



ROTARY DISTRICT 5470

International Service News



D-5470 INTERNATIONAL SERVICE NEWSLETTER #46



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Full Resolution (Better pic quality)
of this Newsletter [LINK HERE](#)

Rebekah Kiser is inviting you to
D5470 International Coffee Bistro
Zoom meeting. [ZOOM LINK HERE](#)

Every month on the Third Saturday
The next scheduled meetings are at 9AM:

October 19 December 21 January 18 February 15

Meeting ID: 827 6233 9280 Passcode: 938948

Please download and import the following
iCalendar (.ics) files to your calendar system.

Monthly: <https://us02web.zoom.us/j/83484274398>
2qqT8pE9yWhEVaTzybzoB219sdn-pN/ics?
icsToken=98tyKuGrqjMuGNORsxCPRpwwqBoqgLOrwtilej_pEqxfANSFne
BrOLO1gYOMmA9ze

Join Zoom Meeting: <https://us02web.zoom.us/j/83484274398>
Meeting ID: 834 8427 4398



We have begun a District International WhatsApp group
that has been fun. If you are not on it and want to be added,
email your name and mobile phone number to:
beckykiser28@gmail.com with subject: WhatsApp Group

Dear Rotarians and Guests,

Happy October! This issue, we bring you inspiring stories from around the globe, including From Dubai with Rotarian Love, children's sports in Ukraine, Lalamba in Ethiopia and Kenya, water projects, Panama midwives, malaria efforts, the Lake Chapala refrigeration fundraiser, and more. You'll also find Chinle Navajo project updates, insights on Lake Victoria, a beautiful heartfelt poem, and much more.

And of course, don't miss the "Penny for Your Thoughts" section and the International District Puzzle!

Also, have you registered for the 2025 Rotary International Conference in Calgary? It's a fantastic opportunity to connect with fellow Rotarians from around the world. If you're attending, see you there!

So, grab a drink and enjoy this edition of fellowship and global service.

Happy reading!

Maryam Eaton

D5470 Int'l Newsletter Editor

FROM DUBAI WITH LOVE

TRI-LAKES DYNAMIC ROTARY CLUB MONUMENT, COLORADO MARYAM EATON



From postcards, selfies, to banners, I've discovered that the magic of Rotary International knows no borders! In the last Int'l newsletter, I shared my excitement about trading our Rotarian Club banners and their importance in building connections. I just returned from Dubai, and what an adventure it was! Not only did I exchange my very first international club banners, but I also felt like I was collecting pieces of art from friends I hadn't met yet, with each vibrant banner sharing a unique story. The warmth, laughter, and camaraderie I encountered were truly priceless—more than I could have ever anticipated!

Before I left for Dubai, I researched clubs using the Rotary Club Finder app, LinkedIn, websites, and Facebook. I reached out with messages about my arrival and looked at available meetings. So I already knew what to look for when I got there. So one day, while at the pool in Dubai, I noticed a meeting happening that evening titled "How to Spot a Fake." I thought, "Interesting topic for Rotary, but hey, why not while in Dubai? Let's have fun!"

My husband, Steve and I got ready, grabbed our club trading banner, and went to the meeting with the Rotary Club of Universe – UAE, which is a fresh, new club just turning two years old, much like my local club, the Tri-Lakes Dynamic Rotary Club here in Monument, Colorado. One highlight of the meeting was the delightful introduction by the newly appointed President, Dominique, who opened the session with a charming, "Welcome, I am the President of the Universe." Her playful remark not only brought smiles to everyone in the room but also sparked a moment of laughter as she realized the broader implications of her words. We were welcomed by all the members and even, Yaseen Mohamed Jaffer Mohsen, president of the Association of Rotary Clubs in the United Arab Emirates

The meeting featured a fascinating presentation by Nicola Ghin, a product authenticator who shared insights into authenticating pre-loved luxury goods. While it might seem like an unusual topic for Rotary, it sparked conversations about consumer goods, job markets, and environmental impacts—all significant issues for any community. ([LINK](#))

A fun fact I learned at this meeting is that Rotary International has a rich history intertwined with the United Nations. Among the international guests was PDG Doug Vincent, a United Nations Representative for Rotary International from Canada. He shared how Rotary played a pivotal role in the establishment of the UN back in 1945. If you're interested, you can dive deeper into this shared history by exploring Rotary's connection with the United Nations. ([LINK](#)) Also, he is one of the 2025 RI Int'l Conference Organizers in Calgary. Register.



After the meeting, we shared delicious Italian pizzas with the club's Rotarians including Jumeirah's IPP Tony Ebraheem. The fun didn't stop there; we continued our discussions over dessert, sharing our love for different cultures with some Italian & French Rotarians who now call Dubai home. These moments of camaraderie truly encapsulated the spirit of Rotary—coming together to celebrate our diverse backgrounds and shared values. Feeling like Cinderella, I realized it was already midnight, and the restaurant needed to close and cleanup and we all went our separate ways. (Continued...)



The following day, we attended another Rotary meeting, this time at the Rotary Club of Jumeirah Dubai. We were warmly welcomed by President Rabie Rafia and Immediate Past President Tony Ebraheem. The “President of the Universe” (yes, I love saying that; you have to admit it’s kinda fun...) and other Rotarians from the previous night’s meeting were there too. The meeting featured an incredibly inspiring guest speaker, Renos Fountoulakis, founder of the CR HOPE Foundation. He shared the remarkable journey of his co-founder, Cosiano Ismaili Mbise, who, just a few years ago, was working as a souvenir seller on the streets of Arusha, struggling to support his wife and six children. Although he dreamed of improving his English to secure better opportunities, financial pressures kept him tied to his work.

Remember the quote, “Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime”? This philosophy came to life for Cosiano when tourist William Fraser funded his English studies for six months, allowing him to improve his language skills and eventually land a job at a hotel in Zanzibar. After years of hard work, he opened his own shop. In 2016, during a trip to Zanzibar, Renos witnessed the struggles local families faced, especially regarding children’s education. Inspired to make a difference, he met Cosiano, who offered a piece of land to build a school. (*This info is from his website found here- [LINK](#)*)



Their collaboration led to the creation of the ‘Seeds of Light’ school in Kizimkazi, Mkunguni, which opened in January 2020 and now serves over 100 local children with free education, giving them a chance at a brighter future. There wasn’t a dry eye in the room. They also offer service trips to this location if you’re interested in sponsoring the children’s education or getting involved—please check out their site!



