



District Governor
Raghada Khoury

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June 23-27, 2018

Governor's Message

By Raghada Khoury

September, 2017

HELP HURRICANE HARVEY VICTIMS

DISTRICT 5300

STUFF A TRUCK

Many Rotarians throughout our District have lent a helping hand via your checkbooks to assist the victims of Hurricane Harvey. Your admirable donations will be going directly to the Rotary Districts affected by this disaster. Your generosity is very much appreciated and will help the local victims in the long term to sustain some type of "normal" living. As Rotarians our first instinct when a disaster occurs is to open our wallets. As Americans our first impulse is to volunteer and pitch in regardless of faith or politics.

If you have ever been in a disaster, you know that the effects linger for years. Homes are ravished, and destroyed, sanitation is near non-existent, and your daily needs are a long shot.

In the meantime, thank you Linda Logan for spearheading the "Stuff A Truck" Program rallying up the support of the Covina and West Covina area clubs. Stuff a Truck program is to help our fellow Americans, in a time of need, with daily essentials. We have reached out to District Governors in the affected area to ascertain what is needed in the very near future. The response so far that came from our Past President of the Pomona Club Gary Kay who moved to Texas and has spent nights at a shelter after being rescued by his family and volunteers.

Here is a list of items that are requested by the victims of Hurricane Harvey

Blankets, Baby diapers, Baby wipes, Baby clothes, infant formulas, baby food, baby bottles Deodorants, shampoos, conditioners, feminine hygiene products, soap, laundry soap, socks, rubber boots, gloves hard hats canned food and of course a toy to put a smile on a child's face. This list will most likely be expanded but you can help with these items NOW.

We will have a drop off point at 2646 E. Garvey Avenue South, West Covina (Citrus Ave, and Interstate 10). This is a vacancy in McIntyre Square. Please call 626-332-2978 and let us know you are coming. We need strategic points throughout the District to serve as drop off points. If you know of a place, please call the number above, and ask for Linda Logan

We will organize a caravan to Texas in the near future. LET'S PULL TOGETHER IN "MAKING A DIFFERENCE". LET'S BE STRONG TOGETHER!

September is Basic Education and Literacy Month

Can you read this?

More than 775 Million people over the age of 15 are illiterate. That is 10 percent of the world's adult populations. Our goal is to provide our communities by supporting basic education and literacy programs. This will reduce gender disparity in education. Being illiterate brings a lot of barriers that you nor I can imagine. The list of barriers is far too long to share here. . Please remember that literacy eradicates poverty.

The International Literacy Day on September 8th is an opportunity for your club to promote its own project as well as literacy awareness in general. Your club could plan its project around that date. Your club could promote awareness by publicizing the

effort via a media outlet in your respective areas.

October 24th is World Polio Day. Take photos when possible to show off your fundraising events. Send to Ryan Muccio at muccio.ryan@gmail.com or Zeb Welborn at Zeb@welbornmedia.com to have your stories posted on District 5300 Facebook page.

October 31-November 6 is World Interact Week

Raghada Khoury
District Governor
2017-2018

Rotary Supports Walk For The Cure

September, 2017

The Worldwide Diabetes Epidemic and Team Rotary's Rose Bowl Walk for a Cure

Even as the polio (infantile paralysis) epidemic is being rapidly conquered (with the help of Rotary International), another epidemic which also affects children and is life-threatening is growing around the world. That epidemic is the epidemic of juvenile diabetes.

There are two main types of diabetes: .type 1 (which usually starts in childhood, but sometimes also occurs in adulthood, and is unrelated to obesity) and type 2 (generally associated with obesity, which mainly occurs in adults, but increasingly also occurs as children) Whereas in Type 1, the immune system attacks and kills off the insulin-producing cells in the pancreas, Type 2 is a metabolic disorder where a person still produces insulin but can't use it effectively. [fn. 1]

Studies have shown that the incidence of Type 1 diabetes is increasing at a rate of 3–5% per year Over 70,000 children develop type 1 diabetes each year. IDF figures indicate that 440,000 children worldwide under the age of 14 now live with type 1 diabetes. For many children from the developing world, the outlook is bleak. [fn. 2]

"We are seeing an alarming increase of both type 1 and type 2 diabetes in children. . . . "said Dr Francine Kaufman, Chair of the IDF Consultative Section on Childhood and Adolescent Diabetes. (Fn. 3). Diabetes in childhood increases the risk of life-threatening diabetes complications at an early age. When diabetes is diagnosed in the young, life expectancy is shortened by an average 10 to 20 years [fn 3]

The situation is particularly disturbing in low and middle-income countries, where many children with diabetes die because they are diagnosed late or misdiagnosed. Many die because insulin is unavailable or in short supply. In Mozambique, for example, a person with type 1 diabetes will die within one year of diagnosis. [fn. 4]

In recognition of this fact, Rotary International joined with the International Diabetes Federation (IDF), the Juvenile Diabetes Research Foundation (JDRF), and other organizations in persuading the United Nations to declare November 14 "World Diabetes Day. Rotary International also established an Action Group for Diabetes (RAGD) under the leadership of C. Wayne Edwards (Tallahassee, Florida), Dr. Massimo Benedetti (Perugia, Italy), Dr. Martin Silink (Lane Cove, Australia), and Dr. Larry C. Deeb (Tallahassee, Florida). [fn. 5]

<http://www.ragdiabetes.org/>

As observed by Syed Azmatullah, a Phoenix Rotarian:

"It is shocking to learn from Martin Silink, president of IDF [and Secretary of Rotary's Action Group] that half of the 440,000 children with diabetes worldwide lack access to the insulin they need to live. It is necessary that every Rotary District observes World Diabetes Day to spread awareness of and help detect and treat the silent killer." [Fn.. 5]

One of the organizations instrumental (along with Rotary International) in the creation of World Diabetes Day is the Juvenile Diabetes Research Foundation (JDRF),. JDRF

was founded in 1970 by parents of children with type 1 diabetes, JDRF is the leading charitable funder and advocate of type 1 diabetes research in the world. Although its focus is on type 1 diabetes, its research into glucose control will also provide benefits for those living with ty pe 2. .[fn. 6]

This year's JDRF Walk to Cure Diabetes happens Sunday, Oct. 29 at the Rose Bowl. Registration starts at 8 a.m. the walk itself to start at 10 a.m.

If you are able to walk with us this year (and we hope you can!), or to donate to JDRF via Team Rotary, its captain or one of its walkers, please register with the Juvenile Diabetes Research Foundation, Greater Los Angeles Chapter.

The following website is used to log-in or donate via a walker:

http://www2.jdrf.org/site/PageServer?pagename=walk_homepage

For more information, please go to the website for the Juvenile Diabetes Research Foundation, Greater Los Angeles Chapter

http://www2.jdrf.org/site/TR/Walk-CA/Chapter-LosAngeles4041?fr_id=2454&pg=entry

Sources and Attributions:

1. David Roos, M.D. "The Diabetes Epidemic in the U.S.: Type 1 and Type 2 Diabetes", July 19th, 2011,.
2. Forlenza, Gregory P.a; Rewers, Marianb aDepartment of Pediatrics, bBarbara Davis Center, University of Colorado, Aurora, Colorado, USA "The epidemic of type 1 diabetes: what is it telling us?"
3. International Diabetes Federation press release: "Today's children to bear brunt of diabetes epidemic"
4. World Health Organization: Diabetes Fact sheet N°312, August 2011
5. Arcadia Rotary High Gear: "November 14, 2009 is World Diabetes Day"
6. Your ROTOSCOPE for September 23rd, 2010 , for the Rotary Club of San Marino, California, USA "SEEKING HELP FOR YOUNG VICTIMS OF DISEASE"

Two Type 1 Victims, who served as California delegates to the Washington, D.C. Children's Congress (an event that occurs every two years), were recently interviewed on KTLA (Channel 5) by newscasters Frank Buckley and Sam Rubin. Miranda Speirs is the grand-daughter of Arcadia Rotarian Dirk L. Hudson. Here she is with young actress Brec Bassinger. As Brec pointed out, the federal government funds only one third of the amount needed to carry on the scientific research to find a cure for Type 1. That is why the Juvenile Diabetes Research Foundation has its Walks for a Cure - such as the October 29, 2017 Walk at the Rose Bowl in Pasadena.

To see the video go to:

<https://youtu.be/ZDU4bqobrQw>

Ambassadors for Peace

September 2017

Traditional and Social Media: Their Impacts on Peace Building"

Rotary International District 5300 28th Annual Peace Conference.

Our Rotary International District 5300 Peace Conference committee is working hard behind the scenes to make the 28th Annual Peace Conference on October 21, 2017 an informative and interesting experience for all.

This year's peace conference is going to be at the world renowned Huntington Library, Art Gallery and Botanical Gardens. The topic of Traditional and Social Media: Their Impact on Peace Building is a very relevant subject in today's world.

The conference will also be of interest to your Interactors and Rotaractors.

Please join us by pre-registering online.

<http://district5300.org/peace-conference/>

Note: We negotiated the purchase of the entry fee to the Huntington Library and Gardens after the conference to \$10 (instead of \$29 per adult) for conference attendees. When you pre-register online for the Peace Conference, you will have the opportunity to purchase these optional tickets.

For questions, please contact:
Roger Schulte
909-532-0673
Rogerschulte@gmail.com.



In Memoriam

It is with a heavy heart that I inform you on the passing of one of our long time members Mr. Irwin Kushner. His daughter Judge Joanna Kushner informed us that Irwin passed away peacefully this afternoon. Joanna wanted me to relay to all Rotarians just how much Rotary meant to him. Irwin became a member of the Las Vegas Rotary Club in 1968, forty nine years of dedication to Rotary. He is a major donor to the Rotary Foundation and the local Las Vegas Rotary Foundation. Irwin was the president of the Las Vegas Rotary Club from 1983-1984. He was also on the organizing committee to host the Rotary International Convention in Las Vegas in 1986. In his years of service, Irwin participated in many local outreach programs such as Opportunity Village, a facility for handicapped adults and Child Haven, a home for abused and abandoned children. Irwin was a generous and kind man. His many years of service was an inspiration to us all. Irwin will be deeply missed by his fellow Rotarians and friends. As a dedicated Rotarian, I'm sure Irwin is up there right now with friends who have gone before him, ready to join the Rotary Club of Heaven. From here on in, he'll have perfect attendance.

Memorial services for Irwin Kushner will be on Thursday, September 7th at 3:30 p.m. held at the King David Memorial Chapel located at 2697 E. Eldorado Ln, Las Vegas, NV 89120. Here is a link to the Memorial Chapel website for further details. <http://www.dignitymerit.com>
<http://www.dignitymemorialjewish.com/king-david-memorial-chapel/en-us/index.page>

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Raghada Khoury, District Governor 2017-2018
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