

# RCEHT NEWSLETTER

Rotary



## PRESIDENT'S LETTER

### CARE FOR THE CARETAKER



Many of our members care for others. Either by running or working with a non-profit with outreach to those overcoming human trafficking. Or by developing programs to end the causes of human trafficking. Some are caring for young children or aging parents. Regardless of how you care for others you might experience the same stresses. If you are a caregiver, taking the time to care for yourself is an important step in helping others. Basically, as you would on an airplane, put your oxygen mask on first.

Some steps you can take to care of yourself:

1. Celebrate the small stuff. Caregiving has many rewards. Practice gratitude and remind yourself every day of your accomplishments, even if they feel small. Everything matters and any step in the right direction makes a difference. Read [this](#) article on WebMd for ideas and how gratitude affects health.
2. Laugh every day! Laughter has healing powers. Read [this](#) Mayo article for more.
3. Also let yourself cry. Harvard has [this](#) to say.
4. Accept that you can't do it all. We all want to make a difference. Focus on your strengths and then partner with or refer to other groups to cover other areas.
5. Ask for and accept help. Create a list of where you could use help. Is it creating or sharing social media posts, outreach, fundraising ideas/attendance/advertising, office management? When someone asks what they can do, bring your list out and ask them to pick something and then let it go.
6. Set realistic goals and then prioritize your tasks. Establish a daily routine to keep moving on your goals. Don't forget to add some reflective time in there.
7. Take a 10 minute break from time to time during your day. Just take a walk and let your mind wonder. If you like guided meditations [this](#) is a good one for stress relief.
8. Connect with others and share not just ideas, but honest emotions around frustrations, progress and successes.
9. Take responsibility for your health and prioritize it! Keep a good sleep routine, find time to move your body and make healthy food choices. Own that it is up to you to make sure you are in good health.
10. Finally, identify and shift any hang ups about taking care of yourself and accepting help. Yes, this is a big one with far reaching implications, but if you aren't taking care of yourself it might be important to figure out why. As an example, do you believe it is selfish to prioritize yourself? There might be some lifelong habits to look at and change. Our thoughts are our beliefs which lead to our actions. Challenge them.

Take care of yourself so you can help others. Pretty simple, but not very easy. If it were, we would all do it perfectly every time. That's OK. Any step in the right direction makes a difference.

Moving intention into Action,  
Michelle Seets

Rotary Club to End Human Trafficking President, 2022-2023

## Newsletter Highlights

### PRESIDENT'S LETTER

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### THE HEALING POWER OF FORGIVENESS

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### NEW MEMBER UPDATES

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### MY FREEDOM DAY

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### CLUB SPOTLIGHT

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### EVENTS AND HOLIDAY

# THE HEALING POWER OF FORGIVENESS

BY: ANNE DELAIN CLARK

As a transformative mediator, I have frequently witnessed the amazing effects of a heartfelt apology. Often the face of the apologizer will reflect a shift just before the words come out. I believe magic is found in that shift – a profound moment of transformation, a big "aha" moment. The apologizer is now understanding how the other person FEELS. The magic is completed when the receiver can recognize that the apologizer means their apology and responds with an indication of forgiveness. The odd thing – the indication of forgiveness rarely, if ever, sounds like, "I forgive you." Instead, words of understanding are used, or sometimes just quiet acceptance. I don't think total forgiveness comes right away. It takes time for the receiver to process the full weight of the apology and to trust that it comes from a place of true recognition. In mediation, it is easy to see the power of the apology, but the deeper magic is in the forgiveness.

I grew up with an emotionally abusive parent. She displayed many narcissistic behavior patterns, yet, unlike the person who often gets labeled in popular culture as a narcissist, I believe she does love and care about the well-being of others. It took me a long time to fully understand and accept that the abuse she dispensed was not intentional and that it was a reflection of her inner voices that were likely continuing a pattern of abuse she had endured in her own childhood. Throughout my childhood, she frequently apologized, but those apologies always came with disclaimers on how her actions were justified in response to my behaviors, i.e., it was all my fault. I share this because I think it is an all-too-common pattern in the world that I observe, and I think it may be why, for many of us, the forgiveness of others comes too slowly – and forgiveness of ourselves may not ever come.

The belief that we are a disappointment or are responsible for the negative actions of others often leads us to strive for unattainable perfection. We can be desperate to redeem ourselves from the labels bestowed, and self-forgiveness can feel like the coward's way out. Yet self-forgiveness is a door to better health, greater life satisfaction, and improved productivity. Many adults, reflecting on their childhood, promise themselves they will not do the hurtful things that were done to them, yet suddenly hear themselves yelling at or using unkind language to their own children or elderly parents. The sad part is that our disappointment or anger with ourselves can "fan the flames" and add to our vehemence. Instead, if we take a breath, remember the feeling we had as a child, and take a moment to forgive that inner child and the outer adult, we can stop the cycle and step into the light.

## Further reading:

<https://bewell.stanford.edu/the-benefits-of-self-forgiveness/>

<https://www.kaminiwood.com/forgiveness-of-self/>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/forgiveness-your-health-depends-on-it>

# Welcome NEW ASSOCIATE MEMBERS



**SUSAN BURKHOLDER**

**Susan Burkholder** worked for 30 years in the health care industry in sales, marketing, consulting, coaching, and executive management roles. In 2013, Susan felt called to get involved in the issue of human trafficking. She served as an Ambassador for Shared Hope International, and became an active member of the Alamo Area Coalition Against Trafficking. Since 2015, she has served as a volunteer with Ransomed Life, a San Antonio based 501c3 organization providing mentoring, counseling, education,

community awareness and restoration to San Antonio area 12-17 year old female survivors of Domestic Minor Sex Trafficking. Susan is currently serving Ransomed Life, in a volunteer role, as their Director of Community Engagement.