We were thrilled that the Rotaract group even invited our Turkmen daughter “from another mother/father” (former exchange student from 8 years ago), who joined us as she sought to establish herself in Dubai. Part of her decision to stay in Dubai was influenced by the international aspect of the Rotary Club of Jumeirah’s Rotaract group, which was also present at the meeting. She was instantly welcomed. In fact, in the following days, she attended a service with the Rotaractors, working with special needs children in the area. ([LINK](#))



Reflecting on this incredible journey, I realized my long-time Rotarian dad was right. He always shared stories about the wonderful Rotarians he met around the globe—their humility, hardworking nature, and the way they welcome visitors to their city and club. They’re quick to pick you up from the airport, spend time with you, and invite you into their homes. It wasn’t until this journey that I experienced it firsthand as an adult traveling Rotarian alongside my hubby. Even after the club meetings, fellow Rotarians in Dubai ensured we found the activities we were interested in during our trip. They consistently offered their support and extended invitations to meet again for coffee or other gatherings, making us feel welcomed and connected. The caring and warm hearts of Rotarians from the other side of the world made me appreciate the global family we’re all part of. We did make some forever friends which hopefully we meet again in Calgary at the International Conference. It’s a truly humbling and beautiful experience.



So, next time you’re traveling, don’t just snap selfies—swing by a meeting! You never know who you’ll bump into or the fascinating stories you’ll uncover. It might just turn into your most memorable adventure yet —because it’s never just “another” meeting; it’s a chance to forge new friendships and create unforgettable insights along the way!

Questions? Please, let me know. maryamtrilakesrotary@gmail.com



LIFE GOES ON...

Tri-Lakes Dynamic Rotary Club
Monument, Colorado
Russell Chun



Ukraine children's sports

The air raid sirens sounded at 3 a.m. I grabbed my clothes, phone and keys hurrying to the stairs. Six floors later I sat in the dark, keeping two concrete walls between me and the outside world. The Ternopil, Ukraine, population 216,384, was dark. I expected that, but I was the only one moving within the 10 story building. Where was everyone?

I learned later that this was just part of Russian's psychological warfare. At 1 am and 3 am Russian MIG's would fly up close enough to the border so that the air raid sirens would go off all over Ukraine. The MIGs would settle back in accomplishing the mission of disturbing the sleep and adding stress to the lives of the Ukrainian people. People were ignoring the air raids.

I traveled to Kyiv that week. The day before Russians destroyed the Kyiv Children's hospital. The coffee shops were packed. The owner told me that this was how Ukrainians were dealing with the war. Grounding, he called it. The search for normalcy in an unnormal world.

Sports too works. The Penuel Soccer Club, my destination, had 80 kids before the war. Now they have 300 children and the club is growing. Parents bring their child to the soccer field and sit cheering him or her on. Normalcy.

Tri-Lakes Rotary, Monument, Colorado, supported a Horse Therapy Camp for Ukrainian refugee children and their mothers in 2023. This year, Rotary members are assisting the Penuel Club in installing astroturf on their new soccer field. The plan is to create three small soccer pitches, allowing the younger children to continue playing soccer throughout the winter. Normalcy... Life goes on.

(Photo Credit: Russell Chun)



- Help purchase one square Meter of astroturf for \$30.00 For the Penuel Soccer field in Kryvyi Rih, Ukraine. (3,600 Sq meters needed). Every square meter counts!
- 300 Children, 25 coaches
- How to give. Tax deductible receipting. <https://faithandlearning.org/projects/goodsports-ukraine/>





A Groundbreaking Journey in Kenya

Tri-Lakes Dynamic Rotary Club
Monument, Colorado
Rob Andzik

This past month and a half, I had the privilege of spending time in Kenya and Ethiopia, witnessing the incredible progress we're making at Lalmba (www.lalmba.org). One of the highlights of my trip was the groundbreaking for the new **Matoso Education and Empowerment Center**. This center will provide digital learning, and basic skills for young people who have few opportunities otherwise. It's not just a building—it's a beacon of hope for the future.

During my stay, I also had the chance to lead technology training sessions with our local staff, covering everything from basic computer concepts to Microsoft Office and Google Workspace Apps. These sessions are a small part of our larger effort to empower our local leaders and staff with the skills they need to continue serving their communities effectively.

I also spent time meeting with Lalmba's microloan recipients who are using small loans to start and expand small businesses, like local shops, and support their families. Their resilience and determination are a constant reminder of why we do what we do. It's these personal stories that make Lalmba's work so rewarding.

My trip also included two productive meetings with the **Parklands Rotary Club** in Nairobi, who are working with other Rotary clubs to provide libraries and schools in rural Kenya with Endless OS computers preloaded with Kenyan curriculum resources. They are excited to collaborate on our shared mission, and I hope other Rotary members will take a moment to learn more about how they can get involved in Lalmba's work.

As a new member of the Tri-Lakes Dynamic Rotary Club in Monument, Colorado, I've witnessed the local Rotarians' dedication to their projects and their willingness to embrace my enthusiasm for this initiative. Their efforts reflect the energy I've seen in communities served by Lalmba and other initiatives in education, health, and economic development. I look forward to the friendships and service opportunities that Rotary offers.

FOR MORE INFO: [HTTPS://WWW.LALMBA.ORG/](https://www.lalmba.org/) OR ROB.ANDZIK@LALLMBA.ORG



SAN SEBASTIAN HONDURAS WATER CHLORINATION PROJECT

Vail Edwards Rotary Club
Vail and Edwards Colorado
Reggie O'Brien



INTRODUCTION:

Thanks to the unwavering support from the Rotary Clubs of Vail, Eagle, Edwards, Telluride, West Sacramento, Denver, Rochester, MN, and Victor Farmington, NY, along with their corresponding Districts, Rotary International, and our NGO partner Cova, the Global Grant has achieved significant milestones in improving water quality for rural communities in the Celaque region of Honduras.

Our partnership has driven growth and expansion, enabling us to deliver life-changing water solutions to 18,000 people across the municipalities of San Sebastián, San Marcos de Caiquín, San Manuel Colohete, San Marcos, Belén Gualcho, and La Campa. This collective effort represents a vital step toward sustainable water security in these five municipalities.



EMPOWERING SELF-SUFFICIENCY:

At the heart of the mission is the goal to empower communities to manage and maintain their water systems independently. Cova's dedicated Circuit Rider Water Technicians conducted 203 site visits to rural communities, overseeing the installation of water treatment systems, performing water quality testing, and providing technical assistance. These visits also included comprehensive education on chlorination, water system maintenance, and financial management for local water boards.

The impact of these interventions has been profound. Before the Circuit Rider program, all 25 communities in the region struggled with contaminated water sources. Since its introduction, 22 communities now have access to safe drinking water, reflecting a 90% improvement in water quality.



Continued on next page...



EMPOWERING SELF-SUFFICIENCY:

This approach focuses not just on short-term solutions but on building capacity for long-term sustainability. Over the past 12 months, the team has worked closely with local communities to guide their transition toward self-sufficiency. This includes gradually reducing the frequency of technician support as communities gain confidence in independently managing their water systems, with continued collaboration from local health departments and water boards.

