



ROTARY CLUB OF NORTH BETHESDA
 Meeting on Fridays @ 7:30 AM
 Contact us at nbrotary.org
September 2021



UPCOMING MEETINGS AND EVENTS

Date	Speaker	Topic
September 3 Marriott/Zoom	Steve Vaccareza	3-Minute Speaker
	Michael Yungblut, President, PCCHF	Sixteen Years of Medical Mission for Children
September 10 Zoom Only	Linda Berg-Cross	3-Minute Speaker
	Geetha Jayaram, Governor, District 7620	District Governor's Talk
September 17 Marriott/Zoom	Nick Martinez	3-Minute Speaker
	Vladimir Fridman	Solo Guitar
September 24 Zoom Only	Paul Arveson	3-Minute Speaker
	Mark Foraker	Mercy Health Clinic Update

*Meetings on 1st and 3rd Fridays are at the Bethesda Marriott & on Zoom
 5151 Pooks Hill Rd, Bethesda, MD 20814*

Meetings on 2nd, 4th (& 5th) Fridays are on Zoom Only --7:15 AM to 7:30 AM Mix and Mingle

SEPTEMBER MILESTONES

Rotarian	Event	Date
Bob Fangmeyer	Birthday	September 3
Jane Follit (Rob)	Birthday	September 4
Tas Tousimis	Anniversary	September 4
Lily Waterston (John)	Birthday	September 5
Don Howard	Birthday	September 8
John Waterston	Birthday	September 10
Kent Mason	Anniversary	September 19
Gary Berg-Cross (Linda)	Birthday	September 23
Carmela Carr	Birthday	September 24



North Bethesda's Community Health Challenge
Runs Throughout September. Signup or Donate today!
See page 5 for details and a special offer for matching donations.

SPEAKER – September 3, 2021 (Marriott/Zoom)**Sixteen Years of Medical Mission for Children****Michael Yungblut, President, Paul Chester Children’s Hope Foundation**

Michael Youngblut arrived in Washington, DC in 1981 to work for NGO start-up to coordinate best practices among the many NGOs providing healthcare and public health services around the World. The National Council for International Health (NCIH) served as a clearinghouse of information collected from its members and an international forum where practitioners, policy makers, local stakeholders and other would come together to share lessons learned. NCIH (now known as the Global Health Council) got its start through the urging and support from The Pan American Health Organization and the World Health Organization. A graduate from the University of Illinois, Mr. Youngblut focused on health policy and health planning & economics. He was one of the collaborators of the first and second health plans for the State of Illinois.

For 20 years Mr. Youngblut served as a co-leader of one of the largest not-for-profit organizations in Washington, DC with more than one-hundred local operations spread across the U.S. In 2003, he started a financial services practice and continues in that role today.

Mike is the current President of PCCHF – Paul Chester Children’s Hope Foundation. Mike has been watching the foundation grow in the last 16 years, and now brings a wealth of knowledge and personal attachment to PCCHF.

SPEAKER – September 10, 2021 (Zoom Only)**District Governor’s Talk****Geetha Jayaram, Governor, District 7620 2021-22**

Dr. Geetha Jayaram is the District Governor for District 7620 for 2021-22. A past Rotaractor and recipient of a 2005-06 Rotary Grant for University Teachers, she is a Professor of Psychiatry at the Johns Hopkins Schools of Medicine, Public Health and Nursing. In 1997, from the the Rotary Clubs of Columbia, & Howard West, Dr. Jayaram founded the Maanasi Clinic in Mugalur, Karnataka, India. She has volunteered for National Immunization Days for eradicating polio in India several times.

She started 2 Rotaract clubs & her current Rotary club of Howard West; increased membership in Rotary; taught as facilitator for the Rotary Leadership institute; lectured at many Rotary District Conferences and Zone institutes throughout North America, Asia and Europe. She has procured over 20 grants for domestic and international Rotary work amounting to several million dollars.

SPEAKER – September 17, 2021 (Marriott/Zoom)

Solo Guitar
Vladimir Fridman

Vladimir Fridman was born and raised in Moscow, Russia, with music a major part of his life. In Moscow Vladimir received his education in music.

He was active in Moscow theaters and in a Philharmonic, and appeared on Russian TV. With Jazz Balalaika Group Vladimir toured Europe, the Middle East and Japan and released four albums. Since his arrival in the United States in 1998, Vladimir frequently performs solo and with leading musicians as member of Music Pilgrim Trio and TransAtlantic Duo and recorded few albums solo and with other musicians. The album *O/e*

Guapa with Gypsy Strings won the WAMMIES Award. Vladimir runs a successful Guitar Studio. Many of his students received awards at the Maryland State Guitar Competition.

SPEAKER – September 24, 2021 (Zoom Only)

Mark Foraker
Mercy Health Clinic Update



Mercy Health Clinic is one of our partners in the **North Bethesda Rotary Community Health Challenge**, our club fundraiser that runs through September. On September 24, we'll hear from Mark Foraker, the Executive Director of the clinic. The mission of Mercy Health Clinic (Mercy) is to provide high quality medical care, health education and pharmaceuticals to medically underserved, low -income residents of Montgomery County, Maryland. All on-site services are offered free of charge.

