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A MESSAGE FROM OUR DISTRICT INT'L NEWSLETTER EDITOR

Dear Rotarians and Friends,

Our International Newsletter has become a vibrant passport connecting us across oceans, cultures, and dreams — no security lines required! Thanks to your stories, photos, recipes, fundraisers, and project updates, we've built a window to the world for Rotarians who haven't traveled internationally yet, and for those already dreaming of their next project.

Let's keep that energy going! If you've completed an international project, discovered a cultural recipe, or have ideas brewing — share them with us! Every submission adds another colorful stamp to our district's passport and inspires others to dream bigger and serve better.

If you haven't yet taken on an international project, now's the perfect time to start imagining. Nothing brings Rotary's Five Avenues of Service to life quite like stepping into the wider world — or connecting through stories shared right here at home.

Traveling? Visit a local Rotary club!

You'll find we share the same heart for service, yet each club brings its own unique spirit. And don't forget your club banner — Club trading banners is a timeless Rotary tradition and a wonderful way to break the ice and build new friendships. See an example below where I met Rotarian Peter in Mexico.

Want even more inspiration? Join our D5470 International Coffee Bistros! Hosted by our amazing District International Chair, Becky Kiser, these gatherings are full of ideas, support, and fellowship. (Trust me — one visit will get your project ideas flowing!)

Keep sharing, keep dreaming, and keep inspiring. The world is waiting!

Yours in Service,

Maryam Eaton

Maryam Eaton
Editor



DISTRICT 5470 INT'L COMMITTEE UPDATES

• 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:

Next Meeting: June 21
Meeting ID: 827 6233 9280 Passcode: 938948



This has been a perfect Saturday morning congregation. Thank you, Julie Dean

SAVE-THE-DATE

The New Mexico District Rotary Foundation Chair Dick Jones has announced that **The Tri-District Conference in El Paso will be October 10-11.** Keep an eye out for more information



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

danielperlman

Calgary is coming up!!!

Rob Andzik

Lalmba <https://www.lalmba.org>

flood2

Navajo Chinle contact for more information Nancy Flood at wfflood@hotmail.com

danielperlman

Join us at RAM-Global.org

IS IT FAIR TO ALL CONCERNED? EGGS FOR THE “DISPLACED” IN ETHIOPIA

REBEKAH KISER
Rotary Club of
East Colorado Springs



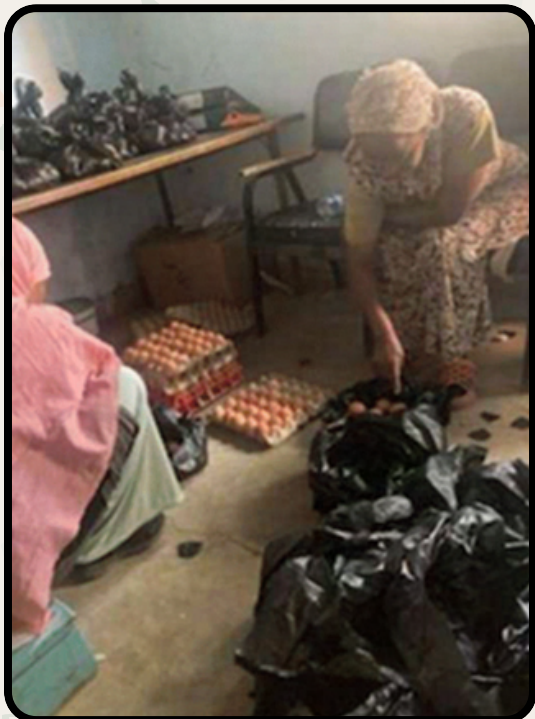
Six years ago, PP Penny Kelly, DISC Rebekah Kiser of the Rotary Club of East Colorado Springs, and Robby Dale Nelson of the Rampart Range Rotary Club began to reflect on the existing unfairness that we, our children, and our grandchildren have everything we could want for our holidays — but what about those around the world? What about those who don't even have food for their families? What could we do? Could we get some meals to a few? Would we be able to make a small difference for some?

The idea came to us to think excessively big and commit to distributing 4,000 eggs, with the financial support of our club members, to the poorest.
(Continued...)





In Ethiopia, our biggest celebrations center around two religious holidays: Eid, marking the end of the fasting period of Ramadan, and Fasika, what we in the USA call Easter. Both holidays are celebrated with a traditional soup made of onions, chicken, chili pepper, and boiled eggs called Doro Wot. In this time of great turbulence, even eggs are difficult to afford. Why not bring hope for one day to children and their parents who are most affected by poverty? For most, this is the only day of the year they will have eggs.



In these last six years, our clubs have distributed over 135,000 eggs to close to 7,000 families. The photos you see are from the celebration of Eid this year with displaced Somalis in Dukem, Ethiopia. We are currently in the process of distributing 35,000 more eggs during Easter week.

If you'd like to participate in this way of spreading love and hope, just let us know!

Penny Kelly
pennykelly002@msn.com

Rebekah Kiser
bkiser@aol.com



FROM COLORADO *to Mexico Part 2*

Tri-Lakes Dynamic Rotary Club
Monument, Colorado
Maryam Eaton

Hola & Bienvenidos! This spring, Maryam, Steve, Anna, Nicole, Katy, Khurshid, and Gloria from the Tri-Lakes Dynamic Rotary Club packed their bags—and their hearts—and headed south for a meaningful service and Discover trip to Ajijic, Lake Chapala, and Puerto Vallarta, Mexico. While the trip was designed to help us "Discover" the needs for an upcoming project, we didn't go empty-handed. We brought suitcases filled with donations—crayons, toothbrushes, toothpaste, and more—generously provided by our club and community. What we came home with, though, was even more powerful: inspiration, new connections, and a renewed sense of purpose in true Rotarian spirit.



