



THE WHEEL



April Program Calendar

- ♦ **April 2** - Lt. Col. Richard Winter
US Army Association
- ♦ **April 9** - Greg Hamilton Local
Media Issues
- ♦ **April 16** - Robert Pollard Industrial
Fishing in the Chesapeake Bay
- ♦ **April 23** - Wendy Zenker Arlington
Neighborhood Village.
- ♦ **April 30** - Dr. Unnatti Jain
Youth Mental Health Issues



Up Coming Events

- ♦ **May 17-18** - McLean Day
- ♦ **May 19** - Flags for Heroes
ceremony for Memorial Day



SERVICE Above Self

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



April is Maternal and Child Health Month

"Every day mothers risk their lives giving birth and millions of children die each year from treatable, preventable causes. At least 7 million children under the age of five die each year due to malnutrition, poor health care, and inadequate sanitation. To help reduce this rate, we provide immunizations and antibiotics to babies, improve access to essential medical services, and support trained health care providers for mothers and their children. Your Rotary projects ensure sustainability by empowering the local community to take ownership of health care training programs.

The Rotary Foundation reaches mothers and children in need by giving communities the help and training they need to take control of their own maternal and infant health care. Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease."

McLean Rotary has supported many programs over the years that aim to have a positive impact on the lives and health of women, children, and adolescents. Our club has consistently contributed to End Polio Now, as part of RI's campaign to eradicate polio worldwide. Overseas, McLean Rotarians manage medical missions in Guatemala (Partners in Surgery) and Honduras (Virginia Hospital Center Medical Brigade); oversee water and sanitation projects in Honduras, Uganda, and Zambia (Strategic Water Alliance); support transportation of Palestinian children for specialized cancer care in Israel (Project Rozana); provide dental and other care for children with special needs in eSwatini (MicheLo); train refugee and other women artisans in Rwanda (Indego Africa); and provide scholarships and hygiene products to young girls in Africa (Global Woman P.E.A.C.E. Foundation).

Locally, McLean Rotary Club Foundation grants have provided healthy meals for preschoolers from low income families (Falls Church-McLean Children's Center); supported English language education for refugees and immigrants, many of them women with families (Literacy Council of Northern Virginia—now renamed English Empowerment Center) and tutoring for children during Covid (EduTutorVA); helped homeless families (Homestretch and Kidstretch), those experiencing food insecurity (Share and McLean Cares), and teens in crisis (Second Story); distributed and read books to children in K-3rd grades Timber Lane Elementary, a Title 1 school, provided

college scholarships to students with academic promise and financial need (McLean Rotary Scholarship Program); and funded ethical decision-making programs for children and teens (Safe Community Coalition and Langley High School Ethics Day).

These and other projects have helped in some measure to improve the welfare, health, and future of women, children, and adolescents overseas and in our local communities. In addition to funding support, many of our Rotarians also volunteer generously their time, expertise, and skills in helping these programs to flourish.

Club Assembly March 5, 2024

Bob Jansen discussed the Flags for Heroes program that is renewing. He reiterated the importance of Flags of Heroes as an important community activity for the club in getting our name out to the community. A show of hands indicated the club voted in favor of continuing the project.

Cecila Closs spoke about the Rotary Grants process. We have just done a grants cycle. She explained Rotary supports charities, raises funds, supports our community and has a good time doing it. The donations can go to different charities in different ways. But not all grants are the same.

Pamela Danner discussed the McLean Rotary Foundation Grant process. Pamela discussed Rotary Club Foundation is a 5013c entity and is a source of funds for the Club's service grants. It was started Oct 14, 1970 by members. Donations are



usually tax deductible. The foundation has a separate board from the club and members cannot serve on both boards. Bob Frank, Kim Greer, Paul Sawtell, Bob Nash and Tom Mangan make up the current board. Folks can only serve 2 consecutive terms. The club will vote on replacements before the meeting in May.

Meetings are once every quarter. The next one will be to vote on service projects submitted by club members. 2023 investment account is managed by Tom O'Brian. The endowment fund is \$951,000 is in the investment account.

A set percentage of investment earnings are set aside for foundation grants. Dividends and interest from the account are available January 1 every year. Approximately \$14,000 is currently available. Cash funds are in another bank account. We have designated funds that are earmarked for certain projects. \$10,000 is reserved for scholarships. \$1000 is for Strategic Water Alliance. That leaves about \$20,000 for grants. We are still awaiting funds from Chocolate Festival and Jingle Bell Run. The total comes to \$50,000. Pamela listed the grants of \$33,000 given for grants awarded in 2023.

Melanie Hurley Heart of Gold Sickle Cell Foundation March 12, 2024

Deborah Jackson introduced Melanie Hurley, who is also a family friend. She is the CEO of the Heart of Gold Sickle Cell Foundation. Ms Hurley retired from the Federal Government, Dept of Energy. SCD occurs when blood cells take on a sickle cell shape. When this

occurs oxygen can't be carried due to low hemoglobin in the cells and that causes anemia. Sickle cells have a short lifespan (30 days) compared to normal cells that regenerate every 60-90 days. Chronic pain occurs in hips and legs as a result of the SCD. People inherit the sickle cell trait and sometimes have no disease. The trait is carried on to next generations. Some carriers, rarely, develop symptoms. She described an NFL player developed a full crisis while playing in Denver (high altitude) after not knowing he had the trait. NCAA now tests all college athletes for the Sickle Cell trait. Also, newborns, the US Army and pilots are routinely tested for the trait.



