

Potomac-Bethesda Rotary Club News

Rotary Club Calendar

May 13 - 6:30pm – Meeting - Normandie Farm

Christina Myers

Peace Corps Volunteer

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

Kamran Shayesteh, Plastic & Reconstructive Surgery

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

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

June 8 - 7pm – Manna Food Center

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

June 12 - 9am – Jewish Group Homes Renovation Project

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

June 24 - 6:30pm – Meeting - Normandie Farm

June 28 - 6pm – District Governor Installation

Rotary District Governor Paul Frey Presents Distinguished Service Award to Bob Nelson

The award reads "In recognition of your untiring devotion and dedicated service to the office of the District Governor, Rotary District 7620, 2009-2010 Paul Frey, Governor." Bob has served as district newsletter editor for Governor Paul producing 22 monthly issues since August 2008. Governor Paul stated, "Thanks for all of your work and coordination of events at our conference, including filling in for the emcee duties! Great job all around!"



Bob Nelson receives Distinguished Service Award from District Governor Paul Frey [Photo by Chris Baum]

May 6 Meeting Report

By President Noel Howard



In the face of disaster and disease, we can always count on our own Todd Nitkin to respond with aid & compassion. He has, kindly, agreed to provide his insights and wisdom as our guest speaker in his update on Haiti. Art Blitz announced on 12 June 2010 (Saturday) is the annual

fix-up project for the Jewish Foundation for Group Homes. Let's make it happen!!!

All potential future club speakers and those who know how to contact them: Program Chairman Jerry is back in the saddle; let's give him some leads to work with!

Treasurer Alan Cookson reminds us that dues are due.



Our Club needs ready access to a Power Point projector. Are there any potential sources/donors? And we heard the latest news from the campaign trail of our next U.S. Senator Neil Cohen. We welcomed visiting Rotarian Michael Zhuang from the Bethesda-Chevy Chase Club.



Actress Mia Farrow Makes Appearance at District Conference in Gettysburg

By Dennis Buterbaugh from abc27 News

<http://www.whtm.com/news/stories/0410/729011.html>

Instead of making movies these days, actress Mia Farrow is asking the world to focus on eradicating polio and stopping the genocide in Central Africa.

Farrow brought her message to hundreds of Rotary Club members at the District Conference in Gettysburg on Friday. She showed



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photos from her recent trip to Central Africa and described how she uses her celebrity status to call attention to the violence there. She's also helping to raise funds to wipe out polio worldwide.

"Does an ordinary citizen have a responsibility to other people in other places, people who are threatened by mass murder or genocide, and what we can all do about that," Farrow said.

Her message really impacted a man who would speak to the Rotary group in the afternoon. Marcel Drimer of Virginia cried and hugged Farrow after her speech. Drimer survived the Holocaust as a youngster in Poland.

"I was just sorry, as I told her, that we expected, when we were hiding as children in the ghettos and the camps, that somebody would come and see our miserable situation and do something about it," Drimer said. "Nothing was done."

District Will Match Rotary Foundation Donations To \$500 With Recognition Points

By District Governor Paul Frey

For a limited time, and while "supplies" last, District 7620 is sponsoring a Foundation Matching program. District 7620 will match all donations to the Annual Programs Fund, up to \$500, with an equal number of recognition points. So, every dollar you give will get matched with one point. If you give \$500, you will get 500 points and receive a Paul Harris Fellow certificate or the next recognition level pin. It's that easy!

If you are "close" to getting your Paul Harris Fellow recognition, or if you are close to moving up to the next recognition level, now is the time to take advantage of some assistance. But act fast. We will offer this special program on a first come first served basis.

Just mail a check payable to "The Rotary Foundation" along with your name, address and Rotary Club Name to Claude Morissette, 4015 Montpelier Road, Rockville Maryland 20853. If a Rotary Club sends one check with different members' contributions, it should also contain the names of each individual Rotarian, and the amount included in their name.

Foundation Honors Rotarian For Generous Support

By Dan Nixon RI News – 6 May 2010



Trustee and Past RI President William B. Boyd, RI President-elect Ray Klingensmith, Past District Governor Karien Ziegler, Trustee Chair Glenn E. Estess Sr., and Trustee and Past RI President Wilfrid J. Wilkinson. Rotary Images/Monika Lozinska-Lee

Karien Ziegler, past governor of District 7470 (New Jersey, USA), believes in the ability of The Rotary Foundation to multiply one person's impact on the world.

On 20 April, Ziegler was inducted into the Arch C. Klumph Society, which honors people who give at least US\$250,000 to the Foundation.

"I allow my contribution to be matched by 1.2 million others around the world," she wrote in a statement before her induction. "As one person, my ability to touch lives would decrease enormously [without this network]."

A member of the Rotary Club of Roseland, Ziegler has used her expertise as a clinical psychologist and psychoanalyst to serve her community in a variety of ways. She has clinically evaluated police academy candidates, provided pro bono psychological services to incarcerated young people, helped draft legislation to safeguard youth education, and served as a member of the New Jersey adoption board.

Foundation Trustee Chair Glenn E. Estess Sr. said Ziegler has been equally active in Rotary work, including her support of the Group Study Exchange program. In 1998-99, Ziegler led a team to Korea.

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"In addition, Past District Governor Karien has worked on a Matching Grant to ensure educational opportunities for children in Bulgaria [and] volunteered at a Rotary-sponsored soup kitchen in Armenia, where she served meals to senior citizens," said Estess. He added that Ziegler "is also dedicated to polio eradication. Last year, she was recognized with a 2008-09 Regional Service Award for a Polio-Free World."