PUERTO VALLARTA: SERVICE, SMILES & SCHOOL VISITS

We had the privilege of meeting founders Art and Mayra, who gave us a tour of the incredible Volcanes School. It was inspiring to see firsthand how the community comes together to support its children, with engaged students and amazing programs like a computer lab, community kitchen, and classrooms. The school is truly thriving, and members even started brainstorming ideas for a penpal program and a future Monument Interact club—so many exciting possibilities!

Volcanes already offers wonderful resources, including a sewing room for moms and women in the community, donated computers for students, and meals prepared by local families. But there's still plenty of room for growth—more educational materials, better infrastructure, scholarships, and sustainable partnerships. Art and Mayra's dedication has made a huge impact, and their love for the community is truly inspiring.

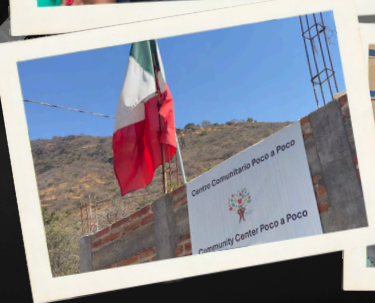
We also had a fun time picking up garbage with the students using the garbage picker-uppers we brought along for them. It was a win-win—they had just as much fun cleaning up as they did playfully pinching each other with them! :)

But here's the thing: Rotary can make a real difference... but it's going to take a lot of clubs working together to make it happen. Let's roll up our sleeves and get to work!

ROTARY CONNECTIONS: PUERTO VALLARTA MEETING

While in Puerto Vallarta, we attended a Rotary meeting just a few blocks from the marina at a beautiful hotel. The meeting lasted about 90 minutes with a delicious breakfast — a great start to the day! The group was a wonderful mix of locals, expats, and snowbirds, and the shared passion for making a difference made it a truly special experience. Over coffee, we connected with Rotarians from around the world, sharing stories, laughs, and ideas for future projects.

Later, we met with Art from the Puerto Vallarta Club and a founder of Volcanes School at Andale Bar and Grill (Rotarian owned). The Rotary spirit was strong, and the food was amazing too!



AJIJIC & LAKE CHAPALA: A WARM ROTARY WELCOME

From the moment we arrived in Ajijic, we were welcomed with open arms. The local Rotarians not only opened their homes to us, but also put together a full, thoughtful schedule that made us feel instantly at home, with so many beautiful conversations along the way (huge thanks to Peter & Linda, Kari, and Rick!). One of the highlights was gathering for a delicious lunch at the restaurant of Chapala Sunrise Rotary President, Dr. Oscar Ibarra Unzueta and his other club members, where we shared stories, laughter, and plenty of Rotary spirit.



POCO A POCO: HOPE AND HELP IN SAN PEDRO ITZICÁN

Visiting Poco a Poco in the rural village of San Pedro Itzicán was hands-down one of the most unforgettable parts of our trip. This incredible organization is doing so much – running a community kitchen to feed children, growing a garden, providing medications and dialysis supplies, teaching valuable skills, and offering critical support to those battling end-stage kidney disease. Clean water is needed for the school. Poco a Poco is already changing lives in a huge way – and with our support, they can continue their incredible work and make an even bigger impact.



WHAT'S NEXT????

Our journey has left us feeling deeply inspired by the strength of the communities we visited, the incredible work of local organizations, fellowship, friendships, and the powerful impact of Rotary's global service. It was a trip full of discovery, and we can't wait to share more with you soon!

As we reflect on our experience, we've been asking ourselves:

- What lessons can we carry with us?
- What surprised us the most along the way?
- How can we turn these moments into lasting change?

Want to see more?

There's so much to share, we couldn't fit it all on just a few pages! Check out our photos, videos, and updates on our website at www.TLRotary.com or on our [FB page](#). You can also reach out to us at trilakesdynamicrotary@gmail.com (Subject: Mexico). We'd love to hear from you!



"This trip deepened my connection to Rotary's mission. Seeing the impact of international grants in real life showed me that we're truly changing lives — and I want to do more." -Nicole Schoolskey

A VOICE FOR THE VULNERABLE

[April 2025 ojo.chapala.com](http://ojo.chapala.com) / By [Shannon Ford](#)

[For Full Article: Click here](#)

MEET ANITA TORRES GUERRERO,

A self-made humanitarian from humble beginnings who is dedicated to uplifting the lives of Lakeside's indigenous families.

Born in the Mexican State of Nayarit, Anita came from a family fraught with financial problems, food scarcity and other domestic difficulties. She knew what it was like to sleep on the floor. And she knew what it was like to be hungry, often surviving on only one meal a day. Bullied because of her family's poverty, she changed high schools several times to escape the bullying.

As Anita grew up, she looked for opportunities to develop herself and to help others. She wanted to bring hope, change and opportunities to those who were living lives of deprivation, poverty and malnutrition – conditions with which she was all too familiar.



Fast forward to the present. Anita is now the dedicated social worker and community liaison for vulnerable indigenous families in and around San Pedro Itzicán, a small town on the lake, 28 kilometers east of Chapala. But prior to her current position, she needed further education and the income to pay for it.