Dave Founded End Human Trafficking Now in 2012 to bring awareness and action. These include Business Engagement, Effective Law Enforcement, and Sustaining Freedom through empowering survivors

In 2013 Dave was appointed worldwide Vice Chair of Rotarians Against Slavery with the mission to engage 1.2 million Rotarians and 35,000 clubs in over 200 counties to take on the issues of ending modern-day slavery

In 2019, Dave was appointed Global Chairman Rotarians Action Group Against Slavery. Dave was asked to join the White House Round Table on Human Trafficking to engage the business and Civic communities in the fight to end Modern-Day Slavery and Human Trafficking.



**DAVE McCLEARY**

# NEW ASSOCIATE MEMBER

## JOYCE E. BROMLEY

**Joyce** retired from her professional life, most recently as an epidemiology consultant who specialized in policy issues and access to services. She was also an historian and has written 2 books, chapters in books, and published book reviews. Before obtaining her graduate degree, she was Director of Fiscal Affairs in a dean's office at the University of Wisconsin-Madison, and a departmental administrator at the University of Wisconsin Hospital & Clinics



"I have developed a passion for curbing human trafficking. While working on a Rotary project in Ghana I became aware of many ways in which children are exploited that includes, but is not limited to, being indentured in the fishing industry, limiting education of children, and by prostituting children. I came to realize the extent to which this is a universal problem. Rotary has become an avocation that allows me to address curbing human trafficking. Human trafficking does not have borders. I want to join RCEHT and contribute to its reach around the world."

"I am a member of RAGAS, and I am working in my Rotary club (Madison Rotary Club-Downtown, one of the largest in the world) to establish a signature project that would address curbing human trafficking."

### NEWSLETTER FEEDBACK

Please complete [this form](#) to submit relevant information or news you would like to share with the club in the next issue. The more we collaborate and connect with each other, the stronger our club is in creating effective change to achieve our Rotary mission.



# #MYFREEDOMDAY

 13 - 17 March 2023

 Online

March 16 is **#MyFreedomDay**, an international campaign to raise awareness about human trafficking and slavery, organized by **CNN International**. The campaign invites young people, schools, individuals, and organizations around the world to participate in activities on this day of action to celebrate freedom and speak up and act out for those who are unable to.

Dialogues around human trafficking can take us to the heart of what it means to be human; how we value each other and what our responsibilities are to one another as a race. Generation Global is organizing special online global dialogues on the topic of human trafficking on **#MyFreedomDay** for young people aged 13 to 17.

These special dialogues will allow young people to share their different perspectives on the value of human life with one another.

The 60-minute virtual dialogues will be moderated by Generation Global's trained facilitators during the week of March 13, 2023.

How to participate?

Check the [link](https://generation.global/events/2023-03-my-freedom-day/) below for further information

<https://generation.global/events/2023-03-my-freedom-day/>

Rotary



# **CLUB UPDATES**

The speaker's committee currently consists of 3 members including Matt Friedman, Helen Sworn and Shirley Hsia.

The committee meets monthly to brainstorm ideas in finding good speakers based on the club's purpose and strategic plan. Once the speaker is selected, the committee will communicate with the speaker to schedule, send a reminder before the talk and follow-up with a thank-you note after the presentation.

In order to ensure the choice of future speakers is in-line with club members preference, a survey questionnaire has been provided by the speaker's committee under president Michelle's guidance.

[Kindly fill out this form](#)

## **WE WANT YOUR PROJECT IDEAS!**

Our club would like to come together to implement a project. Please share your ideas for a project our club could organize and roll out. As a reminder, our club is focused on the prevention side of ending human trafficking.

[Here is the survey](#)

Share **PROGRAM** ideas!

Visit our [YOUTUBE](#) channel to watch any speaker meeting you missed.



# CALENDAR



## EVENTS & HOLIDAYS

As a global organization Rotary is fortunate to celebrate many events and holidays around the world. This month the Rotary Club to End Human Trafficking wants to highlight some of these events and holidays



### Standing Meetings

#### **BOARD MEETING:**

1st Thursday of the month @ 7 AM CT (US / Canada)

#### **GENERAL MEETING**

2nd and 4th week of the month @ 7 AM CT (US / Canada)

#### **SPEAKER MEETING**

Thurs (Mar 09) @ 7 AM CT (US / Canada) - **Sylvia Yu Friedman** - A Long Road to Justice: My Journey of Investigating the Trafficking Underworld for Two Decades

Thurs. (Mar 23) @ 7 AM CT (US / Canada). **Alexandra Solorzano** - Investigations 101 - Trends, Typologies, & Red Flags in the world of Organized Crime

### **THEODORA GHANA PRESENTING TO THE UN COMMISSION ON THE STATUS OF WOMEN**

The **Theodora Ghana team** has been given the opportunity to present to the United Nations' Commission on the Status of Women. This annual forum provides a platform for sharing projects and programs that help transform the lives of women and children.

This year's forum is being held in March from 5th to 17th .

Theodora Ghana will be presenting on **13th of March** on "**Using the Power of Business to Transform the Lives of Trafficked Women.**"

PLEASE JOIN US. **Register here.**

### **2nd Annual Cocktail/Mocktail Parties**

Thurs. ( Mar 30) @ 7 AM and 7 PM (US Central Time)

Share a favorite cocktail/mocktail with fellow Rotarians, at either or both parties via Zoom.

If you are interested, contact **Erin Maloney**.

VISIT RCEHT SOCIAL MEDIA PAGES.

