



INSIDE THIS ISSUE

- 2 ALL ABOUT BIKES
- 3 FARM STEW
- 5 PEACE BELLS
- 6 EXPERIENCE THE WORLD AT HOME
- 8 EXPAND YOUR INTERNATIONAL HORIZONS
- 9 PENNY FOR YOUR THOUGHTS
- 10 18 NEW ROTARY FELLOWSHIPS
- 12 WATER FOR RUNASHITU
- 14 FOOD PLANT SOLUTIONS
- 15 READ AT HOME AND CHINLE PLANTING HOPE
- 16 HAPPY MOSQUITO DAY
- 17 RFHD LAUNCH IN TANZANIA
- 19 BRINGING UKRAINIAN RYE STUDENT TO CO
- 20 NAVAJO WATER PROJECT
- 22 SUICIDE PREVENTION
- 23 PROTECTING OUR CHILDREN
- 25 ROTARY RESOURCES ON GLOBAL GRANTS
- 26 ROTARY FRIENDSHIP EXCHANGE
- 27 ROTARY DISTRICT 5470 INT'L SERVICE COMMITTEE

Check out the Malaria Breakout Session: Educate and Engage Rotarians in Disease Reduction Strategies and District 5470 Involvement - Breakout session at the District Conference Oct. 13-15, 2023

Meet Aspen Rotarian, Dr. Dan Perlman, a retired infectious disease and public health specialist who has dedicated his career to fighting malaria on a global scale. His tireless efforts have earned him numerous accolades including the Tom Sardy Award for "Rotarian of the Year" from his club. Currently serving as the Vice Chair for Rotarians Against Malaria-Global (RAM-GLOBAL), Dr. Perlman recently traveled to Africa in March of this year to conduct a malaria study. During his visit, he explored rural villages and looked at initiating new projects in Western Kenya. Dr. Perlman is focusing on implementing his new Global Grant to train Community Health Workers in the region, and is thrilled to share details on an upcoming Rotary trip to Africa in February.

Breakout Sessions Saturday, Oct 14 (9am, 10am, 11am)

"Finish the Fight" Against Malaria. (Click image for video)



ALL ABOUT BIKES

ALLAN BURNSIDE, IMMEDIATE PAST PRESIDENT

Dolores Rotary Club

The Rotary Club of Dolores, Colorado, the only service organization in a town of 900, celebrated our 25th Boggy Draw Beat Down, (formerly Escalante Days) Bicycle Race primary annual fundraising event. Our 17 member Club raised over \$16,000 with 197 racers. Hosted in the scenic Boggy Draw Basin in the San Juan mountains of SW Colorado, skirting McPhee reservoir (2nd largest lake in CO), this race features a 15 mile course, 18 mile course, 33 mile course and 60 mile course with a relay team option. Cash and merchandise prizes are awarded and past participants have included such well-known riders as Supp Kuss, Travis Brown, Mark Tomac, Eli Tomac, Ivan Sippy, Ashley Carelock, and Shawn Gregory.

We outgrew our venue during Escalante Days Town Celebration, moving to the first Saturday in August, growing every year. Proceeds are used to support the Town of Dolores, Dolores Schools/Students, Non-Profit Organizations, Dolores Seniors, Sports Teams/Events, School-to-Farm, Teen Maze, Town Christmas Lights, Dolores Community Center, Dolores Library, Commodities Distribution, Imagination Library, Scholarships, and International Projects.

We also host an annual Bicycle Rodeo that has evolved from a basic safety event to a skills challenge. This year we hosted 160 riders aged 2 to 18. We provide an obstacle/skills course and each participant gets a helmet. The event is preceded by a Kid's Bike Parade led by the Montezuma County Sheriff, who reviews the Rules of the Road regarding bicycles and leads everyone to the Rodeo. The Rodeo starts with a sprint towards a radar speed unit which records their top speed. Skills are put to the test with a course designed to test balance, strength, control, acceleration, deceleration, accuracy, surface variants, ability to follow instructions, and decision making. Kokopelli's Bike and Board, local bike shop, has a bike mechanic at the event who tunes/repairs bikes. The Rodeo ends with a bicycle give-away of 10-15 new bicycles where kids choose which bicycle they want to draw for. Registration online is available for the next Boggy Draw Beat Down mountain bike race, August 3, 2024 - at <https://www.boggydrawbeatdown.com>. Plan now to join us next summer in scenic SW Colorado, where you can also explore the ancestral Mesa Verde ruins, the renown Dunton Hot Springs, the Dolores River flowing into Lake McPhee and the historic Galloping Goose #5.

Allan Burnside, Immediate Past President Dolores Rotary Club



FARM STEW

ROTARY CLUB OF THE NORTH FORK VALLEY

BY JOY KAUFFMAN

The Rotary Club of the North Fork Valley made a splash on August 21st when it partnered with two local nonprofits, the Kids Pasta Project (KPP) and FARM STEW International, to raise \$2,448 for a new water well in Zambia!

The fundraising dinner event provided local kids with multiple avenues for learning and kids abroad with a lifesaving source of nearby clean water, so they can attend school. The local kids made lasagna noodles, checked in guests, served the diners, and tallied the proceeds. They also learned about the importance of clean water and impact on the lives of children who don't have it from Joy Kauffman, a member of the Rotary Club of the local North Fork Valley.

Sara Puharich, KPP's Volunteer Coordinator, asked Joy to come early and educate the kids. She asked if they had ever carried a heavy pack on a long mountain hike. Then, she had them move a 5-gallon (40 pounds) jug of water some distance. "Imagine waking up every morning before dawn and hiking a mountain just to get water." The kids began to get an idea of what their childhood could be like if they were one of the 2 billion people on the planet that don't have access to clean water.



ROTARY MEMBERS ENJOYING THE KPP DINNER

Later, Joy spoke to the group of 70 attendees. After dinner, she held up a wine glass with vintage pond water with a splash of mud and asked if anyone thought it would pair well with the peach cheesecake. No one took her up on the offer!

Thanks to Rotary, the kids' effort, combined with the generosity of the attendees, will help Katubya Village, a rural farm community in Zambia, to get a well. The families there currently get water from a muddy puddle shared by farm animals after walking for more than 45 minutes. (Continued on next page)



SARA PUHARICH, KPP'S VOLUNTEER COORDINATOR AND TWO OF THE KPP KIDS WITH THE CHEESECAKE!