To ensure the financial sustainability of the programs, revenue-generation strategies have been implemented, including the sale of chlorine tablets, which support ongoing community needs. Best practices are being shared with other regions to replicate the success of the Circuit Rider model, further expanding its reach.

This innovative model addresses a critical gap in post-construction support, fostering community-owned and operated solutions that significantly improve drinking water quality. Beyond water quality, the program has demonstrated positive outcomes in health, economic growth, and environmental conservation. These impacts are measured and communicated regularly to ensure transparency and continuous improvement.

Thanks to the support from the community and Rotary, the NGO is building a foundation for long-term, community-driven water solutions, transforming the lives of thousands and ensuring a healthier, more prosperous future for the Celaque region.

For more info: www.cova.org

Photo Credit: COVA - NGO

BENEFICIARY QUOTE:

"Since the water has been treated, there is no more diarrhea in the community. We no longer send children with diarrhea to the health center."

- Romelia, Health Promoter Morazan
Romelia, Marcala, La Paz





TELLURIDE ROTARY SUPPORTS PROJECTS FOR UKRAINIAN REFUGEES, PANAMA MIDWIVES, AND MALARIA PREVENTION IN KENYA

Telluride Rotary Club
Telluride, Colorado
Nancy Kerr

Rotary clubs around the globe are guided by the motto “Service Above Self.” Every year the Telluride Rotary club funds international projects which align with that goal. We are pleased to have found three extremely worthy projects to fund this year, and they are on three different continents.

Our major donation both last year and this year is to the Radost Center for Mothers and Childre in Kosice, Slovakia. This major city sits less than 100 km from the Ukrainian border and is on a main route for refugees. The center provides childcare and schooling for refugee children from Ukraine ages 2 to 15. In the 2022 to 2023 school year, over 900 Ukrainians received services, including childcare, afterschool programs, classes and counseling.

The center serves as a gathering place for refugee families. They provide classes in English, Ukrainian and Slovak. Our donations have helped hire additional teachers and counselors, allowing for expanded psychological and community integration support. We contributed 2600 Euros, about 2850 USD, this year.

Telluride Rotary Club also will contribute 500 USD to the “Mountains to the Islands: Expansion of the Manchichi Maternal and Child Health Program.” This program in Panama provided training to Indigenous women to progress from traditional midwives to gaining recognized medical training and equipment to integrate within the Panamanian medical system. It also trains general community health workers.

This year the program will expand to four new communities in mountainous terrain and four new communities along the coastal stretch of the Comarca Ngäbe Buglé Indigenous territory, where transport is by boat. The program provides extensive prenatal care and screening and has increased the number of women delivering with skilled attendants and high-risk patients getting to the hospital when needed.

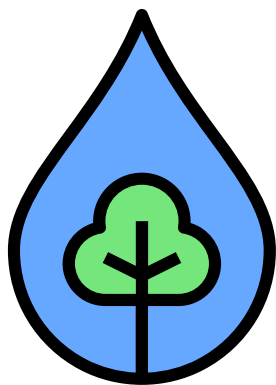
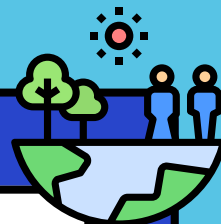
Rotary International is known for its campaign to eradicate polio worldwide. We are remarkably close to reaching that goal, so now a new push has started to prevent malaria, which kills over 200,000 young children per year. Telluride Rotary is supporting a grant called WAKAM, which will link 20 donor Rotary districts, including ours, with 20 Rotary clubs in western Kenya to train and mobilize an army of community health workers to promote intensive malaria prevention efforts and to provide them with supplies such as treated bed nets and residual spraying supplies.

These health workers will work in remote and resource-limited areas of the country. Climate change is expanding the range of the mosquito which carries the malaria organism, so this program is especially timely.



ZAMBIA WATER/BATHROOM Project

Rotary Club of Pine River Valley Centennial (Bayfield-Ignacio-)
Pine River Valley, Colorado
Becky Smith



There are a few things to report. Our Grant Officer at TRF required a hydrological report before they would release any funds. That 58-page report was sent to me a week or so ago and forwarded to them. They have since approved the report and released the first half of the funds. We have now paid World Vision \$200,000 towards our grant amount of \$400,000. The remaining \$200,000 held by TRF will be released after the interim report is submitted.

Once the grant was officially approved several months ago, World Vision began procuring the building products needed and started construction. They fronted our funds committed to get the project going before the rainy season. The host club, Mbala Rotary Club has been out with World Vision visiting the construction sites. Construction was initially expected to be completed by September 2025. However, great progress has been made in these past few months and they are now confident the project will be completed earlier than scheduled.

I am happy to report that World Vision has increased their budget by \$285K and expanded the original project to now include a maternity annex to a health care facility. This increases the total project to \$1.485M from the original \$1.2M



Re: Seeking for international host for our global grant project

(FORWARDED FROM ANOTHER D5470 MEMBER...

Dear Rotarian,

My name is Esen Dolen Oncu and I am from Izmir Cigli Rotary Club, Turkey (District 2440). We have a project called "Making Peace with Myself." Izmir Cigli RC, Turkey is the host club.

We are looking for international hosts for our global grant project. I have attached introductory information about our project to this mail. You may also find it at:

<https://spc.rotary.org/project?guid=0c9391a7-4042-4039-8ca9-de788a34c7c2&lang=en>

and <https://www.matchinggrants.org/global/project3480.html>

I look forward to receiving good news from you.

Best Rotarian Regards,
Esen Dolen Oncu

Cigli Rotary Club (ID 51491)
Club Foundation Chair
GSM: +90 532 211 38 47
esen@esenoncu.com

Izmir Cigli Rotary Kulübü

Global Grant Project Making Peace with Myself

<https://spc.rotary.org/project?guid=0c9391a7-4042-4039-8ca9-de788a34c7c2&lang=en>

Prosthetic Treatment of Facial and Jaw-related Defects with Modern Technology

About 200 patients/year apply to Ege University Department of Prosthodontics for treatment for congenital or acquired jaw and/or face defects. These patients present abnormal appearances or speech or chewing/swallowing disabilities.

Contacts

Primary contact:
Esen Dolen Oncu
+90 532 211 38 47

Club President:
Seyda Deniz Yacobi
+90 532 540 57 11

Looking for Partners and Donations



Fundraiser: Refrigeration Unit for Operation Feed August 12, 2024

In the small Mexican village of San Juan Cosala, less than an hour's drive from the bustling city of Guadalajara, on the shores of Lake Chapala, live Mexican people who desperately need assistance. The village is known for being one of the poorest in the greater Chapala area — many of its residents making money through house cleaning or gardening, only earning around \$20 USD for an entire day of work. There are numerous families in San Juan Cosalá that do not make enough money to take care of their families. They do not have running water or electricity, many make their own homes out of plastic tarps, and others live in houses with dirt floors and no windows. It's not uncommon for children to sleep on the ground with a blanket, or for families to sleep together to keep warm in the winter months. Those without running water might wash and cook with contaminated water from the nearby lake Chapala.

