the fold-of which Chinyere is the 1st.

5. PETS training sessions: I provided President Elect Jason with the material from the pre-PETS meeting and expect he'll be able to carry the momentum forward at this point.

Thanks.

YIRS,

Noel

What Can You Do To Increase Club Membership?

RI News – 2 December 2009

Have a supply of Start with Rotary postcards to hand out to potential members.

When it comes to recruiting club members, there are almost as many ideas as there are Rotarians, which is not surprising considering Rotary's diversity.

There are some universal themes that come up again and again. Others capitalize on new technologies and communication methods, or are targeted at expanding Rotary's demographic reach. Below are 10 tips from Rotarians for increasing membership:

1. Invite friends, colleagues, or neighbors to participate in one of your club's projects.
2. Keep a supply of the *Start with Rotary* postcards and wallet cards, and give them to potential members.
3. Encourage prospective members who live outside your geographic area to visit the RI Web site, view

membership videos, and complete a prospective member form.

4. Ask your district membership chair to contact qualified candidates who have come to the district's attention through an online referral.

5. Talk with potential members about Rotary's humanitarian work, including programs like PolioPlus. Mention the Bill & Melinda Gates Foundation's involvement in the polio eradication effort through Rotary's US\$200 Million Challenge.

6. Invite professional women in your community to one of your club meetings. Initiate projects that focus on women's issues, and invite prominent women in the community to participate, speak, or lead.

7. Maintain contact with all local alumni of Rotary's educational and service programs, and organize events for them. Work with qualified candidates to help them join your club.

8. Advertise special

programs or projects on social networking sites such as Craigslist, Facebook, LinkedIn, or Orkut, and invite visitors to your club meetings and events. Learn about RI's official social networking pages.

9. Sponsor an open house (or an open meeting with a special guest) that caters to a demographic group or classification that isn't represented in the club.

10. Maintain a Web site for your club so that interested individuals can easily find out who you are, what you do, and what inspires you.

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



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Polio Eradication – Taking it Personally

By Chuck Center, PDG, Assistant Regional Rotary Foundation Coordinator

It is great to be with the Potomac - Bethesda Rotary Club at your dinner meeting. It is my privilege to participate in your Rotary Foundation Program this evening.

Just last week when I spoke to a Rotary Club, many of them had either a cold or the flu. So when I concluded my speech I said "I hope you all get better." One older Rotarian sitting up front near the podium responded "I hope you do too."



The week previous, I was the guest of honor at a dinner meeting. The club president presided over the meeting and we enjoyed the dinner together, when he leaned over and touched me on the arm, saying "should we let the

folks enjoy themselves a little longer or had we better have your speech now?"

I do want to thank PDG Bob Nelson for the invitation to bring you an update on our Polio Eradication Campaign. Tonight I want to share with you some of my thoughts and insights on Polio.

Perhaps this will sound familiar. Someone asked why I "lend a hand" to so many different projects here and far away. They usually ask why I work on International projects like Polio when there are so many problems here at home and nearby. Someone once said "It's like you take these things personally!" The truth is that I do take it personally and I think everyone should also.

When people are geographically far away from us or when their lifestyles look very different or when their cultures and customs are strange to us or their language is not familiar, it's easy to forget just how connected we are.

There are people from India, working on our websites while we sleep. We get raw materials from Africa & Australia. We enjoy alarm clocks from China, beach towels from Brazil, oil from Nigeria, Think of all the things we get, all the services we get and where they come from. Their problems are our problems. We are a global society! We are Rotary International.

Now I would like to share some of the reasons for taking the fight to Eradicate Polio personally. If you really want to know how close to home Polio is – here are five reasons for taking it personally and to help raise awareness and funds to eradicate Polio.

The first reason is in Rotary District 7450 where they held a Rotary Night at the Phillies this past July to raise money for Polio Eradication and to raise awareness of our "End Polio Now" campaign. District Governor Al Marland wore an "End Polio Now" T Shirt when he threw out the first pitch of the ballgame.