Founded in October 2000 by members of the social concerns committee at Our Lady of Mercy Church in Potomac, Maryland, Mercy started as an all-volunteer clinic occupying a few rooms in the Montgomery Up-County Regional Services Center in Germantown, Maryland. The clinic quickly grew in the number of patients served and the number of volunteer physicians and nurses recruited to serve them. Today Mercy has a small paid staff and nearly 50 volunteer physicians who provide primary and patient specialty care to nearly 1,800 patients annually. We are currently providing approximately 7,200 patient appointments annually for our uninsured neighbors.

Mark is a non-profit executive with extensive management and fundraising experience in Montgomery County, MD including St. Luke's House (now Cornerstone Montgomery) and Manna Food Center. He has a Master's Degree in Nonprofit Management and a PMP certification in project management. Mr. Foraker became Executive Director of Mercy in June, 2015 and has prioritized establishing partnerships with other social service organizations, implementing operational sustainability.

NB ROTARIANS IN ACTION AT THE PARK POTOMAC ICE CREAM SOCIAL FOR CHARITY



For the 4th year running, NB Rotarians donated backpacks and school supplies to Interfaith Works at this highlight of the Park Potomac social season. This year was our most generous to date: the Club donated 48 girls' backpacks, 72 unisex backpacks and 96 packs of 10 multi-colored crayons for distribution to needy Montgomery County families just in time for the new school year.

On Saturday, August 13th, Steve Vaccarezza, Ron Sigelman, Victoria Feldman, Carmela Carr, Bob Sonawane, Rob Follit, Dan Moore, Nick Martinez and John Waterston descended on the lawn at



Park Potomac, ready to welcome attendees at the **13th Annual Park Potomac Ice Cream Social for Charity** who wished to know more about Rotary. We had several expressions of serious interest from folks who gave us their email addresses, as well as an ad hoc meeting with the President of the Potomac Rotary Club about opportunities for collaboration.

The event began, as always, with a grand parade up Park Potomac Avenue. There were old and new fire engines and ambulances, lights flashing and sirens wailing, exotic cars, a crackerjack Pom Pom team and – the runaway highlight – Rob, Ron and Dan flourishing a floral bouquet made by Victoria, waving to the crowd, and proudly carrying the NB Rotary banner.



There's still time to make your donation for NBRC's contribution of backpacks to Interfaith Works at the 13th Annual Park Potomac Ice Cream Social for Charity. For 4 years running, NBRC has donated backpacks at this event to Interfaith Works, which distributes them to needy families in Montgomery County.

Please send your check, payable to **Rotary Charitable Foundation of North Bethesda** to:
Carmela Carr, 10705 Hampton Mill Terrace, #220, North Bethesda, MD 20852

COMMUNITY HEALTH CHALLENGE: NBRC'S SIGNATURE FUNDRAISER IS HERE!



Community Health Challenge: Get Moving in September!



North Bethesda Rotary and its partners have launched the **Community Health Challenge**, a virtual exercise event that runs throughout the month of September 2021. The Challenge follows upon the successful **2020 Covid Challenge**, which raised funds for two health clinics in Montgomery County and the North Bethesda Charitable Foundation. The virtual event features a variety of exercise challenges in which participants set their own goals and report their accomplishments.

A new feature of the event this year is a month-long series of **Health Tips** that will be posted on the club's Facebook and website. During September 2021, we'll be featuring a health tip related to lifestyle, nutrition, and exercise. You can have your health tip on our Facebook page, event web page, and registration website. An archive of health tips will be included in the Community Health Challenge website.

We're also welcoming the involvement of **Adventist HealthCare**, a not-for-profit health services organization based in Gaithersburg, Maryland that provides healthcare for more than 400,000 individuals in the community each year.



Club Member Joe Dipietro has graciously offered to **match donations up to \$500** for Rotary Club members who participate. For more information on how to participate, contact Kevin Flynn, kcflynn80@yahoo.com

The sign up and donations website can be found at:

<https://runsignup.com/Race/MD/AnyCityAnyState/NorthBethesdaRotaryCovidChallenge>

ROTARY CLUB OF NORTH BETHESDA 2021-2022 OFFICERS

President	Nick Martinez	
Vice President	Carmela Carr	
Treasurer	Steve Vaccarezza	
Secretary	Linda Berg-Cross	
President-Elect	Steve Vaccarezza	
Club Administration Director	TBD	Chairs the Club Administration committee which is responsible for performing the logistical tasks related to club meetings.
Club Service Director	Victoria Feldman	Chairs the Service Projects committee which is responsible for planning and carrying out successful service projects which focus on Rotary's Areas of Service.
Membership Directors	Ron Sigelman Bob Sonawane	Chairs the Membership committee which is developing and implementing an action plan to attract and engage members.
Public Relations Director	John Waterston	Chairs the Public Relations (PR) committee which is responsible for developing and implementing a plan to create awareness of club activities and projects among club members, media, and the community.