The Operation Feed program donates food packages to about 155 of these unfortunate families, totaling approximately 550 people a week. Every Thursday, 60 volunteers come together to purchase, prepare, pack and distribute food packages or despensas based on the number of people in the household. The despensas include dry items; oats, barley or lentils, rice, beans, canned tuna, pasta, cooking oil, fresh tortillas and milk powder for children. Eggs were added in addition to fresh vegetables and fruit to increase the nutritional content. This has not worked well. The eggs, vegetables and fruits perish quickly in the heat. It is now imperative to have refrigerated coolers to store the produce, eggs and other perishables.



Walk in Refrigeration

Estimate for Refrigeration Unit for Operation Feed

#	Category	Description	Supplier	Cost in MXN	Cost in USD
1	Equipment	Refrigerator Panels	JSM Projects	\$2,960	4,479
2	Equipment	Condenser	Sinergia Refrigeración	124,520	6,766
3	Equipment	220 VAC connections	Sinergia Refrigeración	16,348	1,000
4	Equipment	Drainage Plumbing	Local contractors	13,705	790
5	Supplies	cement to level	Local contractor	1,535	100
			Total budget	240,620	13,115



The Rotary Club of Ajijic is a English-speaking club in Mexico, and has been serving the Lake Chapala area since 2002. Its members are business and professional men and women, many retired, who dedicate their time, expertise, and talents to helping others in their local communities, and internationally through the programs of The Rotary Foundation.

For more info, contact:
 Jeanette Monosoff, PhD
 RCOA Service Project Coordinator 01-3132665398
Jeanettemonosoff@gmail.com

All operating funds come from donations. There is no assistance from the government at any level - Federal, State or local. Government Social programs are not common in Mexico and therefore, local volunteer programs such as Operation Feed are extremely important. Operation Feed is dependent upon its greater community to support its important contribution to the families of San Juan Cosala.

"There is a great need for refrigeration to keep these items fresh so we can pass them out in the despensas every week. If we had a refrigeration unit, we could also get donations of other perishable items."

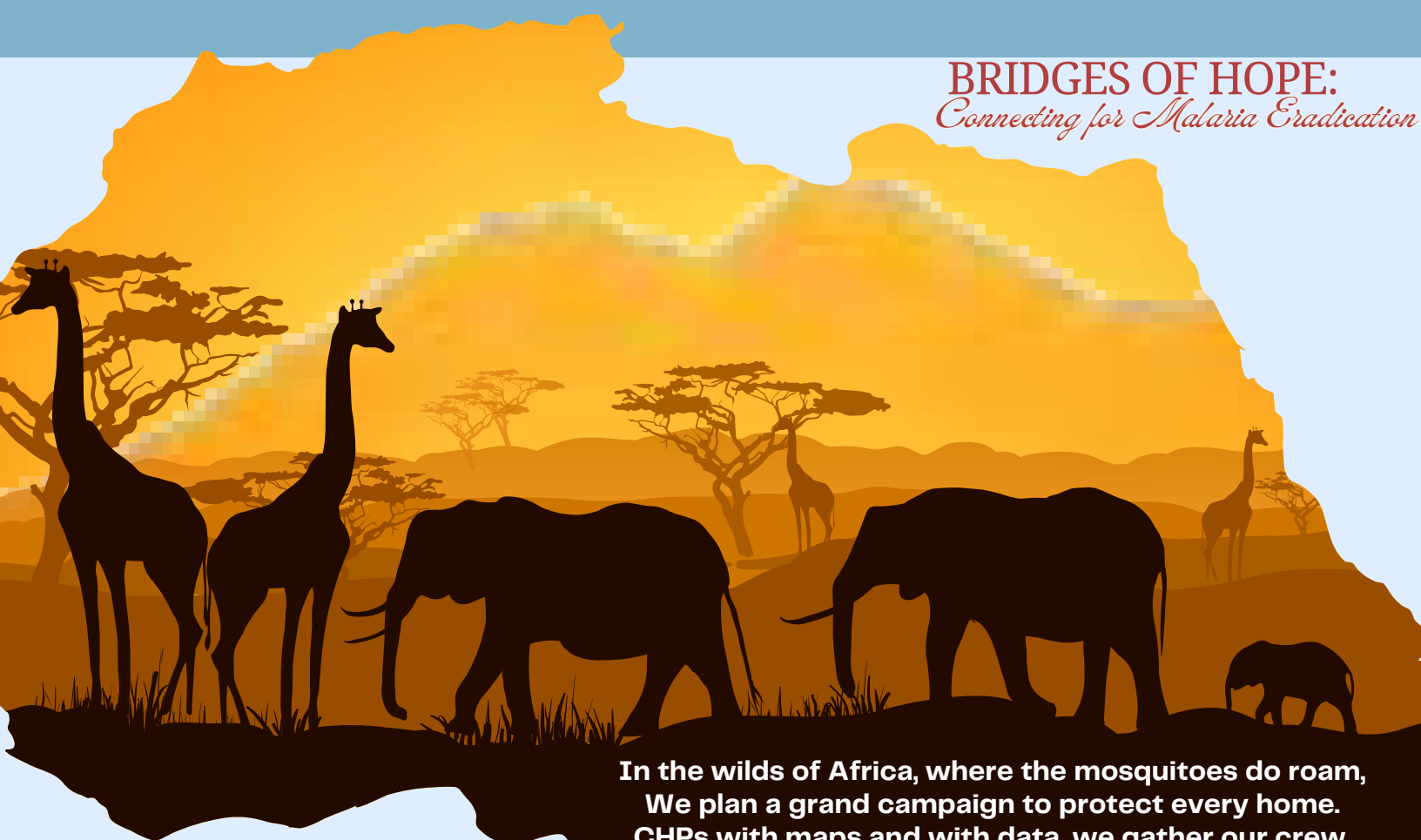
Request and Budget:

Acquire a walk-in refrigerated cooler to store the perishable items in the despensas. The cost to acquire and install this equipment is **\$240,820 MXN (pesos) or \$13,115 USD** in todays exchange rate.

Rotary Club of Ajijic is spearheading a fundraising effort to purchase this much needed equipment. Already donations have been secured from Rotary Club of Elgin, Illinois and ACT Foundation/USA. RCOA knows firsthand of the wonderful work Operation Feed has done over the years and wishes to see it continue and expand its ability to benefit more Mexican families with more fresh food.

Rotary Club of Ajijic is asking for help from the kindhearted and the greater community of Rotarians to help Operation Feed secure this refrigeration system.

