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A MESSAGE FROM OUR DISTRICT GOVERNOR

Dear Rotarians,

Exciting news! The Tri-District Alliance is being reformed! Several years ago, we were part of an alliance with District 4110 (Northern Mexico) and District 5520 (New Mexico & El Paso Border Region). While we stepped away at that time, the other two districts continued their partnership. Now, we're coming back together to collaborate on Service, Fellowship, and Grant Initiatives!

Next September, we'll be hosting a Tri-District Convention in El Paso. Clubs with international service projects in need of funding and volunteers can present their projects. Clubs with District Designated Funds (DDF) or cash can shop for projects to partner, and individuals can find unique volunteer projects that inspire them.

We hope clubs and individuals will want to participate at all three levels next year. The convention will be in El Paso, likely during one of the last two weekends of September 2025. We're finalizing the dates and location, so stay tuned for more details!

Here's a reel from the trip to Juarez where we signed the agreement.

[Watch the reel here!](#)

Yours in Service,
Dr. Whitney M. Smythe-Smith
District 5470 District Governor



DISTRICT 5470 INT'L COMMITTEE UPDATES

Rebekah Kiser
District 5470 International Chair

- **D5470 International Whatsapp Group**



ALL ARE WELCOME! 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

- **D5470 International Coffee Bistro**

D5470 International Coffee Bistro
Zoom meeting. ZOOM LINK HERE



ALL ARE WELCOME!

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

February 15 - March 15 - April 19 - May 17 - June 21
Meeting ID: 827 6233 9280 Passcode: 938948

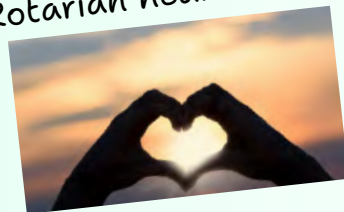


ATTENTION INT'L STUDENTS:



<https://www.youtube.com/watch?v=0WiXtBOHleM>

Dear Students & Fellow Rotarians,
Working together with all the Rotarian clubs in the district, we're thrilled to welcome our amazing International Students from all around the globe! We've included greetings in every language spoken by the students who've joined us. 'Hello, Welcome, and Happy New Year!' While we all might not be fluent in every language, we had a blast putting this together and are so excited to greet you with open arms and big Rotarian hearts!





INTERNATIONAL STUDENTS IN COLORADO

Kristi Redlinger
Mountain & Plains District 5470 Rotary Youth Exchange

Hello! Here are the 17 D5470 Inbounds visiting the Colorado National Monument this past December. They traveled to Grand Junction to host the annual Country Fair during our D5470 Selection Weekend, where they also helped select our next group of Outbounds. While in town, they stayed with generous host families from the Rotary Clubs of Grand Junction and Grand Junction Horizon Sunrise.

For more info: <http://mountainandplainsrye.com>
John Stroud, District Chair
D5470's Rotary Youth Exchange Program.

FROM COLORADO *to Mexico*

Tri-Lakes Dynamic Rotary Club
Monument, Colorado
Maryam Eaton

Hello & Hola everyone!

Tri-Lakes Dynamic Rotary Club is excited to announce our upcoming collaboration with Rotary clubs in Puerto Vallarta, Ajijic, and Lake Chapala, Mexico! As you may have read in the newsletter or will read, these areas have significant needs, and we've been working with local clubs for the past year to explore ways we can help. We've been even warmly welcomed, with some members offering to host us during parts of our visit. In early February, we'll embark on an exploratory trip to assess needs, visit schools, explore children's kitchen programs, and strengthen our connections with local Rotarians.

As we enter our mid-third year, the Tri-Lakes Dynamic Rotary Club is reaching a new milestone. For the first time, we are going together as a group—more than just one member—to travel internationally and experience a project firsthand. This is an exciting opportunity to represent every Rotarian heart of our small-town Rotary club, and, most importantly, each of YOU.

We have found that the Rotary clubs we'll be visiting already have such wonderful programs in place. We are hopeful that we will not only learn from their efforts but also contribute, grow, and help out where needed during our visit, and potentially with a larger project in the future. Our goal is to build lasting connections, fellowships, and strengthen our partnerships with the local Rotary clubs, all while making a positive impact in the community.

As a fun bonus, we'll even get to watch the Super Bowl LIX with fellow Rotarians in Mexico (hopefully, the Lions will be playing ...and yes, I'm still a Broncos fan too). Be a part of our journey by following us on our Facebook page, website and of course in the next district international newsletter. Stay tuned for updates as we continue to reflect the values that make Rotary so special!

Yours In Service,
Maryam Eaton
PE & PR, Tri-Lakes Dynamic Rotary Club

Website: www.TLRotary.com
Facebook: facebook.com/TriLakesRotaryClub
LinkedIn: linkedin.com/company/tri-lakes-dynamic-rotary-club/



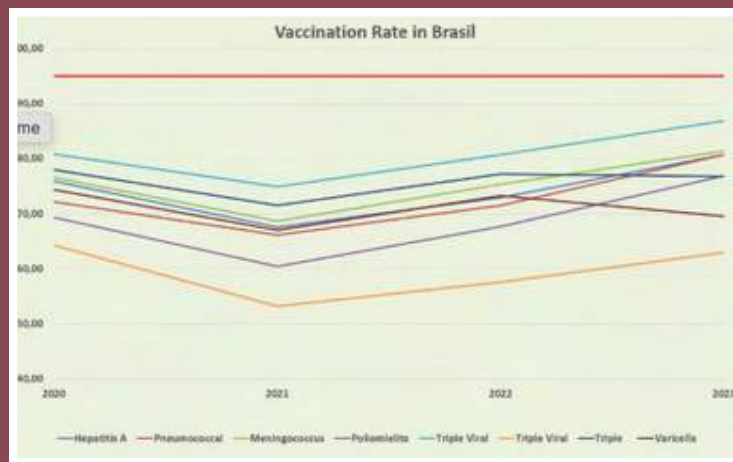
CHECKLIST...

Since this is an exploratory trip, we haven't launched a large-scale fundraiser, but we didn't want to arrive empty-handed. Through social media and local clubs, we collected toothpaste, toothbrushes, crayons, female underwear, pencils, and eyeglasses from the Lions Club—filling a suitcase with generous contributions.



Awareness Environment for increasing children's vaccination rates Abstract

Global Grant proposal for Rotary Club of
Jundiaí Serra do Japy – D4590
Autor: Alexandre L. C. Censi



In Brazil and throughout Latin America, childhood vaccination rates have decreased over the past 10 years, including vaccination against polio. According to the WHO (World Health Organization), Brazil and other Latin American countries are at risk of experiencing the resurgence of some childhood diseases, of which we have not had any cases for decades. The reason for this risk is the low vaccination rate. We currently vaccinate between 70% and 80% of the target population, when the ideal is at least 95%. The Brazilian health system offers more than 45 different type of vaccines for children and adult , the figure show the vaccination rate for last 3 years, the red line (95%) is the ideal , and the other lines show the rates for some different childhood vaccines.



The photos in this article are pictures for schools customized by Van Leer programs.

In Brazil, we have vaccines available throughout the country. The federal, state and municipal government promote campaigns to publicize the vaccination schedule, but even so, vaccination rates are below the minimum necessary to avoid the resurgence of illness apparently extinct.

In according with research institutes and some universities, there are 9 reason for no vaccination, the data are not compiled yet, but the main reason for no vaccination is:

- Fear about the vaccination side effects
- Misinformation about vaccines benefits
- Most of childhood illness disappeared a lot time ago, then is not necessary to take the vaccine

The best way to combat the causes of low vaccination rates is to raise awareness among everyone involved in a child's education: schools, teachers, educators, caregivers, parents, mothers and children themselves. (continued on next page)

The goal of this project is to increase vaccination rates through a program that guides all participants responsible for the healthy growth of children. This program consists of trained educators, physical and digital materials, such as films, texts, messages, preparation of the school environment, printed material to communicate in simple language to all those involved and with continuous actions that promote behavior change in relation to the need for vaccination. Basically, teachers teach a specific topic in the classroom, children receive teaching material, and parents and caregivers receive digital messages, films and illustrations on the topic. With this, we have a circle that brings this entire group together, converging towards the same goal.

