

Rotary



Club of Gaithersburg

March 23rd, 2024

Club Meeting

Meets at 12:15 p.m. on First and third Tuesdays on Zoom and in La Villa Restaurant [18701 N Frederick Ave in Gaithersburg, MD](https://www.google.com/maps/place/18701+N+Frederick+Ave,+Gaithersburg,+MD)

Fourth Tuesday - zoom only

Second Tuesday - no meeting

Club Leaders

Margaret Young
President

Margaret Young
Immediate Past President

Priscilla Kinnear
President-Elect

Jacqueline Grenning-Mulcahy
Secretary

Dan Dellon
Treasurer

Janet Grenier-Hanson
Club Foundation Chair

Bob Bokma
Interact Club Sponsor

Frederick Cooksey and John Cabrera
Co-Sergeants-at-Arms

Janet Grenier-Hanson, President of the Gaithersburg Rotary Foundation

Kenneth Weiss
Assistant Governor

Events

March 26th
Historic Emory Grove and Habitat for Humanity
Speaker: Rev T Warner on **Historic Emory Grove** and Ben Litten on **Habitat for Humanity**

April 2nd
An Author's Journey
Speaker: Ada Ari

The District Conference

What? You're not signed up for the district conference? It will be in Cambridge, MD from April 19th to the 21st. Are you going to miss all the fun? NO WAY, I say. We have to be there!

Ariel Cavalcante Foster

Saturday, March 23, 2024



If the name sounds Brazilian, two-thirds of it is. Ariel, daughter of our member, Etna, spoke to us on Tuesday. She spoke on *Amanee* and *Frequencies of Brilliance*, as "energetic systems for transformational healing of the five bodies: physical, emotional, mental, energetic, and spiritual." Ariel is a therapeutic practitioner.

Her systems can help one to "... connect to the heart space," she said, and to "practice letting go and free ourselves from limiting beliefs and old structures." "Anamee has over 200 portal points in the body," and "the practitioner animates and sustains (them) by touch." The client can "... feel intensified emotions in a safe and neutral space." It is practiced mainly in South America and, to some extent, in Europe and California.

She listed many benefits of the system and went on to describe *Frequencies of Brilliance* as "... a profound therapeutic practice that activates your crystalline structure of your DNA, your divine matrix and your true expression that has not yet been manifested." She described each person's body as a story, a walking narrative of the past.

There was more content and many questions, and the session ended with a brief demonstration of "conscious breath work." Our speaker can be contacted at arielfoster@gmail.com.

March 18, a Day for Rotary Spouses

Yes, a day for spouses. We enjoyed seeing Daria King, Grace Chung, and Adriana Bokma. Do join us often, you all.

Jumping **John** had leaped back from the Philippines and reported on a **medical/dental mission** there. Ninety volunteers served about 3,500 people in two locations. John's job, as every year, was crowd control and public relations. He will speak to the club later about participating in financing this vital activity.

President Margaret discussed **Flags for Our Heroes** and emphasized that **every member** should participate in one or more ways. We can sponsor flags, line up other sponsors and, of course, help on the field. She recognized Dan K. for having brought a \$2,500 donor and Jim for a \$2,000 donor.

After Ariel spoke, Margaret gave a rundown on our service products. Also, she said **the March 26th meeting** would be on Zoom and would feature two speakers, on Historic Emory Grove and on Habitat for Humanity. Both will be fascinating.

Janet spoke briefly about the importance of learning languages and Bob on the value of Interact clubs. Janet plans to speak to student groups at Watkins Mill and Gaithersburg HS. We had fun with happy dollars, as always, and sang our famous birthday song to **Daniel and Grace Chung**.



April 16th

What is happening in Niger

Speaker: Char & Ibrahim Harouna
Subject: They are the founders of the Hamsa school. Ibrahim is recently returned from Niger.

756 Flags



The Rotary Four-way Test

Of all that we think, say, and do:

- **Is** it the truth?
- **Is** it fair to all concerned?
- **Will** it bring goodwill and better friendship?
- **Will** it be beneficial to all concerned?

(And, make it FUN)

Ever wonder why our big FLAG project has 756 flags? Why not 700 or 800?

Ten years ago, the Montgomery Village Rotary Club started with 500 flags. It invited the Gaithersburg to join the fun, and we added 250. There was no practical way to make an even matrix with 750 flags, so six more were "planted.". That gave us a neat display of 21 rows and 36 columns. Later, Montgomery Village gave, or sold, 250 of its flags to the Historic Emory Grove Club, and, later, merged with Gaithersburg. That leaves us with 500 flags, plus 250 from Emory Grove, plus 6 to make a matrix. Simple, huh?

The event takes considerable planning, organizing, promotion, "sales" to sponsors, back office work such as making the medallions and accounting, and work on the field. The opening ceremony attracts people including Mayor Ashman, City Council members, and reporters, and the "flag retirement ceremony" is becoming more popular. People send us tattered flags, to be burned by a group of Scouts. They take this seriously. They do it right.

FFOH is now our only fundraiser, so it has to be done well. **Every club member** should be a sponsor and should look for other sponsors. We all use dentists, accountants, and other service people. Talk to them, folks. Everyone should provide at least \$50 to help us do our good work.