BRIDGES OF HOPE: *Connecting for Malaria Eradication*



TODAY MARKS OUR LAST DAY IN UGANDA. WE HAVE BEEN IN KENYA AND RWANDA, AND WE HAVE ABOUT 3 WEEKS LEFT IN AFRICA. WE HAVE BEEN MAKING SIGNIFICANT PROGRESS IN OUR GOAL OF NETWORKING, BUILDING MEMBERSHIP AND ENGAGING NUMEROUS ROTARIANS. OUR GLOBAL GRANT WILL LAUNCH SOON AND WE EMBRACE ABOUT 300 COMMUNITY HEALTH PROMOTERS WHOM WILL ACQUIRE SKILLS AND EQUIPMENT TO SUPPORT MALARIA ERADICATION IN THE RURAL REMOTE VILLAGES IN WESTERN KENYA.

HERE'S A POEM ABOUT THEM WHICH DAN PERLMAN AND MARK GRABOWSKY CONCOCTED THESE VERSES EXPLAINING OUR TEAM PROJECTS IN AFRICA. :

POETRY MODELED AFTER DR ZUESS BOOK "OH THE PLACES WE WILL GO"

WE ARE ON THE JOURNEY:
BRYNA AND DAN IN AFRICA!!!!

In the wilds of Africa, where the mosquitoes do roam,
We plan a grand campaign to protect every home.
CHPs with maps and with data, we gather our crew,
To deliver bednets, both treated and new.

Oh, the places we'll go, with our plan in our hand,
Through villages, towns, and the wide open land.
We'll count every house, every child, every bed,
To ensure that our nets cover each sleepy head.

With GPS tools, we'll map out the way,
To make sure that our nets arrive without delay.
We'll train all our teams with lessons so grand,
So they know every detail, and fully understand.
In the jungle of logistics, we'll find our path clear,
With trucks full of nets, and hearts full of cheer.
Through rain, heat and sun, we'll march forward,
left than right,

To keep all the people safe from the bite.
Oh, the joy we'll bring, with each net that we share,
Protecting the people with love and with care.
For in this great campaign, we all play a part,
To end malaria, and make a fresh start.

So here's to the planners, the
doers, the dreamers,
To the teams in the field, and
the hopeful believers.
With each step we take,
we're closer, you see,
To a world where
malaria
is just
history!

CLIMATE-RESILIENT FOOD PRODUCTION *Free Guide:*

FOOD PLANT SOLUTIONS ROTARY ACTION GROUP
Australia
Karalyn Hingston

We're excited to announce that our Ugandan resources are now translated into Luganda, Lhukonzo, and Rutooro. These can be downloaded from our website at no cost. <https://foodplantsolutions.org/resources/uganda/> Interested in similar resources for other countries and regions? Contact us for more details! Kind Regards,

Karalyn Hingston Executive Officer

Food Plant Solutions Rotary Action Group



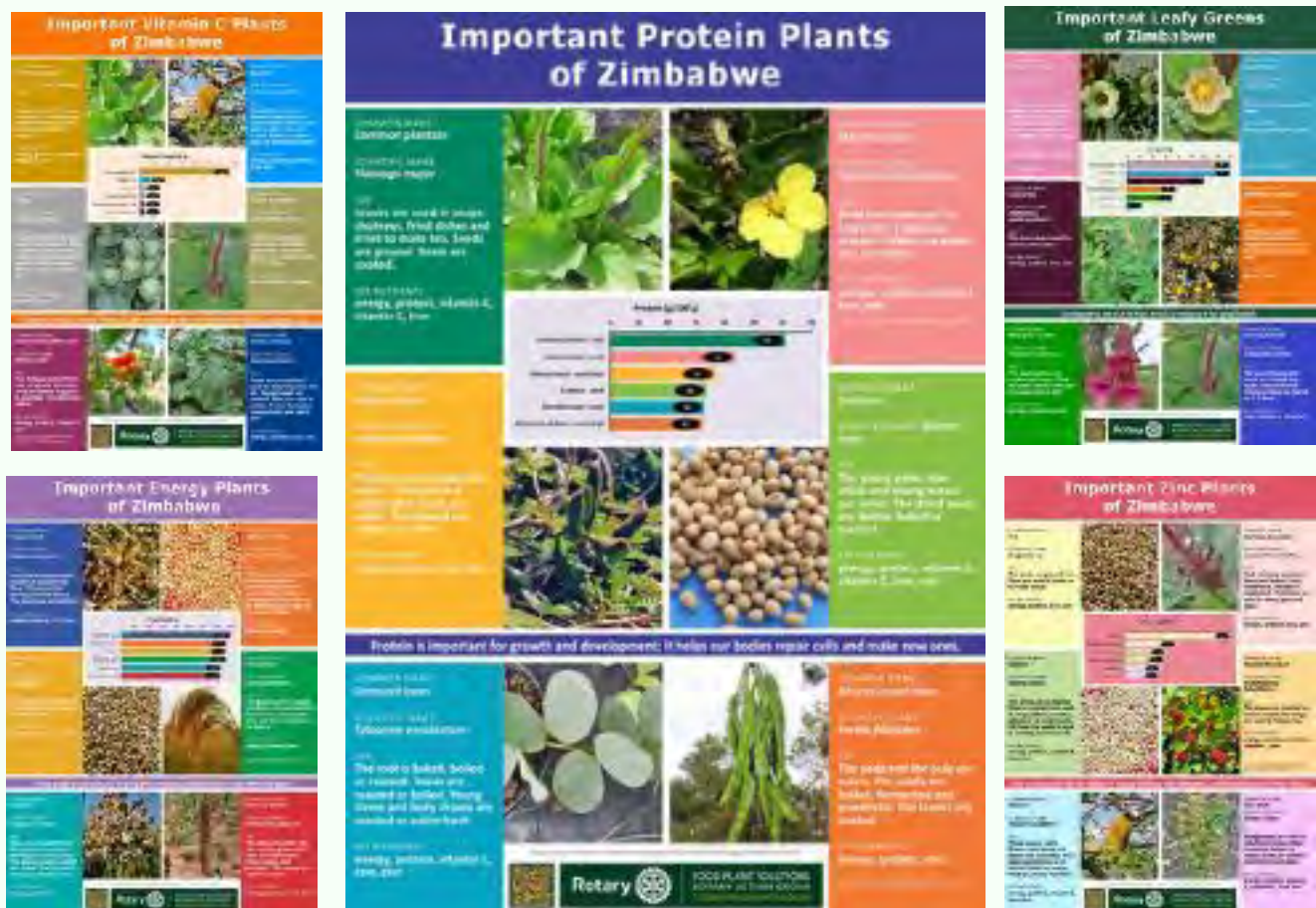
DISCOVER NUTRITIOUS LOCAL FOOD PLANTS: *Free Posters*

FOOD PLANT SOLUTIONS
Australia
Una Hobday OAM

WE ARE PLEASED TO SHARE SIX FREE POSTERS THAT FOCUS ON: ENERGY, PROTEIN, VITAMIN A, VITAMIN C, ZINC AND ENERGY. THESE POSTERS HAVE BEEN CREATED SPECIFICALLY FOR ZIMBABWE BUT POSTERS SUCH AS THESE CAN BE CREATED FOR ANY COUNTRY OR REGION. CLICK ON THEM TO GET THE FULL RESOLUTION LINK OF THE POSTER.

