

2018-2019 Officers

President: Ron Sigelman

President-Elect: Carmela Carr

Vice President: Joseph DiPietro

Secretary: Linda Berg-Cross

Treasurer: Steve Vaccarezza

Club Service: Rob Follit

Community Service: Joseph Kravitz

Vocational Service: John Waterston

International Service: Bob Sonawane

Sergeant-at-Arms: (January) Joe DiPietro

Rotary Charitable Foundation of North Bethesda, Inc. 2018 Officers & Directors

President: Bruce Fowler

Vice Pres/Secretary: Barry Thompson

Treasurer: Bob Fangmeyer

Directors: Nick Martinez, Steve Vaccarezza



ROTARY FOUR-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?



NORTH BETHESDA ROTARY CLUB

Oakville Grille
10257 Old Georgetown Rd.
Bethesda, MD 20814



Fridays @ 7:30 AM
(7:15 AM to 7:30 AM Mix and Mingle)
Contact us at nbrotary.org

January 18, 2019

Date	3 Minute Speaker	Speaker	Topic
1/18	Rob Follit	John Pfaehler	Suicide Prevention for Police Officers
1/25	Bruce Fowler	Elhussien Ahmed	An Entrepreneur's Story
2/15	Joe Kravitz	Jim Manley	Classification Talk
3/1	Mike Leibfried	Kent Mason	

JANUARY THEME:

VOCATIONAL SERVICE MONTH

During January, Rotarians are encouraged to focus on this important avenue of Rotary service. Discussions on vocational service can lead to projects that not only develop the ethical consciousness and vocational skills of Rotarians but also the talents within their communities. Vocational Service Month is an opportunity to begin year-long vocational service activities, ranging from Rotary discussions to awards to community projects.

Note from President Ron Sigelman

Abby is closing Oakville Grill mid February 2019. She has been a wonderful host and the breakfasts have been delicious and the employee very accommodating. It's time to move on. John Waterston and Linda Berg have done a great job exploring other options. When a decision is made, we will let everyone know about our new place.

Editor's Note: Linda Berg-Cross and John Waterston have done some intense research on options for a meeting place and described them in some email exchanges with club members. Hopefully they will present the results to our members at Friday's meeting!

January 25: Elhussien Ahmed

Elhussien Ahmed, our speaker on January 25, is an entrepreneur who began envisioning opening a café in 2014. He connected with Filicori Zecchini in Bologna, Italy to become one of their United States franchisees.



Before the conception of Filicori Zecchini Park Potomac, Elhussien worked in the jewelry industry as a jewelry designer, jewelry sales associate and ultimately became a manager of a multi-million dollar store. Being a designer in

the beginning of his career gave him the eye for details of excellence. This experience led his vision of the Park Potomac cafe. The Filicori Zecchini café is the site of our monthly board meetings and other events.

Top Retirement Tips

Here are the top tips recorded following **Kevin Flynn's** 3-minute talk last week, which was an interactive discussion and request for ideas for his upcoming retirement. Special thanks to **Samantha Crosby** and our speaker, Traci Rezvani. Note: Kevin reserves the right to ignore or accept any or all of these ideas. Thanks to all who participated!

1. Take up Dog-Walking.
2. Get more involved in Rotary.
3. Build a bigger boat.
4. Join a drone club.
5. Join a woodworking club.
6. Exercise more.
7. Pursue wellness.
8. Get a Part Time Job.
9. Become a greeter at Walmart (or Home Depot, depending on the employee discount).

Program Information

Law Enforcement Wellness

This Week: **John Pfaehler** is a law enforcement wellness advocate and an officer of the Rockville Police Department currently on long-term leave in order to work on a suicide prevention program for police officers. For more than eight years, he has participated in the the Police Unity Tour, where officers ride bicycles hundreds of miles to the National Law Enforcement Memorial in Washington, D.C. as part of National Police Week. He has also worked with the national suicide prevention program, Badge of Life, which documents police suicides. Badge of Life estimates that two to three times more officers kill themselves than are directly killed by others, a subset of those who die in the line of duty. More broadly, Badge of Life promotes psychological survival for police officers.



Last Week: Tracy Rezvani

The manager and investigative programs administrator of Montgomery County's Office of Consumer Protection, Tracy gave us a fast-moving and informative talk about cybersecurity and identity theft. She said that identity thefts are raking in millions of dollars from various tricks played on unsuspecting citizens. In particular, she mentioned email frauds (with links from email messages), and telephone scams. She said to maintain strict control of your social security number, to never click on emails from unknown sources and to avoid downloads of "free" offers and interactive Facebook surveys.