This environment will be developed by the Van Leer Foundation and it will be published at Urban 95 Network in partnership with the health and the education secretary of Jundiaí city. The Van Leer Foundation is a Dutch foundation with a lot of experience in child development, and it has in course similar programs and proposals to reduce child violence, teach parents and caregivers the importance of reading, etc.

TALK TO US

Global Grant proposal for Rotary Club of Jundiaí Serra do Japy – D4590

Autor: Alexandre L. C. Censi

alexandrecesi@hotmail.com

- mobile / whatsapp: 55-11-9-8272-8512



The Urban95 is a collaborated network with 28 cities who uses the tool box the program and receive direct support for the box implementation in children schools. Initially the vaccination tool box will be available in Jundiaí city, but in the near future it will available for all member of this network. All material from this network is free of charge, it means anyone can download and implement at his city or school.

For more information, see the website, <https://vanleerfoundation.org/country/brazil>
www.pedeinfancia123.com.br
<https://vanleerfoundation.org/urban95/>

All material and training for the project will be available for any city and Rotary Club around the country without any cost.

YEMISIR KEYE WOT RECIPE:

A common dish in Ethiopia. Many Orthodox Christians abstain from any animal products for 165-250 days per year, depending upon their devotion. This soup (wot) is both vegan and filling.

Instructions

- **Cook the Lentils:**
- Place lentils in a large pot and cover them with water. Bring to a boil, reduce the heat, and simmer until the lentils are tender but not overcooked, about 20 minutes. Drain the lentils, reserving the cooking liquid. Puree the lentils, adding the cooking liquid as needed to achieve your desired consistency. A hand mixer works well for this step.
- **Prepare the Seasoning Base:**
- In a pan, sauté the onion in oil until translucent. Stir in the minced ginger, garlic, and berbere (or chili powder).
- **Combine and Simmer:**
- Add the pureed lentils and any remaining cooking liquid to the pan. Stir well, cover, and let it simmer over low heat. Add salt to taste, if desired.
- **Serving Suggestions:**
- This dish is traditionally served with injera, a spongy Ethiopian flatbread, but it also pairs wonderfully with rustic bread.
- Complete the Experience:
- Enhance the meal with a traditional Ethiopian coffee ceremony for an authentic touch.

Ingredients

- 2 cups split lentils
- 1 cup minced onion
- 1 tablespoon minced garlic
- 3 tablespoons minced ginger (fresh is best)
- 3 tablespoons olive oil
- 1 tablespoon salt
- 2 tablespoons Berbere or chili powder (if Berbere is unavailable, add a pinch of ground cinnamon)



If you want to experience real berbere and the vibrant culture behind it, come visit us in Ethiopia—the cradle of civilization!



Becky

EMPOWERING YOUTH THROUGH EDUCATION IN *Jalisco, Mexico*

Collaboration with Rotary Ajijic, Jalisco, Mexico

Rotary Ajijic is partnering with international Rotary Clubs to provide scholarships for disadvantaged students in Jalisco, Mexico, aiming to break the cycle of poverty through education. In the Lake Chapala region, 60% of residents live in poverty, with 13% in extreme poverty.

Two areas are targeted: Chapala and San Juan Cosalá. Chapala Prepa, a private school, has benefited from Rotary support in the past. San Juan Cosalá, a poorer area, relies on Operation Feed, a charity offering food, clothing, and medical aid, along with educational scholarships. The program will provide \$75-per-semester scholarships to 66 students (33 in each location), covering tuition, uniforms, transportation, and possibly meals. Recipients are chosen based on financial need and academic potential. Goals include 90% of students completing the academic year and 75% advancing to the next level. Scholarships are awarded twice yearly, with oversight to ensure attendance, academic performance, and proper conduct. Successful students will be celebrated at RCOA events.

In October 2024, 22 Chapala Prepa students received scholarships funded by a \$2,000 donation from Rotary Club of Palatine, Illinois. RCOA now seeks to expand the program to support the 2024-2025 academic year and beyond. Fundraising activities will ensure sustainability.

Call to Action Join us in transforming lives through education in Jalisco.

Contact: Jeanette Monosoff, PhD

Rotary Club of Ajijic, Service Project Chair

Phone: 01 3132665398

Email: jeanetterotarioajijic@gmail.com



INTERNATIONAL FAIRS NEWS...



PETER JESCHOFNIG
ROTARY CLUB OF GLENWOOD SPRINGS SUNSET
GLENWOOD SPRINGS, COLORADO

I want to share with this group that there is a monthly International Project Fair which allows you to find potential partners/contributors for your projects. These monthly Project Fairs are organized by PDG Chehab Elawar out of California. They take place every 3rd Tuesday of the month, at 7pm Colorado time. Typically, there are Rotarians from all over the world participating. Login link and PW are the same every month. Zoom meeting ID: 2113420592 PW: 249809

The next meeting is Jan 21.

Cheers,

Peter Jeschofnig

Rotary Club of Glenwood Springs Sunset



DANIEL LEÓN
GOVERNOR, ROTARY DISTRICT 4400

VISIT US IN ECUADOR !

It is with great pleasure that we invite you to visit Ecuador and join us at the District 4400 Projects Fair. This special event will showcase the incredible efforts of our clubs to create impactful projects that contribute to building a better world.

While attending the fair, you will also have the opportunity to explore the breathtaking beauty of Ecuador—its stunning landscapes, vibrant culture, and warm hospitality. From the majestic Andes to the serene Galápagos Islands, Ecuador offers unforgettable experiences at every turn.

The District 4400 Projects Fair is the perfect platform to connect, collaborate, and be inspired by initiatives that reflect our shared commitment to service and sustainability. We look forward to welcoming you and sharing the wonders of Ecuador and the dedication of our Rotary community.

To make your journey seamless, you will find a registration link included below, along with recommended tour packages to help you discover the treasures of our country during your visit.

Be part of the Rotary District 4400 / Ecuador Project Fair:

<https://form.jotform.com/250064624219048> Warm regards Daniel León Governor, Rotary District 4400

Warm regards,

Daniel León

Governor, Rotary District 4400

MORE NEWS...

PDG. ALBERTO LONDOÑO MEJIA
10TH ROTARY PROJECTS FAIR CHAIR 2025
COLOMBIA



10TH ROTARY COLOMBIA PROJECT FAIR

The countdown is on—only 16 days remain until the 10th Rotary Colombia Project Fair, happening from January 30 to February 1, 2025, at the stunning Hotel Movich Las Lomas in Rionegro, Colombia.

This international gathering is a celebration of Rotary's values and a powerful platform to:

- Serve communities globally: Collaborate on transformative projects that make a lasting impact.
- Expand your international network: Connect with fellow Rotarians from diverse cultures and regions.
- Foster global partnerships: Work together on initiatives that transcend borders and change lives.
- Share and learn: Discover innovative approaches to service and take actionable ideas back to your club.

By joining us in Colombia, you'll not only experience the warm hospitality and vibrant culture of our country but also actively contribute to the global mission of Rotary: creating a better world through service, collaboration, and impact.

Time is running out—registration is still open! Take advantage of these last few days to secure your spot and be part of this transformative experience. Colombia awaits you with open arms. Let's inspire, connect, and take action together at the 10th Rotary Colombia Project Fair.

[Watch Video HERE](#) [BOOK NOW HERE](#)

Warm regards,
PDG. Alberto Londoño Mejia
10th Rotary Projects Fair Chair 2025





*Hello everyone and season
greetings from
Tanzania,*



I wanted to send you your next update in the Tanzania tooth fairy's latest adventures. I've spent the last few months visiting several schools teaching oral hygiene lessons and handing out toothbrushes and toothpaste. I've also taken a week out in the bush with the Flying medics continuing outreach to those without access. Since our last update, I've reached close to 4,000 students, teachers and villagers.

