



# THE WHEEL

## December Program Calendar

- ♦ **December 5** - Paul Sawtel  
Reclassification talk
- ♦ **December 12**— Cecile Hult  
classification Talk
- ♦ **December 19**—White Elephant  
Exchange
- ♦ **December 26**— No Meeting  
Happy Holidays

## Up Coming Events

- ♦ **December 2**—Bell Ringing  
for Salvation Army (Giant  
Food Store)
- ♦ **December 9**— Holliday  
Party 6:30 At home of Matt  
and Janine Frank
- ♦ **December 12**— Blood  
Drive Woodburn Donor Cntr
- ♦ **December 16th** Jingle Bell  
5K Run/Walk. McLean  
Square Balducci's Parking  
lot 8:30AM



## Club Leadership

- ◆ Carmen Wu, President
- ◆ Savendra (Sam) Agarwal  
Immediate Past President
- ◆ Vance Zavela, Vice President,
- ◆ Cecilia Duran Closs,  
President-Elect
- ◆ Janine Frank,  
President-Nominee/Secretary
- ◆ Michael Arietti,  
Treasurer
- ◆ Michael Falcone,  
Club Services Director
- ◆ Deborah R Jackson,  
Membership Director
- ◆ Robert F Jansen,  
Youth & New Generation
- ◆ Carol A King,  
Club Admin Director
- ◆ Matthew Melton,  
Rotary Foundation Director
- ◆ Courtney Nuzzo & Cecilia Closs  
Grants
- ◆ Lois Wilson,  
International Service Director
- ◆ Barry Byer,  
Club Committee Director
- ◆ Joann G Berkson,  
Public Relations Director
- ◆ Paul M Sawtell, Paul  
Kohlenberger, Paul Ward,  
Sergeants-at-Arms
- ◆ Eugene Durman,  
Club Program Chair
- ◆ Richard Golden, Webmaster



## Disease Prevention and Treatment Month of December

The prevention and treatment disease is a major focus of Rotary. Interrelated with this are the Rotary focus areas of Maternal and Child Health, Water and Sanitation, and Support for the Environment. At any given time, Rotarians around the world are initiating and supporting hundreds of projects that address the prevention and treatment of both chronic and infectious diseases; promote health through health education, health screenings, vaccination programs, and other preventive measures; build infrastructure for clean water, hygiene, and sanitation facilities; and support the training of medical, dental, and allied health professionals. The overall goal of these initiatives is to combat disease and help improve the health, well-being, and quality of life of people worldwide.

Rotary International has provided over \$65 million in grants to help fight disease.

Many of the projects that the McLean Rotary Club, its members, the MRC Foundation support, internationally and locally, are related to disease prevention and treatment, and health promotion and education.

Vance Zavela spearheads many awareness and fundraising efforts on the Club and District level related to PolioPlus and the eradication of polio globally, a key Rotary priority since the 1980s, and a remarkable public health goal that is within reach.

Frank Peterson is a founder of Partner for Surgery, which aims to improve health and empower impoverished communities in rural Guatemala. It organizes and supports medical teams to perform life-transforming cleft lip and cleft palate surgery on infants and children; and to provide health screenings and medical care for women.

Barry Byer, MD, established the Virginia Hospital Center Medical Brigade more than 20 years ago to provide humanitarian and medical relief to Hondurans in the aftermath of a devastating hurricane. The Brigade team continues to provide medical and surgical support, prevention screenings, health education, trainings, and other services to underserved populations in rural communities in Honduras. Prevention and treatment of Covid-19 remain part of its focus.

Bob Jansen chairs the District 7610 Strategic Water Alliance, which is building water, hygiene, and sanitation facilities in Zambia and Uganda. Most recently, in collaboration with the Virginia Hospital Center Medical Brigade, and through its latest Rotary

Global Grant, the SWA has completed a project that is bringing clean water to two remote villages in Honduras, a key to preventing disease.

