

International Service Committee Newsletter April 2021

ISC meets monthly on the third Friday at 10:30 AM PT

Common Threads Project



Grant News

It's truly remarkable the work Rotary 4 accomplishes through the dedicated members. I had the pleasure of learning about Common Threads Project (www.commonthreadspj.org) through fellow Rotarian, Maureen Brotherton, and Dr. Rachel Cohen, the founder of CTP. Rotary 4's International Service Committee's long-time member, Maureen Brotherton is the Seattle Rotary advocate for Common Threads Project, a nonprofit that helps women heal from traumatic experiences. "Rotary 4's Peacebuilders and District 5030 funded the Common Threads Project to help female refugees who live in the Pacific Northwest. The project is a collaboration between Common Threads and several community organizations in the Greater Seattle area. "The project will provide a unique and effective long term recovery program for women who have experienced gender-based

violence in the context of war, displacement and resettlement as refugees,” said Maureen Brotherton. Common Threads Project is a nonprofit based in New York working with local organizations on behalf of survivors of sexual and gender-based violence. Successful projects have been established in Ecuador, Nepal, Bosnia & Herzegovina, as well as the Democratic Republic of Congo.

Inspired by ancient cultural practices and validated by current neuroscientific understandings of trauma, Common Threads Project has developed a unique and effective group recovery program that engages women in sewing circles that feel safe and familiar. The healing circles promote survivors’ strengths and resilience, replacing shame and helplessness with dignity and agency, rather than simply treating symptoms, stated Dr. Cohen. CTP trains local facilitator-therapists so that they can train others in their communities to carry the healing work forward. .

In a safe and supportive environment, women create story cloths to depict experiences that may be impossible to express in words. This becomes an entry point for a multi-dimensional therapeutic process. Common Threads Project builds local capacity through training and mentoring, successful interventions, and rigorous research. For more information about this work , here’s a video that shows women speaking about their experience in the program <https://youtu.be/SFAiMF8NkFQ>.

Thank you to Rotarians of Seattle 4 whose support helped bring the Common Threads Project to the Northwest which will help refugee and immigrant women heal from trauma, one stitch at a time.

-Sarah Mackay, ISC Co-Chair

ISC Member Spotlight - Sarah Weaver

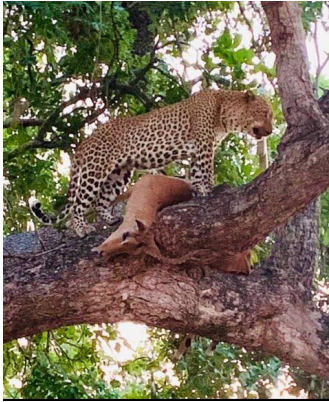
What is most inspiring about the International Service Committee?

Almost every month the ISC has the opportunity to learn about the great work that Rotarians from across the state and the U.S. are doing in Central America, East and West Africa, the mid-East, and elsewhere to make the world a better place. Through them, we also learn about their Rotarian partners in the host countries and the challenges they hope to overcome. Even seemingly modest projects – from funding for an electronic card catalog system for The Gambia National Library to brail machines for kids in Bhutan – can make a big difference.

You've been a member of ISC for many years, what keeps you working on this Committee? Seattle 4 has a proud history of international service and so many committee members that have been spearheading great projects for a long time. The opportunity to work with and learn from some of my Rotary heroes – Nancy Osborne, Linda Cheever, Maureen



Brotherton, and Jim Moore – is one of the things that keeps me coming back. I am in awe of the great work they have done.



What do you wish everyone knew about ISC and supporting organizations around the world? It is a lot of fun! And, you never know where your interest will take you. One month you could be evaluating grant applications and the next month you could be rafting down the Nile in Uganda, watching a leopard dine in Zambia, or exchanging Rotary Club flags with new friends at a district conference in Uganda.

Anything else you would like to share? The cover of The Rotary magazine this month will celebrate RI's first ever Program of Scale: a \$2 million grant to "Partners for a Malaria-Free Zambia." With an additional \$4 million from World Vision and the Bill and Melinda Gates Foundation, the program will train 2,500 community health workers in Zambia to diagnose, test, and treat malaria in their communities. The program will "scale up" the significant work that our club and Rotarian Malaria Partners have done in the Copperbelt Province in Zambia. RMP was the inspiration of Nancy Osborne when she served as Seattle 4's president in 2009 when our club turned 100. RMP is now Malaria Partners International, Nancy is still one of the leaders in the fight against malaria, and all committee members can be justifiably proud of the role that Seattle 4 has played leading to RI's first ever Program of Scale.



-Sarah Mackay, ISC Co-Chair



Projects Presented at the March Meeting

- Guatemala Literacy Project/Global Grant
- Gambia National Library System
- Oakland 3 - Atitlan Hospital Maternal Child Health
- Mwanzo
- Limbe Regional Hospital Water Project
- Edmonds Rotary project in Gambia - Bridge to Success
- Sierra Leone Malaria

Presentations Scheduled for April (subject to change)

- Ethiopia Water Projects
- Uganda Youth Vocational Skills Training

Grant Reviews For FY2021 - FY2022

A big thank you to the ISC Grant Review Sub-committee for reviewing and evaluating a whopping 16 projects which were submitted to SRSF at the end of March. Here is a recap of the projects:

Grant Review Sub-committee: Sarah Weaver, Susie Roe, Jim Moore, Alicia Flatt, David McDonald, Larry Granat, Sarah Mackay

Oakland 3 Saving Mothers and Babies – Guatemala

Disease prevention and treatment & Maternal and child health

The project aims to equip our community hospital with an infant warming table for the operating room and our hospital and community health outposts with hand-held portable ultrasounds to identify women with high-risk pregnancies throughout Sololá.

