

Potomac-Bethesda Rotary Club News

Rotary Club Calendar

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



Dr. Kamran Shayesteh,

Plastic and Reconstructive Surgery

Dr. Kamran Shayesteh is Board-Certified in General Surgery as well as Plastic & Reconstructive Surgery by the American Osteopathic Board of Surgery. His practice focuses primarily on Plastic Surgery. Dr. Shayesteh grew up in Bethesda attending Walter Johnson High School. He graduated from the University of Maryland College Park in 1995. He then attended medical school at the Chicago College of Osteopathic Medicine, graduating in 1999. Dr. Shayesteh then moved to Philadelphia where he completed a 5-year residency in General Surgery and subsequently completed a 2-year fellowship in Plastic and Reconstructive Surgery at the Philadelphia College of Osteopathic Medicine. He served as Chief Resident in both the Departments of General Surgery and Plastic & Reconstructive Surgery. Dr. Shayesteh has a special interest in aesthetic surgery of the face and breast. Additionally, he has extensive training in Rhinoplasty, Abdominoplasty, and Liposuction. He offers Botox and Restylane treatments and has been trained by some of the top Plastic and Reconstructive Surgeons in the country. Dr. Shayesteh is a down to earth surgeon who would like to understand his patient's needs. In his spare time, he enjoys kayaking and WWII history. He is an active member of the Paul Chester Children's Hope Foundation (pcchf.org) and has recently traveled to South America on a volunteer surgical mission trip with that organization. He resides in Bethesda with his wife, Ellen, and their twins RJ and Georgia.

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

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

June 8 - 7pm – Manna Food Center (Need volunteers)

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

June 12 - 9am – Jewish Group Homes Project

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

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

June 28 - 6pm – District Governor Installation

May 13 Meeting Report



We welcomed visiting Secretary Kevin Bradley, Montgomery Village Rotary Club, and President Elect

Deborah Foti and Rotarian Ibi Sofillas from the Upper Montgomery Rotary Club. Upper Montgomery is having a June 8 raffle drawing at 7pm at the Gaithersburg Holiday Inn. Montgomery Village is sponsoring a chili cook-off on June 26 at the firehouse on Montgomery Village Avenue. More information will be posted on their websites at www.uppermontgomeryrotary.org and www.mvrotary.org respectively.



Art Blitz announced that the Fix-up project at the Jewish Foundation for Group Homes will take place on Saturday morning, June 12. Alan Grant is celebrating the graduation of his last child after eleven years of higher education expenses.

Chinyere Amaefule introduced her co-worker and guest speaker, Christina Myers. Christina was born in Great Lakes, IL. Her father was in the Navy so she spent her childhood traveling around the United States. Eventually, her family settled in King George, VA, where she went to high school. She attended the University of Virginia, where she participated in a number of activities including Phi Sigma Pi, the co-ed honor fraternity, which focuses on service, scholarship and social activities. She graduated with a BA in psychology in 2007. Shortly following graduation, she joined the



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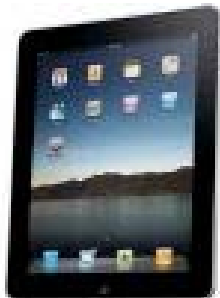
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Peace Corps. She was sent to Niger, West Africa as a municipal and community development agent. She worked in a small village named Serkin Yamma for two years living in mud huts. While there, she collaborated with the local government, community groups and schools to set up a variety of different programs and trainings to help the local people learn new skills and information that they can apply to their everyday lives. She said that the people were very friendly, the temperatures very hot and mosquito netting a must due to high incidence of malaria. In 2008, she was chosen to be a volunteer assistant trainer for the Peace Corps, allowing her to train a brand new group of volunteers, along with continuing her work in the village. She finished her service in 2009. Currently, she works in the Department of Health and Human Services with the Nursing Education Loan Repayment Program, helping nurses repay their loans in exchange for their service at critical shortage facilities.