Anita sought employment wherever she could find it, including restaurant work and a variety of other positions, and even competed successfully with men for lucrative truck driving jobs. Working multiple jobs allowed her to attend the Instituto Tecnológico de Estudios Superiores de Nayarit, Escuela de Trabajo Social (Technological Institute of Higher Studies of Nayarit, School of Social Work).

Subsequently offered a good position in finance in Ocotlan, Anita accepted the job and moved to the municipality of Poncitlán. But she also followed her heart in wanting to help people who were struggling and began volunteering with the local Brigada Estatal de Protección Civil y Bomberos (State Brigade of Civil Protection and Firefighters). The volunteers provided critical services to neighborhoods and families and assisted individual children and adults in a variety of ways. This volunteer work opened Anita's eyes to the plight of indigenous people in the area.

She began meeting indigenous families in nearby San Pedro Itzicán and was struck by how kind they were. But she also saw poverty, malnutrition and families struggling. And she became aware of serious illness (chronic kidney disease) among many children and adults. Anita knew this was exactly where she belonged and where she could help make a difference.

In a serendipitous set of circumstances, Anita met other Brigada volunteers who had very similar goals to hers. They envisioned improving the lives of vulnerable indigenous families – not just for the present, but for generations to come. Anita eventually became the lead volunteer with the local Brigada. (Continued...)

In 2017 the Lakeside volunteer group Poco a Poco San Pedro Itzicán, evolved from the Brigada group. Through donations and volunteer efforts, Poco a Poco established the Community Center in San Pedro Itzicán and is currently planning phase two of the Center's development. A variety of projects have been implemented to improve and enhance the lives of indigenous families, with additional projects in the planning stages. In January 2025 Poco a Poco was given the official A.C. (Asociación Civil) designation that verifies not-for-profit status as a Mexican charity.

As the social worker in San Pedro Itzicán, Anita is an indispensable go-between, helping families, plus guiding and assisting Poco a Poco volunteers. She's a valuable resource and tireless advocate for the families. As the first point of contact, Anita is consulted by families when problems arise. Anita then advises and coordinates with volunteers in finding solutions. She also collaborates with other charitable groups, Mexican organizations and government agencies.

Along the way, Anita earned an impressive list of certifications, holds health and humanitarian roles within local government, and has made significant strides in carrying out her vision to be of service to those less fortunate. Choosing to live near the families she serves, Anita has seen joy in new beginnings, helps celebrate achievements, and shares in the grief of endings. She's witnessed births, and also watched young adults and children die far too young. And she helps families navigate their changing circumstances.

The families suffer from severe poverty and malnutrition, and many develop chronic kidney disease. The illiteracy rate is high, local employment is scarce, and families face difficulties in all areas of their lives. Without good nutrition and the means to pay for medical care, they are susceptible to serious illness. Chronic kidney disease due to nontraditional causes (CKDnt) is common among these families. The nontraditional causes of kidney disease include a combination of factors – poverty, malnutrition, unclean water, poor living conditions, sometimes hazardous work, other unhealthy lifestyle factors, plus the likelihood of a genetic component. The cluster of indigenous communities along Lake Chapala is known as a world hotspot for chronic kidney disease of nontraditional causes. And – not surprising – research has shown that CKDnt is also found in other poor indigenous communities throughout the world.

Anita is compassionate and gentle in helping Lakeside's indigenous families but also adheres to the philosophy of helping people to help themselves. She knows it's more meaningful and lasting to teach individuals how to work for what they want, instead of simply giving them what they lack. In a statement of tough love regarding local children, Anita said, "These children have to learn to work, instead of begging for what they want."

A tireless 'go-to' person, Anita is a role model for working hard to achieve success, and an advocate for those who need someone to speak for them. She's a voice for the vulnerable, and their guardian angel. Poco a Poco volunteers often wonder how she does it all. Commenting on Anita's dedication, determination and ability to get things done, a veteran Poco a Poco volunteer marveled, "I don't know when she sleeps."

Anita and Poco a Poco San Pedro Itzicán, A.C. rely on the efforts and financial generosity of Lakeside residents in order to continue helping vulnerable families. Projects include a variety of educational activities, nutritious weekly lunches for children, help with school fees, vocational training programs for adults, and financial assistance related to medical expenses. New volunteers (including Spanish speakers) are needed, especially with on-site educational projects for adults and children in San Pedro Itzicán.

pocoapocosanpedro@gmail.com
www.pocoapocosanpedro.com

You're Cordially Invited

Blue Dragon Children's
Foundation founders

MICHAEL BROSOWSKI
and
CHUNG PHAM

**SATURDAY
MAY 17TH, 2025**

UCCS Downtown
102 S. Tejon St., COS, CO

- DOORS OPEN AT 11:00 A.M.
 - PRESENTATION FROM 11:30-12:45
 - SNACKS & DRINKS PROVIDED!
- TEXT KELLY AT 319-310-1168 TO RSVP

YOU ARE CORDIALLY INVITED

to hear Blue Dragon Children's Foundation founders Michael Brosowski and Chung Pham talk about their efforts to end human trafficking in SE Asia.