Mwanzo

Basic education and literacy

We propose, with your generous assistance, to purchase 13 computers and 4 projectors for MWCEA's teachers, staff, and students, and install wireless internet in the school building. Ten of these computers will be desktops, for primary use in classrooms, and three will be laptops, for primary use in program operations.

Young Professional Exchange

Leadership Development, Youth Service and Rotaract

Develop an ongoing annual exchange of young professionals between Japan District 2660 and 2590 (Rotaract, and Rotary Clubs of Osaka and Yokohama) and Seattle area District 5030. Young Rotary

professionals from each country will visit each other spending time at local companies, discovering leadership style, decision-making philosophy, corporate culture, and foster future cooperation and goodwill.

Village Reach in Malawi

Individuals and families will receive health information, learn how to protect themselves from COVID-19 and be informed about when and how to seek medical care. In a country where there is low access to healthcare, and where health systems are already stretched thin, this relieves the burden on health workers and increases the likelihood that individuals will have consistent care. As the COVID-19 vaccine is rolled out in Malawi, CCPF will also be valuable for dispelling myths about the vaccine.

Senegal Project Phase 2

Water and Sanitation, Nutrition and Food Security, Economic and Community Development

The aim of this project is to help the rural community of Mbossedji in Senegal achieve food security, improved nutrition and healthy lives using environmentally appropriate technologies and nature-based solutions under the UN Sustainable Development Goals framework.

Roll a Hippo Garden Projects

Water and Sanitation, Economic and Community Development

Provide women with a survival garden kit that includes the tools, seedlings, fertilizers and mentorship required to create household vegetable gardens. These kits will help women create self-sufficiency and food security during, and long after the pandemic has passed through.

India Pudiyador Cradle Health Program

Child Health Care

The Cradle Health program is composed of a series of 8-10 workshops (three times annually) for young parents, expectant/new mothers, and their infants. These workshops are designed to educate women about personal health and hygiene, provide a safe space for discussion, offer guidance in nourishment, and empower them to make individual choices for themselves and their babies.

Positive Action for Haiti

Supporting Haitian children in need: housing, food security, education, and opportunities to learn and promote gardening and environmental restoration

This project is for plumbing facilities and composting toilets in the two children's dormitories and classroom of the new building.

PeaceTrees Vietnam

Peace and Conflict Resolution

Enhance the capacity of individuals and communities in Quảng Bình province, to promote safe behaviors and avoid injuries and death from unexploded ordnances.

Limbe Hospital Water Project in Cameroon

Clean Water Availability

To provide safe drinking water, and improve sanitation and hygiene, for patients of the Regional Hospital of Limbe in the southwest region of Cameroon, West Africa.

Guatemalan Literacy Project (GLP)

Basic Education and Literacy

The GLP Global Grant consists of 4 parts: (1) providing literacy training to teachers and quality children's literature; (2) implementing literacy-strengthening textbook projects; (3) strengthening technological education through computer centers in middle schools; and (4) a youth development program that keeps students in school.

Sierra Leone Malaria

Disease Prevention and Treatment/Water and Sanitation

The project introduces a community-led malaria control program to reduce the incidence and severity of malaria. It's designed as a pilot, involving 21 subsistence agriculture villages and 2200 people living on \$1 a day. It will later be expanded to all 208 Bumpeh Chiefdom villages. It's intended to also serve as a model for the Sierra Leone government and NGO's in implementing malaria control programs in rural areas.

Gambia Bridge to Success, Edmonds Rotary

Literacy

MRC Holland Foundation will build a three (3) classroom science lab on the grounds of Kaur Senior Secondary School in the village of Kaur Wharf Town. This lab will also have teacher housing (crucial for recruiting quality teachers in the rural areas) as well as ample and safe storage. In addition, MRC Holland Foundation will refurbish two classrooms at Niani Senior Secondary School in the village of Wassu, to provide Science Laboratory experience to 140 students directly, as well as 12 feeder schools.

Imagine Scholar, South Africa

Education; youth development; leadership development

Digital resources to unlock world-class learning opportunities. Equip each student in the rural Nkomazi region of South Africa with a device pack including a Kindle Fire and case, Micro SD card (for storing videos/books), and 1GB of cell data (internet access) per month. When students can access the internet, they can access information from leading experts, watch lectures from top universities, explore art and culture, and gain inspiration from inspiring young leaders enacting entrepreneurial impact projects around the world.

Best Future- Nakivale Refugee Camp Uganda

Water, Sanitation, and Hygiene

The project is for a borehole to be drilled that delivers 3000 liters per hour. A security structure will be built to contain a water filtration system, complete with a 5-gallon bottle sanitation station and bottle filling station. The 5-gallon bottles will be delivered to residents by local water carriers, the empties collected, sanitized, refilled, and redistributed.

Gambia National Library System

Literacy

This project seeks to provide a transformation from manual to electronic system in all aspects of records management. It is important that the book control system be computerized to generally improve efficiency; it will keep up to international standards, improve the ease and speed in record searching, book issuing and keeping, improve security, and reduce manual work in report

preparation and data management.

Announcements

Next ISC Meeting	April 16, 2021 10:30 AM PT
2020-2021 Grant Project Reports are Due	May 31, 2021