

Potomac-Bethesda Rotary Club News

Rotary Club Calendar

September 9 - 6:30pm – Meeting - Normandie Farm

Dr. Terrence Sheehan – Haiti Medical Mission



Terrence P. Sheehan, M.D., is the Chief Medical Officer of Adventist Rehabilitation Hospital of Maryland, an acute rehabilitation facility specializing in traumatic brain injuries, spinal cord injuries, strokes, amputations, orthopedic injuries and surgeries, and neurological disorders. Dr. Sheehan is the Director of the Amputee Program and has worked for more than 15 years in the care of patients with limb loss.

Dr. Sheehan received his medical degree from State University of New York at Buffalo School of Medicine and completed his residency in Boston at Tufts University - New England Medical Center Hospitals.

Since March 2006, Dr. Sheehan participated in several Education Missions in Haiti and the Dominican Republic sponsored by Physicians for Peace. Through the Walking Free Program, Dr. Sheehan has participated in education and training efforts for those taking care of people with limb loss in these countries. In March 2010, Dr. Sheehan and a team of healthcare providers traveled to Haiti after the earthquake and cared for patients, young and old, with amputees, spinal cord injuries, and other injuries.

Dr. Sheehan is certified by the American Board of Physical Medicine and Rehabilitation and the American Board of Spinal Cord Injury. Dr. Sheehan is a Board Member of the Amputee Coalition of America (ACA). He is also the Medical Director for the ACA and the Chair of the Medical Advisory Committee for the ACA. He led the collaborative effort that developed the first and only standards of care for those with limb loss in the US. In 2010 in collaboration with the Center of Disease Control (CDC) and the ACA, he chaired the Limb Loss Task Force (LLTF), held in Washington, DC.

Dr. Sheehan was also recognized as one of the *Washingtonian* Top Doctors for 2005, April 2008, and 2010. The Archdiocese of Washington's Advisory Committee on Ministry to Persons with Disabilities honored Dr. Sheehan with the Rocky Stone Award for his work with Rosaria Communities, Inc., a Catholic nonprofit providing housing opportunities for adults with physical and/or developmental disabilities. [See article from the *Gazette* on page 3].

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

Volunteers are Needed - Alex Naron Coordinating

September 16 - 6:30pm – Meeting - Normandie Farm
Rotary Ambassadorial Scholar Vera Wedekind
from Munster, Germany

September 16 – 8pm Board of Directors Meeting

September 23 - 6:30pm – Social - Normandie Farm

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

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

[Calendar continues on page 2.]

September 2 Meeting Report



President-Elect Chinyere Amaefule arranged for guest speaker and historian Bill Offutt to speak to our club.

President Jason Hamel welcomed Neil's guest Giorgio Comminos (second from left in photo below). Jason had received a letter from charter member Dr. Lou Fettig indicating that he needed to resign from the club because of health reasons. He also received a letter from Big City Mountaineers thanking the club for its donation (see letter on page 2). Treasurer Alan Cookson announced that he is relocating to Houston, Texas, in early November and will miss us all. Secretary Tom Leuchtenburg participated in the Aspen Colorado Rotary Club's rubber duck race. Guest speaker Bill Offutt from the Montgomery County Historical Society gave a very interesting talk on the "Scandals and Mysteries of Chevy Chase." He talked about the family who built the Rossdhu Castle that was located only a couple blocks away from Phil Meade's home (see a more detailed article on page 4). He also talked about a few scandals including a volunteer fireman who set the Bethesda Chevy Chase High School ablaze. Thanks so much, Bill, for your fine talk!



Neil Cohen's "Dream Team": [Left to Right] Working on the U.S. Senate campaign are Steve Naron, Giorgio Comminos, Jason Hamel, U.S. Senate Candidate Neil Cohen and Nabil Bedewi. Giorgio is the son of the Normandie Farm Restaurant Dining Room Manager, Andreas Comminos.