Enter Our Raffle to Win an iPad (use PayPal) By Deborah Foti, President Elect, Upper Montgomery Rotary Club

The Rotary Club of Upper Montgomery County invites you to join us in raising money to adopt a school, help RI end polio and support improving the economic livelihoods of women in Uganda. Tickets are \$10 each or 3 for \$25.



First prize is an iPad. Second prize is a limited edition watercolor by Bette Leshner. Third prize is a dinner cruise.

Go to www.uppermontgomeryrotary.org and click on the PayPal "DONATE" button to buy your tickets. You will receive your raffle ticket numbers via email within 24 hours of your donation.

Rotarians Use Flickr to Promote Rotary Rotary International News – 17 May 2010

Within hours of his club's annual fundraiser in support of youth charities, Jeff Rogerson, of the Rotary Club of North Bay, Ontario, Canada, had uploaded photos of the event to Flickr.

The North Bay club teamed up the last weekend of March with two local disc jockeys to host a 53-hour radio marathon in a community shopping center, raising more than US\$80,000 for the Nipissing Association for Disabled Youth and other charities that help physically challenged children in the area.

Rogerson also shared several of the photos on Rotary International's Family of Rotary Flickr group, earning a spot in the April issue of *Interactive* as the featured image of the month.

Since August, more than 300 photos have been posted to the group. Rotarians around the world have uploaded images of their club events, special occasions, and service projects, and club members are encouraged to visit regularly to see what their colleagues are up to.

By using Flickr, Rogerson was able to publicize his club's event to a larger audience. The site "has allowed everyday Rotarians such as myself to post Rotary activity for the benefit of all to see," he notes. "All of our members take great pride in this event and roll up their sleeves and get involved."

He also sent e-mails thanking all the volunteers and pointed them to a slideshow of the fundraiser.

"I received a large number of e-mails from Rotarians who had helped out and some who were away but still were able to share in the event through viewing the Flickr feeds," he says. "In a practical sense, the editor of our newsletter is able to go in and grab whatever photos members have posted, with their permission, for easy use in the newsletter."

Janey Ball, of the Rotary Club of Newlands, South Africa, has used RI's Flickr group to share photos as public relations chair for District 9350 (Angola; Namibia; South Africa). They've included images from the lighting of the Cape Town waterfront with the End Polio Now message during Rotary's anniversary celebration, 23 February.

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"The ease of fast, one-site-fits-all distribution has great advantages," Ball says. "I'm such an advocate."
<http://www.flickr.com/groups/familyofrotary/pool/>

Rotary Praises U.S. Leaders For Effort To End Polio

By Ryan Hyland RI News – 18 May 2010

Top: Senator Mark Begich (left) receives the Polio Eradication Champion Award from RI President-elect Ray Klinginsmith.
Middle: Representative Phil Roe (left) shares a laugh with Klinginsmith at the award ceremony 5 May in Washington.
Bottom: Senator Ron Wyden (right) receives the award from Past RI President James L. Lacy. Photos by Larry Glenn/Photo-op Inc.

In recognition of their ongoing support of a polio-free world, four members of the U.S. Congress and one government official received Rotary's Polio Eradication Champion Award on 5 May in Washington, D.C.

The award, presented by RI President-elect Ray Klinginsmith and Past RI President James L. Lacy, chair of the Polio Eradication Advocacy Task Force for the United States, was established in 1995 to recognize governments and world leaders who have made outstanding contributions toward the goal of eradicating polio.

The 2010 recipients include Maria Otero, Under Secretary of State for Democracy and Global Affairs; Senators Mark Begich, of Alaska, and Ron Wyden, of Oregon; and Representatives Phil Roe, of Tennessee, and Henry Waxman, of California.

Lacy acknowledged the continued work of the U.S. government in securing critically needed funds for polio eradication.

"The leadership of these individuals has been crucial to ensuring that every child is protected," he said.

"Together we can make sure no child anywhere will ever again suffer the crippling effects of polio." Since the mid-1980s, the government has contributed \$1.7 billion to the cause. President Barack Obama also

announced a global push for polio eradication in conjunction with the Organization of the Islamic Conference during a 2009 speech in Cairo. The location was chosen for its symbolism: Ancient Egyptian artwork features the earliest known depictions of people disabled by the disease.

