



ROTARY CLUB OF NORTH BETHESDA

Meeting on Fridays @ 7:30 AM
Bethesda Marriott

5151 Pooks Hill Rd., Bethesda MD 20814

...and on Zoom

Contact us at nbrotary.org

August 2023



UPCOMING MEETINGS AND EVENTS

Date	Speaker	Topic
August 4 Marriott/Zoom	Linda Berg-Cross	3-Minute Speaker
	John Waterston	Club Assembly
August 11 Marriott/Zoom	Kevin Flynn	3-Minute Speaker
	Kathleen Reedy	Antarctic Voyages Part II
August 18 Marriott/Zoom	Bruce Fowler	3-Minute Speaker
	David Searby	Rotaract Club Proposal
August 19 Park Potomac	Ice Cream Social for Charity	Backpack Donation and Party
August 30 Marriott	Happy Hour Now on the last <i>Wednesday</i> of the month!	

Meetings are at the Bethesda Marriott and on Zoom

5151 Pooks Hill Rd., Bethesda MD 20814

7:15 AM to 7:30 AM Mix and Mingle

7:30 AM to 8:30 AM Meeting

JULY/AUGUST MILESTONES

	Event	Date
Carmen & Joe DiPietro	Anniversary	July 19
Linda & Gary Berg-Cross	Anniversary	July 31
Kevin & Betsy Flynn	Anniversary	August 4
John Richards (Melissa)	Birthday	August 17
Claes and Marianne Ryn	Anniversary	August 30

SPEAKER – AUGUST 4, 2023 (Marriott/Zoom)**Club Assembly
John Waterston**

New Club President **John Waterston's** presentation will include club members' feedback on the Rotary club they'd like to see and proposed next steps as part of a club assembly on August 4th. John plans to start the meeting before 7:45 am so that there will be ample time for member comments, questions & proposals.

John's request for feedback in April generated a variety of replies, which he will summarize. John asked two simple questions:

What attributes of a Rotary Club would be most important in keeping you engaged and committed to Rotary?

Do you have any other suggestions on how (or whether) our club should evolve and grow?

SPEAKER – AUGUST 11, 2023 (Marriott/Zoom)**Antarctic Adventures, Part II
Kathleen Reedy**

Kathleen Reedy was part of a research team, National Science Foundation Grantees, studying human adaptation to cold climate. She has made seven trips to Antarctic totaling 10 months. The research has been published in several peer reviewed journals and funded by the National Science Foundation.

At Naval Medical Research Institute, with two colleagues, they began the research in human adaptation to cold climate; in Bethesda laboratories, in Alaska in the field with the Navy SEALs, and in Antarctica.

When she came last time, Kathleen talked about her work at McMurdo station. Her time expired before she got to the stories about the South Pole, which will be the focus of her August presentation.

Did You Know...

One of our club presentations, "What Informed Citizens Should Know About Climate Change" by Dr. Paul Chan, has had more than 18,000 views on YouTube. Check it out!

www.nbrotary.org

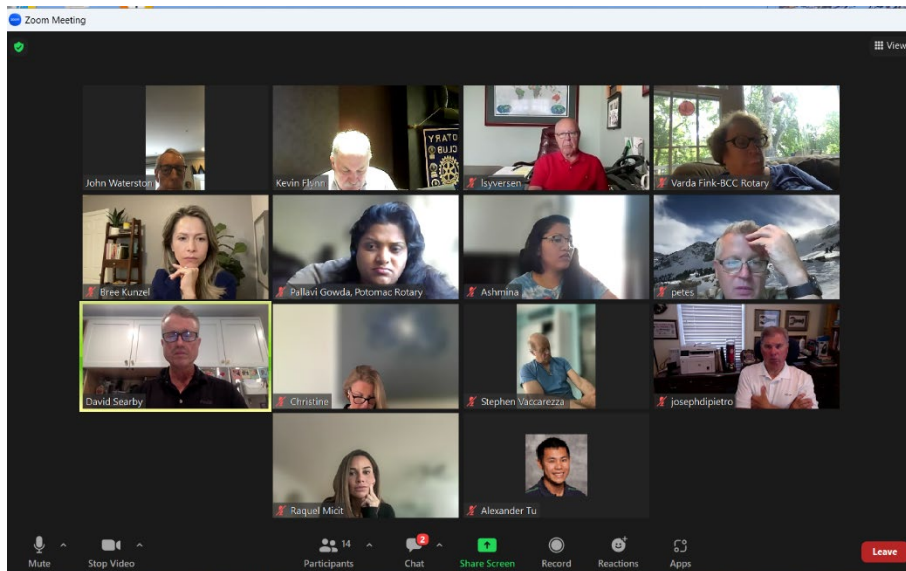


SPEAKER – August 18, 2023 (Marriott/Zoom)

Rotaract Proposal Part II—In Person Meeting David Searby, Metro Bethesda Rotary Club



David Searby, newly-installed President of Metro Bethesda Rotary Club, will present his proposal that his club, ours, and other local clubs jointly sponsor the creation of a new kind of Rotaract Club. David invited **Pallavi Gowda** and **Bree Kunzel** from Potomac Rotary Club, **Varda Fink**, new President of Bethesda-Chevy Chase Rotary Club and **Raquel Micit**, a potential Rotaract Club member, to join our meeting on July 21st to hear and consider his proposal. Below is a screenshot of the meeting. The August event will be a continuation of the discussion, in person at the Marriott.