PLEASE CONTACT US FOR FURTHER DETAILS.

BEST REGARDS,
UNA HOBDAY OAM
CHAIR, FOOD PLANT SOLUTIONS ROTARY ACTION GROUP
NFO@FOODPLANTSOLUTIONS.ORG



Thank You for Your Support of the Chinle Navajo Literacy and Community Development Global Grant

GLENWOOD SPRINGS, COLORADO

PETER JESCHOFNIG

GLENWOOD SPRINGS SUNSET ROTARY CLUB



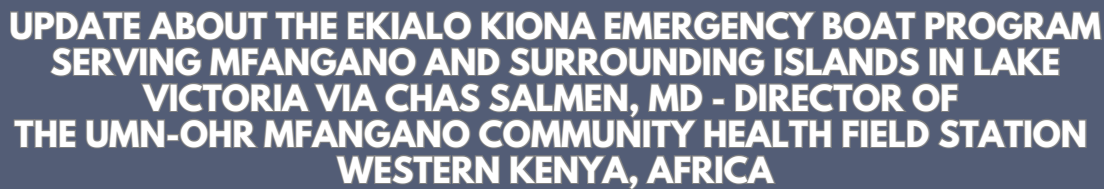
Thank you for your club's generous contribution to the Chinle Navajo Literacy and Community Development Global Grant Project. We deeply appreciate your support for this important initiative.

Please note that The Rotary Foundation (TRF) is no longer matching club contributions directly. Instead, TRF is matching only District Designated Funds (DDF) contributions. Therefore, it is crucial that you apply to your district's Global Grants committee for a DDF match to maximize the impact of your donation.

Many districts are eager to support their clubs' projects through their District DDF. If multiple clubs from your district are contributing to this significant project, you may be able to submit a single application for a DDF match on behalf of all participating clubs. For example, in District 5470, several clubs can streamline the process by completing a joint application. A collective contribution of up to \$20,000 from multiple clubs can be matched by the district at a rate of 125%, resulting in a total DDF match of \$25,000.

If you attended your district's annual Grants Training workshop, you may already be familiar with your district's procedures. If not, please reach out to your district's Global Grants chair for guidance.

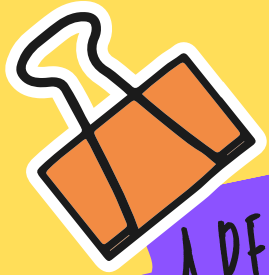
Once again, thank you for your commitment to this vital Global Grant, which will make a significant difference in the lives of many residents of the Chinle Navajo Reservation.



The map displays Mfangano Island in Lake Victoria, with a dashed blue line indicating the island's perimeter. Key locations marked include Wakula, Nyaakweri, Yoka, Soklo, Sima, Ubuntu, Kitawi, Uguva, and Takawiri. A legend identifies symbols for Mainland Hospital (red dot), Level 3 MoH Health Center (green dot), EK Center/HH Base (purple dot), Mainland Boat Route (yellow dashed line), and Island Boat Route (blue dashed line). A north arrow is present. An inset map shows the island's location relative to Uganda, Kenya, and Lake Victoria.

The traditional Suba boat design is still used as it allows local boat builders to repair and maintain the boat, which runs efficiently with the 40-hp outboard that the GWS Sunset club helped them purchase almost 10 years ago! At the start of this year, some repairs of the current boat were needed, as Lake Victoria can really take a toll on these wooden boats.

The Ekialo Kiona team explained that we are now nearing the end of safe use with this current boat. They are hoping to keep it operational through the rest of 2024, but fear that soon it will not be safe for use in rough weather. For this reason, the Ekialo Kiona team reached out once again to see if the Sunset Club would be in a position to help sponsor a new boat. Depending on funding, we can look at building another traditional boat or consider some other options, as it appears there are some fiberglass boat manufacturers that have started production nearby in Kisumu, Kenya.



A PENNY FOR YOUR THOUGHTS

PP PENNY KELLY
Rotary Club of
East Colorado Springs



SERVING OTHERS IS THE KEY TO HAPPINESS.

It seems many are so depressed, fearful, and anxious at this time in our world. As I listen to the challenges and fears of so many, my heart hurts, and of course, I want to fix everything for them. Life's experiences have taught me that I can't fix anything for anyone, and when I put on my "fixer hat" and fix, I find I weaken, enable, and sometimes only make matters worse when I so badly wanted to help. So how can I help without weakening?

Many years ago, I learned something that has been worth its weight in gold. I want to share it with you, hoping it will also have a major impact on your life. Pretend that every person you encounter has a sign around their neck that says, "Make me feel important." Mmm, aren't we usually so busy trying to stage our agenda, get our point across, or win that argument that we don't listen, engage, or connect with others?

Rotary drew me in because of the people. The people who cared for others, for the world, and really wanted to make a difference in their communities and the world.

How do we effectively do that? We must connect with others, setting aside our agenda long enough to hear another. Seek first to understand, and then be understood. I feel that is the ultimate way to impact others. Really look people in the eye, give your time and attention to them, really see them, really listen. NOT EASY... but extremely profitable.

Can we acknowledge the life of each individual we encounter by looking at them with the focus of "making them feel important"?

Simple focus, challenging task, but a priceless way of serving others. Happiness comes to me as I value others... each... individual life. What a way to fill my cup and lift others' spirits by letting them know they are valued. For the few moments I do this with each person, is it feasible that I could be just what that individual needs to release fear, anxiety, and depression, if only for a few moments? I believe so. Will you try it?

ROTARY 4 WAY TEST

- *IS IT THE TRUTH?
- *IS IT FAIR TO ALL CONCERNED?
- *WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?
- *WILL IT BE BENEFICIAL TO ALL CONCERNED?


Penny Kelly

INTERNATIONAL RECIPES WANTED

We're excited to launch a new feature in our International newsletter: International Recipes! Food is a universal language, and through this section, we hope to celebrate the diverse cultures and flavors that connect us all. Whether it's a cherished family recipe passed down through generations, a dish you discovered during your travels, a favorite from a local international cooking class, or a recipe shared by an exchange student, we'd love to hear from you! With the holidays just around the corner, it's the perfect time to start sharing those special recipes. Submit your culinary creations and inspire others in our district and more to explore new tastes from around the world. Let's embark on this delicious global journey together! Don't forget to add those YUMMY pics with them!