(Continued-FARM STEW)

Joy is the Founder and Executive Director of FARM STEW International, a ministry that equips poor families with the skills and resources they need to have an abundant life. FARM STEW (www.farmstew.org) has drilled or repaired 86 wells in Africa, helping 25,800 get clean water, and have had over 310,000 participants in hands-on training classes held in 16 countries over the last 7 years.

Following the event, North Fork Rotary submitted a matching grant application to Rotary District 5470 to help, and it was approved!

Later, Sara said, "It was energizing for the kids. They came home and felt accomplished supporting people with such a vital resource. My daughter said, 'I probably saved a few lives tonight.'"

Indeed they did!

FARM STEW has plans for 8 additional wells in Zambia yet this year and is seeking sponsors! Please contact Joy Kauffman at joy@farmstew.org, 434-409-0866, or visit www.farmstew.org



**Women collecting water where
we need a well**



PEACE BELLS

From the Peace Committee

The District 5470 Peace Committee is promoting positive peace. Positive (+) Peace is: the attitudes, institutions and structures that create and sustain peaceful societies. It is not enough to simply avoid conflict. That would be Negative (-) Peace -- kind of like when you avoid that disagreement you're having with a colleague or coworker on what their opinion is on a war that's been brewing in a portion of the globe. War is NEVER an option for resolving a conflict. If Mahatma Gandhi delivered his country with power and the use of passive resistance from the regime of an oppressive monarchy without so much as raising a fist, then so can we! More information on that is available at rotarypeaceacademy.org. We would like to remind you of all of the wonderful jobs that you do individually on your projects that all tie back to peace.

The District 5470 Peace Committee is working on a number of projects themselves and would like your help. We are organizing the providing of positive peace workshops, demonstrations, breakout sessions, Peace Benches, and Peace Bells. So far, Rotary Club of Cortez and Rotary Club of Grand Junction have volunteered to sponsor the installation of peace bells in a park in their city. All we need is 1 more club to sponsor the installation. We have 1 or 2 options available to us in funding said project -- District grants, and RI peace grants. The peace bells are better than a pole, number in 4, resemble a 4-sided pole with the bell at the top, and are marked with a plaque for each one that represent peace for: 1) Self 2) Family 3) Community 4) Globe. Enclosed is a picture that Gov. Greg Sund himself snapped in Melbourne when he was at the International Conference, the very birthplace and headquarters of the peace bells!

Peace Bells would very likely be at home in a park with a beautiful lawn of green grass and large shade trees, and if not now, then wouldn't it be nice if the park will look like that in the future? We could just imagine how incredible it would be if peace bells were included in a garden of red roses. It could be the kind of park that speeches and demonstrations are made, or even where bad news is delivered in good company, and a therapeutic setting. They could be dedicated to an influential leader in the community, or even to peace and unity of all the nations in our great land. I leave the rest to our wonderful imaginations, hopes, and dreams.

Pretty cool, am I right!? If a club in District 5470 is interested in sponsoring the installation of peace bells this year ('23-'24) in their cities, then please feel free to reach out to Gov Greg Sund, or myself @ andycsweet@gmail.com, and we can get that started on your behalf!

The District 5470 Peace Committee looks forward to promoting Positive Peace in our communities for many decades to come! Cheers!

Experience the world at home: Host an International delegation with Rotary!



By Natalia Kunzer, Open World Program Officer at Rotary International



The Grapevine Rotary Club, Texas, hosted an Open World delegation from Ukraine under the Blood Center hosting theme in October 2022

Imagine hosting a group of bright young leaders from an Eurasian country for eight unforgettable days and nights in the comfort of your community.

Thanks to the [Open World Program](#), U.S. clubs can participate in an international exchange by hosting a group of six Open World participants. This unique program is sponsored by the United States Congress and supported by Rotary International.

Throughout the years, numerous Rotary clubs and districts in the United States have been enthusiastic participants by hosting rising young professionals. As a host, you will have the opportunity to learn about your visitors' culture, share your own experiences, and build lasting friendships. You will also help visitors gain a better understanding of the United States, local traditions and customs, and its people.

Host clubs reported that the Open World program experience had a significant impact on their clubs and communities. They cited the following benefits:

- Increased international understanding. The program helped break down cultural barriers and promote understanding between people from different countries.
- Strengthened relationships. The program forged new connections between host clubs and their counterparts in Eurasia.
- New friendships. The program created lasting friendships between host club members and the Open World participants.

Host clubs also reported that the Open World program was a valuable learning experience for their members. They learned about different cultures, perspectives, and ways of approaching business or addressing issues. They also gained new skills and knowledge that they could use in their own communities.

"For us as Rotarians, we wanted to inspire hope. [Delegates] inspired us with their intelligence, resilience, and bravery. By far, in all my years serving as a Rotarian, participating in the Open World Program has united Rotarians and given us greater purpose." Rotary Host Coordinator 2023

Delegates return home after an immersive experience with new inspiration and professional growth. A 2022 Open World Delegate shares, "This program was one of the best. The program provides value to participants. Cultural exchange, acquaintance [is on] one side, but the professional exchange [emphasis] can change one's career."

What is the Open World Program?

The program brings emerging leaders from participating countries to the United States for a short visit to give them firsthand exposure to the American system of participatory democracy and accountable governance. Counterparts engage on timely issues such as (continued on next page)

(Continued- Experience the world at home)



The Marquette Breakfast Rotary Club, Michigan, hosted an Open World delegation from Tajikistan under the Health Sector Response to Infectious Diseases hosting theme in November 2022.

e-governance, leadership development, entrepreneurship, health and social services delivery, education, environment, and the rule of law. The principles of accountability, transparency, and citizen involvement in government are among the concepts emphasized by the Open World program.

Rotary hosts welcome Open World delegations in their homes and prepare a professional program for eight days. Through this vocational and cultural exchange, delegates experience American family and community life, and the Rotary hosts broaden their international understanding. Host clubs are reimbursed for many of their hosting expenses through Open World grants.

Is your Rotaract or Rotary club or district interested in hosting a delegation in 2024?
Please [contact Natalia Kunzer](#), Rotary International's Open World Officer.