In addition to the 2010 honorees, Lacy acknowledged the ongoing leadership of the more than 40 other members of Congress whom Rotary has previously recognized.

"The progress made toward polio eradication is seen through the collective achievement of the current and past congressional recipients of the Polio Eradication Champion Award," he said. "When Congress began its support of this effort, nearly 60 countries had polio. Today there are only four countries. We must maintain this level of dedication to end polio forever." Klinginsmith honored volunteers of the Stop Transmission of Polio program who have been killed during eradication efforts in hostile regions, calling them "heroes."

Other global leaders who have received the Polio Eradication Champion Award include President Laurent Gbagbo of Côte d'Ivoire, former President Mamadou Tandja of Niger, Chancellor Angela Merkel of Germany, Prime Minister Manmohan Singh of India, and United Nations Secretary-General Ban Ki-moon.



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Register Online for RI Convention by 31 May
Rotary International News – 13 May 2010

Don't miss out on the 2010 convention in Montréal, Québec, Canada.

The final opportunity to register online for the 2010 RI Convention in Montréal, Québec, Canada, is 31 May.

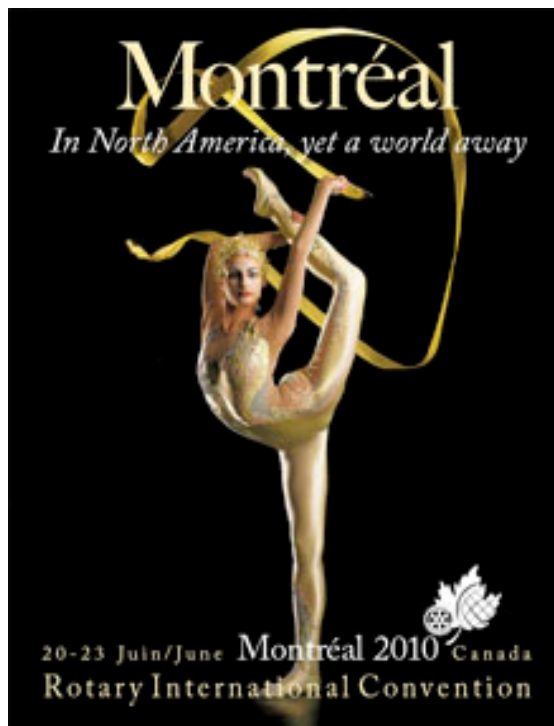
Don't miss out on the entertainment, world-class speakers, and networking opportunities during the four-day event, from 20 to 23 June. Breakout sessions, idea exchanges, and the House of Friendship will provide the perfect chance to make connections with other Rotarians that could lead to life-changing service projects.

The entertainment will include award-winning tenor Russell Watson, who received acclaim for his majestic vocals. Watson will be performing during the closing plenary session, 23 June. Also on tap is Celtic Thunder, the Irish singing group known for its eclectic combination of soloists and ensembles. It will be onstage during the opening plenary session, 20 June. In December, *Billboard* magazine named Celtic Thunder its Top World Album Artist.

Cirque du Soleil will be performing a program designed specifically for Rotary International during the closing plenary session. From a small band of street performers in 1984, Cirque du Soleil has grown into a major provider of high-quality entertainment, employing more than 1,200 artists. It has brought wonder and delight to almost 100 million spectators in 300 cities on five continents.

In addition, through a Host Organization Committee event 19 June, convention goers will have the opportunity to marvel at the remarkable talent of rising young circus artists by attending the graduation

performance of the École nationale de cirque (National Circus School).



Keynote speakers at the convention will include Greg Mortenson, coauthor of the international bestseller *Three Cups of Tea*; Dolly Parton, international music star and philanthropist; Jo Luck, president and former CEO of Heifer International; and Bob Mazzuca, chief scout executive of the Boy Scouts of America, which is celebrating its 100th anniversary this year.