Lois Wilson, DDS, is a co-founder of MicheLo, which helps train special education and dental professionals in eSwatini (formerly Swaziland). Lois also provides clinical dental services and has advocated for legislation to support the medical, dental, and other health needs of those with disabilities in eSwatini. With Rotarian support, a new school and community dental clinic are now now close to completion in eSwatini under the auspices of Aspire African Communities.

Dr. Deborah Jackson advocates for the prevention of female genital mutilation through the Global Woman P.E.A.C.E Foundation and has involved the Club in supporting scholarships for girls in Liberia and the provision of hygiene products for girls and women in three countries in West Africa. She stresses the importance of education in promoting the health of women and girls in developing countries.

Lynn Heinrichs champions a health and nutrition program for pre-schoolers from low-income families who attend the Falls Church-McLean Children's Center.

McLean Rotary has contributed to the District eClub initiative with Project Rozana to enable Palestinian children with serious chronic illness to be transported for care at Israeli hospitals. McLean Rotary has provided opioid prevention, education, and awareness programs on the Fairfax County and District 7610 level, including at McLean Rotary's annual Chocolate Festival.





Bob Hahne established the McLean Rise Against Hunger (formerly Stop Hunger Now) annual meal-packaging event, an activity that McLean Rotarians continue to support with donations and volunteer service. Since its inception, this program has resulted in the packaging of more than 3 million nutritious meals, distributed primarily to feeding centers at schools in developing countries. Gene Durman is our current liaison to this program.

The Club has also helped address local food insecurity by supporting the Share Food Pantry through Stuff the Bus and member donations; Timber Lane Elementary students with grocery gift cards during the pandemic; and McLean Cares via a grant. Adequate nutrition and healthy food choices are essential to health.



### **Club Assembly November 7, 2023**

President Carmen Wu lead the club in an assembly of fellowship.

Michael Arietti told us The Boy Scouts have reached out and asked if the Mclean Rotary wants to be the chartering organization for the event.

Bob Jansen's brother has been involved with the Boy Scouts for many years. He thought it would be fairly simple. There is a \$100" fee required. Glenn Yarborough said he would champion the project if the American Legion was not already.

John McEvilly reported on progress of The Chocolate Festival, which will be held the last Sunday in January at the McLean Community Center. The committee has come up with several changes to simplify the program as well as Fundraisers in general. We will be using a QR Code for the event Fee will be increased this year from \$2 to \$3. We are hoping to raise a little more money from the sponsorships. Yard Signs are our biggest marketing tool. Cecilia is hoping to have a magician there that day. We should get volunteers from both High school's. We made \$26,000 last year; maybe we can do \$30,000 this year.

Janine Frank: Started off by seeing a show of hands of who has registered! Gave a huge thank you to everyone who has reached out/supported. This last month is a HUGE push for sponsorships, registrations, and volunteers for the day! Volunteers are needed for race day. Encourage family and friends to come out for the post race festivities. We will provide the club with more of a concrete overview of the financial aspect in the coming weeks.

Michael DeRose: Made an announcement about the Blood Drive being held on December 12th. Woodburn Medical Park, 3289 Woodburn Rd, Suite 10, Annandale



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Gene Durman: Rise Against Hunger update; received a special donation of \$2500. Received a late \$5000 gift; ended up receiving \$7600. They had 1100 volunteers and 200413 meals packed. The 413 were extra and donated to share.



**President Carmen Wu with District Governor Rene Wild Laws  
November 14, 2023**

Michael Arietti introduced today's speaker, René Laws, our club's new District Governor. He praised her passion for service, as indicated by her volunteer service performed all over the world as an offshoot of her husband's military career. She joined the North Stafford Club in 2013, and has held several senior positions in the District, before spending two-and-a-half years training to become a DG. She is currently visiting all the clubs in her District to learn what each Club is doing and seeking to discover innovative ideas to make Rotary a more vibrant organization. She also provided a brief overview of all the clubs in our District, and how it is part of Zones 33-34

(consisting of 10 states on the east coast and 30 Caribbean nations), as well as how these Zones work together to develop new initiatives and trade ideas and lessons learned.