Inspired by a sister who had the disease, Ziegler chairs the District 7470 PolioPlus Subcommittee and is leading the district's efforts to support Rotary's US\$200 Million Challenge. She also took part in a National Immunization Day in Nigeria in 2002.

"I know that [my contribution] will go to where it should go, and for that I'm grateful," said Ziegler at her induction. "I'd just like to say thank you from the bottom of my heart, and I'll try to do more."

Day Breaks For Alzheimer's Families

By Eve Neiger *The Rotarian* – May 2010



Rotarians Jacqueline Chatenet (left), Robert Croux (center), and Jacques Laurant fill key roles at La Halte Répit, a Rotary club-sponsored Alzheimer's care center. The facility in Port-la-Nouvelle, France, offers caregivers a much-needed break from their duties several hours a week. Photo by Monika Lozinska-Lee

For several years, Rotarian Robert Croux struggled to care for his wife, Vony, who had Alzheimer's disease, at their home in Port-la-Nouvelle, France.

By 2002, she no longer recognized him or their children. One day while he was taking a nap, she ran

away. He brought her home, then built higher walls around their villa and removed the doorknobs to try to keep her safe.

"Often she would tell me, 'I do not know you! You have to leave!'" he said.

His wife's long illness forced him to miss many Rotary club meetings. His friends at the Rotary Club of Port-la-Nouvelle tried to help, as they watched him become "sad and withdrawn," recalled club member Jean-Claude Lamar. After consulting with experts in 2004, the club opened La Halte Répit (A Pause for Rest), a day care facility for patients with Alzheimer's.

Although Vony died the next year, local families continue to bring their parents and grandparents every Thursday afternoon to the center, housed in a town council building. Trained volunteers sing, play games, and exercise with patients for a few hours, giving the caregivers a much-needed break. Families pay only a small fee.

"Our project answers the families' need to rest from time to time," said Rotarian Jacques Laurant, who cofounded La Halte Répit. "And the families tell us the patients are happier after they come here."

5 Comments:

On 11 May 2010, carla danesi wrote: Day programs are an excellent way for people with alzheimers disease to get the socialization that they need to help them combat the disease and they are an excellent way for caregivers to get a needed respite

On 11 May 2010, Darlene Daniele wrote: My mother died a few months ago from Alzheimer's. She died peacefully, but she did not have quality of life for a very long time. It is so important to recognize that although Alzheimer's patients require patience and tolerance, spending time with them is so rewarding, even if the person doesn't know who you are. I applaud my fellow Rotarians for working hard to bring some joy to Alzheimer's patients, and to assist their caregivers.

On 11 May 2010, Meshack Ekele wrote: If not for this article I wouldn't have known that such chronic illness existed. Thank you The Rotarian, for enlightening me with such vital information as this, I will try to read any online article I can get to have a broader knowledge about it. Thank.

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On 11 May 2010, Lyn Thorpe wrote: We have a wonderful Dementia and Resource Centre in our town built with Rotary funds. My husband and I are both Rotarians but unfortunately David has early Alzheimers. Our facility gives me support that we can life a reasonable life and as a carer Alzheimer Australia provides extra info needed. We age all living in an ageing population and who will be effected next!!!! Proud to be a Rotarian.

On 10 May 2010, PE Dan Redona wrote: I appreciate the efforts of my fellow Rotarians featured in this article. As a healthcare practitioner myself, I do understand the enormous responsibility we have to care for chronically ill patients like people afflicted with Alzheimer's Disease. But our experience with these patients have been much more than just caring for them- we are already treating them and they are getting well. Good job!

How I Found Myself Running In A Mongolian Marathon

**Story and photos by Scott Brills
The Rotarian – May 2010**

Last summer, a young Rotarian from Michigan, USA, set out to drive a 2001 Chevy Metro with 140,000 miles on it from England to Mongolia.

The Mongol Rally – equal parts charity fundraiser and lunatic odyssey – was dreamed up by two bored Englishmen and held for the first time in 2004 with six cars. In 2009, more than 400 teams took part. Ralliers can choose their own route to the Mongolian capital of Ulaanbaatar, but their cars must have an engine no larger than 1.2 liters – and no GPS. Getting lost is more or less the point, although those cars that make it to Mongolia are donated to charity.

"You are supposed to be on an adventure, not in a nursery class, so if the sky does fall on your head, prop it up with a windscreen wiper and carry on," the rally website reads. "If you're worried, stay at home."

It was a siren call that Scott Brills couldn't resist. Brills, a member of the Rotary Club of West Bloomfield, and his friend Collin Otto, took the team name Hardly Working and raised \$1,650 for Mercy Corps Mongolia, one of the rally's official charities. Brills, then 26, and Otto, 25, then collected an additional

\$7,000 to help build and outfit a kindergarten in Mongolia, a joint project of Brills's club and the Rotary Club of Bayanzurkh 100 in Ulaanbaatar.

"We decided to drive to Mongolia in search of adventure, and adventure is most definitely what we got," says Brills. "Starting off with a half-year fundraising campaign for a seemingly ludicrous attempt to drive across a third of the earth's surface to deliver funds to assist in building and outfitting a kindergarten in a country many people had never even heard of, we had our work cut out for us.

"Throughout the 10,000-mile trip, we were accosted by border guards, held captive by corrupt police, stranded in no man's land between Kazakhstan and Uzbekistan, and even had our vehicle die on a 10,000-foot plateau in the middle of Tajikistan – just to name a few of our hilarious mishaps.

"But all of the challenges we faced over the nine-week journey are minor compared to the many positive experiences we had, the people we met, the scenery we witnessed, and the lives we helped change."

Read the complete story in the May issue of *The Rotarian*.



Brills crosses the finish line, an excellent end to an excellent adventure.

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

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