It's been a busy time along with the rainy season arriving with quite the monsoons making it challenging but everything is possible with determination.

The holidays have arrived and here and that means it's the time for everyone to return to their home village and to eat a goat to celebrate family being together once again. It's a special time of year for the villagers.



Once again a special thank you to all who have helped to make this project possible. I've been reflecting so much lately on how incredibly thankful I am that I have the opportunity to live a dream come true to be able to help so many people each day. I'm truly sending thanks to all of you from the bottom of my heart and wishing you a happy holiday! I have attached a few photos from some of the many people reached recently. I hope this email finds you all happy and well and having a blessed and beautiful holiday season.

Asante Sana,
The Tanzanian Tooth Fairy





RTN. TUSHAR SHAH DISTRICT GOVERNOR, RID 3060

We are working in District 3060 towards developing facilities for dialysis by providing dialysis machines to hospitals. This initiative will increase capacity and reduce the waiting time for patients awaiting their turn. Thank you for your support.

With regards,
Rtn. Tushar Shah
District Governor, RID 3060

Please contact D5470 International Committee for more info

THE MAHA KUMBH MELA 2025

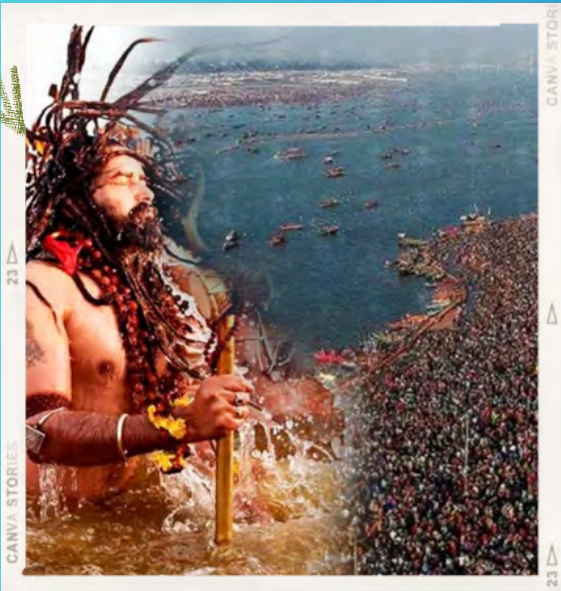


PHOTO CREDIT:
[HTTPS://99PANDIT.COM/BLOG/MA-HA-KUMBH-MELA-WORLDS-LARGEST-SPIRITUAL-GATHERING/](https://99pandit.com/blog/ma-ha-kumbh-mela-worlds-largest-spiritual-gathering/)

FUN FACT TO LOOK UP

There is a big religious festival in INDIA right now. Google "Maha Kumbh Mela" or check a site like Sky News. It is costing India a huge amount, and Rotary clubs are probably involved up to their ears. It only happens every 12 years.

LAURA THOMPSON
ROCKY FORD DAILY GAZETTE
P.O. BOX 430
ROCKY FORD CO 81067-0430
SALES@ROCKYFORDDAILYGAZETTE.COM



World's Best Pastry Chef

From Rotary Exchange Student to the World's Best Pastry Chef.

Interview by Christophe Courjon for Rotary International Mag_(France)

From: MAGAZINE 855 - NOVEMBRE 2024



In 2023, Nina Métayer won the title of World Pastry Chef. The following year, she became the World's Best Pastry Chef

The following year, she became the World's Best Pastry Chef. In 2024, Nina Métayer was named the world's best pastry chef at the World's 50 Best Restaurants awards ceremony in Las Vegas, Nevada (USA). Nina, who lives in Paris and works as an entrepreneur and consultant, shared her story with Rotary Mag (Rotary's French regional magazine). She talked about her life-changing experience as a Rotary Youth Exchange student in Mexico 20 years ago and how it influenced her career. In the interview, she explains how Rotary's values of service, adaptability, and global connections guided her journey from being a young and uncertain teenager to becoming a famous pastry chef.

When you were 16, what motivated you to spend almost a year away from home?

I had no self-confidence and was bad at languages. I wanted to benefit from an unusual experience and had met a girl in my city -La Rochelle, France -who spoke English very well. I learned that she had spent a year abroad as a Rotary Youth Exchange student, which prompted me to attend an information session about the program. At the meeting, I met a Mexican student who told me a lot about his country, which made me want to go there. Mexico was my first choice, and I was lucky enough to get it. I spoke no Spanish at all and being hyperactive and unable to concentrate in a classroom, I knew that the only way for me to learn a language was to practice it in real life.

Has your year in Mexico had a major influence on your professional future?

It was the best year of my life! It made me who I am today because I had to adapt and work hard. Like many exchange students at the time, I didn't have a cell phone and had to go to a cybercafé to contact my relatives in France. I learned not to get depressed in the face of difficulties, but to overcome them. This experience forged my character, and I integrated so well in Mexico that I wanted to live there. Since it's very difficult to make a good living in this country, I thought about starting a business in the future; since some Mexicans told me that the French are famous for bread and pastries, and since I had met a French couple who had set up a bakery in Mexico, I decided to become an entrepreneur. Back in La Rochelle, I finished high school and obtained a certificate of professional competence in bakery, and then in pastry. My year as a student was therefore decisive for my career choice. (continued on next page)

What were the highlights of your long stay abroad?

The families who welcomed me and the people I met were very warm, and I'm still in regular contact with many of them. In fact, I'll soon be attending the wedding of a Mexican woman I met in Puebla. I really appreciated the festive nature of the Mexicans and was invited to several weddings, baptisms, and parties. You could say I had become Mexican! At the end of the school year, I participated in a "bus trip" with other students from different countries and we spent over two weeks visiting other parts of the country.

When you returned to France, did you take part in any Rotary activities?

As a way of thanking Rotarians for sponsoring my Youth Exchange application, I soon became involved in projects carried out by the three Rotary clubs in La Rochelle. I became a member and then vice president of the Rotaract Club of La Rochelle. Although I'm now working in Paris, I still participate in these clubs' projects, especially by donating cake vouchers for raffles. This year, I participated in the blood drive organized by the Rotarians of La Rochelle by signing my book, *La délicate pâtisserie*, which includes simple recipes (waffles, crepes, etc.) as well as more complex ones that require great precision in texture and gesture.

What message would you like to send to teenagers wondering about a possible Rotary Youth Exchange year

The beauty of the Rotary program is that you can start at a very young age. When you're 16, you're discovering the world, whereas when you're 20, you have less to build on. Suddenly, living abroad and in a different culture is difficult, and you're forced to adapt and grow stronger. The absence of exams and grades during my school year in a foreign country gave me a sense of independence and freedom. Free from these constraints, it was easier and more enjoyable to learn the Spanish language and the culture of the local people. Because my year in Mexico helped me to discover myself, I encourage young people to spend a year abroad.

Will you ever be a Rotarian?

I'm sure of it! After a year as a Youth Exchange student and then becoming a Rotaractor, it would be a logical next step. But my work and family schedule doesn't allow me to do that now. Service to others is a value that motivates me.



<https://myemail.constantcontact.com/WASH-Rotary-Action-Group-Newsletter---September-2024.html?soid=1102200328080&aid=V5gXBcYicc4>

Message from WASH-RAG Board Chair

Our new Board Chair explains why she is a WASH Rotary Action Group member.

Read one example from her 30-year career in healthcare on how clean water and following standards for sanitation and hygiene can dramatically reduce newborn deaths.

Pat is a strong advocate for WASH in general and especially, WASH in Healthcare Facilities, as she knows its impact.



Where WASH Professionals Meet



13 Years and 3,700+ Registrants

The UNC Water and Health Conference, October 14 – 28, in Chapel Hill, NC, has earned a reputation for being where the top researchers, policymakers, and those with boots on the ground meet.

Excellent presentations and professional posters focus on drinking water supply, sanitation, hygiene, and water resources in both developing and developed countries with a strong public health emphasis.

Nurturing Resilience in WASH

WASH Symposium – Sat. Oct 19 – Denver, CO

District 5450 and the Rotary Club of Evergreen are working jointly to provide a hybrid symposium you can attend in person or virtually on Sat. Oct 19, in Denver, CO.

