



ROTARY CLUB OF NORTH BETHESDA

Meeting on Fridays @ 7:30 AM

Contact us at nbrotary.org

March 2022



UPCOMING MEETINGS AND EVENTS

Date	Speaker	Topic
March 4 Marriott/Zoom	Patti Goldberg	3-Minute Speaker
	Michael Kelly	Building Connections Between Community Residents and Local Businesses
March 11 Zoom Only	Michele Levy	3-Minute Speaker
	Bob Sonowane	India Water Project Update
March 18 Marriott/Zoom	Kent Mason	3-Minute Speaker
	Joe Mornini	Serving Wounded & Disabled Veterans Through Paddlesports
March 25 Zoom Only	Dan Moore	3-Minute Speaker
	Jim Johnston	The Potomac: History of the River, Land, & People

Starting in March, we'll be Returning to the Marriott!

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

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

MARCH MILESTONES

	Event	Date
Vigdis Syversen (Lasse)	Birthday	March 1
Bob Sonowane	Birthday	March 5
Wanda Fangmeyer (Bob)	Birthday	March 27

SPEAKER – March 4, 2022 (Marriott/Zoom)**Building Connections Between Community Residents and Local Businesses****Michael Kelly, Editor, North Bethesda Neighbors Magazine**

Michael Kelly is a local writer and publisher of community magazines in neighborhoods around Montgomery County. Working with local businesses in Kensington in 2020, he launched Kensington Neighbors to help local businesses reach customers in their local market. It was such a success that he then launched North Bethesda Neighbors last summer. His goal is to bring people together and connect residents with businesses. He does that by sharing stories about local families, local businesses, artists, athletes, and all the things we love most about where we live. The publications give residents a new way to get to know more about each other and to share information on what's going on in the community. They give businesses a new way to connect with their market.

SPEAKER – March 11, 2022 (Zoom Only)**India Water Project Update****Bob Sonowane**

Club Member **Bob Sonowane** received his Ph.D. degree in Entomology with specialization in Toxicology from the University of Missouri. He was a NIH postdoctoral Fellow and served as a faculty member in the Departments of Pediatrics at the Children's Hospital of Philadelphia, the School of Medicine, and at the School of Veterinary Medicine of the University of Pennsylvania, Philadelphia, PA.

Dr. Sonowane worked as a Toxicologist with the U.S. Food and Drug Administration in Rockville, MD. He served as a toxicologist and manager at the National Center for Environmental Assessment (NCEA), Office of Research and Development of the U. S. Environmental Protection Agency. Dr. Sonowane has over 35 plus years research and management experience in toxicology and pharmacology and cancer/non-cancer health risk assessment of environmental pollutants. He is retired from the US EPA in 2016 and started consulting company along with Dr. Bruce Fowler in the areas of toxicology and health risk assessment, environmental chemicals and pharmaceuticals. Since 2017, he is an Adjunct Professor at the Georgetown University in Washington DC.

Dr Sonowane received numerous prestigious awards and honors, citations, certificates, Science and Technology Achievement and Special Act Awards for his exemplary research in toxicology and risk assessment of environmental agents.

Several years ago, Bob was instrumental in getting our club to partner with Rotary clubs in India to develop water projects. He'll be giving us an update on the progress of the project.

SPEAKER – March 18, 2022 (Marriott/Zoom)

Serving Wounded & Disabled Veterans Through Paddlesports

Joe Mornini, Team River Runner



Joe Mornini is the Founder and Executive Director of Team River Runner (TRR), a non-profit organization dedicated to serving wounded and disabled veterans through paddlesports across the United States. Raised in Maryland, Joe has spent a lifetime going from adventure to adventure - whether climbing Mt. Rainier kayaking rivers and creeks, walking across Ireland and Maryland and motorcycling across the country four times.

Joe worked for Montgomery County Public Schools for thirty-five years as an outdoor education leader, special education resource teacher and counselor. Prior to this, he worked for the Mental Health Association of Montgomery County. He is a graduate of Lindenwood University and Goddard College.