Related Stories

[What is the Open World Program and how it can benefit your Rotary club](#)

[Open World Program creates ongoing engagement with Rotary](#)

Expand Your International Horizons with these Two International Exchange Opportunities

ICMA is pleased to officially announce the reinstatement of the [Tranter-Leong Fellowship](#) and the [John Garvey Scholarship](#) opportunities for the fall application cycle. Explore how to enhance your professional development with one of these international exchange opportunities and apply for each by August 31, 2023.



Are you interested in complimenting your professional development with an international experience? Do you want to develop relationships with local government leaders worldwide and help ICMA advance its commitment to global engagement?

Consider applying to [ICMA's Tranter-Leong Fellowship!](#)

The [ICMA International Committee](#) offers two fellowships from the Tranter-Leong Fund, one for applicants who seek an experience in Asia and another for applicants who seek an experience elsewhere, other than the United States or Canada. Fellowship funds must be used for an experience outside the applicant's home country.

Applicants must be active members of ICMA for at least one year, have the support of both their employer and the host community/organization, and commit to sharing their experience through ICMA's communication channels afterward.

[Apply Now](#)



Are you a young professional looking to expand your international local government knowledge and network? Do you want to learn best practices in local government worldwide to help you solve challenges in your community?

Consider applying to [ICMA's John Garvey Scholarship!](#)

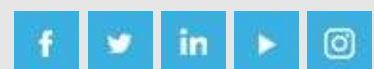
The [ICMA International Committee](#) offers two scholarships from the John Garvey Fund to allow young professionals to participate in an international local government event. One scholarship is designated for an ICMA member under the age of 40 who is a U.S. citizen, and the other is for an ICMA member under the age of 40 who is a non-U.S. citizen. Scholarship funds must be used to attend an international event for local government officials.

If you know someone who would benefit from this program, please [encourage them to apply!](#)

[Apply Now](#)

Questions? Contact Jeanette Gass, Senior Program Manager, Global Engagement, at jgass@icma.org.

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A PENNY FOR YOUR THOUGHTS

PP PENNY KELLY
ROTARY CLUB OF EAST COLORADO SPRINGS



A Penny for your thoughts: October '23

Recently, I saw the title of a book, "Relationships over Rules." Isn't it interesting how a few words can cause you to stop and ponder your life?

As Rotarians, one of the points in our 4-way test is "Does it build goodwill and better friendships?" Yet, isn't it easy to get stringent and caught up in our rules of what is right and enforcing that on those around us, verbally and/or silently? This is true as Rotarians but what about with our families, also?

While imposing our idea of "right" or "the way it should be done/has always been done" we can shut down and close off relationships that could grow us and deep, new relationships and thwart many valuable projects. Often, I find it is not a matter of right or wrong; rather, simply, I find it's a matter of what I think is the way something should be done.

Right now those words are buzzing in my head -- "Relationships over Rules" and I'm taking a deeper look at other's ideas, perceptions and ways that are different than mine. As I purposely listen deeper and longer I believe it will make room for more unlikely friendships to build, which can open the door to greater impact as we serve the world together as I give other's ideas a chance to meld with mine, even to the point of discarding my idea. Living in community is tricky but isn't it what truly helps us serve the world in more effective and powerful ways?

My newest focus is listening deeper, considering different views, & offering more room for coming together in order to serve those who so badly need us. Will you join me? We have a lot of serving, impacting, transforming to do, and we will certainly make a greater "splash" together!

Penny Kelly, PP
RC of EAST CS

Rotary International Recognizes 18 New Rotary Fellowships to Unite People Around the World

Posted on September 18, 2023

By Rotary Service and Engagement Staff



(<https://www.rotary.org/en/our-programs/more-fellowships>)

Rotary International is excited to announce the chartering of 18 new Fellowships (<https://rotaryserviceblog.org/2023/06/01/4-reasons-why-you-should-join-a-rotary-fellowship/>). These are international, independently organized groups of people that offer Rotary members and friends the opportunity to unite globally around a common hobby, profession, or shared identity. They contribute to Rotary's mission of creating a more united global community. Whether you're interested in music, art, history, or technology, there's a Rotary fellowship for you. Our new fellowships include:

International Rotary Fellowship of Composting (<https://www.facebook.com/International-Fellowship-of-Composting-105386728954891/>). This fellowship unites those who would like to share knowledge, learning, and advice on the use of organic waste through composting for soil restoration.

Rotary Fellowship of Kannada Literature (<https://www.facebook.com/groups/563131195419768/>). It aims to enhance Kannada Literature, mentor young literary talent, and connect like-minded individuals in different parts of the world.

Rotary Fellowship of Fine Arts (<https://www.facebook.com/people/Agrupacion-Rotaria-de-Bellas-Artes/100084975374806/>). This is a fellowship for those interested in the fine arts. It aims to use all types of art as a tool for social transformation, service, international friendship, and enjoyable activities for members. (Continued on next page)

(Continued- Rotary International Recognizes 18 New Rotary Fellowships)

Rotary Fellowship of Coffee Lovers (<https://www.facebook.com/groups/1436637223471130>). This Fellowship unites people who share a passion for coffee and want to make friends outside their own club, district, and country. Members are encouraged to share coffee recipes from around the world, form chapters, and participate in exchange programs, all while enjoying coffee and supporting each other's Rotary projects.

Rotary Fellowship of Rugby Fans (<https://www.facebook.com/profile.php?id=100084938731829>). This is a group of Rotary members and friends dedicated to promoting rugby as a vehicle for fellowship.

Rotary Fellowship of Public Speakers (https://www.facebook.com/Rotary-Fellowship-of-Public-Speakers-Proposed-107512872051213/?_rdc=2&_rdr). It assists Rotarians, Rotaractors, and others to build up their public speaking and leadership skills.

Rotary Fellowship of International Voices and Performing Arts (<https://www.facebook.com/profile.php?id=100087980043445>). This group encourages its members to explore their emotions, expand their imagination, and develop their own, unique voice. Music, dance, and drama are practiced and performed in front of audiences to strengthen confidence and find joy in self-expression.

Rotary Fellowship of Astrology (<https://www.facebook.com/rotaryfellowshipastrology/>). This fellowship builds a community to exchange ideas and spread understanding and awareness about astrology, the study of celestial bodies.

Rotary Fellowship for Francophonie (<https://rotaryfrancophonie.org/>). It encourages, fosters, and develops relationships between Rotary members and friends by promoting Francophonie's culture and values.