BON APPÉTIT

(FRENCH): ENJOY YOUR MEAL

BUEN PROVECHO

(SPANISH): ENJOY YOUR MEAL

(صحتين)!SAHTAIN

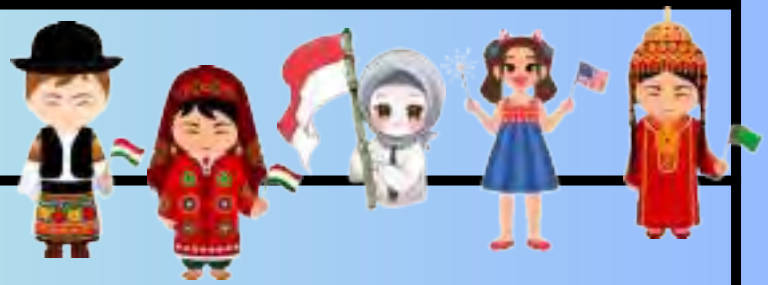
(ARABIC): TO YOUR HEALTH!

ENIBLA! (እንብሉ)

(ETHIOPIAN): LET'S EAT!

**Cooking
From The
Heart**





OPEN WORLD PROGRAM 2025 CALL FOR HOSTS

18 June 2024

To: Current and elected Rotary club presidents

cc: Current and elected officers for

U.S. district governor, U.S. Rotary club secretary, U.S. district international service chair U.S. club executive secretary U.S. district community service committee chair, U.S. Rotaract club president

Dear current and elected U.S. Rotary club presidents:

Greetings from Evanston! We are pleased to announce new hosting opportunities under the Open World Program during the 2025 calendar/hosting year, which will mark the twenty-sixth anniversary of Rotary's participation in the program.

The Open World Program is available to Rotary/Rotaract clubs in the United States and provides an opportunity to build fellowship and friendship to strengthen international understanding by hosting emerging Eurasian leaders from Armenia, Azerbaijan, Belarus, Estonia, Georgia, Hungary, Indonesia, Kazakhstan, Kosovo, Kyrgyzstan, Latvia, Lithuania, Moldova, Mongolia, North Macedonia, Papua New Guinea, Poland, Romania, Serbia, Solomon Islands, Tajikistan, Turkmenistan, Ukraine, Uzbekistan, Vanuatu and Vietnam in your community. Rotary/Rotaract clubs are needed to host six-participant delegations for eight days and nights and prepare a professional program related to business, community, and civic life in the United States. The program focuses on developing a network of leaders who have an understanding of how American communities deal with contemporary issues and want to maintain contact with their new American contacts and other counterparts. Often, these collaborations lead to service projects between Rotary clubs in the two countries.

The Open World program, operated by the Congressional Office for International Leadership (COIL) an independent U.S. federal agency, is a special program available to Rotary/Rotaract clubs in the United States through a grant secured by Rotary International. Please review the Rotary Open World brochure for more information. Rotary International (RI) serves as a national host organization, with Rotary clubs serving as local hosts for Open World delegations. Rotary clubs in 290 cities and 48 states have hosted over 4,000 of all 31,000 Open World participants throughout these years. RI can reimburse participating clubs for many of their hosting expenses through Open World grants.

Is your Rotary Club interested in working on an international project, hosting six Open World participants for eight days/nights, and willing to develop an intensive week of events based on a selected Open World theme? If yes, then the Open World Program would be perfect for your club. Please complete the Host Registration Form and email the completed form to OpenWorld@rotary.org **by Monday, 12 August** or sooner. Find out more about the Open World Program on [Rotary clubs | My Rotary](#). Warm Rotary Regards, Natalia Kunzer Open World Program Officer Natalia.Kunzer@Rotary.org (847) 946-5664 [Rotary clubs | My Rotary](#).

Subsidized Dialysis Centre at Moradabad, India (North of New Delhi)

Peter Jeschofnig
Rotary Club of Glenwood Springs Sunset



Host Club : RC Sanskriti Moradabad, RI District 3100 INDIA International partner: needed

Goal : To Offer Highly subsidized Dialysis treatment to the poor and downtrodden patients. The project envisages setting up a 5 bed dialysis center at Moradabad. There is no charitable Dialysis Centre in Moradabad. The host club, RC Sanskriti Moradabad has done many successful Global Grant Projects in the last few years.

Cost of the project: US\$ 78500

Budget: R.C.Sanskriti Moradabad : US\$ 9000

R.I. District 3100 : US\$ 2500

Rotary Foundation Matching : US\$ 2000

For more info contact:

PALLAV AGARWAL

Dr.pallavagarwal@gmail.com

Message from the chair (Chicago)

NEWS

Our Rotary year has had a busy start, with Cadre members actively advising on various projects and special initiatives as well as preparing to represent the Cadre and support the programming at more than 10 Rotary institutes! To Rotary leaders of all kinds, please know that we are here to help. If your club or district wants to learn more about the Cadre or needs assistance with a project or learning opportunity for members, write to the Cadre regional organizer for your area or to cadre@rotary.org. Cadre members are ready to support you! Cadre members, I ask you to: Commit to your role as a project adviser. Requests for our guidance continue to increase, particularly for global grant projects. Take advantage of opportunities to enhance your skills in project planning. We can't train you in your professional field, but we can ensure that you're prepared to advise members on Rotary grant processes and guidelines.

Contact a Cadre leader for help with your learning and take courses in the Learning Center to refresh your knowledge. Be proactive in sharing your expertise. The Cadre's value is undeniable when we help members develop sustainable projects, implement them successfully, and evaluate what went well and what they should consider doing differently next time. Collaborate with your fellow Cadre members and district resource network experts. If you advise on a project, ask another expert or two to review it and give their feedback. Find ways to be a mentor, coach, partner, and learner through your Cadre work. I am excited to carry on the legacy of past Cadre chairs in leading a diverse and engaged group of volunteers who are committed to helping Rotary increase its impact.



CAROLYN JOHNSON
2024-27 CHAIR THE
ROTARY FOUNDATION
CADRE OF TECHNICAL
ADVISERS



MALARIA WAS HIGHLIGHTED IN A KEYNOTE LECTURE

**From Dr. Dan Perlman of
Rotary Club of Aspen**

Malaria was highlighted in a keynote lecture at an all member breakout lunch with about 400 attendees. Big West includes clubs from British Columbia down to Texas, and 30 districts. Dan and Bryna had a table in the House of Friendship to educate Rotarians on malaria.

MORE NEWS...

