

# RCEHT NEWSLETTER

Rotary



## PRESIDENT'S LETTER

### LIVE LONGER THROUGH FRIENDSHIP AND KINDNESS



There are a number of studies out there that link longevity to having a strong social network. In one **book** on the topic Marta Zaraska puts forth that focusing on social relationships and kindness might have more significant positive outcomes on longevity than diet and exercise alone. She points out one meta **study** found that those with a large social network were 45% less likely to die than those focused on good nutrition and exercise alone. Equally there are quite a few studies out there that link kindness and volunteering to longevity. If you're interested, just google it and you will find weeks of reading material.

So combining volunteering, kindness and a social network will help you live longer. Enter Rotary. While our club is virtual you can still form fantastic friendships with members of our club. For me personally I find committee work the easiest and most enjoyable way to get to know my fellow club members better while being productive and making a difference. If you prefer a more socially focused encounter join one of our general meetings early or stay late to chat with others who do the same. Or join one of our upcoming group socials. If you would rather get to know someone one on one reach out to any of our members to set up a chat. While it might not feel as easy to form friendships from afar it is certainly doable. I feel quite blessed to have gotten to know so many wonderful people from all over the world working on this cause and consider them to be fantastic friends.

While all volunteer groups need people to step up to contribute in order to make things happen I fundamentally value kindness more. Kindness can be small acts that include a genuine smile, words of encouragement or a contagious laugh. Anything that opens someone's heart will have a positive effect on those around them. And this, in turn, will make you the friend everyone wants to have so that social network will just weave itself. Way easier than doing pushups! Maybe some smart doctors out there should start prescribing Rotary membership.

**Moving intention into Action,  
Michelle Seets**

Rotary Club to End Human Trafficking President, 2022-2023

## HIGHLIGHTS

**PRESIDENT'S  
LETTER**

**SUCCESS STORIES**

**CLUB UPDATES**

**MEMBER  
SPOTLIGHT**

**HUMAN  
TRAFFICKING  
WINS**

**HOLIDAYS &  
EVENTS**

# WORLDWIDE TRENDS ON HUMAN TRAFFICKING

There is widespread global consensus on the urgent need to prevent and combat human trafficking in migration pathways, with few other migration-related issues having attained as much agreement within the international community. However, there is less consensus on how to achieve this in practice, and there remains a shortfall in political will to introduce effective policies to that end.

Approximately a quarter of the world's population, two billion people, are currently living in conflict areas, in highly unsettled conditions that create vulnerabilities and risks of trafficking for women and girls.

**Recent research** has revealed that human trafficking was present in 90 per cent of the 171 wars and conflicts that took place between 1989 and 2016. Additional crises such as the COVID-19 pandemic and climate change further exacerbate these risks, together with poverty and economic insecurity, displacement, and lack of access to safe migration pathways, and exposure to multiple forms of gender-based violence.

The economic and social distress generated by the pandemic and related mitigation efforts exacerbated risks for vulnerable and marginalized populations. These included women and children, people affected by travel restrictions and stay-at-home orders, communities in areas of food insecurity, and survivors of trafficking, as well as persons directly and indirectly affected by the disruption of economic activities and reduced livelihood options. Due to school closures, some children lacked access to education, shelter, and/or food. Survivors of trafficking faced an increased risk of potential re-victimization due to financial and emotional hardships during the crisis.

Low-wage and migrant workers and those in the informal economy faced riskier employment conditions, including restricted movement, minimal oversight mechanisms, withheld wages, and increasing debts—all indicators or flags for human trafficking. During stay-at-home orders, workers who lived at their worksites became particularly vulnerable to sex trafficking and forced labor while being restricted in their ability to seek assistance or leave their situation of exploitation. With minimal oversight mechanisms, many of these worksites remained unmonitored, resulting in fewer opportunities for victim identification.

What can you do to help? Set a goal to make a difference!

Our president Michelle, has provide some great [resources](#) on places and ideas of where you might act on these concerns.

written by: Mary Fiadese

# RECENTLY AT ROTARY

presented to us by Rajkumar Baidwar

I would like to share good news which is recently related to RI President Jennifer Jones's visit to Nepal. RI president Jennifer Jones and her husband as well as director A S Venkatesh visited from December 4 to December 8 in Kathmandu, Nepal. They participated in different rotary events and delivered valuable and motivational speeches. The delegates met also with the President of Nepal honorable Bidya Devi Bhandari. I got the opportunity to do the Personal Security Officer (PSO) of RI president Jennifer Jones to provide security during the visit. Today morning they went from Kathmandu to Delhi, India. The trip was excellent, productive, and successful.