Rotary Fellowship of Startup Investors- RING (<https://ringfellowship.org/>). This fellowship connects early-stage investors in startup companies. Fellowship members are encouraged to share their personal and professional experiences of investing in startups through different stages.

Rotary Fellowship of Tea Lovers (<https://www.facebook.com/groups/534352681846566>). It engages, creates community, and organizes regular activities of interest between Rotary members and friends from around the world who like tea drinking, culture, philosophy, lifestyle, and tea-related matters.

Rotary Fellowship of Metaverse (<https://rotaryfellowshipofmetaverse.com/>). This fellowship is for individuals who are interested in exploring the existing Metaverse features to create positive change in their local and global communities.

Rotary Fellowship of Gift and Estate Planning Professionals (<https://www.facebook.com/groups/1406423803513746>). It brings together knowledgeable professionals from around the world to discuss, compare, and promote charitable gift and estate planning structures. This fellowship also supports continuing education on philanthropic topics to encourage charitable contributions on a global level.

Rotary Fellowship of Vegans (<https://www.facebook.com/groups/790084858048190>). This group connects Rotarians, Rotaractors, and friends around the world who are either leading a vegan lifestyle or are curious about it.

Rotary Fellowship of Horse Racing (<https://www.facebook.com/RotaryFellowshipOfHorseRacing>). This fellowship keeps the horse racing tradition alive and promotes it among the younger generation, welcoming members from all over the world who love horse racing.

Rotary Fellowship of Past Presidents, Officers, and Friends (<https://www.facebook.com/spprc>). It provides Rotary members who have served as officers in their Rotary and Rotaract clubs with opportunities to remain engaged with Rotary at all levels, and to actively support important Rotary activities such as service projects and membership growth.

Rotary Fellowship of Real Estate (<https://rotaryfellowshiprealestate.com/>). This group shares information about the real estate market, creates synergies, analyzes market trends, and fosters fellowship among Rotary members and friends with an interest in real estate.

Cybersecurity Rotary Fellowship (<https://www.cybersecurity-rotary-fellowship.org/>). It connects individuals who share a deep interest in cybersecurity and creates a platform for meaningful engagement. Rotary Fellowships provide a unique opportunity to connect with people from around the world who share your interests. Through them, you can learn from each other, exchange ideas, and collaborate on projects that make a difference. We invite you to [visit the Fellowships page \(https://www.rotary.org/en/our-programs/more-fellowships\)](https://www.rotary.org/en/our-programs/more-fellowships) to learn more about them and become a member.

WATER FOR RUNASHITU, ECUADOR

BY TUCKER WILTSE

ENGINEERS WITHOUT BORDERS

COLORADO MESA UNIVERSITY CHAPTER, GRAND JUNCTION, CO

The Runashitu community in Ecuador has no access to safe drinking water. The indigenous community runs water through a pipe system plagued by frequent clogs and leaks. Worse, the stream water is contaminated with fecal coliform bacteria and has no filtration or treatment facilities to remove these. This causes extensive and intensifying problems for the 240 people who live there. The residents face severe water distribution challenges and the situation for the indigenous people is dire and grows worse as the residents continue to drink it.



Engineers Without Borders-USA is an international non-profit engineering organization that provides solution-based humanitarian support to communities in need. At the Colorado Mesa University chapter, we've made our mark on various communities already. Our previous projects include assisting the Diné people in Canyon de Chelly in Arizona, conducting water assessments in Wyoming, and collaborating with Friends of Mustangs to provide spring water to wild mustangs in the Book Cliffs of Western Colorado. These efforts not only cultivated our engineering skills but also enriched our experience and confidence in serving communities and fostering partnerships.

The Engineers Without Borders-USA chapter at Colorado Mesa University is honored and excited to announce that we've begun a long-term partnership with the wonderful community of Runashitu. Over the next five years, we plan to dedicate my and resources to the under-served people there. Our plan is to not only improve their water quality and distribution systems, but to work closely with local organizations and community members to ensure the villagers understand the system and can maintain it without needing outside help. To this end, we've partnered with the Ecuadorian humanitarian organization Fundación Hombro a Hombro to develop a safe water system that works long-term for the people of Runashitu.

(Continued on next page)



Continued - Water for Runashitu, Ecuador

This initial trip will serve as a stepping stone for future endeavors in the region, as we begin this long-term relationship. On this trip, we will focus on the initial bolstering of the pipes, filtration, and capacity of the water system, and solving some initial problems to reduce the immediate danger to the people as much as possible. We will also focus on engaging with the community and including the local people in understanding and developing the designs to ensure the solutions we reach are well-understood by the people who use them. Over the next few years, Colorado Mesa University's EWB-USA chapter will continue to make improvements to Runashitu stream water, especially by developing a filtration and treatment process.

Runashitu presents unique challenges because of the frequent storms in the area and high concentrations of fecal coliform. Our team is meeting these challenges by designing unique methods to thoroughly and consistently filter water for a small and vigorous indigenous community. We're committed to making the water of Runashitu safe, clean, and readily available to the entire population.

At its core, Engineers Without Borders - USA is driven by the belief that engineering can be a powerful tool for positive change. We focus our unique expertise on developing workable, sustainable, and long-term solutions to community problems, rather than providing material or labor alone.

However, we can't do it by ourselves; raising the necessary funds is a critical first step in our mission. CMU's EWB-USA chapter will be earnestly working towards our goal by organizing a number of fundraising events. We invite every member of the Rotary Club to support us in our mission. Your support and involvement may make or break the success of this project. Whether through fundraising efforts, volunteering, or spreading the word about our cause, your contributions are invaluable in cleaning the water of Runashitu, Ecuador.

For additional information, please contact Tucker Wiltse <tuwi3293@colorado.edu> or Olivia N Egbert <Olive.Egbert@colorado.edu>



Reservoir



Team members taking stream measurements at potential source



Team members posing with a Runashitu family



A portion of our team posing for a team photo outside of Colorado

**FOOD PLANT SOLUTIONS - ROTARY ACTION GROUP
SUBMITTED BY KARALYN HINGSTON (AUSTRALIA)**

Food Plant Solutions was designed to reduce and eventually eliminate the effects of malnutrition in the world. Statistics from the UN tell us that 5 children under the age of 5 die from malnutrition every minute.

Education in nutrition is the key source in battling this affliction and Food Plant Solutions Rotary Action Group has the knowledge and ability to provide information on nutritious plants in any part of the world.

