

ROTARY DISTRICT 5470

International Service News

D-5470 International Service Newsletter #25

November 2020



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

- ◇ It connects clubs
- ◇ It builds relationships
- ◇ It educates, assists, and may

help finance clubs' international project development and fulfilment efforts.



*"The best way to find yourself
is to lose yourself in the service to others"*
Mahatma Gandhi

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

In this newsletter, we'll continue to show 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.

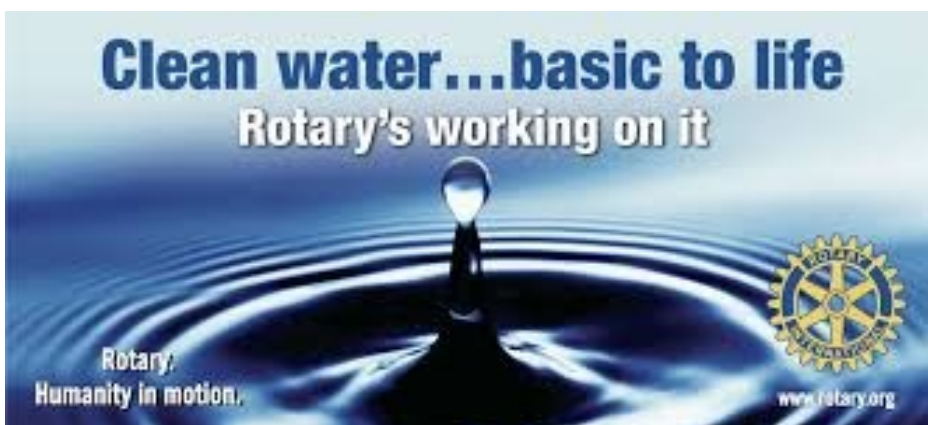
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Health Education in India: Initial steps in a long journey

Rahul Mehra, PhD; Rotary Club of Canon City

In the past, I have written two articles in this Newsletter about my project on Health Education of school children in India. Each related to a District Grant I received from Canon City Rotary Club. In September 2017, I reported on the development of Health Education Curriculum for Grades 6 & 7 and printing student workbooks and teacher's manuals in English for students in India. In May 2019, I reported on translating and printing these books in Hindi, the other national language of India. Our initial goal was to implement this Health Education program in several schools in Chandigarh with my Rotary partner there. Unfortunately, the project did not proceed as planned and I had to stop the project in Chandigarh. The project was moved to Delhi. This transition was challenging and took almost one year to complete. In hindsight, it was the right decision as the project is proceeding well now.

I have two non-profit organizations. The one in India is titled Tarang Health Alliance and the one in the US is called Indian Health Alliance. They have the same mission: to develop innovative materials and train teachers to implement Comprehensive School Health Programs across schools in India.

Our first goal is to scientifically evaluate the curriculum over a period of one year for Grade 6 students. We need to demonstrate that the curriculum improves health habits and health knowledge. I needed two employees in Delhi to run the operations there. After applying for several grants, I was able to get funding for one year from Lal PathLabs Foundation in Delhi. The grant started in June 2020 and will end in March 2021. This has allowed me to hire two employees in Delhi.

We are presently evaluating the Curriculum in one school in Delhi which has 150 Grade 6 students. The principal of the school was very enthusiastic to start this pilot program. She agreed to our request to conduct 40 hours of health education instruction for Class 6 students over the academic year as well as allow me to engage with the parents of these students via Zoom for one hour per month. These two factors allow for effective implementation of a School Health Program. I wanted to engage two more schools but they could not accept the two criteria required for effective implementation during the pandemic.

I have trained the teachers of this school on the Comprehensive School Health Program. The training took eight hours. Picture 1 shows me training the teachers of the school in Delhi. I also have been conducting the one hour parent engagement sessions every month via Zoom.



Picture 1. Training for teachers of the school being conducted by Dr. Mehra via Zoom. The Principal also is in attendance.

Health Education in India: Initial steps in a long journey (cont.)