Building resilience in water, sanitation, and hygiene projects is crucial for ensuring sustainable and effective systems. This is especially true in the face of climate change, population growth, conflict, and emergencies.

(Continued on next page)



Bonjour Hola Salut

Recently, some resources have been translated into numerous languages.

Read one example from her 30-year career in healthcare on how clean water and following standards for sanitation and hygiene can dramatically reduce newborn deaths.

[illegible]

Why I am a WASH Ambassador



Growing up in the Democratic Republic of the Congo, Blessing saw firsthand that only two out of twenty-two villages had access to clean water, and waterborne diseases were widespread.

Read how he experienced the power of community-driven initiatives to bring clean water to his village.

100 Toilets for Girls in Nepal

The Rotary Club of Dhulikhel is spearheading an ambitious project to construct 100 toilets for girls in Nepal within five years.

Through this project, thousands of girls will see improved health, safety, and education.



Rotaract Clubs Tackle Menstrual Hygiene Project

The Rotaract Club of London and the Rotaract Club of Accra Ring Road Central, Ghana, are leading a Menstrual Hygiene project in Ghana. Their focus is on school-aged girls in rural communities of Ghana.



A PENNY FOR YOUR THOUGHTS

PP PENNY KELLY

Rotary Club of
East Colorado Springs



Have you already given up? We're just a few days into a brand-new year—a clean slate with endless possibilities to create the life we've always dreamed of. Over the past month, we've been imagining this fresh start: brand-new habits, exciting goals, and endless motivation. We were ready!

But then January 1st... or 5th... or 10th rolls around. We might hit our goals with gusto for a few days, but then life happens. It gets hard. We fall back into the same old rut, drawn to the easier, familiar paths rather than staying true to carving out something new—a roadway in the wilderness, a river in the desert.

Goals are tricky. They're so valuable, yet they can also feel defeating. For me, a focus for the year works better than setting rigid goals. A focus gives me direction without so much pressure, and it becomes a simple intent to guide my year. When I do this, I find I don't get as discouraged, and it's easier to stay on track rather than giving up.


2025... The Year to Help Others Thrive

It's been such fun sharing this intent with others and asking how I can help them thrive. People love to share when you ask sincerely, and I'm finding they feel seen and heard—a gift we all need more of in this world of "heads-down-in-phones" and limited connection.

This is the heart of Rotary. I believe we help people around the world thrive. May 2025 be a year for all of us to double down, look around, and help others thrive in big and small ways.

2025... THE YEAR TO HELP OTHERS THRIVE

Let's embrace this focus together!
Warm regards,

 Penny Kelly

Past President
Rotary Club of East Colorado Springs





CELEBRATE LALMBA'S 60TH ANNIVERSARY

Tri-Lakes Dynamic Rotary Club
Monument, Colorado
Rob Andzik



INTRODUCTION:

In September of 2023 I had the privilege of being in Ethiopia to help celebrate Lalmba's 60th anniversary with the staff at our Chiri Children's home. Shortly after the celebration our staff heard from the local government officials that they were needed at the nearby government health center. A newborn baby girl had been brought in and needed a home. Her mother had tragically died from malaria less than a week after giving birth and her father was not capable of caring for his daughter. I joined our Ethiopian staff as they quickly drove to the health center where we found a young man, with tears in his eyes, holding an infant. An infant named Mekdes.

With the help of some translators, we learned more about the situation. The young, recently married couple was from a distant part of Ethiopia. They were unemployed and destitute, so the Ethiopian government relocated them to this remote area and lent them a plot of land to farm. Neither the mother or the father spoke any of the local languages and couldn't communicate with anyone.



EMPOWERING SELF-SUFFICIENCY:

After the mother tragically passed away, the father felt lost and abandoned, with no way to feed an infant. He had nowhere to turn. So, working with the Ethiopian government officials, our staff brought Mekdes into our small children's home and she became part of our Lalmba family of 12 kids cared for by loving house mothers.

Fast forward to January 2025 and I am back in Ethiopia. I recently visited the children's home. Most of the kids I know very well, but the young ones grow and change so fast. I saw a little girl walking around with a huge smile on her face and asked who that was. It was Mekdes. I could barely hold in the tears of joy seeing how well she is doing. I hope you enjoy the seeing her smiling face as much as I did.

****Lalmba assists over 1,000 destitute children with no other means of support.**

<https://www.lalmba.org>

rob.andzik@lalmba.org





POCO A POCO

Children's Lunch Program

PETER JESCHOFNIG

ROTARY CLUB OF GLENWOOD SPRINGS SUNSET
GLENWOOD SPRINGS, COLORADO

San Pedro Itzican is a small town of 7,000 residents along Lake Chapala in the state of Jalisco, Mexico. The community faces extreme poverty, a lack of drinking water, limited job opportunities, and many women without financial support.

There is only one occasional doctor serving the entire population, no pharmacy, and no bank. Access to basic education is limited, and local health or dental care is virtually nonexistent.

Founded in 2016, Poco a Poco supports the community by educating children, providing nutrition, and teaching sustainability.

Why do we urgently need financial support for food?

Hunger has a profound impact, especially on children who go to school on empty stomachs. Studies show that early-life nutritional deficits can affect brain function throughout a lifetime. This is why we prioritize both education and nutrition.

Our Children's Lunch Program provides freshly cooked, nutritious, and balanced meals to about 200 children five days a week. For many, this may be their only meal of the day.



With your help, we can ensure every child has access to the nourishment they need to learn and grow. By contributing to this program, you are not just feeding a child—you are investing in their education, their future, and the future of this community.

Your donation will directly fund food, supplies, and support for local staff to prepare and distribute meals.

For additional information, contact: Pocoapocosanpedro@gmail.com or call Kari Higgins at (+52) 333-820-4927.





Ukrainian Children's Soccer Field

Tri-Lakes Dynamic Rotary Club
Monument, Colorado
Russell Chun

February 22, 2025 will mark the third year of the Ukrainian war with Russia. Geopolitics aside, Tri-Lakes Dynamic Rotary Club in Monument, Colorado, has partnered with GoodSports International to bring grounding and normalcy to children's lives playing soccer in the Ukrainian town of Kryvyi Rih.

Prior to the war, there were 80 children in the Penuei FC (Football Club); since then, the program has grown to 300 children and 25 coaches. The coaches are all under the 25 year age for the draft, but if the war continues, that protection will disappear.

Why soccer? A Kyiv coffee café owner explained. It is all about "grounding," he said. When the war first started, everything shut down. But now, drone and missile strikes are the norm, and people need grounding or normalcy. After every strike, everyone stops at coffee shops everywhere. They check in with the neighborhood; they are seen and see who has survived. Sports are the same way, he said.

Children live in fear. That fear disappears when they are on the soccer field. This is why we are putting in an astroturf field (three small ones) for the smaller children, said Olexsander

Romancha, Director of Penuei FC and Shelter Plus (a place for displaced Ukrainians). We can't play on the grass field during the winter without destroying it, but we plan on using the small astroturf field throughout the winter.

Tri-Lakes Dynamic has joined Penuei FC by partnering with GoodSports International Ukraine country director Russell Chun (Rotary member). Along with his in-country team, GSI has been supporting sports efforts in Slovakia (baseball-29 years), Hungary (baseball and Obstacle Course Races), and now Ukraine.

Check out the video: https://shelter-plus.com/eng_

Photo Credit: Olexsander Romancha, Director Penuei FC
Contact me for more info: Russell.chun@gmail.com

GoodSports

- Help purchase one square Meter of astroturf for \$30.00 For the Penuei 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/>

QR Code



ZONTA

CLUB OF
PIKES PEAK AREA

MEMBER OF ZONTA INTERNATIONAL

EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

**Susie Nulty, Zonta Club of the Pikes Peak
Partner with the Rotary Club of East Colorado Springs**

Our club has partnered with the Rotary Club of East Colorado Springs and the Trampled Rose for a number of years, including a successful sanitary supplies project for rural schoolgirls. Our missions all align: Build a Better World for Women and Girls. These projects have been a delight to work on, and together, our work in Ethiopia is amazing and impactful.

