

ROTARY DISTRICT 5470

International Service News

D-5470 International Service Newsletter #7

November 2017



The Rotary District 5470 International Service Committee educates and nurtures Rotarians and clubs working in the six Areas of Focus.

- ◊ It connects clubs
- ◊ It builds relationships
- ◊ It 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 *Rotary is Serving Humanity*.

In the previous newsletter we primarily provided information about global grants involving clubs in our district. In this newsletter, we'll show some more of our many global grants as well as upcoming projects

Share your club's international projects and interest with District International Service Chair [Peter Jeschofnig](#) who will share with District clubs.



"It always seems impossible until it's done."

— Nelson Mandela



Nepal Solar Project

In This Issue

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Clean Water for Rural Schools in Kenya

Aspen RC & Thermopolis RC, WY

In past travels to Kenya, it was noticed that rural schools tend to not be hooked up to a municipal water system, so the students and staff must drink and cook with the dirty water they have access to, often causing illness and dehydration. Some schools don't have a water source close by and students must leave class and walk, sometimes miles, to haul water daily. This causes students to lose valuable classroom time. We hope to help with these issues.



We will be providing water filters, hand wash stations and basic sanitation training to students in the rural area of Nkubu, Kenya. Each individual school is different, so we will perform a basic "Needs Assessment Survey" when someone suggests adding a school to our list. Once that Needs

Assessment Survey has been completed, we will explain the process to the school's teachers and students, to get their buy-in and answer questions. At that time we will suggest to the staff and parents of the school some things that they need to have completed prior to our bringing their equipment, such as building a concrete slab for their storage tank, trenching in the water hydrant lines, etc. This is their contribution to the project, and we find that their having "Skin in the Game" is a good way to ensure the project's success.



Once the parents' preparations have been completed, we will work with a contractor and Kenyan Rotarians to ensure that each school has a water source, rain gutters installed for rain water harvesting, storage tank(s), adequate number of bio-sand water filters, adequate number of hand wash stations, and clean water dispensers for student and staff use. We are hoping to gather support from multiple clubs in the US and our Kenyan club will be the Rotary Club of Nkubu. We are hoping to help 25-30 schools, which have been identified by the Nkubu Rotarians as needing assistance. The sustainability of the project is very important to us, and we have identified ways that this project will be sustainable:

1. by using Bio-Sand Filter technology, we can use filters that are made in Kenya, have no moving parts to break, and last around 30 years before needing to be replaced. They are also very heavy and would be nearly impossible to steal from the school.

Clean Water for Rural Schools in Kenya - continued

Aspen RC & Thermopolis RC, WY

2. The Nkobu Rotarians and other non-profit partners have agreed to help fill out 'Improvement Surveys' on schools that have been completed on a quarterly basis to help us gather data about the school's academic and social progress after our project has been implemented. This will help us to know how much the schools are improving and what we could do to improve, but it will also put someone associated with the project in the school a few times a year to ensure that the school continues to utilize the equipment and that nothing has broken and needs repairs. 4. By using local technology and training parents and staff we will be able to leave the system maintenance to the school, instead of having to do repairs ourselves. The school will be responsible for fixing things like leaky hand wash stations and providing the needed soap. This will ensure that the project is successful on an on-going basis.



The Aspen RC contributed \$ 5,000 to this project which was matched by D-5470 DDF (District Designated Funds).

If you or your club are interested in participating in this project, please contact Heidi Hoffmann <hhharch@rof.net> or Shurie Scheel <shuriescheel@gmail.com>

If you are interested in visiting this project in Kenya, please contact Shurie Scheel <shuriescheel@gmail.com> for the travel schedule.

Ball & Binder project, Nepal

by Drs. Mark Hauswald and Nancy Kerr, Telluride RC



Students practicing placing the Ball & Binder device

The Telluride Rotary Club is supporting a project to stop women from dying in childbirth. Two members of the club, Drs. Mark Hauswald and Nancy Kerr, have been working with colleagues at Kathmandu University in Nepal for six years.

Most women who die from childbirth bleed to death and the doctors developed a device called the Mother Saver Ball & Binder to stop it. The Ball and Binder is simply a twelve-inch wide cloth binder, fastened with Velcro strips, that is wrapped over a deflated soccer ball on the lower abdomen. When the ball is inflated it puts pressure on the abdomen and stops the bleeding. The device can be placed in about 60 seconds, and is easy to use, make and clean. The Bill and Melinda Gates Foundation funded their initial work and in August 2017 they returned to Nepal and taught 90 more nurses, midwives and physicians to use of the Ball and Binder.

