

# Potomac-Bethesda Rotary Club News

## Rotary Club Calendar

**September 2 - 6:30pm - Meeting - Normandie Farm**  
**Bill Offutt, Montgomery County Historical Society**  
**"Scandals and Mysteries of Chevy Chase"**

William Offutt is a native of Montgomery County whose family has been in Maryland since the 17<sup>th</sup> century. He was locally educated and is a graduate of the University of Maryland. Mr. Offutt worked for the Montgomery County Public Schools as a teacher of history and English in high schools and junior high schools for thirty-four years. He also taught at Montgomery College. Since his retirement he has researched and published *BETHESDA A Social History*, co-authored *Montgomery County - Centuries of Change*, written a County history for 4<sup>th</sup> graders and produced a long, locally-set novel called *Seth*. He has also written dozens of newspaper, magazine and journal articles. He lives in Bethesda with his wife of 57 years.

**September 9 - 6:30pm - Meeting - Normandie Farm**  
**Dr. Terry Sheehan - Haiti Medical Mission**

Dr. Terrence Sheehan, chief medical officer of Adventist Rehabilitation Hospital of Maryland in Rockville traveled to Haiti with a team of eight on March 12 for 10 days to help some of the people injured in the January earthquake. The team from Montgomery County used vacation time to make the mission trip to physically rehabilitate Haitians. Dr. Sheehan had been to Haiti several times before the earthquake and plans to return in 2011 to help more Haitians who lost limbs and suffered spinal cord injuries in the earthquake. The bright lights, state of the art medical equipment and sturdy building Sheehan is used to working in were replaced in Haiti by blackouts, makeshift wheelchairs and tents. "It was a lesson about life. I was taken back by the despair," he said. "To think they are already in a land of poverty, now they will really be at the bottom."

**September 14 - 7pm - Manna Food Center Packing**  
**9311 Gaither Road, Gaithersburg**

**Volunteers are Needed - Alex Naron Coordinating**

**September 16 - 6:30pm - Meeting - Normandie Farm**

**September 16 - 8pm Board of Directors Meeting**

**September 23 - 6:30pm - Meeting - Normandie Farm**

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

**October 7 - 6:30pm - Meeting - Normandie Farm**

**October 12 - 7pm - Manna Food Center Packing**

**9311 Gaither Road, Gaithersburg**

**Volunteers are Needed - Alex Naron Coordinating**

**October 14 - 6:30pm - Meeting - Normandie Farm**

**October 16 - Rotary Super Summit - Annapolis**

**October 21 - 6:30pm - Meeting - Normandie Farm**

**October 21 - 7pm Board of Directors Meeting**

**October 23 - Potomac Day**

**October 28 - 6:30pm - Meeting - Normandie Farm**

**Rotary District Governor Jay Kumar**

## August 26 Meeting Report

President Jason Hamel welcomed visiting Rotarian Josh Glacken from the Lancaster, Pennsylvania, Rotary Club. Alan Grant announced that his daughter has a new job with the Clovus Group in Bethesda and will be recruiting co-workers to assist with the Manna Food Center packing night. Immediate Past President Noel



Howard presented a charter certificate to President Jason certifying the formation of the new Rotaract Club at Georgetown University. Steve Naron is holding an orientation program for Rotary Ambassadorial Scholars (see

page 2 for more information).

Our guest speaker was Sue Dollins from the Senior Connection, a nonprofit organization serving adults 62 years or older living in lower Montgomery County. "The Senior Connection is a marvelous organization to be involved with.



For the last seventeen years, we've been helping Montgomery



Immediate Past President Noel Howard presents President Jason Hamel with the Georgetown University Rotaract Club Certificate of Organization.

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County older adults maintain their independence when they no longer drive and when they have limited means and family support. We are a non-profit agency housed in the Holiday Park Senior Center in Silver Spring. Our paid staff members and our volunteers work together to provide services.

We serve people 62 years and older who need a little extra help from a neighbor or friend in order to safely get to their medical appointments, the grocery store or pharmacy, or for those who just want to "chat". There is no income requirement to participate. Many seniors live alone with limited contact and assistance from family and friends. Volunteers can easily fill in the gaps in services between family caregivers and professional providers. It can mean the difference in a senior living in his or her home versus an expensive institutional living facility. The community is richer for hearing stories and experiencing relationships with senior neighbors.

Montgomery County derives benefit knowing that reliable and free services are available to help its seniors "age in place". Volunteers from The Senior Connection help to ease the worry for many seniors. Public transportation is not always accessible for people who need a steady arm to support them to a waiting vehicle, and private escorted transportation is too expensive. Transportation to physical therapy or cancer treatments often requires multiple trips per week, which is expensive for individuals of any means.