**CHINLE NAVAJO LITERACY AND COMMUNITY DEVELOPMENT
GLOBAL GRANT. TO MAXIMIZE THE POTENTIAL MATCHING FUNDS
FROM D-5470, WE NEED TO RAISE \$7,300**



DEBBIE WILDE

**GLENWOOD SPRINGS SUNSET ROTARY CLUB
GLENWOOD SPRINGS, COLORADO**

Dear D-5470 Rotarians,

The Glenwood Springs Sunset RC and Glenwood Springs RC are working urgently to complete the Chinle Navajo Literacy and Community Development Global Grant. To maximize the potential matching funds from D-5470, we need to raise \$7,300 from our clubs. If your club is able to contribute to this important project, your support would be greatly appreciated by both the participating clubs and the Chinle Navajo Nation.

For more information, please reach out to Nancy Bo Flood at wflood@hotmail.com. Thank you for your generosity and commitment to making a difference!



DANIEL PERLMAN
**ASPEN ROTARY CLUB
ASPEN, COLORADO**

**JOIN US IN THE FIGHT TO ERADICATE MALARIA – BECOME A
MEMBER OF RAM-GLOBAL FOR FREE!**

Dear D-5470 Rotarians,

We are refreshing our database and noticed that you are not yet an official member of Rotarians Against Malaria-Global (RAM-Global) – and we'd love to change that! The best part? Membership is 100% FREE!

By joining RAM-Global, you'll stay informed about our worldwide efforts to eradicate malaria. Expect a few important emails each year, including our quarterly newsletter, exciting campaigns, and critical updates.

This is your chance to be part of something truly impactful, and we'd be honored to have you onboard.

Thank you for your patience as we work to improve our communications. Together, we can make malaria history!

[Join RAM-Global for FREE!]

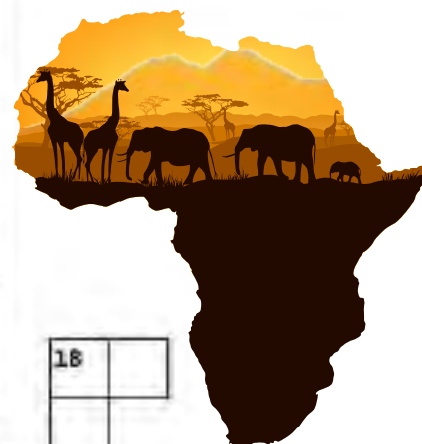
Daniel Perlman

Chair, RAM-Global Rotary Action Group

Rotary International District 5470
International Newsletter Crossword Puzzle

By Maryam Eaton

CLICK HERE FOR
DIGITAL VERSION
& ANSWERS
LINK HERE



DOWN

1. RIDER PROGRAM
2. ___ VISION
4. ___ OF LIGHT
5. RECIPES WANTED NEXT ISSUE
6. ROTARY IS SUPPORTING A GRANT CALLED
10. PLANT SOLUTIONS ROTARY ACTION GROUP
11. GRANT
12. 2025 ROTARY INTERNATIONAL'S CONVENTION MONTH
14. LOCATION OF ROTARY CLUB OF UNIVERSE – UAE
16. ___ NAVAJO LITERACY
17. A ___ FOR YOUR THOUGHTS
18. EDUCATION AND EMPOWERMENT CENTER IN KENYA
19. WE HOPE FOR ___ TO BE JUST HISTORY
22. WORLD PROGRAM

ACROSS

3. SUBSIDIZED ___ CENTRE AT MORADABAD, INDIA
7. A SEARCH FOR "GROUNDING" FOUND IN UKRAINE
8. IN KOSICE, SLOVAKIA
9. THE TRADITIONAL ___ BOAT DESIGN IS STILL USED
13. ROTARY CLUB FOUND IN NAIROBI
15. 'S MICROLOAN RECIPIENTS USE SMALL LOANS
17. ___ SOCCER CLUB
18. WHO SHOULD JOIN THE 2025 RI CONVENTION
20. SAN SEBASTIAN HONDURAS WATER ___ PROJECT
21. ___ CENTER FOR MOTHERS
23. 2025 ROTARY INTERNATIONAL CONVENTION PLACE
24. ___ CHAPALA



MAGIC ALL AROUND

21-25 JUNE 2025 • CALGARY, CANADA

#Rotary25



Register today at
convention.rotary.org

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>

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/1UP2yBWmNAHglSrZ6dO_dypaq5YVgJhACsjJ2Rwo49E/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 INTERNATIONAL
WWW.ROTARY.ORG

Dear Rotary leader,

As the Partnerships Manager for Rotary International's [service and project partnerships](#), I am pleased to share an opportunity for Rotary members (18+ year-old, US citizens) that comes to us through our service partner, [Peace Corps](#). Please feel free to share this opportunity to your members and community through your club's outreach platforms.

Announcement / Newsletter



Make a lasting impact in communities around the world without leaving home

Rotary and Rotaract members are eligible to serve in Peace Corps' Virtual Service Pilot. Participants donate 5-15 hours per week for 3 to 6 months to support organizations abroad with their community-level projects related to education, health, agriculture, youth development, and entrepreneurship. Apply your professional skills, language skills, and interest in both global friendships and cultural exchange to build capacity and sustainability through a short-term, virtual engagement.

[Learn more about Virtual Service opportunities and apply](#)

[Link: <https://www.peacecorps.gov/virtual-service/>]

Social Media Post

 A few hours of your time each week can make a lasting impact in communities worldwide. 

Rotary and Rotaract members are invited to serve through [Peace Corps](#) Virtual Service Pilot. Virtual engagements connect US citizens with communities abroad to complete health, economic development, education, and youth development projects. This is a great short-term, part-time opportunity to lend your skills for service, gain intercultural experience, and learn about a new culture without leaving home.

Explore the virtual opportunities and apply at the link in our bio.

[Virtual Service Pilot Engagements](#)

[Link: <https://www.peacecorps.gov/volunteer/virtual-service-pilot/engagements/?#results>]

Please let me know if you have any questions. Thank you for sharing this great opportunity!

Kindest regards,

Carrie Golden

Partnerships Manager

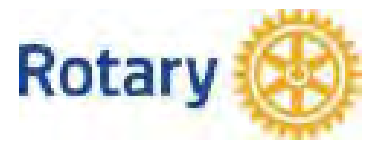
Programs and Grants | Service and Engagement

ONE ROTARY CENTER
1560 SHERMAN AVENUE
EVANSTON, ILLINOIS 60201-3698 USA
ROTARY.ORG



ROTARY DISTRICT 5470

International Service News



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.

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. **You can start adding them today.**

1. Club Name and website
2. Name of who wrote the article
3. Name of your project or Item you're submitting
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. Video website address/URLs if you want to include those.
7. Submit via Google Forms (Preferable please) with this link:
<https://forms.gle/gS2e4hFjHMDDAHMYA> OR if you can't, then
Email: beckykiser28@gmail.com with subject: Newsletter #47



*Next
Due Date:*

January 10, 2025