Food Plant Solutions has access to a database of over 33,000 edible plants collated and owned by agricultural scientist Bruce French, AO. The data is extracted by a team of specialists to create educational resources that contain 40 highly nutritious plants known to grow in the country or region. Each plant has a pictorial description, distribution, use, cultivation and production methods and food value. A smaller booklet with basic information can also be created.

Food Plant Solutions Rotary Action Group identifies food plants that are potentially important for a country or region, based on their suitability to the environment, high in nutrients and require minimal inputs.

The lack of one or more of 6 critical nutrients gives rise to 95% of malnutrition. They are Energy, Protein, Vitamin A, Iron, Iodine and Zinc.

Food Plant Solutions does not send people in-country but works in partnership with an existing provider in the area. This partner would already be well-established and would understand the people, their culture, and needs. This confidence is necessary if one is to affect their traditional lifestyle.

A partner only needs to give Food Plant Solutions information on where the project is, and they can create the publications.

We encourage our partners to empower women and children by commencing school garden and community gardens, and the success of these will have an on-flowing effect in food security in the village scene.

Our aim is to:

- *End hunger and malnutrition, and ensure food security for all.
- *Achieve the above by identifying highly nutritious local food plants and promoting their production using agroecological methods.
- * Enables climate change-resilient food production.

For more information, go to www.foodplantsolutions.org



READ AT HOME AND CHINLE PLANTING HOPE: FAMILY LITERACY AND COMMUNITY BUILDING ON THE NAVAJO NATION AND BEYOND TO ALASKA

GLENWOOD SPRINGS, COLORADO NOON ROTARY CHAPTER – UPDATE



Imagine this. The nearest public library is over 100 miles away. Internet services are unreliable and not available to many families -- No bookstores. Nearly half of Navajo families do not have running water and many still do not have electricity.

And then imagine your grandmother living alone, taking care of herself, her home, and her sheep, but because of the pandemic it is still difficult to get gas for her truck, so she can haul water for herself and her livestock.

This is the situation not in some faraway foreign country but right here in the United States.

A number of Rotary Chapters in Colorado are working together to support grass-root efforts to bring books and children's high-quality magazines to kids on a regular basis through subscriptions and a Bookmobile. Rotary out of Durango is teaching local Navajo how to install solar light panels, so children and families can read together in the evening, do homework, or the parents can continue with creating silver jewelry and weaving rugs. Both are important sources of income.



Rotarians have worked side by side with community members to transform shipping containers into a thrift store, catalog over 10,000 books for a lending library, create a bicycle shop where riders can request a bike and helmet, and learn the basics of bike repair and maintenance. Volunteers regularly bring baskets of food to elders who live remotely.

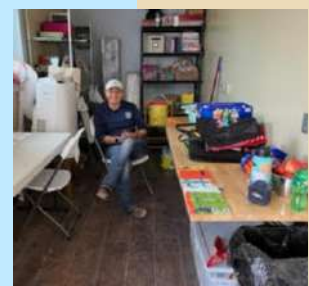


A new addition is a LITTLE FREE LIBRARY located next to the Thrift Store for easy access and easy re-stocking. Interesting to note that in 2009 Rotarian Todd Boll was renovating his home when he suddenly had a fun idea. His mother had been a teacher. He loved to read. He hammered together left-over pieces of wood and made a little schoolhouse, filled it with books, put it on a post in front of his yard, and added a sign: FREE BOOKS. That was the beginning of the Little Free Library program. Today these little free libraries are found around the globe – inside jails, refugee camps, north of the Arctic Circle in Finland, and soon – the Navajo Nation.

Keep in mind how important this work is. Exposure to good books is basic to success in school and success in life. Learn more at www.littlefreelibrary.org

ONE CHILD + CAN READ + BOOKS = HAS A FUTURE

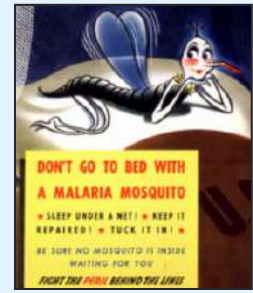
For more information or to make a donation, contact Nancy Bo Flood wflood@hotmail.com or Debbie Wilde at debbiewilde@debbiewilde.com



A volunteer prepares for a day opening the Chinle Planting Hope bookmobile. In just a couple of days, over 200 children signed up for bookmobile library cards.



(Second photo) Native illustrator Johnathon Nelson and his mother stand in front of the bookmobile with Jonathan's artwork.



HAPPY MOSQUITO DAY!

20 August is Mosquito Day

As a Rotary Action Group on Malaria, we work to build critical infrastructure, to provide technology. and to foster partnerships that enhance efforts to reduce malaria globally. When we create partnerships, we open paths for other Rotary Action Groups to improve community health, water, sanitation, education and nutrition. The work of teams of Rotarians in the Asia-Pacific regions has proved that scaling these programs can get Malaria to zero quickly, which is the goal in some countries. RAM-Global takes these strategies to Africa and elsewhere to help malaria-besieged communities help themselves.

Here are some of the things you can do right now:

1) Appoint your District Malaria Coordinator, who will organize and educate clubs in your district about malaria, and raise money to support the District and Global Malaria Grants that are open now and the others that are coming soon.

2) Commit at least \$1000 to Global Grants on Malaria. One current project, with the Port Harcourt Airport Rotary Club in Nigeria, needs \$20,000 more in DDF., so the local university grant can buy 180 microscopes to help test and cover the needs of the 5 million people in the River State. In this collaborative partnership, we buy microscopes and training manuals, and our partners at Merck Global Health pay to train (including housing and travel) current professional lab techs to become Certified Microscopists. There are several other grants open and more to come.

3) Partner on a project or grant Over the next few months, one GG project is to scale up Community Health Worker training in West Kenya. Your district can partner with one of 20 Kenyan Clubs for the Community Health Worker Training Global Grant. The design of this grant draws on knowledge gained from other Global Grants in Zambia and Asia Pacific.

Requirements for becoming a Partner with a Western Kenya club:

- Your club or district must select 2 Rotarians as point people and provide their contact information and photos to the partners.
- Your club and/or district must commit to raising at least \$10,000 for the Global Grant.
- Your club and/or district can commit to promoting the Grants for Malaria across your district to at least 5 other clubs using the presentations that RAM-Global provides.