Telluride Rotary Club paid for the supplies and production of the Ball & Binders in Kathmandu and for the costs of the nurses and midwives to attend the training. Many of the midwives had to travel one or two full days to reach the training site. Drs. Kerr and Hauswald are also working on a similar project in Papua New Guinea with Gary Bustin from the Montrose Rotary Club and the PNG Tribal Foundation. The maternal death rate is 10 to 15 times higher in Nepal and PNG than in the United States and is even higher in rural and mountain areas but between the two sites almost 80 women have been treated with the Ball and Binder and all survived!

Ball & Binder project, Nepal - continued

by Drs. Mark Hauswald and Nancy Kerr, Telluride RC



Dr. Suman, past president of the Panauti RC lecturing with Dr. Nancy Kerr to class of nurses and midwives on postpartum hemorrhage.



Class photo from one of the training days

Ethiopia project - Call for volunteers

By Becky Kiser - East Colorado Springs RC

Donna Dell'Olio, from the Colorado Springs Rotary Club, and Laura Muir, from the East CS Club were traveling in the rural areas in North Shoa, Ethiopia (2015). They were there with a small group and had the opportunity to be with around 2500 school girls. Donna and Laura taught the girls the ethics program with the four way test (we now call these our "wish coins").



On our way back to Debre Brehan from Ankober someone stepped into the middle of the road to flag our driver to pull over. As we opened the van door, the messenger told us that the school director of the preparatory school in Sheno heard we were out helping girls and he wanted us to stop at the school so he could plead his case. Although the group of women were sticky, dirty, bruised, and tired, they agreed to stop and meet with Ato Alemeu.

(Another fun piece of the Rotary connection is that our translator on the trip was a Rotary Leadership scholar in Japan twenty years ago.)

Ato Alemeu told us some of the heartbreaking stories of the girl's problems and their potential. We all promised to help. The Rotary part alone springing from that trip was the opening of a whole new project. 150 girls have been helped to date in partnership with the Trampled Rose, The Rotary Club of East Colorado Springs. The Rampart Range Rotary Club, and The Colorado Springs Rotary Club. Many of those girls earned a full scholarship to university. We are in the process of expanding to a new project that will also include two Rotary clubs plus the Pikes Peak Zonta Club.

The idea:

The village elders have started a group to help the children of the village. Some of these elders live in Washington DC, some live in Addis, and some still live in Sheno. Now we have been asked by the village of Sheno (my husband's home village) to come help with the physical work on the elementary school and we have offered a few ongoing projects of our club also. All members of this group have contributed their own funds and all have agreed that this is a purely volunteer project that those who came from this village owe back to the next generation.

We have also been invited and approved by the village mayor and his committee to teach the SOUNDS program to the earliest age for which we can get the legal permission to proceed. SOUNDS is an early reading program which has been successfully used by the Peace Corps in South Africa.

The training will be for the teachers and we will have translated the phonetic sounds into Oromifa. We will be inviting the illiterate mothers and grandmothers to "play" with their children and the SOUNDS letters, thus addressing three generations. The Rampart Range Club has worked with a similar idea in California and it was very successful. We are asking a former Peace Corp worker and "Friend of Rotary" to handle this piece but we will need other volunteers. Robby Dale Nelson for the Rampart Range club is the lead on SOUNDS but will not be able to attend the trip.

Ethiopia project - continued

By Becky Kiser - East Colorado Springs RC

We will also need volunteers for the physical work on the school. The locals will know better what kind of materials we need but we will be able to bring the labor force and some new ideas on building too.

The date for the trip will be the 10 days in the second week of February. This is still a bit flexible. The trip will just cost the hard cost of the accommodations and travel. Somewhere in the range of 2800 to 3000 round trip from Denver.

We will travel by minivan every day to Sheno but sleep in Addis. The road is paved. We will always be within three hours of almost decent medical care, we should have telephone and internet connection at least once a day. Semi clean water to take a shower. Does it sound fun yet?