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Thank You from Big City Mountaineers

August 18, 2010

Dear Rotary Club of Potomac Bethesda,
Thank you for your generous tax-deductible donation of \$500 on 8/13/2010 to support Jason Hamel and Patrick Horn's Summit for Someone™ climb benefiting Big City Mountaineers™ (BCM). In supporting Jason and Patrick's Summit for Someone climb, you are now part of the growing group of individuals, corporations, and foundations who are helping urban teens overcome a lifetime of challenges. Welcome! Summit for Someone™ climbers like Jason Hamel raise money which directly funds a sizable portion of BCM's programming. Hundreds of teens across the country participate in BCM's programs every year because of donors like you. Your contribution will ensure that under-resourced teens continue to go on powerful weeklong wilderness expeditions with caring adult volunteers who provide guidance both on the trail and about life. Our programs enrich lives, broaden horizons, and instill critical life skills. I invite you to learn more about BCM and our Summit for Someone™ benefit climbs and stay involved supporting under-resourced teens. Maybe you'd like to take on your own challenge of a lifetime and climb with us next year? Learn more at www.summitforsomeone.org. Thanks again for your generosity. With appreciation, Michelle Barnes, Interim Executive Director, Big City Mountaineers™, 1667 Vine St., Denver, CO 80206

Rotary Club Calendar Continued

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 16 – 4pm Picnic at Dick Gordon's home
14900 Kelley Farm Drive, Darnestown

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

October 21 – 7pm Board of Directors Meeting

October 23 – Rotary Leadership Institute
First Baptist Church, Frederick

October 23 – Potomac Day

October 28 - 6:30pm – Meeting - Normandie Farm
Rotary District Governor Jay Kumar

Georgetown University Rotaract Club Recruits 78 New Members in One Day!

By Marc Patterson, President, September 5, 2010

Hello Board,

Well done at SAC Fair today, we signed up 78 new people for the club! That's also not including people who received fliers from our roaming expeditions around the fair.

Thanks to all of you for tabling today and taking turns sheltering the sign-up laptop from the scorching sun. Special thanks to Luke for printing out fliers this morning, and Chris who printed out a second lot when they ran out! Despite not being a part of SAC I think we did a great job of breaking into the club scene here at Georgetown.

There was great feedback from everyone visiting the table, including President DeGioia who we caught in passing. We were also approached by Saaliha Khan and Morial Shah from the Muslim Students Association who would love to work with us on a fundraising effort for the victims of the flooding in Pakistan. They are trying to bump up the campaign and realized that Rotary has been a big first responder to this disaster. I think this is a great project for us to support so Amanda put this on top of your list and maybe we can make your T-Shirt idea work for it.

Later in the afternoon I was able to visit some of the other community service group's tables. I was collecting information to advertise their projects in our newsletter (because there are so many great community service groups already operating) and many of them were also keen to collaborate this year. Petra I will update you on this when you are back from New York.

Finally, Tuesdays have opened up for me so we'll set our weekly meeting date for 8:15pm Tuesdays (starting with the General Body meeting on the 14th). I previously had my DC Reads coordinator meetings that night, they will now be on Mondays. Chris please note that the fliers should now say Tuesday September 14th. Good work, Marc

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

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Rockville Doctor Shares Haiti Experience With Upcounty Group

Sheehan plans to return to Haiti in 2011

by Andre L. Taylor, Gazette Staff Writer, June 9, 2010



Dr. Terrence Sheehan (right), chief medical officer of Adventist Rehabilitation Hospital of Maryland in Rockville, treats a man who had his right leg amputated after the January earthquake in Haiti. Sheehan was one of several doctors who traveled to the country to treat injured Haitians. Photo from Kendra Hall

The pictures were chilling: Haitians learning to live without their amputated limbs.

Julie Andre, 24, of Gaithersburg, watched the photos taken by Dr. Terrence Sheehan and other volunteers flash onto a large projector screen Monday night. Sheehan, chief medical officer of Adventist Rehabilitation Hospital of Maryland in Rockville shared the images with about a dozen people at the Upcounty Health Care Alliance, including Andre.

"I was glad he came here to share his experiences and pictures," Andre said after the meeting at the Germantown Library. "We need more people volunteering around the world and in our communities."

A team of eight, including physical and occupational therapists and nurses from the Rockville rehabilitation hospital, traveled to Haiti 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, Sheehan said. He 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.

Sheehan was approached about forming the team by the nonprofit Project Medishare for Haiti, he said.