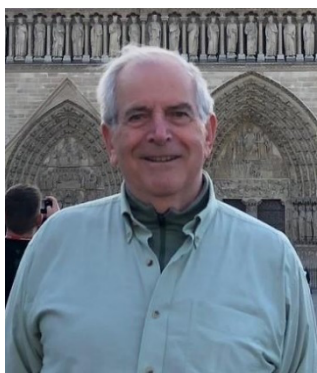
Joe and a kayaking buddy recruited friends and local paddling businesses to support kayak lessons at the hospital's indoor pool. Team River Runner was officially launched in 2004. The goal has been to provide hope, health, and healing through paddle sports - kayaking, rafting, and stand-up paddle boarding. Working in partnership with Move United, TRR is a non-profit volunteer organization that now provides adaptive, therapeutic and leadership training programs for veterans on a national level.

Under Joe's leadership as Executive Director, Team River Runner has grown to have more than 60 chapters across the country. Joe leads live fitness workouts, consults and collaborates with other organizations serving the physically and emotionally challenged. During the pandemic, Joe created "Kayakers for Good," a support system for coping with the many challenges of Covid-19 facilitated by visually impaired leaders. You can usually find Joe on a river or riverbank or talking on his phone while hoisting kayaks on top of a van.

SPEAKER – March 25, 2022 (Zoom Only)

The Potomac: A History of the River, Land, and People

Jim Johnston



Jim Johnston is a lawyer, writer, and lecturer in Bethesda. He has published four books and writes regularly for newspapers and magazines. His topic is "The Potomac, A History of the River, Land and People." The Potomac River, the dominant geological feature of Montgomery County, has also played a dominant role in American history. It was the first interstate waterway in North America, the spawning ground for the Constitution, and a protective barrier in the Civil War. To travelers today, it is a time tunnel to 250 million years of history. Learn this history from Jim Johnston and then walk along the river yourself to see the Potomac in a new way.

UPCOMING EVENTS: Rotary District 7620



Save the Date!

2022 Rotary District 7620 Conference
Let's celebrate a year dedicated to service

- Engaging Speakers
- Classical and Bollywood Indian Dance
- Explore Old Ellicott City
- Interactive Breakout Sessions
- 4 Way Test Speech Contest
- Illusionist Performance
- Free Babysitting

Register for your hotel room now by calling 410-465-1500
 Request our Rotary Conference rate by using code 28A293
 1st 200 Registrants receive a custom made, hand-painted gift from India

2022 Rotary District 7620 Conference
 Turf Valley Resort - 2700 Turf Valley Rd. Ellicott City, MD
April 29 - May 1, 2022

THE ROTARY 4-WAY TEST

Of the things we think, say, or do:

Is it the TRUTH?**Is it FAIR to all concerned?****Will it build GOODWILL and BETTER FRIENDSHIPS?****Will it be BENEFICIAL to all concerned?****District 7620's Four Way Test Speech Contest**

From the earliest days, Rotary has been concerned with promoting high ethical standards. One of the world's most widely quoted statements is Rotary's 4-Way Test, which was created in 1932 by Rotarian Herbert J. Taylor. Every year Rotary District 7620, along with Rotary districts around the world, sponsors high school 4-Way Test speech contests. The purpose of the speech is to persuade others while applying the principles of the Rotary 4-Way Test. The goal is for students to make the world a better place, to practice the virtues of critical thinking and ethical decision making, to develop public speaking and leadership skills to positively influence and inspire others regarding an issue that they find passionate.

Our district's 4-Way Test Speech competition is always a huge success. With your help, we expect it will be a success again this year. Some students will need mentors to help choose a speech topic, write their speech, and will need help learning to orate their speech.

WILL YOU BE A STUDENT MENTOR? (You will be assigned a student ASAP and will support this student through each phase of the competition that will culminate on April 30th, if your student competes in the finals).

WILL YOU HELP JUDGE YouTube VIDEOS OF SPEECHES ON MARCH 26TH?

To learn more, go to: [2022 4-Way Test Speech Competition and](#) complete the 4-Way Test Mentor Registration. Please contact Temrah, at okonskitg@verizon.net or at 240-426-3404, with any questions. Thank you for your consideration!

<https://rotary7620.org/four-way-test-speech-contest/>

Rotary Themes and Speakers for 2022

Here's a list of suggested themes for the next several months, along with club members who are coordinating speakers and presentations for our weekly meetings. If you have suggestions for upcoming speakers or would like to coordinate presentations for May or June, let us know!

March—**Water & Sanitation** (Rob Follit)

April—**Maternal and Child Health** (Bob Sonawane)

May—**Youth Service** (Available)

June—**Rotary Fellowship** (Available)



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.