When the Phillie Phanatic walked Al off of the field, he put his arms around Al and then placed his hand on Al's shoulder and said to him that his mother was a Polio survivor. He thanked Rotary for fighting to save children from the ravages of Polio. The Phillie Phanatic's mom is the first reason to take this fight against Polio personally.

The second reason is for my wife Marilyn. Her childhood schoolmate "Winifred Humphrey" contracted Polio in the early fifties. Marilyn and her sister Sharon were fortunate and did not contract polio. We were all happy when the iron lung arrived and saved lives. But, at the same time, they were extremely sad that there were children whose lives would be changed forever because of the paralysis caused by Polio.

In March of 1956 when Marilyn and I were on our honeymoon in Niagara Falls Canada, we also traveled to Ohio to be with Winifred since she was unable to travel to our wedding in Pennsylvania. Yes it is very personal.

Reason number three is a friend, Brad Fuller, Director of the Pottstown, PA Senior Center, a Polio survivor. Brad was born in the coal mining area of Scranton, PA. At the age of eighteen months he contracted Polio and was taken from his family to a Polio facility in Elizabethtown, PA. His family was only allowed to visit him for just two hours every other weekend. No interstate highways, only old state roads – an eleven hour drive each way to see their son. He was there for two years before going home as a Polio survivor.

Brad recently was visiting the Masonic Home in Elizabethtown when an older gentleman walked up to him and said "I knew you when you were only 3 years old." Yes the gentleman was one of his doctors who

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after all those years still recognized Brad Fuller. Yes, this fight to eradicate Polio is personal.

Reason number four is if you want to know more about what the effects of Polio on people look like, just ask any Rotarian that has participated in a Humanitarian Mission to a third world country or has participated in a National Immunization Day or a Sub-National Immunization Day. They will tell you about seeing people with paralyzed limbs crawling on the ground, scrounging for food because in a developing countries a family cannot afford a member who is not self sufficient. Rotarians have also seen first hand the gratitude of parents and grandparents whose children have received the two drops of vaccine and got their "Purple Pinkie".

I have had that experience in Ethiopia of administering the two drops of vaccine to a small child, plus working in a Polio clinic making braces for Polio survivors. When you spend over a week fitting children with new light weight plastic braces and sneakers that weigh only a pound and a half compared to the old iron and leather braces with heavy leather high tops that weighed seven and one half pounds. When you see the difference in their ability to move around and the smile on their faces, and want to share their daily cracker with you, yes it is personal.

And finally for reason number five. Polio could be one airplane ride away until we eradicate the disease. With our global society, we can still spread a virus which can mutate. We have reduced Polio by 99.9%. We need to go the final .1%. We can succeed and the efforts can be right here at home.

One of our best ambassadors was the 10 year old son of our AG Mark Reilly, when he threw out the first pitch with our Governor Connie and fifty other children in their red t-shirts at a Harrisburg Senators baseball game. They were creating awareness and raising funds in our Purple Pinkie Finger Project. You see, they made it personal for me right there in my hometown.

Significant progress has been made in Polio Eradication. Never in the history of our initiative have we witnessed such high levels of both scientific and political engagement in the effort. The development of a new "Bivalent" vaccine offers a promising tool for the simultaneously targeting the two remaining strains of the virus. Record low case counts are being reported in the four areas of Nigeria, Afghanistan, Pakistan and India.

A letter from PRID Lynmar Brock, our Zone 32 Coordinator for the End Polio Now Campaign dated October 29, 2009, states that India had 33 new cases the previous week. Pakistan had no new cases since

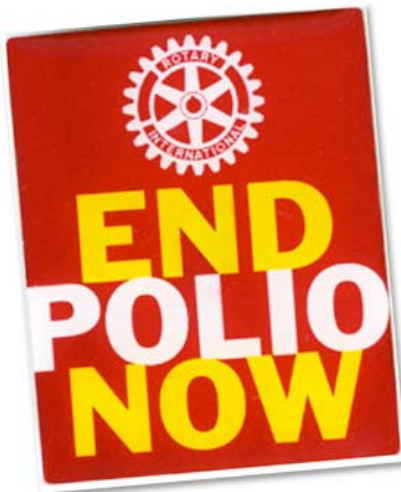
September 14th. Afghanistan had no new cases since September 30th. Nigeria has had no new cases since August 30th. Sounds really great – but success is a very fragile status.