Vietnamese girls and women, as well as boys, are commonly trafficked to China and Myanmar, where they are sold into the sex trade, forced to become brides, or become slaves in factories. Blue Dragon Children's Foundation works with high-risk communities to prevent trafficking as well as conducting dangerous rescue missions in Vietnam and neighboring countries. Once rescued, Blue Dragon provides care and support to those who have been trafficked. Come listen to Michael and Chung's gripping and emotional stories!

www.bluedragon.org





2025
Rotary Club of Colorado Springs
Wings of Change
Celebration (Formerly Flight)

Call for Artists
SCAN THIS FOR ARTIST
APPLICATION

Apply
Here



Participate in one of Colorado Springs' most impactful community
events! **Create**

...an original art design on a Garden-sized, crafted aluminum butterfly or dragonfly. Or, you might prefer a Petite steel butterfly or a petite Dragonfly! The Rotary Club of Colorado Springs will supply the blank sculpture, a stipend, and a commission for your work.

Inspire

...the Artist in all of us. Your completed sculpture will be on display at the Pioneers Museum in downtown Colorado Springs prior to the Rotary Club of Colorado Springs Wings of Change Celebration.

Empower

...the local and international communities. Proceeds from the sculptures will benefit a wide variety of Rotary Club of Colorado Springs Service Fund projects, including arts and sciences in Colorado Springs School District 11, scholarships, recognition and awards for high school teachers, dental care for children, and international projects.

The Cause and the Art Objects

Wings of Change: is a community service initiative by The Rotary Club of Colorado Springs to raise awareness and funding to support the Rotary Club of Colorado Springs Service Fund.

The Rotary Club of Colorado Springs Service Fund is a 501(c)3 organization created to receive and disburse funds for the good of the Rotary Club of Colorado Springs and Rotary International. It is organized exclusively for the charitable, educational, cultural, literary, and scientific purposes that meet the vision and mission of The Rotary Club of Colorado



<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

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



Why I am a WASH Ambassador



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

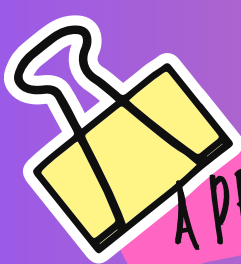
100 Toilets for Girls in Nepal

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 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



One definition of FAVOR is overgenerous preferential treatment. Have you ever known anyone who just seems to come out on top in most everything they do? They tend to have an excess of friends, breaks that always go their way, winning business deals and ideas well received. Many say "they are SO lucky".

I don't believe that is luck. I tell my grandchildren consistently (and all who will listen) that favor can be purchased. Do you find that to be an interesting concept?

Ever hear that you can get more flies with honey than vinegar?

Treating others the way you would like to be treated is a universal principle. Extra generosity in kindness, sincere compliments, unexpected greetings, random \$\$ tips (to those who seldom get recognized), extra understanding and patience even when not deserved and yes, especially to those closest to us reaps goodwill.


My experience is that few like to initiate speaking to others but most love to be spoken to. When you are the one who speaks first, I find others usually warm up quickly and love to engage in conversation.

You have heard me say it before. Pretend everyone you see has an invisible sign around their neck that says, "make me feel important".

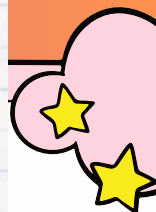
When you show others that you sincerely care, you will find overgenerous preferential treatment coming your way in many forms. You have set yourself up for extraordinary favor. It's a wonderful way of life!

Rotary is a wonderful example of serving others and when you serve with sincerity and with no expectations or ulterior motives, you will find favor overflowing in your life. Will you purposefully try it for the next few days? I believe you will love the favor that begins flowing your way.

Warm regards,

 Penny Kelly

Past President
Rotary Club of East Colorado Springs



SUSTAINABLE NATURAL FARMING INITIATIVE: EMPOWERING TRIBAL FARMERS IN INDIA

Jeanette Monosoff

Ajijic Rotary Club
Ajijic, Mexico

The Rotary Club of Ajijic (Mexico) and the Rotary Club of Abernath Industrial Area (India) have partnered with the Om Gagangiri Maharaj Ashirwadit Trust (OMGMT) to launch the Sustainable Natural Farming Initiative across 34 villages in Maharashtra, India.

This Global Grant project empowers over 350 tribal families from the Warli, Malhar Koli, and Thakur communities through sustainable farming techniques, improved market access, and community development. Farmers are trained to create natural farming solutions using local ingredients like cow dung, leaves, garlic, and herbs, reducing dependence on chemical fertilizers while restoring soil health and lowering production costs.

Key project components include:

- Establishing a demonstration farm and training center.
- Distributing 9,000 fruit and native saplings and 500 spray pumps.
- Building a storage and distribution hub to connect farmers to markets in Mumbai and Navi Mumbai.
- Providing entrepreneurial training in pricing, branding, and fair trade practices.
- Integrating traditional cultural practices, like the Tarpa Dance, to strengthen community pride and resilience.

Sustainability is central to the project: natural farming knowledge will be shared farmer-to-farmer, and income from expanded market access will support ongoing success. This initiative supports multiple UN Sustainable Development Goals, including Zero Hunger, Good Health and Well-Being, and Climate Action.

Rotary's global partnership is making a tangible difference — restoring land, lifting incomes, and preserving cultural heritage. Together, we are helping communities grow a healthier and more sustainable future.

Questions? Email jeanetterotarioajijic@gmail.com





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 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.



RAM-GLOBAL'S YOUNGEST MEMBER HAS OFFICIALLY JOINED!!

ROTARIANS AGAINST MALARIA
GLOBAL ROTARY ACTION GROUP
(MARCH 2025 NEWSLETTER)

By Bryna Perlman



Picture yourself in a very rural area of Northern Uganda Busia - walking along a dirt road, and tired from a long day. You notice a small bundle by the side of the road, wrapped in a little blanket. You look down and realize that the bundle is a relative newborn, abandoned, and seemingly quite ill. Luckily, you are a Good Samaritan, and you contact local police who immediately come to the location.