We are keeping the trip small in size (twelve?). Our plan is to also open this to Vancouver Island Rotary. I'm sure the Addis Ababa Rotary club will enjoy welcoming the visiting Rotarians and friends. I have already invited two volunteers from Germany, one from Switzerland, two from Monaco, two from Spain have already accepted.



Seeing the Light, From My Eyes to Yours

By Pam Beaudin, Edwards Rotary Club



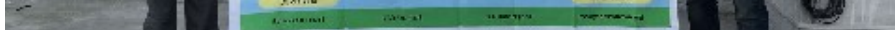
Pam Beaudin, Heidi Hoffmann, and local teachers

When you walk into a dark room, the first thing you typically do is search for the switch to turn on a light. Imagine never being able to have that luxury...no switch, no light. Then, you meet a Rotarian.

In July of this year, I had the honor and privilege to travel high into the mountains of India along with my husband Denis, and Aspen Rotarian Heidi Hoffman. We had assigned ourselves the task of assisting in the installation of solar power for a small village in the Ladakh mountain range of the Himalayans. A task that we were only able to accomplish due to the various generous club donations, district grant funds, and global grant funds.

Skumpata (located at approx. 13,500 feet above sea level) is a village with a population of 109 people, sharing 11 homes, and has been in existence for hundreds of years. They are in an area where their location physically prohibits amenities such as power lines and vehicle access. They, along with over 100 other villages in their geographical area, are not an easy trek, by my definition, although Skumpata is certainly easier than others who still await power.

Upon arrival to the city of Leh, India (approx. 11,500 ft.), we were briefed on the upcoming trek, material transport logistic, power grid installed and our 2 day forced altitude acclimation process. Of course, living at 7,400 ft. and actively hiking our beautiful local Colorado Mountains, I thought this to be more than enough time to ready myself for ascending. Note to self: You need the time to acclimate!!



A photograph showing the lower legs and feet of several people standing on a paved surface. They are holding a long, horizontal banner. The banner is white with a blue top section and a green bottom section. In the center, it reads 'TREK TO THE TIBET' in black capital letters. Above this, in smaller black text, is '66# 1740041'. On the left side of the banner, there is a small blue square with white text that reads 'TREK TO THE TIBET'. On the right side, there is a small green square with white text that reads 'TREK TO THE TIBET'. The people are wearing various types of shoes, including sneakers and hiking boots.



After our high altitude acclimation, our two vehicle caravan started an 8+ hour drive, to (literally) the end of the road, where we were met by villagers with small horses. The horsepower was needed to help with the large amount of supplies to be transported (by foot) to the village. Not only was there wiring, heavy batteries, light bulbs, and tools to be hauled by the horses, we also had large and fragile solar panels that needed to be carried by a person. Fortunately, the village electricians who were newly educated in their trade, and were familiar with the trek were there and had the strength to carry

Seeing the Light, From My Eyes to Yours - continued

By Pam Beaudin, Edwards Rotary Club



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As we approached the village, we were met by two very excited, and shy, children who showed us the way to their village. There we were met by a ceremonial line of welcoming village women. We had many “blessings”, and felt very blessed.



The villagers were happy to show us around, feed us, drink tea, feed us more, and drink more tea. They were full of smiles which was enough of a language barrier to overcome. They knew why we were there...to provide electricity to their village. We had no time to waste. We needed our rest for that evening to get started the next morning. We also had more trekking scheduled for the next afternoon.

The work, the lights, the ceremony, the families, and the excitement was enough to prompt me to encourage any and all Rotarians to join in and venture to another village for electrification. They were working on trying to get the road closer to some of the villages, but be prepared to travel over two 16,000 foot passes and trek. Believe me when I tell you, it's worth every step, ache,

pain and smile!

I could go on and on. Please accept this is very brief summary of our trip. All in all, our Rotary funds/efforts ultimately electrified three villages as well as supply three innovation centers (computer labs) at schools, to educate children (who trek miles and miles for classes!) from a total of 14 villages. It is with great thanks to Mr. Richard Dangler, of the Edwards Rotary Club, with whom I have the honor to have as my mentor. I cannot thank, or honor him enough for making this possible.

If you have questions, please feel free to contact me at pjb@medicalclaimsadvocates.com.

