

Potomac-Bethesda Rotary Club News

Rotary Club Calendar

August is Rotary's Membership Month

August 25 - 6:30pm - Social - Normandie Farm

September is Rotary's New Generations Month

September 1 - 6:30pm - Service Project at Manna

September 8 - 6:30pm - Meeting - Normandie Farm

Greg Bland, CEO, "Things to Do in DC"

September 10 - Rotary Super Summit

Lowes Annapolis Hotel

(see flyer on page 6)

September 13 - 7pm Manna Food Center Box Packing

September 15 - 6:30pm - Meeting - Normandie Farm

James Offord, Black History in Montgomery County

September 15 - 8pm - Board of Directors Meeting

September 22 - 6:30pm - Social - Normandie Farm

September 29 - 6:30pm - Club Assembly - Normandie Farm

Farm

October 6 - 6:30pm - Service Project at Manna

October 11 - 7pm Manna Food Center Box Packing

October 13 - 6:30pm - Meeting - Normandie Farm

October 20 - 6:30pm - Meeting - Normandie Farm

October 20 - 8pm - Board of Directors Meeting

October 22 - 10:30am - Potomac Day Parade

October 27 - 6:30pm - Social - Normandie Farm



Our two guests on August 18 from the National Alliance for Mental Illness-Montgomery County (NAMI-MC) received Rotary mugs from President Chinyere. On the left is NAMI-MC Executive Director Katie Slye-Griffin and on the right is Outreach Coordinator Yesenia Flores Diaz.

August 18 Meeting Report

Our guest speaker was Yesenia Flores Diaz, Outreach Coordinator, NAMI Montgomery County (NAMI-MC). NAMI-MC is the Montgomery County affiliate of National Alliance on Mental Illness which is headquartered in Arlington, Virginia. NAMI MC is a non-profit grassroots organization dedicated to improving the lives of those impacted by mental illnesses and their office is on Parklawn Drive in Rockville. Since 1978, NAMI MC has provided self-help, support, education and advocacy for people with serious and persistent mental illnesses, their families, friends and caregivers. They provide a number of classes, support groups, a help line, monthly newsletter, both in English and Spanish, all offered free to Montgomery County residents. Their mission is to combat the stigma of mental illness, ease emotional stress, improve problem-solving skills and have increased acceptance by relatives. Most people with mental illness can function well. Yesenia described the characteristics of three major mental illnesses, bi-polar mental depression, schizophrenia, and major depression. With the recession, people have lost jobs and insurance and medications for mental illness are expensive. Calls to suicide help lines have tripled since 2007.



In addition to our two guest speakers on August 18, visiting the club were [L-R] Nihad Kaibni, Lollipop Kids Foundation founder Debbie Sahlin, and Dr. Peter Rumm. Peter works for the FDA in medical devices, is a past Rotary Club president from Wayne, Pennsylvania, and former Wisconsin regional director of the Rotary Youth Exchange Program. There was a "fireside chat" for Nihad held at his home on August 21 and he has been proposed for membership in our club.

www.pb-rotary.org www.rotary7620.org www.rotary.org

August 25, 2011 - Page 1

Potomac-Bethesda Rotary Club News

This is "World Water Week."

Water and sanitation is one of Rotary's areas of focus. Worldwide, more than 880 million people lack access to clean drinking water.

Rotarians Improve Access To Clean Drinking Water

By Megan Ferringer and Arnold R. Grahl RI News - 22 August 2011

Rotarians have teamed up with nongovernmental organizations in Belgium to bring clean drinking water and improved sanitation to thousands of families in the poorest districts of Toamasina, Madagascar.

The Rotary clubs of Brussel-Cantersteen, Belgium, and Tamatave, Madagascar, launched the project in 2009 with help from a Rotary Foundation Matching Grant. Lack of access to clean drinking water and poor hygiene have contributed to a high mortality rate in Toamasina, says Luc Daems, president of the Tamatave Water Project.

The effort is nearing completion, with the planned installation of more than 200 latrines for local families and schools, as well as drinking fountains to provide clean water for 2,000 people.

Over the past 10 years, the Foundation has awarded more than US\$36 million in grants for projects supporting clean water and sanitation. Individual Rotary clubs have contributed at least another \$50 million.

During World Water Week in Stockholm, Sweden, 21-27 August, experts from around the globe will meet to exchange ideas and develop solutions to the most urgent water-related issues. This year's program explores challenges to water and sanitation in an increasingly urbanized world.