Zonta is in the process of starting an e-Club as current members and potential members do not live in an area with a club (currently, there are about 26,000 members in 1,100 clubs across 64 countries). With our geographic challenges, we have not been great at fundraising yet, but we wanted to help the girls in Ethiopia in a direct way. Becky Kiser suggested we write to 20 of her volunteer helpers (I do not think I could pronounce one of the names!).

Four of us each wrote five notes of support and gratitude, and we included an origami crane in each card for fun. It is a drop in the bucket, but we hope it will help continue the fine work that we are doing together so far from our homes. With our e-Club members far and wide, we hope to contribute in this small way again soon.

Very best regards,
Susie Nulty

nulty@csdco.com

[https://hersocietybio.my.canva.site/empowerherevent?
utm_source=KKT&utm_medium=FacebookPost&utm_campaign=EmpowerHer2024&fbclid=IwY2xjawH6WTRleHRuA2
FlbQlxMAABHRNjMcrdHb7glwLaX-Zs_1g_IHOcb_F7Wp1-
9i9e8s8lWSm5axR8j70O_aem_2XdFibSZ0o6570dOSNf_hQ#contact-2](https://hersocietybio.my.canva.site/empowerherevent?utm_source=KKT&utm_medium=FacebookPost&utm_campaign=EmpowerHer2024&fbclid=IwY2xjawH6WTRleHRuA2FlbQlxMAABHRNjMcrdHb7glwLaX-Zs_1g_IHOcb_F7Wp1-9i9e8s8lWSm5axR8j70O_aem_2XdFibSZ0o6570dOSNf_hQ#contact-2)





SOLUTIONS TO MALNUTRITION AND FOOD SECURITY

FOODPLANTSOLUTIONS.ORG

Food Plant Solutions Rotary Action Group

No Peace Without a Healthy Planet

Recently I had the pleasure of speaking at a World Peace Day event. It was wonderful to see people from all walks of life come together to talk about PEACE and what it means to each of us. The event saw the launch of the film “Making an impact with Peace”, which can be viewed on our YouTube Channel. Other speakers were:

- *A Peace Advocate, who travels the world with his wife planting Peace Poles and talking to groups about Peace.

- *A film maker who made the film, “Making an Impact with Peace”, which Rotary International has approved.

- *Photographer, David Brill AM ACS, who has been a war photographer and foreign correspondent.

- * I spoke about the outcomes of the work, Food Plant Solutions Rotary Action Group, and the relationship between Peace and food security. This was interspersed with beautiful Schubert songs, sang by PP Ros Teirney.

So the questions we need to ask in this time, is “what can we do?”

Many groups around the world are trying to bring food to the refugees. They are doing a wonderful job in appalling situations. I think our role is to support these countries with

building. We need now, to be ensuring that communities are able to be provide food security for their families. If you are working in a country and building a school, hospital, why not add a garden?

Please contact us if we can assist you to End Malnutrition.

PDG Una Hobday OAM PhF

Chair Food Plant Solutions Rotary Action Group

Service Above Self Awardee 23/24

STORYTELLING TO PROMOTE HEALTHIER DIETS AND A HEALTHIER EARTH

I am a story telling Crop Scientist who has dedicated her life to using the art of combining storytelling and science to promote better diets and a healthy environment among people who grow part of their food basket. My journey of using storytelling to influence behaviors in farming communities began in 2019 when there was an animal health crisis in Zimbabwe and farmers cattle were dying of tickborne diseases.

We at Welthungerhilfe, the organization I have been part of for the past 11 years, started training them to raise their own funds for animal health supplies instead of waiting for heavily subsidized or free handouts from the Government and Non-Governmental Organisations which are intermittently available –while watching their cattle die. The campaign included a lot of storytelling, and it worked.

Over three years farmers raised 1.6 million US dollars for their animal health supplies which was an unprecedented development in the country. While I work with subsistence farming communities in rural Zimbabwe on a broad range of issues pertaining to food and nutrition security, my main interest is in designing cropping systems that promote affordable healthy diets, so I decided to carry my story telling journey to designing and promoting healthy diets. That is how the story of Buhlenkosi and Luthano in Gogo’s Magic Garden was born. It is the story of how we can care for our land and produce healthy diets sufficiently as well how we can enjoy healthy meals from the magic garden, and the main characters are my daughters and Mom. This book is part of my PhD in Crop Science Research with the University of Reading.

We are rolling it out on both Rotary and Welthungerhilfe Nutrition and Education Projects. We focus on delivering the story and stimulating community behaviour shift through school children. My vision is that, together with the Food Plants Solutions Action Group Rotary we will spread this message globally towards healthier diets and a healthier earth, and I look forward to sharing our journey with you.

With Love Rotarian Kudzai Nyengerai

Editor’s Note: Please [contact us](mailto:info@foodplantsolutions.org) for more details (info@foodplantsolutions.org)



PIONEERING AGROECOLOGY THROUGH UNIQUE FARMER COMMUNICATION

Biovision Africa Trust

Biovision Africa Trust (BvAT) is at the forefront of promoting sustainable agriculture and agroecology in Africa. Our mission is to empower smallholder farmers by enhancing their capacity to adopt eco-friendly farming practices, thereby improving food security and biodiversity across the continent.

BvAT employs a unique approach to farmer communication. We believe that knowledge is key to farmer transformation. By facilitating farmers to share their experiences and learn from each other, we cultivate a community-driven approach to agroecology. Our innovative communication strategies include TOF Radio, TOF Magazine, Farmer Resource Centers, Farmer Group Trainings, and digital platforms that connect farmers to vital information about sustainable practices and market access such as COA and Infonet.



COLLABORATION AND QUALITY PLANT FOOD REFERENCE GUIDES

It is our joy to announce to you our ongoing pleasure at working with vibrant plants around the world to keep malnutrition at bay. We give gratitude to Food Plant Solutions for their comprehensive work in alleviating malnutrition with quality plant food reference guides in countries that need it most.

Reap Goodness is an American nonprofit adjusting the thinking of people globally to eat healthy permaculture foods to heal and support themselves and the planet at the same time. Imagine a world where the schoolchildren are the teachers of others on how to grow healthy perennial foods just right in their location for all of nature to support one another in harmony and ease. This is what we aim for by starting the process with adults in two desert locations in Arizona, USA.

With that in mind, we choose to protect a small area of land for public food forests by dividing the tasks needed into three groups of volunteers. First, there will be a group that divides the simple tasks of rainwater harvesting on land. Second, there will be a group who divides the tasks of planning and planting perennial trees, bushes and ground plants, all bearing foods for years. The third group allows for environmental plantings to restore the land and invite nature to provide pollinators and birds to thrive there.

Happy New Year!

As we welcome this new year, I want to share a story that resonates with my theme of intention. Many years ago, I visited an ostrich farm in Africa and was given an egg, which was said to serve as an omelet for twelve. I proudly displayed it on my bookshelf, and over the years admired it and gave it many mental attributes: it represented continuity, beauty, strength, fragility, life and death amongst others. Recently, however, it fell and shattered into many pieces. This incident reminds me that while we may have many ideas and plans, our intentions are what will make our journey worthwhile and meaningful. And unexpected events can alter our course. Yet, just like the egg, our intentions can be transformed into something new and meaningful. Let us enter this year with purpose and resilience, embracing the opportunities that lie ahead. My intention is to continue the path that moves malaria closer to zero. Join me!

Dan Perlman
 RAM-Global Chair

RAM-Global Intends to Supply Many Bikes to CHWs in 2025

The Global Malaria Eradication Conference, co-sponsored with RAM-Global and Malaria Partners International, will be held on June 20th in Calgary, Canada, one day before the Rotary International Convention.