As serendipity would have it, the police officer took the infant to a probation officer who was aware of a near-by home for orphans, with programs organized and co-sponsored by a local Rotary Club. Together the officials took off, with great speed for the childrens' home. The officials handed over the unnamed and parent-less fragile baby to an eager group of Community Health Workers, Rotarians; and Rotaractors who were on sight working with the local community on malaria and other health issues.

The baby girl was quickly accessed, tested for malaria, and found to be positive for malaria, besides being malnourished. Steps were taken to attend to her dire medical situation. The Rotarians and others at the home immediately decide to name her RAM Sydney!!!!!! She is a strong member, and despite having some medical setbacks, she is starting to thrive.

We are so honored to have her named after our organization! With the help of all involved, we will be receiving updated progress reports on her progress. We are forever grateful for the immediate action taken o rescue this precious being.

This special place is called "Noha's Ark Children's Home", and their motto is "Promise Kids a Future".

The photo above of Noha's Ark Children's Home shows our involvement through a recent grant we funded help to aid and protect vulnerable children against malaria.

PERIOD POVERTY



SOLVING PERIOD POVERTY IN RURAL ETHIOPIA

Arabella Stewart: Founder of the Ethiopian Social Enterprise Arakele Fashion Design College and Garment Production

“Period Poverty” has become a global issue for girls. The inability for girls to afford or obtain sanitary products enabling them to attend school every day causes many problems including diminishing self-belief. A high percentage of young girls routinely miss days or weeks of high school in Ethiopia, due to their monthly cycle and lack of sanitary pads. Often falling behind in school will cause them to drop out altogether. Owning her own personal period pad kit will help a girl remain in school – it is literally as simple as that... Thanks to the generosity of the Rotary Club of East Colorado Springs and other individual Rotarians, DISC 5470 Rebekah Kiser and Arabella Stewart, founder of the Ethiopian Social Enterprise Arakele Fashion Design College and Garment Production, have partnered to deliver period kits to 280 schoolgirls in rural Ethiopia. It costs just \$6 to provide a girl with four reusable washable pads: One to wear, Two as Spare and One to wash. These are provided in a bag made from fabric remnants. The period kits are produced for vulnerable girls by marginalized women who have become empowered and self-sufficient through Arakele. We would love to engage your support. Please do reach out: arakeleplc@gmail.com

TELLURIDE ROTARY HIKEATHON

SARAH LAVENDER SMITH, PRESIDENT

TELLURIDE ROTARY CLUB

TELLURIDE, COLORADO

Instagram handle **@telluriderotaryhikeathon**
telluriderotary.com

This year, Telluride Rotary Club has supported several community projects, hosted a Rotary Youth Exchange student from Austria, and plans to award \$15,000 in scholarships to high school seniors in May.

On the international front, Telluride Rotary gave \$1000 to a Rotary project in Western Kenya to fight malaria, \$500 to expand an indigenous midwife program in rural Panama for maternal and child health (which the club also helped a couple of years ago with a larger grant), and gave \$2000 toward a Global Grant led by the Glenwood Springs Sunset Rotary Club to build a learning center to promote literacy and STEAM learning on the Navajo Nation.

Telluride Rotary Club has launched a new “fun”-raiser/fundraiser that aims to promote health and camaraderie while raising money for the club’s service projects and scholarships. It also has the potential to help other nonprofits. It’s a four-week “hikeathon” during June, and people anywhere can participate or donate to it.

Club president Sarah Lavender Smith, an avid ultra-distance trail runner, got the idea to extend a traditional one-day walkathon over a whole month as a way to get people hiking and exploring local trails. She also recognized that their community has “auction fatigue” due to other nonprofits hosting auction-based fundraisers, and she wanted to create a unique event that she hopes will become an annual tradition. The fundraiser also has the benefit of not needing many volunteers to operate.

To view the fundraising platform—and to register as a hiker or to donate—visit:

<https://go.dojiggy.io/telluriderotaryhikeathon2025>. Registered hikers will hike and log miles during June using a GPS watch or free app on their phone. They solicit friends and families for per-mile pledges or flat donations. Hikers are encouraged to form teams of family or friends, and a special Student category encourages youth to participate.

Local businesses donated prizes for various categories, and two businesses gave a combined \$4500 to sponsor the event. The club set a goal to net \$15,000 from it.

If a team represents a nonprofit, then Telluride Rotary will issue a check back to that nonprofit for half the money that team raised. Every registered hiker receives a T-shirt with the hikeathon logo (graphic designed by Telluride Rotary Club member Morgan Smith).



SPANISH TORTILLAS FROM THE KITCHEN OF SEÑORA CRESCENCIA RODRIGUEZ

Cuevas Del Valle, Spain
-Rebekah Kiser

Try this delicious recipe

Ingredients:

- 6 fresh potatoes, peeled and sliced medium-thin
- 1 large white onion, thinly sliced
- ¼ cup extra-virgin olive oil (homemade village oil if you have it!)
- 6 eggs
- Salt and black pepper, to taste

Instructions:

1. Slice the potatoes and onion.
2. Heat the olive oil in a large frying pan over medium-high heat. Add the potatoes and onion, and cook for about 30 minutes, stirring occasionally, until the potatoes are soft and the onion is clear.
3. Beat the eggs in a bowl and season with salt and pepper. Add the cooked potatoes and onion, and mix gently.
4. Pour the mixture back into the pan and cook over medium heat until the bottom is set.
5. When nearly firm, place a plate over the pan, flip the tortilla onto the plate, then slide it back into the pan to cook the other side. Lower the heat if the edges get too brown.
6. Slide onto a plate and let it cool for 10 minutes before cutting and serving.