Ron Denham, chair of the Water and Sanitation Rotarian Action Group, says Rotary has played a key role in

addressing world water needs, and that a growing number of nonprofits are embracing its emphasis on sustainability.

"The core of every successful project is agreement with the community on its needs, especially the needs of women. It is invariably women whose lives are drastically affected by improvements," says Denham.

Many Rotary club and district projects include training

C·H·I Centers Inc.

Supporting people with disabilities since 1948

Harold Blank D.D.S.
President

Alan Lovell, Ph.D.
Chief Executive Officer

August 5, 2011

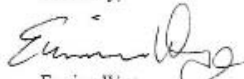
Attn: Arthur Blitz
Rotary Club of Potomac Bethesda
8220 Gainsborough Ct., West
Potomac, MD 20854

CHI Centers Inc. would like to graciously thank you for your contribution of \$300.00 which enabled a young lady with developmental disabilities attend our summer camp in Rehoboth, Delaware. This is usually the only opportunity that our participants have which allows them to take a vacation. Without the assistance of a PCA (Personal Care Assistance), she would have been unable to take advantage of this wonderful program. The money you contributed paid for the PCA to assist this young lady with supervision and all of her daily living skills (dressing, eating, bathing, etc).

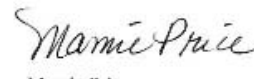
She is so overjoyed at the opportunity to be involved in something that most people take for granted...taking time to relax, and enjoy the summer fun! This is something that she has always talked about especially since she has not been able to take a vacation in the past 10 years due to financial strains. Due to your generosity, she will go to the beach, walk on the boardwalk, and go to dinner with friends, movies, boat rides and much more!

Again, we would like to thank you and your organization for all you have done for this young lady.

Sincerely,



Eunice Wye
Resource Manager



Mamie Price
Administrator/Tenbrook Adult Program

10501 New Hampshire Avenue, Silver Spring, MD 20903-1122
Tel 301.445.3350 Fax 301.439.8117 TDD 301.439.5366
www.CHICenters.org Email Info@CHICenters.org

*The Rehabilitation Accreditation Commission (CARF)
United Way Agency #8059
Combined Federal Campaign #27098*

www.pb-rotary.org www.rotary7620.org www.rotary.org

August 25, 2011 - Page 2

Potomac-Bethesda Rotary Club News

in the technical knowledge needed to maintain equipment, and in the business skills necessary to manage a water system, such as collecting fees for operations and repairs.

In 2009, Rotary International and USAID launched the International H2O Collaboration to implement long-term water, sanitation, and hygiene projects in the Dominican Republic, Ghana, and the Philippines. Entering its third year, the collaboration is funding hygiene training and bio-sand water filters in the Dominican Republic; mechanized water systems, wells, rainwater collection vessels, and hygiene education benefiting over 85,000 people in more than 110 villages in Ghana; and a project to improve sewage collection and treatment that will help more than 150,000 people in the Philippines.

Other Rotary club and district water projects include:

- Toilets, showers, and baby-washing facilities provided for residents of Kibera, an impoverished community near Nairobi, Kenya, by clubs in the United States and Kenya with a Foundation grant. The grant also brought safe drinking water to about 300,000 people.
- A project to help stamp out guinea worm in Ghana, undertaken by Rotary clubs in Ghana and supported by clubs in 13 countries, including Canada, Switzerland, and the United States, in partnership with the Carter Center. The clubs have also been active in providing water to remote communities.
- Rainwater harvesting systems to serve 120,000 people and their livestock in Rajasthan, a state in northern India. Through another project, in the Indian state of Maharashtra, crop yields have tripled as a result of rainwater harvesting.
- The installation of household water systems in the South Rift Valley in Kenya, enabling girls to focus on going to school and women to undertake economic activities rather than fetching water.



Rotary District 9200 Delivers Famine Relief To Kenya Communities Gripped By Drought

By Ryan Hyland RI News – 19 August 2011

Geeta Manek, District 9200 governor-elect, plays with children during a visit to the village of Kaikor in the Turkana district in northern Kenya on 25 July. Photo courtesy of District 9200

Drought-stricken villages in northern Kenya received desperately needed aid this week from District 9200 (East Africa) and the Red Cross, which delivered more than 18 tons of food and water.