René then spoke candidly about her previous struggles with addiction, weight loss, and depression, and how her therapy drove her to Rotary as a way to be engaged and create lasting change. Her background makes her a natural advocate for Rotary International President Gordon R. McNally's current theme of "Create Hope in the World" -- the forefront of this focus is for Rotary to create a culture that understands and supports mental health, while working to reduce stigma, increase awareness, and improve access to mental services. She noted that this is a special mission for the President and her, as they both have had personal experiences with mental health, either personally, or through family members.



**District Governor Rene Wild Laws**





**Rose Risley**  
**Classification Talk**  
**November 28, 2023**

Gene Durman introduced Rotarian Rose Risley. She is associate director of Lewinsville Residences, a resident of Fairfax Count and has 2 girls.

Professor Karl was the first to design a curriculum around senior housing in the US and an important mentor to Rose. She took a course and became inspired to work with older folks and those with dementia. She chose to work in the field as it is a growing field and offered career opportunities. By 2030, 1 in 5 US citizens will be over 65. More are predicted worldwide. After an internship she started in area of study. We also support an entry level position as a concierge. At Sunrise she worked with the assistant manager who ran the Sunrise Assisted Living facility. She learned the sales aspect of her work being a concierge and enjoyed the clients. She worked in a facility in Loudon County where one resident had been a teacher. Another fellow

was a postmaster who stayed home but he welcomed her visits and showed his photographs. Another fellow was an aviator in WWII and flew B52s and spent 22 hours in the ocean after being shot down. Another fellow drove a scooter on the C & O Canal to visit his wife daily. These folks filled her work with joy.

She is a 1st generation Philippine American born in Chicago. Her parents came from a small town in the Philippines. They were a large family in a small apartment but her Dad did well and moved the family into their own homes. Like Hilary Clinton and Harrison Ford, she went to high school in Park Ridge, Ill. They moved to DC for a job opportunity and moved to Manassas.

At age 13, she took a trip to the Philippines which is a 12 hour time difference. She visited family and thought they were a rich family. The entrance to the family home behind a big gate were actually very small apartments. The conditions were not good. She was very affected by the trip especially having a cousin who had polio and could not walk properly. She realized how lucky she was to be in the US with a good standard of living and especially access to healthcare. She went to school and got a graduate degree in Public Health. She helped start a case program for INOVA called PACE, Program For All Inclusive Care for Elderly. It focused on folks who had Medicare and Medicaid benefits.

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From there she met advocates working with diverse cultural backgrounds and met Courtney Nuzzo who offered her the position at Lewinsville Senior Center. She also volunteers on a coordinating council on programs for older adults. She advises the Board of Supervisors on issues of aging. She also works with the Leadership Academy called Leading Age. This is helping groups who are marginalized. She also supports other aging professionals. She now is able to be supportive of others as a leader. She then showed a diagram of the continuum of care for the elderly which can be quite complicated. Lewinsville is independent living, not assisted living. There are no healthcare providers on site. Help is provided by a resident services manager. The facility serves low income seniors. There is a five year waiting list just to get in.



### Janine Frank Promotes The Jingle Bell Walk/Run on December 16.

This will be one of our major fund raisers. She urged all members to participate or make a contribution. Volunteers are needed, Especially for set up and take down. The event starts and finishes at the McLean Square shopping center where Balducis is.



Rose Risley



Club No. 5817 - Founded 1965

### Happy December Birthdays

Pamela Danner	02 December
Janine Frank	19 December
Robert Hahne	25 December
Marshal Hyman	15 December
Rose Risley	13 December

### December Membership Anniversaries

Martha Child	12/05/95	28 yrs
Janine Frank	12/06/22	01 yrs
Carol King	12/03/19	04 yrs
Bob Rosenbaum	11/16/71	53 yrs

### Word of the Day:

"If you could erase all the mistakes of your past, you would also erase the wisdom of your present. Remember the lessons; not the disappointments."

District 7610





# The Four Way Test

of the things we think, say and do

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?