THAT'S ALL ABOUT RICH FLAVORS!



WASH PROJECTS

PROJECT BUDGET

\$58,000

Timing: **12 weeks**



1. Stakeholders meetings (1 week)
2. Tank tower construction (2 months).
3. Trenching (2 weeks)
6. Plumbing works (1 month).
7. Masonry works (3 weeks).
8. Pump installation (3 days).

FUND REQUEST: \$5,000



Freshwater Project Intl.
1348 Whitefish Village Dr.
Whitefish, MT 59937
freshwaterintl.org

Bank: JPMORGAN CHASE BANK. N.A.
Branch: Madison Avenue
Address: 383 MADISON AVENUE

Freshwater Project International
Account Number: 221732961
Routing number: 021000021
Swift Code: CHASUS33XXX



Contact:

Heidi Rickels, Executive Director
heidi@freshwaterintl.org
+1-303-358-7747

Plumbing Materials and Labor	\$ 15,747.46
Tank Stand	\$ 14,867.14
Masonry Materials and Labor	\$ 5,142.86
Pump and Electrical	\$ 11,286.63
Logistics (transport/accommodation)	\$ 4,000.00
Project Management	\$ 3,428.57
SUB TOTAL	\$ 54,462.66
Contingency	\$ 2,723.14
Administrative Costs	\$ 544.63
TOTAL	\$ 57,730.63

Project: Kabwinja Schools Primary & Secondary



Schools can be hotspots for disease transmission, where unsanitary conditions threaten the health and development of children.



Beneficiaries

1,200 students
20 teachers
7 villages
9,000 community members



Shared water source with community



Current conditions

Unsanitary urinals

Dilapidated latrines

Elements: SOLAR PIPED WATER SYSTEM



Power:
Solar +
Electrical

Distribution:
HDPE Pipes

Storage:
10,000 L Tank

Submersible Pump:
Grundfos SQ 2.5-2

Supply:
45+ Meter Borehole

Access:
Water Kiosks &
Drainage

GREAT NEWS FOR THE NAVAJO NATION LITERACY PROJECT

Debbie Wilde

Glenwood Springs Noon Club
Glenwood Springs, Colorado

Approved

Great news! After many, many months of planning and work, the Rotary International Foundation has approved GG2560306 for the Navajo Nation Literacy Project, in the amount of \$100,000. The grant was instigated by D5470's Glenwood Springs Noon and Glenwood Springs Sunset Clubs.

Thank you to the financial partners that made this possible. Mexico Ajijic Rotary (Mexico) and Glenwood Springs Sunset Rotary served as the sponsoring Clubs. Other International Partners came from India, Mexico, and Canada. Joining were DDF from districts 5470, 3191, 5450, 4140, 5000, 5300, and Rotary Clubs: Glenwood Springs Sunset, Glenwood Springs Noon, Ajijic (Mexico), Telluride, Vail, Castle Rock High Noon, Green Valley (AZ), Carbondale, Trinidad, Durango Daybreak, Upcountry Maui, Chapala Sunrise (Mexico), Aspen, Las Vegas WON, Semiahmoo (Canada), and White Rock (Canada). With these contributions and the Rotary Foundation World Fund, the proposed project has been funded in full.

Project Overview:

The main objective of this Rotary Global Grant project is to address barriers to education and literacy in the Chinle area of the Navajo Nation. Rotarians have been collaborating with Chinle Planting Hope and other Rotary Clubs and organizations for several years, making significant progress in supporting literacy and building community. The new project, The Imagination Station Learning Center, will provide space and resources to enhance current efforts, attract additional support, and energize volunteers and community members. This grant will fund the building's interior, essential literacy and STEAM resources (Science, Technology, Engineering, Art, and Math), and necessary technical assistance, including a project director and educators. These components will help Chinle Planting Hope expand the project.

A Rotary Service Project at Chinle, Arizona, will complement the efforts of the global grant project. A full weekend of service work and cultural experiences are planned. At this time, 37 people from 14 Rotary clubs are committed to the service weekend. Some are bringing family and friends. What a great collaboration and sharing of cultures! What a great way to share the power of Rotary!

If you are interested in the service project or learning more about the literacy project and/or needs on the Navajo Nation, contact Glenwood Springs Noon Club Rotarian Debbie Wilde at debbiewilde@debbiewilde.com or 970-618-0949.



MORE EDUCATION TIME FOR GIRLS

Rotary Club of Canon City



Hygiene Kit Sample and Assembly Instructions

For a hygiene kit sample, sewing instructions with photos, patterns, and other information, please contact Lindacarlsonphd@hotmail.com. A YouTube video demonstrating step-by-step details of the hygiene kit assembly is in production.