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. One photo showed a young Haitian boy in a wheelchair made of a plastic lawn chair, wheels from a bicycle and a shopping cart. This and other images of a nation getting by with the bare necessities are why Sheehan plans to go back and help.

"I had always gotten on a plane and gone down to Haiti for a week and that was it," Sheehan said. "Part of my work is taking care of people who are in need. This last trip was different."

Haitian native Matchelle Bristol accompanied Sheehan on the trip. Seeing her homeland in ruins was a sad moment for Bristol, 39, of Germantown, an admissions supervisor at the hospital. Translating Creole and English for doctors and patients was her main responsibility.

Bristol had to tell one woman that her 14-year-old daughter's leg would be amputated, she said. Other translators had previously told the woman her daughter only needed a small operation.

"You could see the sadness in the people's eyes," Bristol said by phone Monday. "It made me grateful for what I have."

U.S. Air donated airplane tickets for the recent trip, but Sheehan said he will not get donated tickets for his return in 2011. Instead he believes private donations and fundraisers will pay for his next trip.

Watching Haitians get by on very little after the earthquake is something Sheehan said he will always remember.

"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."

Note: Dr. Sheehan is speaking to our club September 9

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Whatever Happened to Rossdhu Castle?

by Alex Weiner, VMA Historical Society

If you've lived here long enough, the name Rossdhu Castle may ring a bell. Or, if you're driving down Woodbine Street and look to the left, you might wonder what the Scottish style castle straight out of Disneyland is doing in the midst of all the other colonials and ramblers on an ordinary street right here in Chevy Chase, Maryland. Well, picture this. The house that stands today at 3207 Woodbine Street was merely the "tip of the iceberg", the gatekeeper's tower leading to a grand 30 room castle that first opened its doors on New Years' Day in 1927 in the area then called Braemar Forest. Washington attorney Clarence Crittenden Calhoun and his socially prominent wife Daisy modeled the castle on their 14th century ancestral home, Clan Colquhoun on Loch Lomond in Scotland. Both Clarence and Daisy were from the same clan, tracing their lineage back to the Scottish king Robert Bruce. Each of the Calhouns had a colorful past in their own right. Mr. Calhoun was a former captain in the Kentucky State Guard and a lawyer who successfully represented the post Civil War claims of the State of Kentucky against the federal government. In addition, he won a \$700 million suit brought by the Sioux Indians over ownership of the Black Hills in South Dakota. Mrs. Calhoun is described in newspaper accounts as "a thrice-married, thrice-widowed clubwoman", originally from New Orleans and Texas, active in many women's organizations and founder of the Women's Universal Alliance... "She entertained princes and presidents in three magnificent homes but was forced by circumstances to spend her later years in more modest surroundings." When the Calhouns built Rossdhu Castle however, they spared no expense. It was constructed of masonry and concrete and studded with stones from the original castle in Scotland. It boasted a huge ballroom, turrets, gun emplacements along its roof, a one hundred year old



moat and rooms filled with priceless paintings and antiques. The gatekeeper's house had a wide spiral staircase running up through its center. According to one source, pieces of sod were actually taken from the ancestral home in Scotland and replanted around the castle. The Calhouns faced financial difficulties in the Depression and in 1932, moved into the gatehouse. The castle was leased out as a "posh nightclub" to cover expenses. By 1934, Mrs. Calhoun was forced to sell some valuable paintings to cover the club's debts; in one account, the couple was described as "broke and homeless". Later that year, the castle was sold for \$40,000 at auction to the National Savings and Trust Co. And if that was not bad enough – by 1937, Rossdhu Castle had been converted into a 30 unit apartment building! Perhaps this trauma contributed to

the death of Mr. Calhoun in 1938 or maybe it was the sale of his beloved castle to Mr. and Mrs. Bert Williams, owners of the well-known Grandma's Antiques in Chevy Chase Lake the same year. The Williams' allowed Mrs. Calhoun to live in a portion of the house until her death in 1947. After World War II, the zoning laws changed, permitting only

single family homes in Chevy Chase. The castle's apartments were vacated and it fell into even further disrepair. Through it all, the 30 foot lake in front continued to be a popular place for kids to skate in the winter and fish in the summer. At one point, government officials considered filling in the lake (an action fully supported by the Williams') but this never came to pass. By 1957, despite efforts of the owners to have the castle turned into an embassy or girls' school, the vandalized and crumbling Rossdhu castle was demolished to make way for new homes that line Rossdhu Court today. The gatehouse was left standing on a tenth of an acre lot, a fraction of the size of the original site. Our own Martin's Additions council member, Diane Everts, remembers playing in the rubble of the castle grounds, "We moved to