We had representatives from four local Rotary Clubs, District 7620, and the MoCo Rotaract Club meet on Zoom July 21 to discuss ideas for a regional Rotaract Club.

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?

BACKPACK BONANZA AUGUST 19

15TH Anniversary Park Potomac ICE CREAM SOCIAL FOR CHARITY

In partnership with 

Support children in Montgomery County with new backpacks and school supplies!

Saturday, August 19th
Noon to 3:00 PM

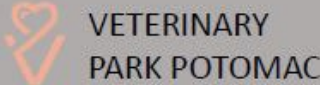
- **Rock-a-Sonics LIVE**
- Amusements for the kids
- Food and vendor tables
- Carmen's Ice Cream
- "Touch Trucks"

FABULOUS DOOR PRIZES \$\$\$
Get one door prize ticket for each backpack you donate.
(Limit 20)



How to donate?
Buy locally, or
Buy in bulk online at
www.bagsinbulk.com

Ice cream tickets are \$6 in advance at 12500 Park Potomac Ave. and \$10 at the door.



The Goldberg Group Long & Foster Zalco Commercial Mervis Diamonds
Eagle Bank Rees Broome, PC JGS Insurance Abaris Realty Christy Bakaly

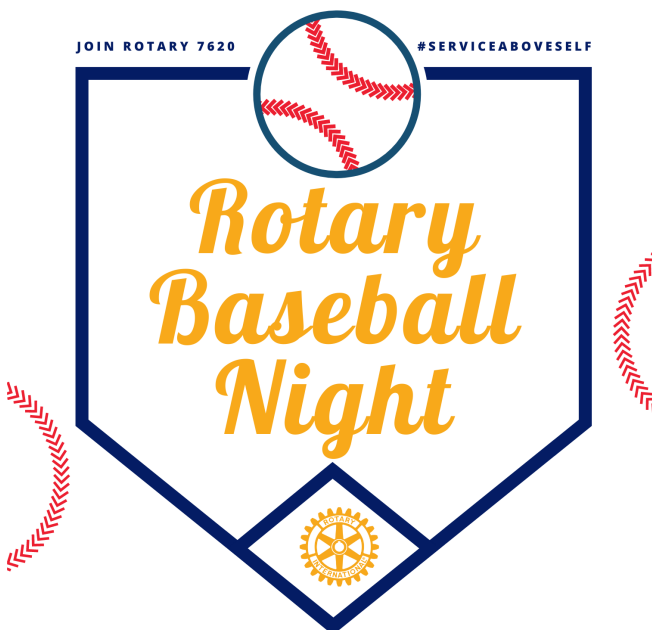
AUGUST 30--HAPPY HOUR



At the last North Bethesda Rotary board meeting, it was decided to move the Final Friday **Happy Hour** to...the last Wednesday of the month! Friday afternoons proved a bit too complicated for many of our members.

We're hoping to see you August 30 between 4 and 6 PM in the bar area of Cooper's Mill restaurant in the Bethesda Marriott, where we normally meet, to catch up on the latest Rotary news and fellowship.

DISTRICT AND NEIGHBORING CLUB EVENTS



On August 5, 2023, Rotary 7620 will host four baseball games throughout the District to bring together Rotarians, raise money for End Polio Now, and share more about Rotary's mission. Games will be in Frederick, Bowie, Aberdeen, and Waldorf MD. Details at <https://rotary7620.org/baseball/>

August 1—Downtown Silver Spring Foundation Fundraiser

August 3—Potomac-Bethesda Rotary 43rd Anniversary

August 17—Rotary Lake Shore/Severna Park Crab Feast

CLUB SPEAKER COORDINATORS

***The Club needs your help!
Please confirm your commitment to provide 30-Minute speakers for the months ahead.
Many thanks to those who've already volunteered.***

MONTH / (No. of Speakers)	SPEAKER COORDINATORS
August 2023 (3)	Kevin Flynn
September 2023 (4)	Steve Vaccarezza
October 2023 (3)	Ron Sigelman
November 2023 (3)	Linda Berg-Cross
December 2023 (3)	Dan Moore

ROTARY CLUB OF NORTH BETHESDA 2023-2024 OFFICERS AND DIRECTORS

President	John Waterston	
Past President	Steve Vaccarezza	
Treasurer	Joe DiPietro	
Secretary	Linda Berg-Cross	
President-Elect	Kevin Flynn	
Club Administration Director	Paul Arveson	Chairs the Club Administration committee which is responsible for performing the logistical tasks related to club meetings.
Membership Director	Steve Vaccarezza and Ron Sigelman	Chairs the Membership committee which is developing and implementing an action plan to attract and engage members.
Public Relations Director Committee Member	Kevin Flynn Christine Syversen	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.
President, Rotary Charitable Foundation of North Bethesda	Nick Martinez	
Treasurer, Rotary Charitable Foundation of North Bethesda	Kevin Flynn	