For more information contact: info@ram-global.org.

By joining this effort you can help make people around the globe lead healthier and more productive lives.

Thank you for helping us all make an impact!

Drake Zimmerman
President, RAM-Global

Its time to talk about the mosquito in the room!



RFHD Launch in Tanzania

Submitted By: Teresa Anson
Club Grand Junction #1167

NEWSLETTER

Dear Teresa

Welcome to the latest edition of the Rotary Family Health Days newsletter. This month, we're thrilled to showcase the power of our collective action, spotlighting the launch of RFHDs in Tanzania.

Come along as we journey through the latest news and updates from our community.



A Conversation With RID Patrick Chisanga

Join us as we delve into an inspiring conversation with Patrick Chisanga, a dedicated Rotarian with 38 years of service, in a recent interview. Discover how Patrick's vision, dedication, and strategic partnerships are driving Rotary's growth and creating lasting change across the African continent. Click below to read the full story.

[Read the blog](#)



Healthcare for All: RFHD Sets New Milestones in Tanzania

The first Rotary Family Health Days in Tanzania launched in the Ukonga, Dar Es Salaam on July 29, 2023, in partnership with the Bill & Melinda Gates Foundation. Approximately 4,000 beneficiaries were reached out through this one-day program.

This Tanzania RFHD pilot, under the guidance of Tanzania RFHD Country Coordinator Harish Bhatt and District Governor-Elect Agnes Batengas, will consist of 3 programs, with 2 in Dar es Salaam and 1 in Kilimanjaro.

"It was a brilliant launch as we had so many people who wanted to get tested at the program. We had help from around 400 volunteers. I was so touched by the turnout as people had been patiently queuing up two hours before the program started. It got a bit overwhelming as people kept coming in even after the day ended. But it just makes one realize the importance of RFHDs in our communities and the need to have it more often," shared Diamond Carvalho, RFHD Country Program facilitator, Tanzania.
(Continued on next page)

Continued-RFHD Launch in Tanzania



See You at the Lusaka Rotary Institute

We look forward to seeing you at the Lusaka Rotary Institute for Zone 22 in September. RFHA Inc Chair Dean Rohrs, CEO Sue Paget and Chair of RFHA Africa Operations Committee Eric Kimani, along with our Country Coordinators will be attending the event. Let's connect and discuss the impact and reach of our program across the African regions.

Happening Now

We will be bringing Rotary Family Health Days to many new communities in the upcoming months. The most recent one took place last Saturday, in the beautiful area of Moshi, Kilimanjaro. We will be sharing more updates from the program in the coming days. Meanwhile, we are sharing a picture of the beautiful Mt Kilimanjaro from the health day site. Did you spot it?

Get Involved



RFHA was approved as a Rotary Action Group by the Rotary International Board of Directors in 2004 and is not an agency of or controlled by Rotary International .

Bringing Ukrainian RYE Student to Colorado Took Collaboration

Rotary District 5470 has been a committed supporter of the Rotary Youth Exchange program since 1992. This summer, that commitment was demonstrated in a unique fundraising campaign for a Ukrainian student who wanted to study abroad. Rotary provides high school students with a lifetime opportunity of living and studying in a foreign country for 10-12 months. The purpose of the Rotary Youth Exchange program is to promote peace in the world and is sanctioned by the US Department of State because "Secondary School Student Program exchanges help to improve America's image abroad. The great majority of exchange students who come to the United States to attend high school enjoy a positive life changing experience, grow in independence and maturity, improve their English language skills, and build relationships with American citizens. These students will share with their fellow citizens their impressions of America when they return home." The expanded awareness and personal experience of students who study abroad bring about more open-minded impressions of Americans as well as their own country and culture.

This year 5 Ukrainian students (all boys) received approval to study in the US and Canada.

Rotary International's North American Youth Exchange Network (NAYEN) leaders reached out to various districts to ask if they would consider hosting Ukrainian exchange students this year. Several students had applied for Rotary Youth Exchange via the Ukrainian e-club that is still active. The request from NAYEN was that the hosting districts would need to fully fund the exchanges since the Ukrainians have such limited resources. District 5470 RYE leaders didn't know anything about the students, not even how many were seeking placements in Colorado, but immediately said yes to the request.

District 5470 was assigned a young man, Alex, who would arrive in August. Alex and his family had very little ability to raise the funds required for a RYE student. Students normally pay travel costs, necessary insurance coverage, and program fees on their own. It was assumed that Alex would also need financial support for purchasing clothing or participating in fun activities that most natural parents would normally pay for while their student is abroad. Alex's application to the program shows that he is a diligent student who wants to improve his English skills, his world view and to ski. The RYE leadership team reached out to the district leaders to see if the district would kick in funds to meet the goal of \$8,000 for all of Alex's needs. Two Past District Governors offered a different funding solution. PDG David Wd and PDG Becky Smith agreed that they would chair an effort to ask clubs in the district to collaboratively support Alex. A letter was sent to each club president asking for a \$500 donation. RYE Past Chair, Kristi Redlinger, received donations and tracked the progress of the funding effort. It comes as no surprise that several individuals offered to privately donate funds to support Alex.

Currently, the donations have exceeded the goal by 50%. More clubs have committed to sending funds. The RYE leadership team will consider using extra funds to bring another student from Ukraine next year.

Alex's passport and visa were approved. His flight tickets were purchased, and he began the long trip from his home in Zaporizhzhia after having spent many weeks as evacuees in Kiev where the fighting was less than 30km from his home. Alex arrived in Glenwood Springs, Colorado in the early morning hours of August 11th. His flight arrived at midnight, so his host father made a solo trip to the airport and then drove him the 1.5 hours to his new community. After a night's rest, his host family took him on a beautiful hike in the mountains that he can see from his new bedroom. In his first 2 weeks, Alex has been hiking, fishing, kayaking, and started high school. Passion, persistence, and collaboration are often a part of Rotary service. In this unusual case, the three characteristics of our members resulted in opening the doors of opportunity for a boy from Ukraine.

NAVAJO WATER PROJECT: DILKON, AZ

BY PDG PETER JESCHOFNIG, GLENWOOD SPRINGS SUNSET RC



View of the general area, Dilkon, AZ



Navajo compound

On the Navajo Nation, 30% of families live without running water. They drive for miles to haul barrels of water to meet their basic needs. They carefully ration water for drinking, cooking, cleaning and bathing. But despite their struggle for water, these families still go to work, take their children to school and lead their communities.