- Early Bird Special ends April 30, 2025! We encourage people to register early as there are a limited number of spaces available.
- We have Philip Welkhoff, Patrick Chisanga, and other wonderful speakers, and we are still finalizing the list of speakers. [Click here to see the full list of speakers.](#)
- Interested in being a sponsor or know someone who is? Please email us for more information at info@RAM-Global.org.
- We are actively recruiting Rotaractors and students to bring increased energy to our efforts. Special discount fee of \$50 is currently on the [registration link](#).

[Click here to register for GMEC.](#) and [Visit the GMEC website.](#)

RAM-Global Intends to Supply Many Bikes to CHWs in 2025

by Marion Natukunda, Chair of Partner Collaboration Committee

On December 8th, 2024, the Malaria Family Carnival was held at the beautiful Las Vegas Hotel Bunga, Kampala, Uganda, bringing together Rotarians, Rotaractors, and their families, friends, and passionate individuals united in the fight against malaria.

The event was a tremendous success, offering a full day of fun, education, and community spirit, all while raising funds and awareness about the ongoing battle against one of the world's deadliest diseases.

A Day of Family Fun and Purpose

The carnival was a perfect blend of entertainment and advocacy. Families enjoyed a wide variety of activities, including games, music, dance performances by various Ugandan artists, face painting, and delicious food stalls. The atmosphere was filled with laughter, joy, and a shared commitment to making a difference in the global fight against malaria.

This event runs every year and targets families that are already on holiday from school, especially those affected by malaria, particularly children under 5 years and pregnant mothers. The funds estimated to have been raised at the carnival were 50,000 USD net.

RAM-Global is encouraging malaria carnivals in countries across the endemic zones. (Continued on next page)



RAM-Global Intends to Supply Many Bikes to CHWs in 2025

Bicycles can play a transformative role in community health promotion in Kenya and other similar contexts. Here are several reasons why bicycles are particularly beneficial for health promoters in this setting: [Click here to find out how bicycles are critical for rural healthcare delivery. \(LEARN MORE HERE\)](#)

Grants Update

1. Liberia Slum Cleanup-Liberia Grant Success:Tools for Slum Clean-Up and Malaria Education Through Radio Campaign
([MORE](#))



2. Newly Approved Grant for Rotary Club of Manipal Hills, India:


A new grant has been approved by the committee –“Community Health Initiative Addressing Dengue and Malaria in Manipal”. Both diseases are driven by mosquito bites, and thus many of the solution strategies overlap. The results of these diseases cause enormous public health and socio-economic concerns within the community.

This grant will enable transformative efforts by educating locals, while joining forces with healthcare workers, educational institutions, youth, Rotarians and civic leaders. It will ultimately empower all concerned to change existing health limiting habits that will have the positive impact of reducing the caseload.

The goal of collaborative efforts to achieve about a 50% reduction of these diseases within the targeted households, with activities such as weekly community gatherings to remove stagnant water thus eliminating mosquito breeding sites. In addition to initiating intense awareness campaigns, these efforts will contribute to bringing community members together, reducing negative health issues, and fostering future sustainability.

We look forward to updates, progress reports, and photos of this worthy grant.





PELS 2025

(FORMERLY PETS)

Did you know that PETS (President-Elect Training Seminar) is now called PELS (President-Elect Learning Seminar)?

Meetings for PELS begin in March and we are actively recruiting our RAM-Global members to set up tables at PELS meetings to represent RAM-Global. See location and dates [HERE](#)

If you are interested in participating with us for PELS, please email us!

 info@Ram-Global.org



NIGERIANS VISIT PAGOSA SPRINGS

Rotary Club of Pagosa Springs
Pagosa Springs, Colorado
Donna Mosher



Abdoulaye Dabougui, a retired economist and president of our twin club, Club Rotary Niamey Gaweye in Niger, traveled to Pagosa Springs in late October 2024. We were beyond delighted to meet them and host them in our little mountain community.

Abdoulaye presented our program with his wife, Assamaou Ouacho. Assamaou taught for 17 years at the school for the blind students for whom we funded school supplies. She supported Abdoulaye's presentation with her practically perfect English. Members of the club in Niamey attended via Zoom.



Abdoulaye first shared with us facts about Niger. The country in West Africa gained its independence from France in 1960, and French is the primary language, along with eight native languages. It has a population of 27 million. Only 17% have internet access, 19% have electricity, and 50% live in extreme poverty on less than \$2 a day. It is in the Sahara Desert, and very dry. (Obviously.) Still, 40% rely on agriculture to support themselves.



Clean water is a constant struggle in the arid climate. Water, sanitation, and hygiene are critical goals the country is trying to achieve. These are among Rotary International's primary focuses.

Fewer than half the children between 7 and 16 are in school. Their access is limited because of a lack of infrastructure and needed school supplies. Many of them have to help their families earn a living, and the girls have to help at home. Abdoulaye could attend school because his father was a teacher. Similarly, their three children are in their 20s and are educated and successful in their careers. Abdoulaye and Assamoau support the education of at least one orphan.

Abdoulaye expressed deep gratitude for our financial support of the school for the blind. Nine students received supplies we provided from small donations our members contributed each week. Now, they very much need special paper to learn to write and read in Braille. This paper costs an extraordinary THIRTY DOLLARS a ream! Certainly, this is a cost making the paper totally impossible for these students to buy. Our club will continue contributing small donations weekly to provide this important supply. (Continued on next page...)



BEYOND THE MEETING:

David and Jean Smith hosted Abdoulaye and Assamoau, who came from Denver, where they were visiting a nephew. The Smiths took them to Dar al Islam, an American non-profit educational organization in New Mexico. The campus is anchored around a mosque and a school building across from the historic village of Abiquiu.

Kim and Walt Moore hosted them and members of our club at a delightful potluck dinner. Donna Mosher and Ken Morrison showed them around Pagosa Springs, including a walk along the river, a stop at our Rotary garden, a peek at the hot springs, and a visit to the Pagosa Springs Visitors Center. There Assamoau put a pin on the world map indicating the center has been visited by folks from Niamey. On the way to lunch at Mee Hmong, we stopped at City Market to say hello to our Rotary Club members raising money for the annual polio drive.

Kim and Walt drove our guests Friday evening to Salida to catch a bus back to Denver. On the way, they stopped on Wolf Creek Pass to make snowballs. Yes, it was their first experience of snow!

<https://pagosaspringsrotary.org>

Photo Credit: Donna Mosher, Ken Morrison, Kim Moore





FROM THE DESK OF DAN

DAN PERLMAN

**ASPEN AND CARBONDALE ROTARY CLUBS
CARBONDALE, COLORADO**

CALGARY MALARIA CONFERENCE: LEARN AND ENGAGE

District 5470 has been a leader in the Rotary Malaria Education and Project initiatives. The day before the Calgary Rotary International Conference begins our 1 day Global Malaria Eradication Conference (GMEC2025) is scheduled to take place at the Telus Convention Centre, in Calgary on June 20, 2025. This event is organized by Rotarians Against Malaria-Global Rotary Action Group (RAM-Global) and Malaria Partners International (MPI). Early bird registration is now open.

Rotary is becoming a critical partner in the fight to end malaria by providing project funding and boots-on-the-ground training. We help to train, equip and support Community Health Workers who provide education, testing and treatment for malaria in underserved communities, as well as many other activities.

The Global Malaria Eradication Conference will provide Rotarians and partners with the information, inspiration and tools to advocate for Rotary International to adopt malaria as a key priority and to engage in programmatic work that helps eliminate malaria in endemic regions.

For more info visit <https://www.gmec.org> or email me at Dperلمان1@mac.com

Daniel Perlman
Chair, Rotarians Against Malaria-Global Rotary Action Group



Guatemala Literacy Program

<https://www.guatemalaliteracy.org>

For 27 years GLP has been sending books and promoting literacy in the highlands of Guatemala. Now they are also providing computers and trainings that empower a very poor country to raise the bar in education. Rotary conceived this program and hundreds of Rotarians have visited this beautiful country and the many schools involved. Over 850 Rotary Clubs have supported the program. Wouldn't it be nice if we had more than a handful of clubs from D5470 involved? Please consider asking your club leadership to get your club involved: this is a wonderful program.