The hunger crisis plaguing the Turkana district in northern Kenya is a "stark example of what is happening to people in East Africa," says Geeta Manek, District 9200 governor-elect. The Horn of Africa's worst drought in 60 years has sparked famine conditions in Ethiopia, Kenya, and Somalia.

Manek, along with three Rotarians and the secretaries general of Kenya Red Cross and Canadian Red Cross, visited the village of Kaikor on 25 July.

"We witnessed horrific scenes of starvation and unimaginable poverty," says Manek, a member of the Rotary Club of Muthaiga, Kenya.

The drought in Africa has affected more than 12 million people including 3.7 million who are at risk of starvation, according to the United Nations. Tens of thousands of people have died in southern Somalia, including 29,000 children under the age of five. Hundreds of thousands are fleeing Somalia to seek aid in Ethiopia and Kenya.

While many international relief agencies are at the southern border of Kenya and Somalia, Manek says the nomadic villages of Turkana, including Kaikor, have received little aid.

"There are so many areas that have been totally forgotten, and Turkana is one of them," says Manek. "We [Rotary] must act quickly."

District Governor Eric Kimani says there is an alarming rate of malnutrition among children in Turkana.

Potomac-Bethesda Rotary Club News

"We are stunned by the scale of this devastation. The exodus of malnourished children to feeding centers is shocking," Kimani says. "A rapid increase in emergency aid is required to stave off catastrophic starvation."

Kimani is appealing to Rotarians worldwide to help the district secure food and water for thousands of people still at risk in Turkana.

"While the entire region [Horn of Africa] has experienced prolonged drought, the situation has been exacerbated by political instability and climate change," says Kimani. "But we as Rotarians must find ways to address the hunger crisis first."

In response to the crisis, The Rotary Foundation has established the Rotary Horn of Africa Famine and Refugee Relief Fund, which will support recovery projects in the affected areas.

Disaster Aid USA

By PDG Bob Grill, Chairman of the Board

The United Nations now estimates that more than 13 million people desperately need housing, water and food in the horn of Africa (Somalia, Djibouti, Ethiopia, Kenya, Nairobi, South Sudan, and Mogadishu) – the mortality rate continues to rise to epidemic levels.

Disaster Aid USA and its international partners Australia, Canada, UK and Ireland are proud to advise that we have formed an alliance with Hope Without Borders, a not-for-profit charity working in the Kenya region since the early 80's and founded by Rotarians Lance and Julie Parve of Milwaukee, Wisconsin. This alliance means once again, we as Rotarians are delivering the aid so desperately needed with fellow Rotarians – side by side

Disaster Aid International Training and Deployment Manager, Ed Cox attended the Rotary Club of Nairobi on the day of his arrival seeking assistance from Rotarians and met with the people from Hope without Borders – thus our alliance was formed.

100 Family Survival Boxes were air-shipped and another two containers are on their way by sea. Our trained teams on the ground will assess how we can further assist over the coming days and weeks.

To add to this delivery of aid, Hope without Borders is delivering water drilling equipment, medicine, food

and sanitation to help alleviate the pain and suffering of so many.

Joining Ed Cox in the devastating deployment is Cliff Overton from Melbourne and Jared Marley from Alberta, Canada, both volunteer Disaster Aid Response Team Members (DARTs).

The United Nations High Commissioner for Refugees (UNHCR) has deemed our Family Survival Boxes as superior and designed its use to those most needy.

The frail, most at risk... Ed Cox, reports that our special aid is being distributed to the frail, pregnant women, women with children and the elderly to ensure they have comfort and security in Dadaab.

Our first shipment is, being erected by our volunteer DARTs with the valued assistance of Hope without Borders. Darts Cliff Overton and Jared Marley are ensuring your donations are delivered to those most in need.

We need your support so we as American Rotarians and friends of Disaster Aid USA continue to make a difference. By donating now, we will be able to replenish our stock to assist with more aid.

Disaster Aid USA's task ahead is "promoting and creating awareness" informing every Rotarian in every US Rotary Club that Disaster Aid USA is an American Rotary project run by American Rotarians and it is 100% transparent and accountable to its donors, and club's can take it on as their project. As Rotarians working together we can help bring the pieces together to those victims who are suffering the effects of a disaster by delivering shelter, warmth, hope and dignity, we are doing it "The Rotary Way" with Rotary's guiding principles and the Four-Way Test.

A donation from you or your Club of \$750.00 will provide shelter, warmth and dignity to family in need. I or any of the Disaster Aid USA directors or Ambassadors will welcome the opportunity to speak during a club meeting to create awareness of Disaster Aid USA.