For GG2014122, clubs from across the Western U.S. and from Canada, and Mexico have generously committed to support the installation of 55 home-based hot and cold running water systems at homes on the Navajo Nation in the Dilkon Chapter.

The installations included a 1,200-gallon tank installed underground at the home, solar cells to provide power for the pump to bring water inside, a hot water system, and in-home plumbing as necessary. Water trucks circulate every three to four weeks to fill the underground tank.

As a Rotary CADRE member, I was asked by TRF to visit the Navajo Reservation at Dilkon, AZ to participate in a complete water and solar installation at a family's home there and report back on the effectiveness of the project. This was the last installation of the Global Grant. I was so impressed with the project that I felt that it was worth including a few photos in our newsletter.

This was an excellent Global Grant project. It was handled well by the involved Rotarians, and Rotary can be proud of another project that substantially improved life on the Navajo Reservation at Dilkon, AZ.
(Continued on next page)



Proud homeowner

(Continued- Navajo Water Project)



Buried 1,200 gallon water tank



Home of 55th installaon —August 30, 2023



Solar panel



Grey water system



Cabinet w/ sink, pump, filter, baery, etc.



8 Rotarians from Arizona, Texas, and Mexico participated in the 55th and last installation of this global grant.

HEARTMATH TECHNIQUES FOR SUICIDE PREVENTION AMONG INDIAN TRIBAL POPULATION

Jeanette Monosoff, PhD, Rotary Club of Ajijic, Jalisco, Mx D-4140

Research has shown a disproportionate occurrence of suicide among indigenous populations world-wide, and the same is true for India. The scheduled tribes (ST) population in India is a marginalized community living in relative social isolation with poorer health indices, fewer healthcare facilities and almost no capacity for providing mental health care compared to similar nontribal populations. The traditional livelihood system of the STs are in conflict with the forces of modernization, resulting not only in the loss of customary rights over the livelihood resources but also in subordination and further, developing low self-esteem, causing great psychological stress.

India reports the highest number of suicide deaths in the world with Indian girls and women twice the global rate. In India, suicide accounts for most deaths in the 15–39 years age group compared with other causes of death.

The Rotary Club of Ajijic, Jalisco, Mexico has started a project to address this great problem of suicide among the tribals of Palghar district by providing a proven solution for emotional and mental health problems. The project will focus mostly on youth and women's groups, as suicide is more prevalent in that population. This project will teach students, women's groups, farmers' groups, and government hospital staff tools for self-regulation of emotional states.

The NGO in Palghar District, OMGMT, has conducted an online Zoom class of 16 hours teaching these skills to its staff, with over half being tribal members. The program was based on HeartMath Institute's class, "Resilience Advantage". HeartMath Institute has been conducting scientific research for over 25 years on the power of the heart in self-regulating one's emotional state (www.heartmath.org). All participants took the techniques into their home life and work life with remarkable results.

A study was done in Gujarat by an Indian psychologist proving that the Heartmath Institute's techniques did reduce the depression of young adults. The study showed significant changes in psychophysiological coherence, negative feeling states and positive feeling state after five sessions of HeartMath techniques. An OMGMT staff member will take the online course from HeartMath Institute in Coherence Advantage. Once certified as a HeartMath Trainer, they will offer classes to the local elementary and secondary schools, hospitals, women's groups, and farmer groups in various lengths, 2- 12 hours per group.

OMGMT currently teaches physical yoga to 2,500 students each week at 13 schools. The Heartmath trainer will offer the course to the same students, as well as target OMGMT's 25+ women's self-help groups (15 people each), and farmers groups (30 per group), and offer courses in local government hospitals. There are many more schools, self-help groups, and hospitals to bring this information to in the tribal belt of Palghar district. To create sustainability, it will be mandatory that teachers, nurses, and managers at each school and hospital receive the training and dispense appropriately after training is complete.

Contributions to the project are appreciated.

For additional information, contact Jeanette Monosoff jeaneemonosoff@gmail.com



In modernizing India, suicide is on the rise among girls and women



PROTECTING OUR CHILDREN

ROTARY CLUB OF MONTROSE
SUBMITTED BY CATHY HOFFMAN

The recent poignant film, "The Sound of Freedom," playing to sold out audiences across the country, highlights the prevalence of quiet, criminal activity plaguing communities everywhere. We here in Southwestern Colorado have been informed of occurrences of tender aged children and young women disappearing from our own streets. In this pivotal moment in our community and our country's history, when human trafficking, sexual grooming and drugs are at epidemic proportions, the Rotary Club of Montrose is aggressively taking action.

The Rotary Club of Montrose is leading the charge to help address these issues on an ongoing basis in our western slope communities. A project for which we are most proud, and in which we have invited other Southwestern Colorado Rotary clubs to participate, is our "Protecting our Children" seminar.

Sexual grooming, human trafficking, and internet solicitation of young women and children is rampant in our country. The most effective way to fight this insidious problem is to remove the mystery and increase awareness of the methods used to groom victims. The "Protecting Our Children" seminar presented in the Montrose Pavillion Auditorium on August 10, 2023 was offered to providers of child and family services, law enforcement and judicial officials, parents, concerned citizens, teachers, churches, childcare services, doctors and the general public in Montrose County and the adjacent counties of Delta, Ouray, and San Miguel.

The featured nationally renowned speaker and author of the book, "Duck Duck Groom." Anna Sonoda, LCSW, educated participants in the methods used by perpetrators to groom children and youth, readying them for human trafficking and sexual exploitation. Anna discussed the psychology used by these criminals to gain the confidence of unsuspecting victims, and how perpetrators use every means available to lure their targets using apparent kindness, gifts and lies. These criminals may be a supposed friendly neighbor, relative or even social media contact. Anna also addressed how we, as communities, can become "Force Field Communities" to provide a safety net for even more comprehensive protection of our vulnerable youth. If communities are educated about how grooming of young women and children occurs and how to prevent it, we may all have a hand in putting a halt to this organized crime.