However the most recent report, Wild Poliovirus Weekly Update, dated November 11, 2009 portrays a troubling situation in Africa. The countries of Guinea, Mali, Burundi, Cameroon, Liberia, Kenya, Sierra Leone and Uganda that were Polio free for all of 2008 and most of 2009, all have reported new cases of

the Wild Polio Virus starting in the third quarter of 2009.

Mauritania has reported two new cases of wild poliovirus type 1- its first cases of WPV since 2001. Both cases are in children living in the coastal city of Nouakchott. Genetic sequencing indicates the virus is of Nigerian origin which has spread through re-infected West African countries in 2008-2009. SNIDs are planned for December 4-7 and December 18-21, 2009.

India has reported 40 new cases in the past week, bringing the total YTD to 568 as compared to 559 for all of 2008. The India Expert Advisory Group last week recommended the new Bivalent oral polio vaccine be used in conjunction with the supplementary



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immunization schedule for 2010 in the 100 "High Risk" blocks of western Uttar Pradesh and Bihar.

Pakistan reported one new case of type 3 poliovirus this past week. The eight year old girl had not received any doses of the WPV. NID were conducted this week in conjunction with Afghanistan.

Afghanistan reported no new cases in the past week. The last reported case of type 3 poliovirus was October 1, 2009 in Kandahar.

As I have said, Polio is only a plane ride away; in the third world it is only a long walk away.

The fact that November is Foundation Month in Rotary is no accident. November is traditionally a time for reflection and as the calendar year winds down to a close, Rotarians often find themselves asking, "Have I done enough? What more can I do to help eradicate Polio?" A simple gift will do.

Your simple gift to the Annual Programs Fund provides hope and opportunity to people in worldwide, in nations where little hope and opportunity exist. If by your birth, you were born in a shanty, sent at the age of three to forage in the garbage dump for food to help feed the family, and were lucky to live long enough drinking contaminated water, what kind of a life could you expect to lead? Without an opportunity for basic education, how would you even know that another world existed outside of your realm?

UNICEF, one of our partners in the global eradication of polio, publishes the fact that over one-half of the world's population (three billion people) live on less than US\$2.50 a day. Too, we often hear in Rotary that most of us are quick to spend more than that on a cup of Starbucks coffee every day or we spend our money on something else that we really don't need.

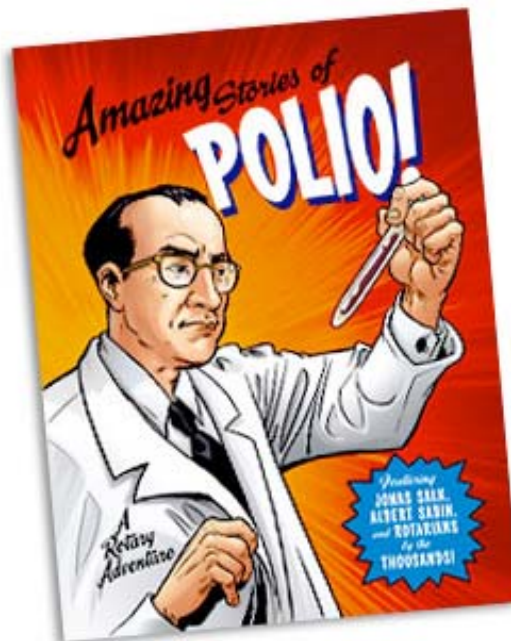
Maybe we can think about question number four on the Four-Way Test, "Is it beneficial to all concerned?"

In Rotary, our motto is to do good in the world. You can do just that by making your gift to the Rotary Foundation. Rotarians can work together to save lives and change lives through our Rotary Foundation.

"The Future of Rotary is in Your Hands." So is the life of someone in need. Concern yourself with being beneficial by being extraordinary this year. However you can do it by very ordinary means. I have my own "personal" way of setting aside funding for the Foundation. Here is one of my piggy banks. One for polio and one for EREY (\$100); they average about \$100 per six (6) months. Last year the jar was

\$86.43, \$92.67 and \$102.40. Tonight my Polio (quarters only) bank has \$95.75 in it. My jar has reached \$88.28 for EREY.