CHINLE PLANTING HOPE AND READ AT HOME UPDATES

Rotary Club of Glenwood Springs
Glenwood Springs, Colorado
Nancy Bo Flood

Good news from Glenwood Springs, Colorado Rotaries, Noon and Sunset

Our collaboration with two “grassroots” Navajo nonprofits, Chinle Planting Hope and Read at Home, plus several other Rotary clubs, have continued to create “good things happening” that we’re excited to share!

Glenwood Springs Rotary Noon and Sunset clubs in collaboration with Durango Rotary have worked with local Navajo families to bring to the communities two important essentials so parents can support reading at home and children can become strong readers: light to read by, books and children’s magazines to read.

Let there be light!

The solar install weekend at the end of September for elderly and families without electricity went well! Durango “superstars” Rotary completed 15 solar panel/lights installs. Each Navajo family also received a delicious and nutritious food basket and plus fresh produce from AZ Complete Health

Please bring on the books!

The Bookmobile is going strong! Over 2000 library cards have been requested and distributed and more than 14,000 books checked out! With books to distribute and share, Chinle Planting Hope attended several Navajo community events in October including family literacy nights in nearby Tsaile and the Many Farms Face Program. The Bookmobile and Thrift Store are open every Tuesday and Friday afternoon. Parents do not have to drive over 100 miles to purchase books.

Having books in the home is critical. Literacy research studies have shown again and again that children who have their own books, a library card to choose books, or whose homes have more than a hundred books – excel in many ways – reading skills, vocabulary, knowledge about the world, empathy with children who live in other situations or places and confidence plus success at school. Children who read become successful adults and strong leaders.

Chinle Planting Hope

Chinle Planting Hope is preparing for 100 elderly food deliveries for Thanksgiving and Christmas! They’re stockpiling stuffing and cranberry sauce and the turkeys are ordered plus a basket of fresh fruit and a few “sweet surprises.”

3rd Annual Polar Express Christmas Store

The 3rd Annual Polar Express Christmas Store will be held the first week in December! Local schools nominate families that need extra support. Chinle Planting Hope also offers support to families recommended by the Domestic Violence shelter in Chinle, hospital social services, and Bookmobile families. A collaboration of several Rotary Clubs are bringing new toys and winter clothes for children that will be sold at a very reduced cost for parents. Families will not have to drive over a hundred miles to Christmas shop “for Santa.” It’s a joy every year!



Continued-Chinle Planting Hope and Read at Home updates

Glenwood Springs two clubs, Noon and Sunset, are submitting a Global Grant to furnish the Imagination and Learning Center. The building is up. The infrastructure is there and ready. Furnishing will complete the Center as a place where people can gather to learn, explore, share, and create – elders can share weaving skills, young people will have access to computers and internet and teach skills to their elders. The goal of our Global Grant is to furnish the Center as a place for learning and exploring – with books, computers, structured programs, and individual guidance, similar to the types of opportunities most public libraries offer. There is no public library at Chinle – the nearest one is over 100 miles distant. We invite other Rotarians to become part of this project. For more information please contact us – Glenwood Springs Rotary Noon or Sunset Clubs. Thank you.

Thank you to many Rotarians for walking with us on this literacy and community development journey in Chinle, Navajo Nation.

Together we are making a difference.

Submitted by Nancy Bo Flood, PhD

***June 5,6,7,8 workdays in Chinle– everyone is welcome to come for a day or come for all four days. Information will be in the next newsletter or email Nancy Flood at wflood@hotmail.com.



Native Readers Become Powerful Leaders



“

Read at Home is reaching out to tribal schools to support early literacy. 500 subscriptions! Yes, a year's subscription to Highlight's High Five are sent monthly to over 500 students attending tribal programs through Headstart, preschool, or first grade. School locations include St. Mary's in Alaska, Fort Hall Headstart & Elementary in Idaho, Chief Targee (native language immersion charter school) in Idaho, Chinle Preschool on the Navajo Nation, and FACE – a family literacy program in southern Arizona.

”

Donate by check:

Checks made out to Read at Home, Inc.

Can be mailed to:

Nancy Bo Flood
4337 County Rd 117
Glenwood Springs, CO 81601



For More Information:
email hayeskath@verizon.net

www.readathome.org



MAMA CLEO'S BOYS' HOME (MCBH)

Since 2015, Mama Cleo's Boys' Home (MCBH) has been a beacon of hope and transformation for orphaned and abandoned children in Chapala, Jalisco, Mexico. Founded by Alex Bernardino and his mother, this Christian family-run nonprofit opened its doors with love, welcoming three boys. Today, it provides a safe, nurturing home to 24 boys, offering them a chance to heal, grow, and thrive.

At MCBH, the mission is clear: to help boys heal their hearts and build brighter futures. The home provides spiritual and emotional tools to overcome past hardships, accept reality, and move forward with resilience. Through love, structure, and care, these boys are being guided to become good men who can contribute positively to society.

BUILDING A FOREVER HOME

Over the past year, local humanitarians helped build a new forever home for MCBH. The construction of the kitchen is complete, with carpentry, plumbing, electrical, and flooring finished. Now, the focus is on furnishing the kitchen with industrial appliances to prepare three hot meals daily for the 24 boys who call this home their family.

Here's what's needed to complete the kitchen:

- Industrial stove with exhaust hood
- Refrigerator
- Appliances
- Backup lithium battery

The total cost is \$6,800 USD. Thanks to a generous donor in Ajijic, \$3,400 USD has already been raised, leaving \$3,400 USD to go.

HOW YOU CAN HELP

A warm, nourishing meal is more than just food—it's an act of love and care. Your contribution can help provide the tools to feed these boys and sustain the life-changing mission of Mama Cleo's Boys' Home. Every donation, big or small, will make a difference. Together, we can give these boys the stability and resources they deserve.

To learn more or to donate, please reach out to:

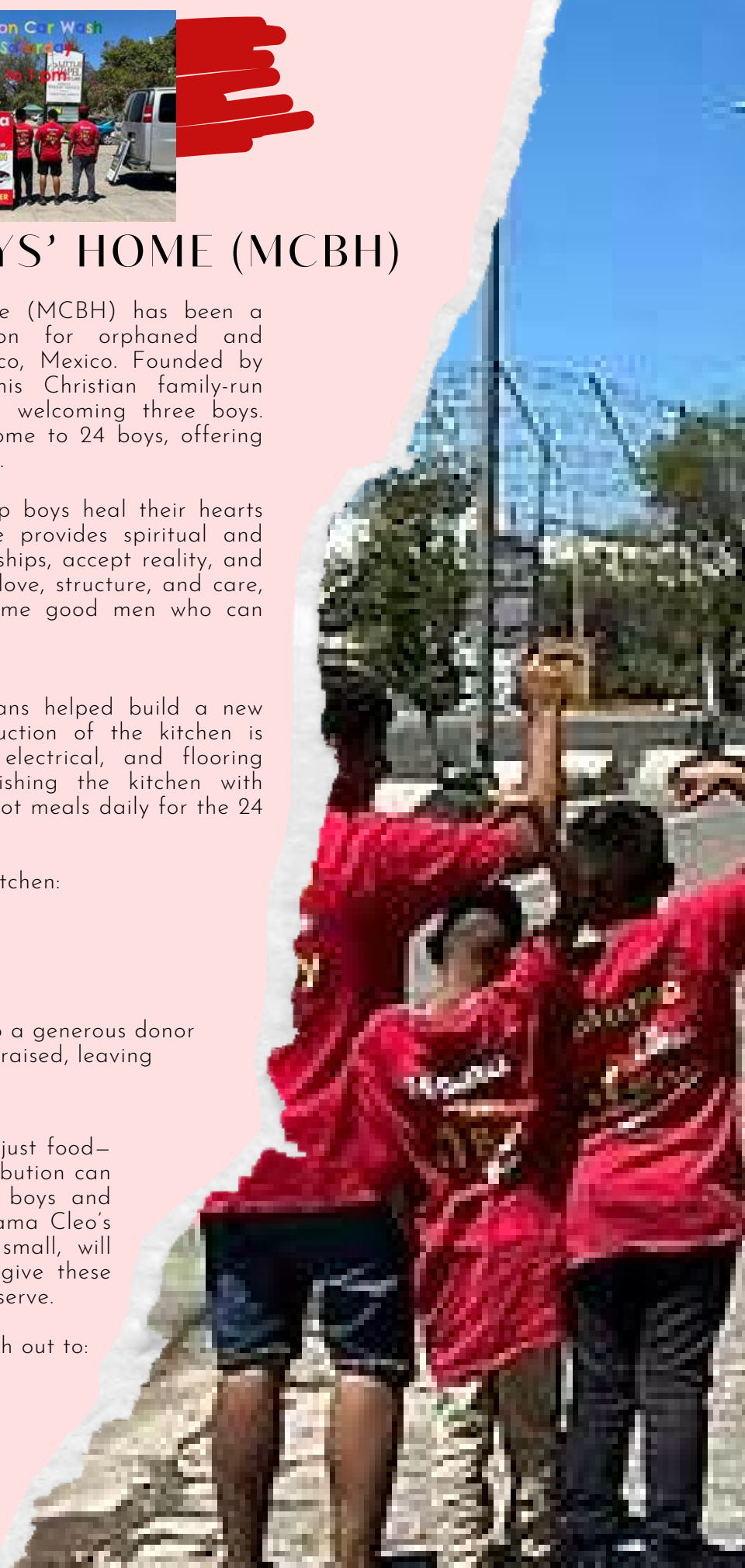
Jeanette Monosoff, PhD

Service Project Chair, Rotary Ajijic

Email: jeanetterotarioajijic@gmail.com

Phone: +52-313-266-5398

www.mamacleosboys.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/12kRRsDf7Me8FlnzWrvyKUCNvimO>

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/1pteO9SscGf8IbulMYMvR3l7Wh>

Google sheet for global grant partners

https://docs.google.com/spreadsheets/d/1UP2yBWmNAHgISrz6dO_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

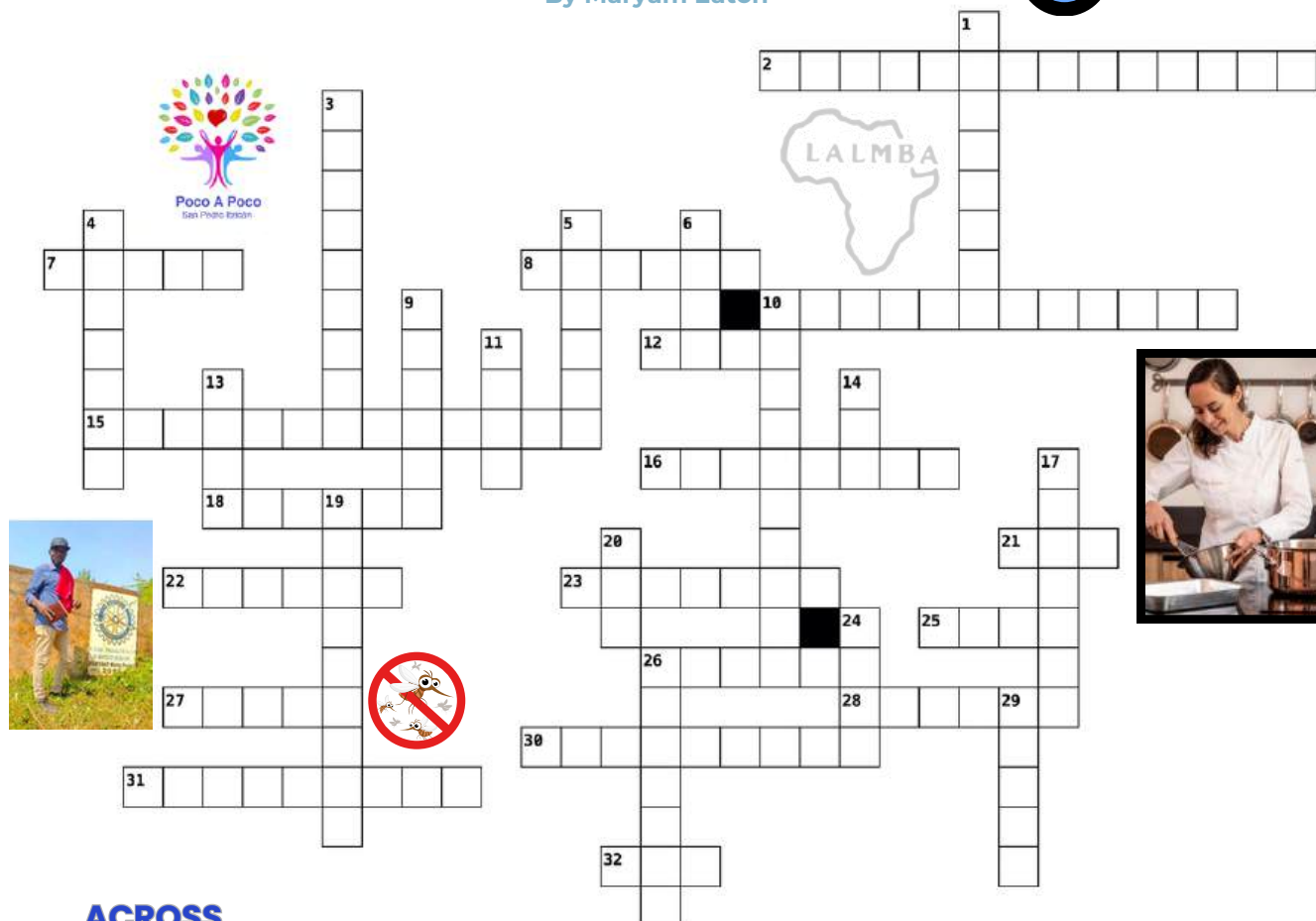
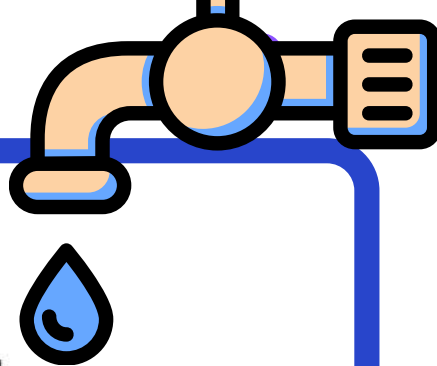
<https://my.rotary.org/en/learning-reference/learn-topic/public-relations>

Action Groups projects WhatsApp

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

Rotary International District 5470 International Newsletter Crossword Puzzle

By Maryam Eaton



ACROSS

2. A common dish in Ethiopia.
7. Our Rotary Int'l District #5470 Int'l Chair
8. Malaria Eradication Conference
10. TO PROMOTE HEALTHIER DIETS
12. ____ Cleo's Boys' Home (MCBH)
15. Project fairs are happening
16. Our Rotary Int'l District #5470 Governor
18. Initiative Addressing ____ and Malaria
21. al Islam, New Mexico.
22. Connect with ____ Rotarians
23. Global ____ Eradication Conference
25. Métayer won the title of World Pastry Chef.
26. ____ Planting Hope
27. ____ Health Organization
28. assists over 1,000 destitute children
30. Lunch Program serves 200 meals/5 days a week
31. ____ Tooth Fairy
32. ____ -District Convention

DOWN

1. Designated Funds
3. ____ Literacy Program
4. Pagosa Springs Rotarian Hosted ____
5. Grant proposals
6. Kumbh Mela
9. Help Others ____
10. and hygiene reduce newborn deaths.
11. month of Rotary International Conventions
13. ____ at Home
14. ____ Leer Foundation
17. ____ Jalisco, Mexico
19. Why soccer? A Kyiv coffee café says ____
20. Pedro Itzican
24. Formerly PETS
26. Location of Rotary International Conventions
29. a Better World for Women and Girls

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WORD BANK ANSWERS



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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 , recipes, Rotarian travels, 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 #48



*Next
Due Date:*

April 10, 2025