The outcome of this comprehensive program has been far-reaching. The "Protecting Our Children" workshop was attended by hundreds from all walks of life, was live streamed, simultaneously translated into Spanish and recorded to fully accommodate all of our community members. Recorded video of this powerful seminar is a lasting useful tool, available to parents, educators, law enforcement, social workers, public programs, and the general public. The following is a link to this life-changing video presentation of, "Protecting Our Children."
<https://fb.watch/nlmglgvVWC/?mibextid=HSR2mg>

(Continued on next page)



Anna Sonoda, LCSW, recently made the following outcome statement about the project. "When I traveled to Montrose, Colorado to present my book, "Duck Duck Groom," I was immediately struck by the warmth and generosity of Lynn Schneider, the Rotary Club of Montrose, and the entire Montrose community. Throughout the day-long event, I met countless individuals from this incredible community, from sexual assault counselors to the district attorney, church leaders, teachers, and family members from a 6 county area. Montrose Rotary secured the funding, facility, and a following in order to spread this information for anyone willing to listen.

I was in the hallway of the pavilion and met a woman who drove hours to attend after reading a local article about the upcoming event. The remarkable welcome she received from Lynn and the other Rotary club members was palpable. She and all attendees were offered snacks, drinks, printed materials to take home, and a comfortable seat in the Montrose Pavilion. The woman later told me she doesn't have any internet at her home and was grateful she could stay.

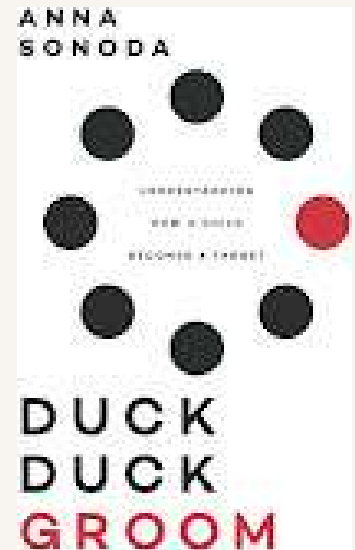
With the tremendous gifts of the Rotary members and greater support from neighboring Rotary clubs and business partners, people from all walks of life were invited, welcomed, and educated in order to protect children from child sexual abuse.... This event was a remarkable success because the Rotary Club committed their all to the education of any adults serving the needs of families and children. I was incredibly fortunate to have this opportunity to present my research on grooming and discovered that, in every corner of the world, the quality of any community is the size of their collective heart.... Rotary Club of Montrose exemplified their mission to provide service to others, no questions asked".

The Rotary clubs of Montrose and Delta were thrilled to present this seminar and are grateful for the additional financial support provided by other sponsoring businesses. This project would not have been possible without the hard work and tenacity of Lynn Schneider, past President and project lead. The farsighted planning and facilitation of all technical support for the project is attributable to fellow Rotarian and business woman, Tonya Maddox. The support provided by the Rotary Club of Montrose's President, Dave Frank, and so many other club members was also appreciated.

Respectfully submitted by:
Cathy Hoffman, Member
Rotary Club of Montrose



Anna Sonoda



USEFUL ROTARY RESOURCES ON GLOBAL GRANTS

Compiled by PDG Chehab Elawar, Rotary Club of Las Vegas WON
"Kindness is not an act, but a lifestyle."

How To Find Partners And Funds

<https://www.matchinggrants.org/>

Regional grant coordinators

<http://msgfocus.rotary.org/c/12kRRsDf7Me8F1nzWrvyKUCNvimO>

Cadre – Technical Advisers

<https://my.rotary.org/en/take-action/apply-grants/cadre-technical-advisers>

Give to the foundation Donate | Rotary International

<https://www.rotary.org/en/donate>

Charitable Remaining Trust

<https://rotary.planmygift.org/charitable-remainder-trusts>

Disaster fund application

<http://msgfocus.rotary.org/c/1pteO9SscGf8IbuIMYMvR3I7Wh>

Google sheet for global grant partners

https://docs.google.com/spreadsheets/d/1UP2yBWmNAHglSrzdO_dypaq5YVgJhACsjJ2Rewo49E/edit#gid=0

To join WhatsApp Global Grant Partners (only if you are serious about global grants)

<https://chat.whatsapp.com/Cwqvm79MleB59aI7WEHoQU>

Raise funds with Rotary

<https://raise.rotary.org/>

Rotary Showcase

https://map.rotary.org/en/project/pages/project_showcase.aspx

Rotary Public Relations

<https://my.rotary.org/en/learning-reference/learn-topic/public-relations>

Action Groups projects WhatsApp

<https://chat.whatsapp.com/J9MeDruh0IkBoaBo7Vo7p>

ROTARY FRIENDSHIP EXCHANGE

NEW FRIENDS AWAIT IN EVERY CORNER OF THE WORLD.

BENEFITS OF AN EXCHANGE:



rotary.org/en/our-programs/friendship-exchange

BENEFITS OF AN EXCHANGE

- Broaden international understanding
- Explore a profession or job in a different context
- Build enduring friendships
- Establish a foundation for peace and service
- Gain opportunities for active project involvement and support
- Learn about a region's people, food, languages, customs, and history
- Find partners for grants

From: <https://www.rotary.org/en/our-programs/friendship-exchange>



Friends + Exchange

Friendship Exchange is an international exchange program for Rotarians to exchange being hosts with each other. You can participate as a family, individual, or group whether you're a Rotary member or not.

Types of exchanges:

Vocational: Participate in help with fixing, repairing, building, medical, and various aspects of helping out.

Culture: Meet with the locals and leaders.

Fellowship: Enjoy music, food, dance, culture, etc

For more info:

<https://www.rotary.org/en/our-programs/friendship-exchange>



What the Rotary District 5470 International Service Committee does:

- Encourages us to expand our definition of community
- Educates and nurtures Rotarians and clubs working in the Seven Areas of Focus
- Connects clubs
- Builds relationships
- Educates, assists and may help finance clubs' international project development and fulfillment efforts

It also inspires Rotarians, like you, who chose to visit international projects and see first-hand how to Imagine Rotary.

In this newsletter, we'll continue to show more of our many global grants as well as upcoming projects.

Who do I email for an international project article submission for the International Service Newsletter? What do I need to include?

Share your club's international projects and interests with District International Service Chairman, Rebekah Kiser.

We want to know what YOUR club is doing.

1. Club Name and website
2. Name of who wrote the article
3. Name of your project
4. Your Article in PDF/Word format (PDF preferred)
5. Photos/images (Person who took photos if possible). Photos within the article are good or attached to the email.
6. Email: beckykiser28@gmail.com