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Broadbranch Road at Brookville in 1955 and that old castle was just falling down in ruins. We would ride our bikes or have someone give us a ride over to the place so we could skate on the large frozen lake in the winter." Mrs. Williams passed away in 1974. Her husband Bert had died a few years before that, after collapsing on the gatehouse doorstep. The castle was put on the market in the summer of 1974 for \$135,000 in "as is" condition, including some furnishings. The third sale in the castle's history occurred in 1975, when the Williams estate sold it to a young couple named Velasquez from Silver Spring for \$99,500. They had managed to get in to the castle before the Sunday open house and make their offer. As it turned out, the Velasquez' cancelled the contract when they learned that the purchase price did not include an additional \$100,000 needed for renovation. In 1979, the Rossdhu gatehouse was purchased by Frank Broulik, a retired Navy Captain and his wife Jeanne. They completed many renovations but reported in a 1997 newspaper account that, "The house is like the Washington Cathedral. It is never done." Mr. Broulik explained how at least one former owner still makes his presence known, "Williams must be trying to get back into the house since every once in awhile the front door slams without rhyme or reason."

Taking Investment Risks

By Michael Zhuang

Risk taking is an integral part of investing, yet most investors are blissfully unaware of the risks they are taking, let alone managing them well. In this post, you will quickly learn the good, the bad, and the ugly of investment risks.

Idiosyncratic risk is defined as risk that is specific to a particular company. This type of risk can be eliminated simply by holding a well-diversified portfolio; therefore, taking this kind of risk is not compensated by the capital market. Examples of taking idiosyncratic risk include investing in individual stocks and buying annuities as investment.

Systematic market risk (or beta risk) is defined as the risk in equity that cannot be diversified away; this risk is compensated by the so-called equity risk premium. A manifestation of this risk premium is that stocks have

higher returns than bonds over the long run. If you invest in the S&P 500 index fund, you are taking systematic market risk.

Small cap stocks are more volatile than large cap stocks; therefore, taking small cap risk is rewarded with a small cap premium. A manifestation of this risk premium is that small cap stocks have higher returns than large cap stocks over the long run. Unfortunately, most investors shun small cap stocks. Not this advisor.

Rightly or wrongly, value stocks are perceived to be more risky than growth stocks; therefore, investing in value stocks earns you a value premium in the form of higher returns than growth stocks over the long run. Most investors shun value stocks since they lack the glamour of growth stocks. Again, not this advisor.

Duration risk is defined as the sensitivity of bond value to the interest rate. Take a 30-year zero-coupon bond, for example; a 1% rise in the interest rate from 4% to 5% would cut the bond value by 25%. This is duration risk in action! According to Fama and French research, duration risk is not well-compensated.

Credit risk is defined as the probability of default by bond issuers. Credit risk is compensated by a default risk premium in the form of higher yields on lower quality bonds. However, earning these high yields is akin to taking a higher wage to work in a more dangerous coal mine. It is fine until something really bad happens.

Inflation risk is the risk you are taking when you save all your money in the bank or put it under a mattress. You may think you are not taking any risk, but inflation is nipping away at your wealth.

Agency risk is the risk you are taking when you invest through an agent, but the agent's interest is not aligned with yours. When you hire a financial advisor from a big Wall Street firm to manage your wealth, you are taking unmitigated agency risk, and you don't earn higher returns for taking this risk. Quite the opposite, usually you earn much lower returns.

Asymmetric information risk is the risk associated with knowing less than your counterparty in an investment transaction. When you invest in a hedge fund or a private equity you don't know much about, you are taking asymmetric information risk. Taking this risk almost always leads to losses.

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