During these difficult financial times, let's make it easier and maybe a little fun, because we have shifted from a free spending mode to a savings mode. Saving change is a good teaching tool for our children and grandchildren. They will thank you someday for this valuable lesson. I thank you for your hospitality. Have a great Thanksgiving Holiday.



Above: **Amazing Stories of Polio! (976)**

Last revised: 2009 **\$0.75USD**

Featured in the February 2009 issue of *The Rotarian*, this popular illustrated history of polio is now available for purchase. Order extra copies for your local clubs, libraries, and schools.

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Manna Food Center in the News

Record number of recipients use county food pantry; churches, other sources also dishing out more staples
by Margie Hyslop, Gazette writer Nov. 25, 2009

On Friday, more people than ever came to get free groceries at Manna Food Center in Gaithersburg.

The 321 people who lined up for one box of canned and dry goods and one box of perishables surpassed previous one-day totals, including 280 who arrived on the day before Thanksgiving last year, said Kim Damion, director of development for Manna, which is the primary food bank for the county.

"What I think we are seeing is people who were getting by with unemployment benefits or [severance] packages that [now] have run out," Damion said.

For people under severe financial strain, "usually the only flexible spending in their budget is the food bill," she said.

Typically, a food pantry is an individual or family's first entry into the social services system, Damion said.

That food needs have spiked so early – before the cost of heating has really taken a big bite out of small budgets – concerns her.

The food on Manna's shelves comes from 38 grocery stores, groups that sponsor food drives and businesses and individuals that donate. Most of the staff who stock and move it are volunteers.

Clients picking up free food come with a referral from a social worker, hospital, school, church or other source. To qualify, they must fall below the self-sufficiency standard (about \$32,803 for a single person and between \$61,116 and \$78,026 for a family of four) that the county calculates based on the cost of housing, utilities, health care, insurance and food, Damion explained.

Increasingly, they come from more parts of the county and more walks of life to Gaithersburg and seven Manna satellite distribution centers countywide.

Among those who drove borrowed cars, their own late-model minivans or trudged from a bus stop in a cold drizzle Monday to Manna's new, larger headquarters near the end of Gaither Road were a disabled woman with a doctorate, a senior citizen recovering from cancer and a woman who said she lost her job in August when the family who had hired her as a

companion for an elderly parent no longer could afford to pay her.

The former companion, whose child is struggling to afford Montgomery College, burst into tears when a man and woman in uniform entered the lobby to pick up food for 16 military families who, on an enlisted person's salary, sometimes cannot afford the cost of living at some assigned posts, including the National Naval Medical Center in Bethesda.

The two boxes every 30 days, plus bread, that is allotted to clients helps, said an elderly, slender woman who is living on Social Security benefits and comes to Manna most months.

The people in line and staff are "like family now," but she said she still has days without much to eat and has gone to a church sometimes for food.

More people are looking to churches to help cover the gap.

At St. Patrick's Catholic Church on Norbeck Road in Rockville, pantry shelves stocked to provide emergency food never have run as low as in the past several months, said Susan Colona, an administrative assistant there.

This year, based on referrals by county agencies, St. Patrick's will provide 800 Thanksgiving food baskets – 200 more than last year.

Keeping pace with demand has been a struggle, said Terry Seamens, co-director of Adventist Community Services food pantry on Sligo Avenue in Silver Spring. Last year, that food pantry served about 20 households daily and had to cut to just six the number of food items it provided per visit to qualified people, Seamens said.

Now the pantry helps about 30 households daily, and the number of items offered is back up to 12.

"It's about where it was before, but far from where we'd like to be," Seamens said. "The need surpasses what we know. I definitely think people are going away from here hungry."

Volunteers are stepping in to fill pantries in their communities.

"This isn't just for Thanksgiving," said Joe Adams. "I came from a family of 14 and went to bed hungry several times."

Helping "makes me feel good," he added.