# NEW MEMBER SPOTLIGHT

## TAMMY THAYER



Tammy is our newest **Associate member**

She is a member of the **Downtown Rotary Club of Madison, Wisconsin**, where she is a member of the club's International Projects & Program Committee and the point person on the club's human trafficking signature project. Tammy is a member of **RAGAS, the Rotary Action Group Against Slavery**

She is a skilled development expert, business educator, leader, practitioner, and administrator. Her global professional experience extends across the U.S., Europe, Egypt, and the United Arab Emirates. Tammy lived and worked in Italy for 13 years and in Dubai for five years.

Tammy is currently the CEO of Madison College Foundation in Madison, WI, whose mission is “to enrich lives and strengthen our communities through the acquisition of private funding in support of high-quality open access education at Madison College.” Before joining the foundation, Tammy was President of the Center for Advanced Studies in Business (CASB), a non-profit affiliated with the Wisconsin School of Business. She ran the Fluno Center and Custom Executive Education operations with full P&L responsibility. While there, she taught courses globally in business and interpersonal communication skills. She has more than 30 years of experience with public, private, and international companies, including two of the largest conference providers in the world (IBC Gulf Conferences and Institute for International Research). As Managing Director of these organizations in Italy and the United Arab Emirates, Tammy led teams that designed, developed, and marketed training programs for senior executives and managers. During her 13 years in Italy, Tammy worked as an HR Consultant for Hewitt Associates, a global consulting firm. She worked on many pan-European projects and for Nestle's Perugina in Human Resources.

We are excited Tammy has joined our club and we look forward to working with her in the future.



# CLUB UPDATES

## WEBINAR IN PARTNERSHIP WITH THE U.S. STATE DEPARTMENT AND ROTARY

**Date: January 26 at 8am US CT**

U.S. President Biden declared January 2023 National Human Trafficking Prevention Month. In partnership with the U.S. Department of State's Office of Public Liaison, The Rotary Action Group Against Slavery (RAGAS) and The Rotary Club to End Trafficking will host a Webinar with a speaker from the U.S. Department of State's Trafficking in Persons (TIP) Office and a Survivor Leader. Participants will learn how the TIP Office combats human trafficking through the "4P" framework: prosecution, prevention, protection and partnership. Join us for this virtual event on January 26 at 8 AM US CT.

### **Register**

#### **The U.S. State Department's Mission Against Human Trafficking**

The TIP (Trafficking in Persons) office leads the Department's global efforts to combat human trafficking through the prosecution of traffickers, the protection of victims, and the prevention of human trafficking by: objectively analyzing government efforts and identifying global trends, engaging in and supporting strategic bilateral and multilateral diplomacy, targeting foreign assistance to build sustainable capacity of governments and civil society, advancing the coordination of federal anti-trafficking policies across agencies, managing and leveraging operational resources to achieve strategic priorities, and engaging and partnering with civil society, the private sector, and the public to advance the fight against 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 month's release. The more we collaborate and connect with each other, the stronger our club is in creating effective change to achieve our Rotary mission.



# CALENDAR+

As a global organization Rotary is fortunate to celebrate many holidays around the world. This month the Rotary Club to End Human Trafficking wants to highlight three holidays

## 2023 Anti-Trafficking Conference by Anti-Trafficking International

This year's virtual conference offers a plethora of exclusive pre-recorded presentations from expert speakers on topics that will provide youth, parents, guardians, and community members with the tools to keep you and your loved ones safe from exploitation

**Saturday, January 28, 2023**

**Tuesday, February 28, 2023**

**REGISTER HERE**

Share **PROJECT** ideas!

Share **PROGRAM** ideas!

## 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**

4th Thurs (Jan 26) @ 7 AM CT (US / Canada) - **Sue McKinney** - Rotary District 5170 Vietnam Project

## COMMITTEE MEETINGS

### **SPEAKER COMMITTEE MEETING**

3rd Wed (Jan 18) @ 7 AM CT (US / Canada)

### **PROGRAMS AND PROJECTS**

3rd Thu (Jan 19) @ 7 AM CT (US / Canada)

GENERAL Mtg - 4th Thurs (Jan 26) - **Sue McKinney** - Rotary District 5170 Vietnam Project

Visit our **YOUTUBE** channel to watch any speaker meeting you missed.