A Senior Connection volunteer can choose from among these jobs: Escort Driver, Grocery Shopper, Friendly Visitor, Shopping/Errands and Telephone Reassurance. While these services are the most frequently requested, we can use volunteers willing to help in many other ways. Examples include but are not limited to: meal preparation; reading/writing and helping with forms and paperwork; light housekeeping; changing light bulbs and making small home repairs, helping with laundry; yard work and snow shoveling. Last year,

volunteers provided 5,796 services to 648 individuals with these services having a value of approximately \$375,000. As a volunteer you will receive a thorough orientation before you are given your first assignment, and then you will be invited to an annual training program and recognition lunch where you develop new skills, receive acknowledgement for the work you do and learn from other volunteers.

The Senior Connection is funded in large part from a contract by the Montgomery County Department of Aging and Disability. We are also funded by foundation grants, and individual and corporate donations. For many years The Senior Connection has partnered with the United Way and Combined Federal Campaign. Anyone wishing to support us may designate funding to our program through the designation numbers provided on our literature.

We know that your mission in Rotary is "service above self" and that your work on behalf of needy causes internationally keeps you busy. Our program may be appealing to

you if you believe in the work we do, want to help a local organization, and if you have at least 2 hours a week, or even every other week, to volunteer. If you do, you will experience the joy and receive the gratitude from helping a senior neighbor. Please take one of our volunteer applications and a return envelope if you think you'd like to do this work, or if you know of someone who would."



## ***District 7620's Ambassadorial Scholar Orientation 2010***

**By Steve Naron**

Thanks for participating in the program. Conrad and I hope it was enlightening and entertaining for everyone. But, mostly we hope it will make this year for Scholars (and Counselors) more effective and to contribute, in a very small way, toward a lifetime of contributions for making this a better world. As Rob Brown said at the end of the orientation, our newest Scholars are now members of the DC Rotary Alumni.

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*Rotary Scholars Orientation Photo by Kanae Tsutsumi.  
The agenda for the orientation follows.*

## **Agenda:**

10:30am -2pm Program - at the Rockville Library

- Welcome to District 7620 – Rob Brown, Foundation Chair
- Introductions:
  - Minjung Cho from Korea at Johns Hopkins Public Health, host Mary Anne Reischeberger /Baltimore club
  - Signe Fosgaard from Denmark at Johns Hopkins SAIS, host Debbie Harrison / Capitol Hill club
  - Naho Orita from Japan at University of Maryland, host Park Bill Cammack / College Park club
  - Vera Wedekind from Germany at Georgetown University, host Davis Kennedy / Washington club
- Rotary Scholarships & District 7620 – Carl Schneider, Chair Scholarship Committee
- Scholar responsibilities, resources, and opportunities, how to arrange speaking at clubs – Conrad Fleck, co-chair counselor committee
- Safety – Cpl. Ken Matney
- What makes us the USA – history, geography, culture, politics – Daniel Sturgeon, chair Peace & Conflict Resolution project
- Lunch
- Living, getting around, and touring DC, Baltimore, and further, setting list of 'to do's' before you leave – Steve Naron, co-chair counselor committee
- Alumni Scholars about how to make the most of your time here – past Scholars Kanae Tsutsumi & Wada Ryuta
- Discussion on issues, concerns, opportunities

## **Star Struck**

**By Maureen Vaught RI News – 30 August 2010**

Even as a small child, Japanese astronaut and former Rotary Foundation Ambassadorial Scholar Naoko Yamazaki found outer space fascinating. From her home in Matsudo City outside Tokyo, she spent evenings stargazing. As she grew older, movies like Star Wars and TV broadcasts of shuttle launches fueled her growing interest.

“Based on these shows, I assumed we would all go to space,” says Yamazaki, who is only the second Japanese woman to become an astronaut.

Yamazaki has logged more than 360 hours in space as a crew member on the space shuttle Discovery . In April, she served as mission specialist on the STS-131 Discovery 's resupply mission to the International Space Station. The trip held special meaning for Yamazaki.

“I was part of the project team that developed the space station,” she says. “It’s very impressive, especially when you consider more than 15 countries, including Japan and the United States, helped build it.”

The chance to work on international projects as a 1994-95 Rotary Scholar contributed to Yamazaki’s career choice. She studied space robotics at the University of Maryland in College Park, Maryland, USA, sponsored by the Rotary Club of Matsudo Chuoh, Chiba, Japan. Working with students from around the world, she was surprised to learn that they knew more about Japan and Japanese culture than she did. The experience taught her more about not only her own country but also the value of an objective viewpoint, which she believes is relevant in her work as an astronaut.

“You can learn so much more about the earth by studying it from a distance,” she says.

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During her scholarship year, Yamazaki says, she also learned the importance of communication skills, preparation, and teamwork. These skills served her well when she began her aeronautical career in 1996 at the National Space Development Agency of Japan (now called Japan Aerospace Exploration Agency).

*Top: During Discovery's voyage to the International Space Station, Naoko Yamazaki and Soichi Noguchi demonstrate the effects of weightlessness in the Japanese experiment module, Kibo. The flight marked the first time two Japanese astronauts have traveled together in space. Bottom: Yamazaki. Photos courtesy Japan Aerospace Exploration Agency*

"In the space program, communication is key to sharing information and working efficiently. It's the same when you're studying abroad, especially when you're trying to communicate in a foreign language," Yamazaki says.