Seeing the Light, From My Eyes to Yours - continued

By Pam Beaudin, Edwards Rotary Club



Conguacha village water project, Guatemala - Durango Daybreak RC

The Durango Daybreak RC voted to participate in the following Guatemala water project:

The community of Canguachá has a non-potable water supply system that consists of 40 small-source rivers and 23 small water sources, not all of which are accessible or have a flow suitable for supplying the community and not all of them maintain their flow especially during the summer season.

The main source of water is located north of the community at a distance of approximately 4.5 km in the mountain. The capacity taken in March 2016, which is the driest summer season, indicated 40 gallons per minute and is the source that is part of the system currently in question.



The proposed project intends to provide a good distribution network of the water service between the community of Canguachá:

Project components:

1. Protect the water source, the community will be encouraged to initiate a reforestation project in the basin, identifying critical areas.
2. Work on reforestation around the water catchment area to avoid or minimize evaporation
3. Construct a formal concrete box, protected with a wire mesh screen and a cover to minimize clogging or clogging of the pipe.

4. Schedule periodic visits to clean the catchment area to remove leaves, sediments, sand, branches in order to increase the volume of water collected.

5. Schedule periodic tank and box cleanings to protect sedimentation and trash pipes and improve water flow.

Conguacha village water project, Guatemala - continued

Durango Daybreak RC

6. Replace accessories that are damaged or old.
7. Repair exterior walls to prevent seepage.
8. Develop a distribution network; including water meters; establish periodic maintenance plan; train committee to establish a charge for the service and create an economic fund to cover maintenance costs and implementation of system improvements; raise awareness to the community that resources have value, that they must care for them and that to maintain a good service they must pay for it, under the principle of being self-sufficient.



For additional information, contact Eddie Cheung - <eandncheung@aol.com>

D-5470 Rotary Youth Exchange

First month in Taiwan

By Delilah Smith, Telluride - 2017-18 RYE student in Taiwan



How would I, an exchange student from Colorado, described Taiwan? In a word overwhelming. The amount of new things I have seen and done in this first week, is more than I would do in a month in my normal life.

My first day here, Yaya, my host family's housekeeper and one of the sweetest people I've met, took me to a market to go shopping for groceries with her. We were a block away and I was already smelling and seeing things I had never seen or smelled before. Like smell of raw fish and meat sitting in the sun, it's not exactly a pleasant smell, especially to a vegetarian. I saw meats that I had never seen and I had fruits I had only heard about. Like passion fruit!! It's so good! I love passion fruits! And the buildings here, they are oddly beautiful. They all look older, but some are quite new.

My school on the other hand, stunningly terrifying. It's nine stories and teachers are the only ones allowed to use the elevators (We still use them though). The one thing that threw me off about it though, is that it looked so clean from the outside, but the inside was kind of dirty. While my host mom, Jean-yi, and I were heading to the office I saw a dead millipede and a cockroach. It kinda freaked me out. Everything inside was somewhat bland but school wasn't in session yet so I didn't expect it to be decorative.

We had to go to my school to get my uniform, which we did not receive, and I rode a subway for the first time!!! I kept falling and I couldn't stay balanced but hey! It was my first time.

I met the other two rotary exchange students soon after coming into the building. Emilien, a French exchange student, and Dylan, another American exchange student. So I'm also a sophomore again. I don't know how I feel about that but Dylan is one year above Emilien and I but for the orientation he would be in my class.

I was put in the English advanced class and there is only 13 students including the two of us exchange students.

D-5470 Rotary Youth Exchange

First month in Taiwan - continued

By Delilah Smith, Telluride



After we got introduced to everyone my host mom and I rode the bus home and ate dinner with the family. My host sister had just gotten home so, it was nice to meet her and get to know her not though a phone.

The second day there, I had school orientation. So school starts on the 30th, it was the 24. So we had a little less than a week till school but all the freshmen were at the school for two school days. So it was like not so schooly school. So I

went to school with my host mom and then she left. I have to admit, I was scared as hell. I was in the English advanced class but all these people I had never met before also speak another language fluently. But all my classmates were unbelievably kind. They welcomed me and Emilien and all of them do speak really good English. We cleaned our class, which would have been easier if it wasn't 34 (94) degrees out. We then had an orientation in the ping pong room, but we sat on these really uncomfortable stools and my back was killing me afterwards. Then we went back to the class and did paperwork, then we went back to the ping pong room, but there was no chairs this time. Thank god?