More Education Time for Girls – Simple, sustainable sanitary kit production in rural Guatemala facilitated by Cañon City Rotarians Linda Carlson, Ph.D., and Kathleen Kennedy in January 2025. Columbia Falls, Montana, Rotarian David Renfrow spent years in partnership with local Guatemalan leader Elmer Arriaga to support Rotary clean water projects in rural areas of the country. David contacted Linda Carlson, who has been conducting training for young women. The project to create washable, reusable menstrual hygiene kits has been in place for years, allowing young women in rural communities to spend more education time in school. Recently, Linda, her colleague Kathleen Kennedy, and a team of six assisting Rotarians from Montana and Colorado spent time in rural villages presenting enjoyable and entertaining Pad Party classes to interested women. Over 60 women from 18 communities attended, using loaned treadle sewing machines. Two local educators acted as interpreters and shared in-depth knowledge of the female reproductive system, helping dispel myths and misinformation. The Rotarians supplied everything to create and assemble over 200 kits and left supplies in the communities. The program is ongoing, with classes taught by the newly trained women.

EMPOWERING GIRLS: MENSTRUATION, HEALTH & EDUCATION GLOBAL GRANT GG2458379 – UPDATE

SUBMITTED BY HANA FIGUEROA URÍAS, PRESIDENT,
NIÑAS SABIAS A.C. & PETER JESCHOFNIG,
GLENWOOD SPRINGS SUNSET ROTARY CLUB

The Empowering Girls project, led by Niñas Sabias A.C., is transforming the lives of girls in vulnerable communities through menstrual health education and sustainable support. Funded by a Rotary Global Grant, in partnership with the Rotary Clubs of Glenwood Springs Sunset (USA) and Ajijic (Mexico), the initiative focuses on:

- **Wise Girls Workshops** (WGW) delivering menstrual health education
- **Teacher training** to ensure long-term impact
- **Eco-friendly menstrual kits**, produced by local women-led businesses

These efforts directly address menstrual hygiene—a critical but often overlooked aspect of WASH (Water, Sanitation & Hygiene). Poor menstrual management causes millions of girls to miss school and face health risks. In Mexico, 43% of girls avoid school during their periods (UNICEF), and 30% rely on toilet paper due to lack of access to products.

So far, 26 Wise Girls Workshops have reached 522 girls across 12 schools in the Lake Chapala region, including Jocotepec, San Juan Cosalá, Ajijic, Chapala, and nearby towns. These workshops provide:

- Knowledge of menstrual biology
- Training in safe, sustainable hygiene practices
- A safe space to break taboos and build confidence

By the end of the 2024–25 school year, 37 workshops will benefit 740 girls, equipping them to thrive in school and beyond.

Each participant receives a reusable, eco-friendly menstrual kit, handmade by local women and designed to last up to three years—improving both dignity and sustainability.



Our heartfelt thanks to the Rotary Clubs of Ajijic and Glenwood Springs Sunset, and to The Rotary Foundation, for championing the rights, health, and futures of girls in our region.

CHINLE NAVAJO NATION EARLY LITERACY INITIATIVE

Peter Jeschofnig
Glenwood Springs Sunset Rotary Club

This Rotary District Grant project aims to improve early childhood literacy for approximately 100 children, ages 0-5, on the Chinle Navajo Nation by providing them with a subscription to Dolly Parton's Imagination Library. This program gifts high-quality, age-appropriate books each month to children at no cost to their families. Books are personalized with the child's name and mailed directly to their homes, fostering excitement and engagement in reading from an early age.

Dolly Parton's Imagination Library is a global early literacy initiative operated by The Dollywood Foundation, a 501(c)(3) nonprofit. Inspired by Dolly Parton's personal experience with literacy challenges in her family, the program was founded in 1995 and now distributes over 3 million books monthly to children in the United States, Canada, the United Kingdom, Australia, and Ireland. The program's goal is to inspire a lifelong love of reading and equip young children with the foundational literacy skills necessary for future academic success.

For this project, the GWS Sunset RC will serve as the Project sponsor/funder. Local Program Partner, Chinle Planting Hope will be enrolling children within the designated coverage area and funding the monthly book costs. Each book is delivered to the child's home at an average cost of \$2.60 per child per month (\$31.20/year) or roughly \$3,120 for the project year.



The Dollywood Foundation covers administrative expenses and program infrastructure, ensuring that all contributions go directly toward books and mailing costs. The GWS Sunset RC will pay for 50% of this project and will ask for a district grant to cover the other 50%.

This initiative will make a lasting impact on literacy and education within the Chinle Navajo Nation, helping young children develop the reading skills needed to succeed in school and beyond. By investing in early literacy, we are empowering the next generation to thrive and contribute to their communities.

The driving force behind this project is Joe Lake, pres. GWS Sunset RC.