Preparing for her space flight took nearly 10 years and included training in Canada, Japan, Russia, and the United States. After finishing basic training, she went to Russia for seven months to qualify as a flight engineer on the Russian Soyuz spacecraft.

Since her return to Earth, Yamazaki has been involved in postflight activities, including visiting NASA centers, participating in technical meetings to discuss the orbit, and taking part in public relations work.

"The space station will operate until 2020, so I hope I get a chance to return," she says.

In the meantime, Yamazaki will continue to support other missions and the space station from the ground. And when she gets a spare moment, she'll spend time with her family watching her favorite film series, Star Wars.



## **Rotary Peace Fellow Tells Her Story**

**Kelly Nicholls as told to Stephen Yafa *The Rotarian* – September 2010**

I was in a taxi on the way to testify before Congress on the situation facing Colombia's human rights defenders, the first time I was to appear before a congressional hearing, and I had the jitters.

I turned to my Colombian colleague – a human rights

lawyer with two decades of experience backing the victims of Colombia's 40-year war – and asked if he felt anxious too.

"What makes me nervous is the thought of returning to Colombia after these hearings and what could follow," he responded.

In that moment, he summed up the challenge of my job as executive director of the independent U.S. Office on Colombia and as an advocate in Washington, D.C., defending human rights workers. None of it would have been possible without the Rotary Peace Fellowship I was awarded for 2005-07.

I'd just returned from working with indigenous communities in the Ecuadorian Amazon and Chiapas, Mexico, and wanted to promote

peace and conflict resolution, but had no idea how to move forward without a master's degree. Then a person I met while volunteering for Oxfam told me about the Rotary Peace Centers program. Being Australian, I contacted the Rotary Club of Roseville Chase, in a suburb of Sydney, and a few months later, I was selected as one of 50 fellowship recipients.

The program brought me to the University of Bradford in the United Kingdom to study international conflict resolution where I focused on mediation and politics. I developed friendships with other fellows – two of them

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came to Australia for my wedding. I was able to research human rights, regional politics in Latin America and Africa, internal displacement, religion, and conflict resolution.

*Kelly Nicholls joins a march in memory of the victims of the conflict in Colombia. Photo courtesy of Kelly Nicholls*

I was fortunate to do my applied field experience – a requirement of the Rotary Peace Fellowship – with the United Nations independent expert on minority issues. I examined human rights abuses against Afro-Colombians, who have been disproportionately affected by conflict, especially by forced displacement.

Now, three years after graduating, I've met with young women who have shown me their wedding photos, much like my own. The difference is that their husbands are dead, murdered by the armed forces and later dressed up to look like enemy guerrillas killed in combat. Between January 2007 and July 2008, nearly one person a day was murdered by the armed forces.

Efforts to bring international attention to this have forced the government to purge some officers and officials. In my position at the U.S. Office on Colombia, I have met with senior Obama administration officials and members of Congress to urge them to pressure Colombian leaders to end the lethal abuse of power. We've been able to reduce the number of "extrajudicial executions." We've also helped persuade the country's government to rid the armed forces of over 50 rogue officers and senior officials, and to establish an armywide human rights curriculum.

Doing what I do takes commitment, but it also requires training. That's where my Rotary Peace Fellowship kicked in. I learned so much from my two years at Bradford that I've been able to put to use. Without that preparation, I'm not sure I would have been able to make any headway at all in a country with such complex and entrenched conflict.



After the congressional hearing, my Colombian colleague said to me, "Do you have any idea how important the work is that your organization is doing to allow us to continue to help Colombian victims?" In this line of work, it's hard to measure success, and calculating numbers doesn't seem all that relevant. Saving one person makes it worthwhile.

## **Super Summit and Rotary Foundation Seminar October 16**

**By Rachel Blair, Trumpet Newsletter**

Our District will be combining their Fourth Super Summit with their Foundation Seminar on 16 October at the Loews Annapolis Hotel from 7:30am-12:30pm (cost between \$20-\$25). We urge all clubs to encourage their members to attend, especially our new Rotarians. This event will include

riveting information on new district scholarship grants, Peace Scholars from our area, ideas on district grants (community based projects) and how to apply, more information on Future Vision and how it affects your Club, examples of good past and present international projects, a venue for you to collaborate with other clubs and much more. We have invited our Senior Future Vision Grants Coordinator from Rotary International, Kate Pichon, who will answer questions regarding the new on-line process for Global Grants. For all those Clubs participating in a Global Grant this year and who have plans to do so next year, this is a wonderful opportunity for you to have quality time with Kate. This is a rare opportunity. Clubs who are represented at this event will receive points for the year-end awards distributed by our District Governor. A complete agenda (including registration details) for this event will be posted on the website and will be sent to the entire District early this month.

**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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