This was my favorite part of the day. So we had upperclassmen helping out all though out the day. Leading us around and stuff. So at my school, it is required that you join a club. Although I had no idea what some of the clubs were because I don't speak Chinese yet, some were amazing. The dance teams here are outrageously talented. It was amazing to watch these groups perform.

The next day was a little more fun. We had a meeting in the morning where the Principal and the head of protection at our school (I don't know the actual title). They we split off with our classes and went around to different stations. Us exchange students couldn't play all of them because they were in Chinese, but we could play some of the more sporty ones. Like at one station they had decapitated plastic water bottles, and the goal was to fill the first water bottle, the while holding it on your head, pour the contents of that bottle into the next one, which was on another persons head

D-5470 Rotary Youth Exchange

First month in Taiwan - continued

By Delilah Smith, Telluride

10/19/2017 First Month – Persisting in Taiwan

(That is a really bad explanation but I tried). Another one was a game we used to play in the winter in Telluride. So everyone gets a partner, but there are two people who are separate. One of these people is the ghost and the other is being chased by the ghost. So the person being chased connects to one of the pairs, and the person whose arm they didn't hook with is now the one being chased by the ghost. If you get tagged, your it. It was a lot of fun, afterwards I had a bunch of people come up to me and say I was really fast.

That was about all we did that day at school. It was pretty chill, but also really fun. But my host sister, lolani, took me out to meet some of her friends. We went to the base of Taipei 101, one of the tallest buildings in the world, and went to a mall near there. So there is this place called Street Churro, and they make churro fries. One of the most amazing things I've ever had. They had the texture of a churro, but they weren't sweet. It was soooooooo good. And as we were walking around, there was this dance team. They spent about 5 minutes hyping the crowd up, and it was totally worth it. They were amazing. After that we kind of just wandered around and in the end went home.

Week was a blur. I went to school and had fun with my classmate. But some stressful things happened since I've been here. Getting home from school is always stressful.

The bus is never on time, it either early or late. The amount of times I've sprinted across the street to catch my bus only to have it drive off is not something I want to remember. It's annoying knowing you have to wait, sometimes up to an hour, to get home.

I am lazy and have totally forgotten to write about what I have been doing (which isn't much besides school). I'll try to do better this next month.



Read Delilah's blog to follow her adventures in Taiwan: <https://perisitingintaiwan.wordpress.com/2017/10/04/first-month/>

D-5470 Rotary-Peace Corps Alliance

Several Rotarians in our district have served in the Peace Corps.

If you are a D-5470 Rotarian and have served in the Peace Corps, please join our newly formed D-5470 Peace Corps Rotary Alliance.

As a former Peace Corps Volunteer (PCV) you have knowledge and experiences that would strengthen our district's international projects. We might also be able to do projects in your former host countries.

Former PCV Jane Hammoud of the Colorado Springs RC has agreed to chair the group. Please, identify yourself as a PVC to Jane and join the team.

Jane Hammoud <Jane.Hammoud@gmail.com>



Global Grants Projects Involving Our clubs

Many of our clubs are the International Partners of Global Grants (GG) Projects around the world.

Our clubs also contribute to projects conducted by other districts.

Whether your club is the international partner in a project or is simply contributing to a project, remember that D-5470 is usually prepared to match your club's contributions from District Designated Funds (DDF).

To request D-5470 DDF, you need to complete a simple request form and send it to the D-5470 Global Grants Chair, David Smith < dsmith7@unl.edu >

Contact Us

Do you want to have your International Service project displayed in a future newsletter? Send the story and a few photos to pjeschofnig@gmail.com



Water & Sanitation Projects Around the World

Global Grants Basics:

- Large, long-term projects
- Sustainable, measureable outcomes
- Alignment with Areas of Focus
- Real community needs (via needs assessment)
- International partnerships (frequent communication)
- Implementation plan
- Proper Stewardship of funds
- Involve Rotary clubs in two districts
- Minimum budget of US\$30,000
- Minimum TRF match \$ 15,000

For detailed instructions on Global Grants applications check out David Smith's **GUIDE TO GLOBAL GRANTS:**
<http://www.rotary5470.org/SitePage/global-grants>

If you would like to be the international partner of a Global Grant or simply contribute to an existing D-5470 Global Grant contact the Global Grants Committee chair, David Smith dsmith7@unl.edu or Peter Jeschofnig pjeschofnig@gmail.com