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

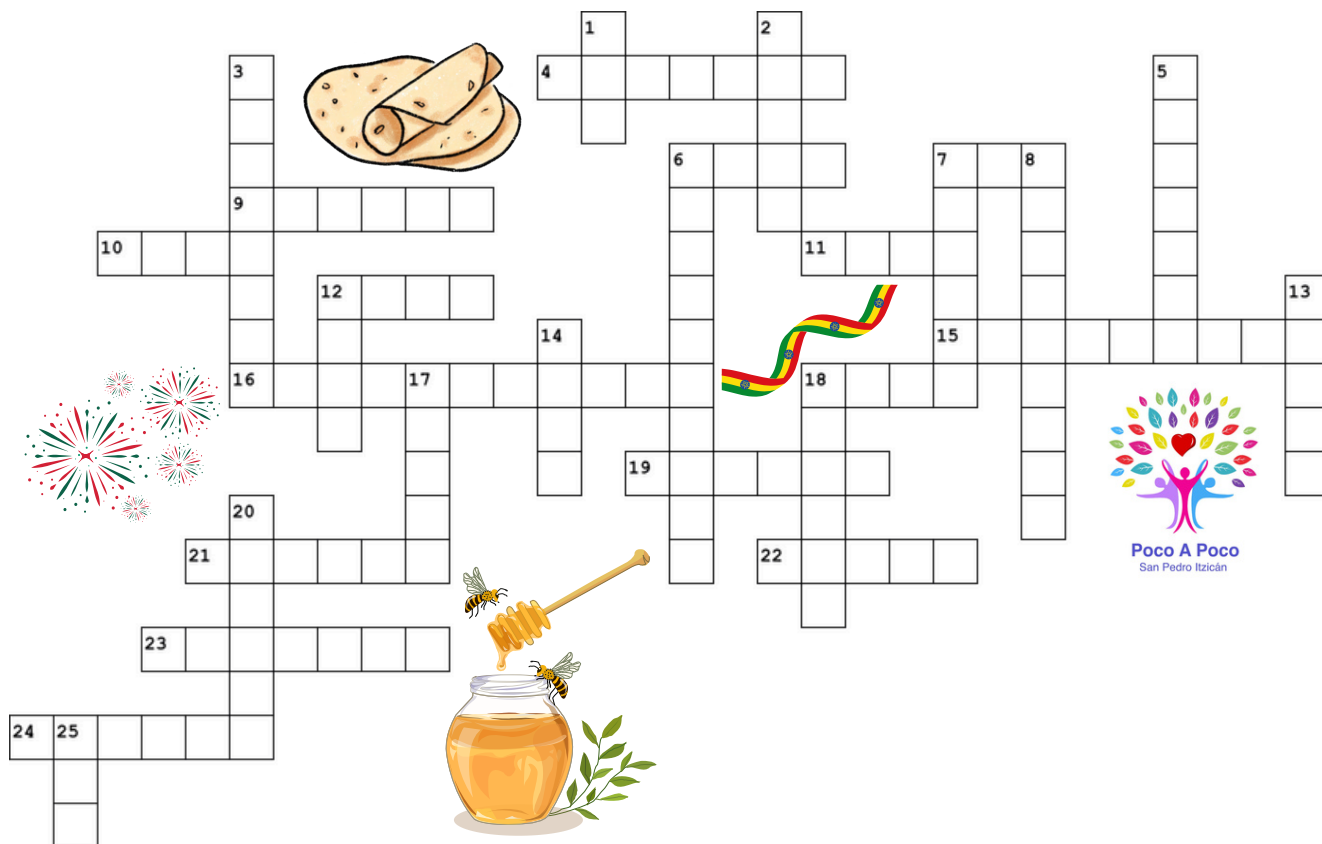
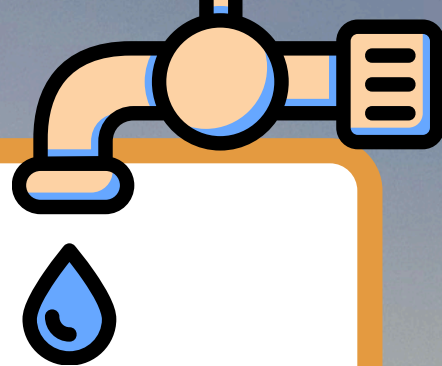
<https://my.rotary.org/en/learning-reference/learn-topic/public-relations>

Action Groups projects WhatsApp

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

Rotary International District 5470 International Newsletter Crossword Puzzle

By Maryam Eaton



ACROSS

4. Rotarians Against _____ -Global Rotary Action Group
6. 35,000 _____ were distributed to 7,000 families in Ethiopia
7. _____ Party classes for Guatemalan women
9. _____ Planting Hope
10. _____'s Ark Children's Home
11. _____ Dragon Children's Foundation
12. =(Water, Sanitation & Hygiene)
15. Rotary Hikeathon
16. _____ Natural Farming Initiative in India
18. _____ a Poco
19. D5470 International Coffee _____
21. what we in the USA call Easter.
22. _____ Parton's Imagination Library
23. _____ Tortillas
24. Tri-Lakes Dynamic Rotary Club's Discovery Trip Country

DOWN

1. _____ Pedro Itzicán
2. _____ of Change
3. _____ School is located in Puerto Vallarta area
5. _____ Hola Salut
6. _____ Girls project
7. _____ Vallarta
8. Eggs for the _____ in Ethiopia
12. _____ Rotary Action Group
13. _____ For Your Thoughts
14. _____ Projects
17. _____ Torres Guerrero
18. Poverty
20. _____ Nation Literacy Project
25. Holiday that marks end of fasting in Ramadan

Print this page or goto digital version/website to fill in the blanks here (click here)

WORD BANK ANSWERS
Anita • Bistro • Blue • Bonjour • Chinle • displaced • Dolly • eggs • Eid • Empowering • Fasika • Malaria • Mexico • Navajo • Noha • Pad • Penny • Period • Poco • Puerto • San • Spanish • Sustainable • Telluride • Volcanes • Wash • WASH • Wings



MAGIC ALL AROUND

21-25 JUNE 2025 • CALGARY, CANADA

#Rotary25



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convention.rotary.org

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://docs.google.com/forms/d/e/1FAIpQLSfMB_QqM952O5swttwzKP8B9CILNNSVNARm8y9K-mJxSngUrA/viewform?usp=sharing. OR if you can't, then Email: beckykiser28@gmail.com with subject: Newsletter #48



*Next
Due Date:*
July 10, 2025