

From the pages of

the
rotarian®

This article is © 2007 Rotary International and is provided for the non-profit use of Rotarians worldwide; commercial use is prohibited. The article may be quoted, excerpted or used in its entirety, but the information should not be changed or modified in any way.

Read more information in the RI copyright notice at
<http://www.rotary.org/resources/copyright.html>



UP FRONT

Snapshot of Angi Ma Wong » Known as the Feng Shui Lady, Wong works as a consultant, author, and speaker on intercultural issues, business, and the ancient Chinese art of feng shui. “For over 18 years, my business has been bridging cultures,” says Wong, who has appeared on *The Oprah Winfrey Show* and *Live with Regis and Kelly* as a feng shui consultant. A member of the Rotary Club of Palos Verdes Sunset, Calif., USA, she serves on the Host Organization Committee for the 2008 RI Convention in Los Angeles.

» **I joined Rotary because:** I found Rotarians to be kindred spirits who shared the same personal values and professional ethics that I did, as well as being equally passionate about giving back to their communities.



» **Why attend the 2008 RI Convention?** Dynamic Los Angeles is a microcosm of the world and the Golden State – the capital of creativity and new trends. Every participant will enjoy a one-of-a-kind adventure.

» **My favorite club project:** Our club’s centennial project, which was creating a native-plant garden at the Point Vicente Interpretive

Center on the cliffs of Palos Verdes. It’s one of the premier whale-watching sites in North America.



I tap my feet to: Folk and standard songs from the ‘60s and ‘70s, movie musicals and Broadway

tunes, Baroque trumpet and Zamfir’s panpipes. My 20-something son is shocked to hear me sing all the lyrics to the songs playing on his radio station or iPod.



between Leonardo da Vinci, Ben Franklin, Thomas Edison, and Susan B. Anthony. Visionaries fascinate and inspire me.

Nobody in my club knows that I: Have

climbed Mount Whitney in California and was named Angela after the city of Los Angeles.

» **A famous person, living or dead, I’d like to meet:** It’s a toss-up

» **If I hadn’t become a Rotarian:** My life would never have been as rich, rewarding, or interesting. A Rotarian gave me my first lucky break in my consulting business, and another was instrumental in helping me launch my writing career.



My friends think: I’m indefatigable. My secret is wearing massage slippers and living by what Confucius said: “If you do what you love, you’ll never work a day in your life.”



SURF AND TURF Glidden's three-day challenge had him swimming, running, biking – and, for very brief periods, resting.

TRI, TRI, TRI AGAIN

Rotarian raises over \$100K with ultra-triathlon challenge

What kind of person would contemplate swimming, biking, and running nearly 500 miles in three days? Ask Jeff Glidden, who not only dreamed up the challenge but did it.

"I wanted to find a way to raise \$100,000 for The Rotary Foundation without any overhead costs, so that 100 percent of donations could go directly to helping people," says Glidden, of the Rotary Club of the Spokane Valley (Opportunity), Wash., USA.

An experienced endurance athlete, the 44-year-old came up with a grueling one-man ultra-distance triathlon challenge

the harder it was, the more support it would get," he explains.

To put Glidden's accomplishment in perspective, the Ironman distance triathlon – which consists of a 2.4-mile swim, 112-mile bike ride, and 26.2-mile run – has been called the most difficult race in the world. Glidden completed the equivalent of more than three Ironman distance triathlons in three days, swimming 8.2 miles, biking 384.2 miles, and running 89.6 miles from 31 May to 2 June.

"Luckily, I had no physical or mechanical mishaps, not even a flat tire," Glidden says.

Nevertheless, he faced many chal-

lenges. Glidden on a freshly paved road, and with the thermometer topping 105 degrees, the tar melted into his shoes, adding extra weight with every step.

Glidden timed his challenge to arrive in Kennewick on Saturday evening for the closing banquet of District 5080's annual conference. Exhausted but elated, he entered the ballroom with US\$65,000 pledged to the Foundation.

"When Jeff ran onto the stage with his two sons carrying the American and Canadian flags, the crowd erupted with cheers," recalls Tom Halazon, 2006-07 district governor. "We announced his staggering achievement and within 20 minutes were overwhelmed with \$35,000 in checks, cash, and pledges. Everyone wanted

this amazing young man to meet his goal."

Additional donations continue to come in, topping \$120,000 in late September, Glidden reported.

"It was a superhuman feat," says Jennifer Cowan, of the Rotary Club of Nelson, B.C., who created Glidden's promotional poster. "He showed that one person can make a difference." – MARYA SMITH



Learn how to donate at www.rotarytrichallenge.com.

totaling 482 miles. The course covered District 5080 from north to south, starting in Golden, B.C., Canada, continuing through the U.S. state of Idaho, and ending in Kennewick, Wash. "I figured

Swimming in the 48-degree Fahrenheit waters of Idaho's Lake Pend Oreille, Glidden struggled with hypothermia despite his wet suit. At the other extreme, one segment of his running route took

CONVENTION COUNTDOWN

TAKE THE L.A. TRAIN

Forget driving! In Los Angeles, just hop on the train. Although many people think of L.A. as a car-oriented city, it has an easy-to-navigate public transportation system. Rotarians in town for the 99th annual RI Convention, 15-18 June, will find it simple to get from their hotels to the convention center, as well as to destinations such as the Hollywood Walk of Fame, Pasadena's Mission West neighborhood, Universal Studios, and Venice Beach, on the clean and fast Metro. For \$20, Rotarians can buy a seven-day pass, valid 12-18 June, that covers all bus and Metro lines. Purchase one at www.rotary2008.com, or submit the Host Event Tickets Order Form in the December issue.