During the second plenary session, 21 June, Father Marciano "Rocky" Evangelista, founder of the Tuloy Foundation and a member of the Rotary Club of Alabang, Metro Manila, Philippines, will talk about how his foundation has changed the lives of street children in his country. Then on 22 June, Her

Majesty Queen Noor of Jordan will speak during the third plenary session about the prospects for peace in the 21st century.

All plenary sessions will be held in the Centre Bell.

In the Palais des congrès de Montréal, a short walk or métro ride away from the Centre Bell, breakout sessions and idea exchanges will offer Rotarians a chance to hear from clubs and districts about their projects. Breakout sessions will also provide Rotarian Action Groups, RI committees, and other Rotarians and Rotary leaders with an opportunity to explain new programs, get feedback, and answer questions. Idea exchanges, back this year, are designed to allow Rotarians to share ideas and learn about projects from their peers in an informal setting.

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

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A Matter of Conviction

By Tara Kalmanson RI News – 14 May 2010

Roxana Saberi Photo by Tommy Giglio.

Rotary Foundation Ambassadorial Scholars always impress, but Roxana Saberi, who left the United States for Tehran in 2003 as a foreign correspondent, has become an international celebrity and a face for human rights in Iran.

The former political prisoner, released from Tehran's notorious Evin Prison in May 2009, sat down for a Q&A luncheon at the Union League Club in Chicago on 13 April. Her national tour served to promote her book, *Between Two Worlds: My Life and Captivity in Iran*, published 30 March. Saberi recalled the many lessons she learned from fellow female political prisoners, the events that led to her freedom, and her life before Evin. After the Iranian government revoked her press pass in 2006, Saberi stayed in the country and began writing a book for American readers that profiled the diversity of its people.

Eleven days after U.S. President Barack Obama's inauguration, she was kidnapped, questioned, and detained in Evin Prison for 100 days, accused of using her book as a cover to conduct hundreds of interviews with Iranians and spy for the Central Intelligence Agency.

Using nonviolent "white torture" (extreme sensory deprivation) techniques, Saberi's interrogators forced her into making a false confession by guaranteeing her freedom if she admitted to espionage. Without knowing she would be released in a matter of days, Saberi recanted, setting in motion a sham trial that resulted in an eight-year sentence, her own hunger strike, and a successful appeal.

"Unfortunately, a lot of Iranians are falsely accused of crimes, including espionage," she said. "It made me

wonder, do they knowingly falsely accuse people to tighten their grip on society and to silence people?"

In Evin, Saberi met many of these silenced political prisoners and members of marginalized groups like the Bahai's. Their stories strengthened her will to recant.

"Sometimes through suffering we can have an opportunity to become stronger," she said. "And even when you're imprisoned, you still have power to control your attitude."

Saberi's road to Iran included a stop at the Miss America competition, where she finished in the top 10. Her talent was playing the piano, a gift she would later put to use as a diversion while in solitary confinement at Evin by tapping her fingers against the wall. She used

her scholarship money to attend Northwestern University's Medill Graduate School of Journalism, and furthered her education with the help of a 1999-2000 Ambassadorial Scholarship, obtaining a second master's degree in international relations at the University of Cambridge in England. She has written for ABC Radio, Feature Story News, the BBC, NPR, PRI, and Fox News.

"I felt like I had the journalism background, but I didn't have the foreign relations background," she said. "My aim was to become a foreign correspondent."

For now, Saberi's future plans are unsure. Since her return from Iran, she has completed her book and has been relaxing with her parents in Fargo, North Dakota, as well as participating in a number of human rights gatherings after the Iranian election. She co-wrote a film, *No One Knows About Persian Cats*, with her longtime boyfriend and award-winning Iranian-Kurdish director, Bahman Ghobadi. While Saberi hopes to eventually return to Iran, she says she has been too outspoken to ensure a safe visit.

"Often I get worried about the Iranian people," Saberi says, "but I know they're very courageous, and I admire them. In the long run, they can prevail."



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