We are only able to assist those marginalized with your help.

Disaster Aid USA thanks you in advance for any assistance and your support.

Yours in Rotary Service, PDG Bob Grill, Chairman of the Board 240-487-6359 www.disasteraidusa.org

www.pb-rotary.org www.rotary7620.org www.rotary.org

August 25, 2011 - Page 4

Potomac-Bethesda Rotary Club News

Steps For Developing A Successful Water Project

By Arnold R. Grahl RI News - 23 August 2011

Top: A woman gathers water from the Rio Dulce in Guatemala. Photo by Monika Lozinska Lee/Rotary Images Bottom: Ron Denham, a member of the Rotary Club of Toronto Eglinton, Ontario, Canada, is chair of the Water and Sanitation Rotarian Action Group. Rotary Images

Sustainability is critical to a successful water project.

Ron Denham, chair of the Water and Sanitation Rotarian Action Group, says the nonprofit world is becoming more aware of that fact. Sustainability means not only securing local support for a water project but also making sure the community can keep it going, he explains.

"The number of nonfunctioning wells in the world is mind-boggling," says Denham. "Rotarians and water agencies are becoming increasingly sensitive to local needs, local capacity, and the local ability to make things happen."

Denham lists several keys to a successful water project.

Steps to success

1. The first step is conducting a local needs assessment. He notes that it is critical for the community to help identify the problem and the type of project that can solve it.

2. A second step is to identify international partner clubs that can participate in the funding and provide expertise to find the right solutions.

3. Third, the participating clubs need to identify the most appropriate technology to address the issue. Again, the community should be involved, because the decision will affect how much it will have to pay to sustain the project.

"Too often, clubs or districts start with the idea of putting in a well or delivering filters," Denham says. "The technology has to fulfill certain technical requirements, but it also has to be maintainable and operable by the community. And this includes paying for maintenance once the installation is complete."

4. This leads to a final step, providing for ongoing maintenance. Denham says that maintaining water quality requires the proper use of equipment and the right parts to keep it working.

"With some items, such as filters, the quality of water will deteriorate if they are not kept up properly," he says.

Denham recommends that projects include a training component to teach members of the community how to operate the equipment, as well as business skills to enable them to set up a committee or agency to collect water fees that can cover operations and repairs.

"People should be paying for their water," Denham says. "An important part of capacity-building is raising funds to keep things running."

Water projects can also involve hygiene education. According to UNICEF, hand washing with soap reduces the rate of death from diarrhea by 44 percent.

How-to for sanitation

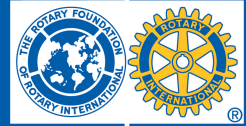
During the Water and Sanitation Rotarian Action Group's World Water Summit in May, a panel on sustainable sanitation offered these tips for a good sanitation project:

- Simpler is better. Project designers should try to avoid overly complex tasks.
- It's best to establish realistic expectations of roles and responsibilities. Projects should be designed to maximize the strengths of participating Rotarians.
- Projects should get strong buy-in from community members. That can mean educating potential local partners about the issues to help them identify attainable solutions - a more effective strategy than simply proposing a particular project. With this approach, the community is more likely to ask, "How can I solve this problem?" or "Can you help me solve this problem?"
- Project designers and the community should have an accurate understanding of the problem based on evidence from surveys, focus group discussions, and assessments.





District 7620 Rotary Super Summit/ Foundation Seminar 10 September 2011



Registration and Breakfast begins at 7:15 am
Program from 8am-12:30pm
Loews Annapolis Hotel, 126 West Street, Annapolis, Maryland
(in Historic District, tel 410 263-7777)
\$25.00 per person includes Breakfast

Future Vision 6 Focus Areas



- **GUEST SPEAKER, Joe Mulkerrin, Regional Rotary Foundation Chair**
- **Videos and updates on current Global Grants**
- **Peace Scholars and possible Peace Initiative in the Caribbean - Introduction by Peter Kyle**
- **What are Rotarians doing and how you can network with other clubs**
- **District Scholars from Italy and Japan – Introduction by Dr. Carl Schneider**
- **Polio Update**
- **Social Media – How to effectively use it**
- **Rotaract local and international projects**
- **Future Vision Workshop - Bring your partial or completed grants (District or Global Grants) for discussion**
- **Video on Rotary International Convention in Bangkok, Thailand**

Register at District Website

www.rotary7620.org