CROSS-CULTURAL COOPERATION

Iraqi diplomat thanks Rotary for limb project

In her efforts to provide artificial limbs to people in Iraq, Rotarian Linda Smythe has worked closely with Samir Sumaidaie, Iraq's ambassador to the United States. Smythe, a former diplomat who is chair and founder of the Basra Prosthetics Project, recently arranged for Sumaidaie to speak at the Rotary Club of Washington, D.C.

"I have always associated the activities of Rotary with humanity and caring," he told the audience, which included ambassadors and senior government officials.

In a moving address, Sumaidaie shared a deeply personal account of the daily struggle of Iraqi civilians.

"I want to talk to you about Iraq today not in a political sense, but from the perspective of ordinary people, from the perspective of women, old men - regular folks that have the same aspirations, fears, worries, and hopes as you have, and as every human being has," he said.

Smythe, of the Rotary Club of Montgomery Village, Md., says an estimated 50,000

people have lost limbs in Iraq - 5,000 in Basra alone. The Basra project, which has sent prostheses to Iraq and trained doctors to fit people with artificial limbs since 2003, is supported by several Rotary clubs in the Washington, D.C., area, and the U.S. State Department, which has recently awarded a \$1.5 million grant to the effort. In addition, several companies, such as the Hanger Orthopedic Group, provide prostheses at a discounted price.

Sumaidaie encourages the Iraqi Ministry of Health in Baghdad to participate, Smythe said. "He and the embassy staff are very involved with the project."

Jim Brookshire, president of the Washington, D.C.,



Ambassador Samir Sumaidaie

warm, probably partly because he took off on the 'everyman' theme. The club really does operate that way. There's a sense of equality among all members."

Sumaidaie urged the audience to support non-governmental organizations and people trying to make a

Find out more about the Basra Prosthetics Project at www.basraproject.com.

club, called Rotarians' response to Sumaidaie's speech "extraordinary."

"We're a fortunate club - we have 60 or so honorary members who are ambassadors," Brookshire said. When Sumaidaie gave his address, "the response was particularly

difference, explaining that people in Iraq "must not feel that they are isolated, must not feel that they are abandoned. They must feel that the world cares about them, encourages them, and supports them."

- HEATHER MAHER

PHOTO CONTEST

Give us your best shot Our annual photo contest is under way! Send us your best shot from 2007-08 that illustrates Service Above Self. The deadline for entries is 1 March. Please don't send originals that you can't bear to part with, as all submissions become property of The Rotarian, and because of the large volume of entries, they can't be returned. Find contest rules and submission guidelines at www.rotary.org.



FAR LEFT: LOS ANGELES CONVENTION AND VISITORS BUREAU



TOOLS AND TIPS

Pump up your site

A Rotary club or district Web site that never changes is a site that people soon stop visiting. Posting well-written, informative content week after week – even when you're on vacation – can be a demanding task. But there's good news for Webmasters: With the Rotary International RSS news feed, providing fresh material is almost effortless.

RSS, or Really Simple Syndication, is a basic form of Web page that sends news headlines and other online content to subscribers.

"Every Rotary club should put Rotary International's RSS feed on its Web site," says Sam Hummelstein, past president of the Rotary Club of Jonesboro, Ark., USA. "Club leaders must use every tool available to get new members. We try to connect members with Rotary International as much as possible – to educate, inform, and create stronger bonds. RSS is a great retention tool."

The news feed can complement your site's existing content with the latest links to official announcements, project stories, and featured articles from *The Rotarian*, *Rotary International Interactive*, and other RI media.

In addition to the RSS feed, RI offers a weekly e-mail news bulletin, another easy way to access articles that can round out your Web site or newsletter. And remember to give your publication a professional look with photographs from Rotary's top-notch photographers. You can download hundreds of free pictures from Rotary Images on the RI Web site.

➤ Sign up for the RI news feed and weekly bulletin at www.rotary.org.

Purchase Online at www.metairierotary.org Win a 2008 New Class C Sports Sedan Mercedes-Benz Or one of 9 additional prizes of \$500

or mail to Rotary Club of Metairie, PO Box 561, Metairie, LA 70004

Name _____ Number of Tickets _____
Address _____
City _____ State _____ Zip _____
Phone _____ MC VISA AM EXP CHECK
Card # _____ - _____ - _____ Exp. Date ____ / ____

- Donation of \$100.00 for each ticket
- 9 additional prizes of \$500 each
- Only 1000 tickets available
- Winner need not be present
- Drawing Date:
Thursday, April 10, 2008
- Odds of winning
are 1 in 100

Louisiana Charitable Drawing
ID E0004380



Sponsored by the Rotary Club of Metairie
Proceeds to Benefit Rotary's KATRINA REPAIR FUND
and other charitable projects.
A 501 (C) (4) Non-Profit Corporation



For a complete worldwide list of
Rotary International's
licensees, go to:

www.rotary.org/support/licensee

or contact:

Licensing Coordinator
Rotary International
One Rotary Center
1560 Sherman Ave.

Evanston, IL 60201-3698

rilicensing@rotaryintl.org

Fund Raising



Your non-profit club, team, church or school works directly with the manufacturer to make great profits. Your customers receive a tremendous value on kitchen knives, utensils and gift sets while supporting your cause.

Rada Cutlery's reputation for Made in the USA quality is well known. Our proven fund raising system guarantees your success.

Request your **FREE** catalog
and information packet:

1-800-311-9691

or www.RadaCutlery.com

NOTE: Dept **A08ROT**

Find out why our
customers say that
"Rada knives sell themselves!"