African Americans have a susceptibility to the gene of 1:12. It also occurs in Hispanic Americans at increased rates. However, people of Middle East, Southern Asia, Mediterranean heritages have incidences of the trait. It is rare in Caucasians and Native Americans. Regarding heritability, an AA child has a 25% chance of carrying the trait carriers. Howard University now has a Sickle Cell Clinic. Interestingly, in 1972 President Richard Nixon initiated the Sickle Cell Anemia Control

that increased awareness and interest in the disease. By 2006 all 50 states have SCD screening and Virginia was in the forefront of that effort. In 2011 Clarissa Pearson founded the Gold Sickle Cell Foundation of Northern Virginia. They have been active in numerous ways including partnering with the Melwood organization to recruit children for the camp.

ears in newborns. For about 15 years, Stem Cell Transplants have been used but they require a matching donor. Newer treatments include Casgevy/CRIR which is a gene therapy. The FDA approved another gene therapy created by Pfizer, Lyfgemia but it carries a \$2-5 million cost. Ms Hurley provided the following takeaways: Study your own particular history and susceptibility.

Give blood at drives to provide those affected with transfusions. You can follow the heart of gold website, www.heartogold.org. For information or questions go to info@heartogold.org.

**Kathleen Murphy Current Policy
Issues in Virginia
March 19, 2024**



Pamela Danner introduced Delegate Murphy as the McLean District State Delegate for 10 years. She served on the Finance, Transportation and Veterans Committees. She started the Safe Virginia Initiative and worked hard on gun control laws, some of which got passed. Her work with female Veterans was recognized and she still serves on the Board of a Women's Veterans Group at the request of the Governor.

Kathleen talked about her experience representing the district she served. It was always a full time job. She worked on people to people contacts and she got good at it. She worked across the aisle. She worked with the gun lobby to pass a law to keep guns out of the hands of repeat violators. It took 4-5 years but the law eventually passed and she was honored for that. She worked to address issues and problems in the community. She, Rip Sullivan and Supervisor Foust worked with US Dept of Transportation when the beltway expansion occurred. She fought for full day kindergarten.

The Gun Violence Prevention Caucus was formed after her brother was killed in the middle of the day. It is very difficult for legislation to get across to the other side of the aisle. It took years, but she got guns out of the hands of domestic abuse violators. The Caucus is inclusive and reached across the aisle. When her daughter developed pancreatic cancer during COVID time, Delegate Murphy had to make a decision. She had 2 young children and after her daughter passed away, she devoted herself to her grandchildren. She continues to work with Women's Veterans Organizations.

She saw they weren't being heard when she found there were 103,000 in Virginia. She surveyed groups and since having some 20 round tables she has learned about their needs for benefits, apartments, getting children into schools, etc. The House of Delegates has addressed these issues. With Don Scott, the first black leader to be elected in the House of Delegates leadership as Speaker, she found his support invaluable. She misses the House and glad Rip Sullivan has taken up many of her issues which have received support on both sides. The governor has signed some into law. She wants to continue with the Biden initiative for Women Veterans.

Elizabeth May-Salazar
McLean Community Center
March 26, 2024



.Executive Director May-Salazar has lived in McLean since 2000 and enjoyed the community bringing up her children. She invited everyone to visit the McLean Community Center. She was impressed with the vast amount of programming at the

center. She reviewed the major highlights going on as well as the strategic plan including the upcoming 50th Anniversary.

She described the wide range of diversity in McLean including 27% of residents speak a language other than English at home. 52% are 45+ of which 19.5% are 65+. The 2 primary facilities are the main campus on Ingleside Avenue and the Old Firehouse teen Center. Both are widely utilized. MCC programming is based on a pyramid. From broad public events to individual focused programming. Pricing is based on Board recommendations but the approach is to be as broadly inclusive as possible.

Numerous new activities are planned based on a community survey done last Fall. These include foreign language movies, more ADA accessible activities and the Central Park playground is being improved. Last weekend was the very successful Fiesta del Sol event. She meets with other community organizations to collaborate. There is an Ambassadors program with McLean HS that might be expanded. Interfaith initiatives are happening. At the Old Firehouse, more activities are being planned beyond teen activities. Performing Arts are being extended as well as performances in the schools (up from 2-10 next year). Recently there have been recognition programs such as women's diverse roles in Government. Sustainability and stewardship are being addressed. Next year is the MCC 50th anniversary will take place.

April 2024

McLean Rotary

**Timber Lane Reading Program
March 14, 2024**



Dr. Deborah Jackson—Reader

The Rotary Club of McLean is dedicated to supporting literacy at Timber Lane Elementary School in Falls Church, VA. The Love of Reading Program was championed by the Club seventeen years ago through an annual grant to the school to purchase books to give the students. It remains strong and active today. Club members alongside invited community members select a day to read the grade level books to students Pre-K thru Second Grade. To see the smiles on the faces of the students makes it one of the most impactful community service projects. Thank you to Rotarians Tom Mangan, Ray Petniunas, Pamela Danner, Frank Peterson, Dr. Lois Wilson, John McEvilly, Paul Kohlenberger, Janine Frank, Cecilia Closs, Michael Falcone, and Dr. Deborah Jackson. The community members included Ling Mangan, Steve Maiden, and Tanya Ward.



Club No. 5817 - Founded 1965



**Rotarian Readers At Timber Lane
Elementary School**

Happy April Birthdays

Lynn Heinrichs 14 April

**April Membership
Anniversaries**

Nicki Birch	04/18/23 1 yr
Chester Gray	04/08/23 1 yr
Karen Hendrixson	04/18/23 1 yr
Paul Kohlenberger	04/10/18 6 yrs
Ray Petniunas	04/05/21 21 yrs
Gregg Wiitala	04/19/16 25 yrs



**New Member Richard Meccarielli is
inducted by Kim Greer and
President Carmen Wu
March 13, 2024**

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?