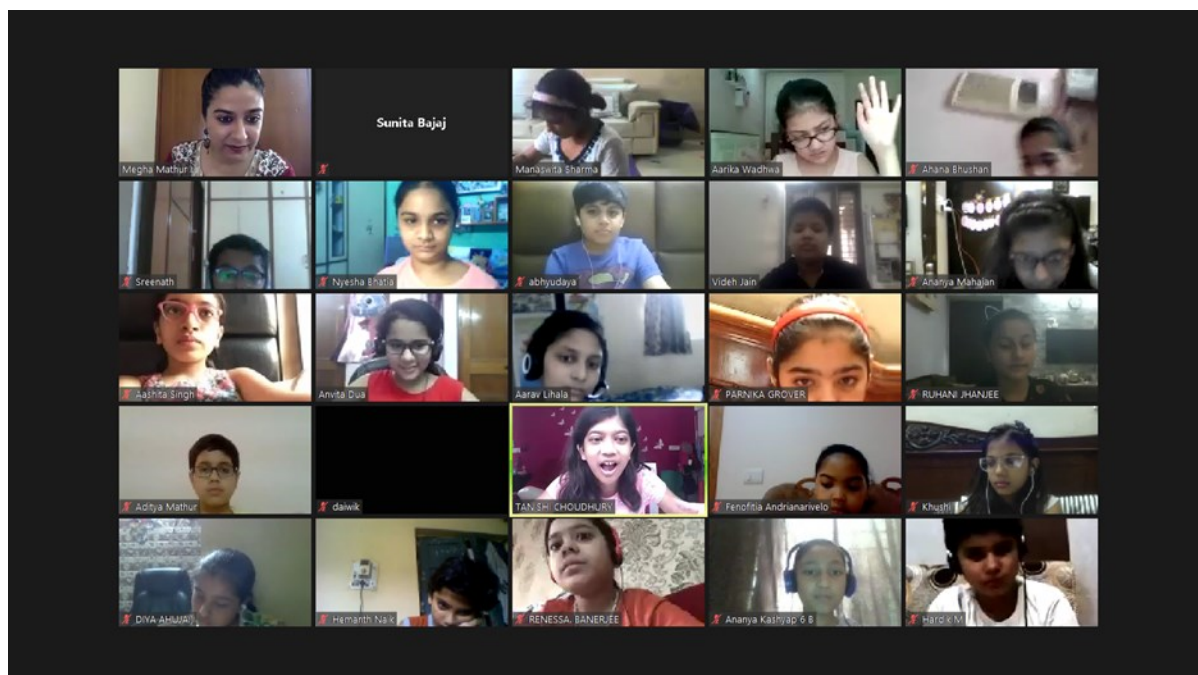
Rahul Mehra, PhD; Rotary Club of Canon City

The Student Workbooks and Teacher's manuals have been provided at no cost to the school. I also provide Power-Point slides for each chapter. The teachers have been teaching the students online for several months now. There are 4 sections in Grade 4 with about 40 students per section. My employees and I attend or view the recorded teaching sessions and provide feedback to each of the teachers. Our goal is to help them improve their method of teaching health. Picture 2 shows a Zoom class being conducted by one of the teachers. The project is going well. By March 2021, we will be able to evaluate the effectiveness of the curriculum in improving health habits and knowledge. We will analyze the changes in the responses to the questionnaires given to each student before the start of classes and the same questionnaire given at the end of the academic year.

We are hoping that normal classes will begin next academic year. We plan to conduct the same curriculum evaluation with more schools and students. We will need funding and will apply to Lal PathLabs and, if needed, to other funding agencies.

This has been a challenging but rewarding journey. Our vision is that Health Education be mandatory in every school and grade level in India. We have been advocating for this policy. Recently, the National Education Policy (2020) has indicated that Health Education will become part of the basic curriculum. We hope this policy gets implemented soon. For all children to realize their full potential by being healthy, the same policy is needed in every country in the world, including the US.

Since our mission is to develop innovative educational materials, we will be developing the curriculum and books for the remaining grades. We also need to scale up the program and implement the School Health Program in more schools across India. It will take at least another decade to accomplish our long-term goals.



Picture 2. The health teacher, Ms.Megha Mathur, teaching a health class.

Sacks of Rice for Scholarship Girls in Guéoul, Sénégal via Judy Beggs; North Fork Valley RC

The North Fork Valley RC applied for a \$1000 district grant match to provide sacks of rice for scholarship girls to alleviate hunger during the Covid pandemic in Senegal.

The project was initiated by North Fork Valley Rotarian Judy Beggs who has a long history in Senegal. Many years after serving as a Peace Corps volunteer in Gueoul, a village of about 11,000 on the edge of the Sahara in Northern Senegal, she returned to help educate the girls who often drop out of school too early.

“When you educate a boy, you educate a man. When you educate a girl, you educate a whole nation.” The girls in Guéoul can recite this African proverb by heart. It may sound cliché, but the impact of female education on a country can’t be denied. According to UNESCO, girls with a higher level of education are less likely to get married early: Child marriages would decrease by 14 percent if all girls finished primary education. Also, according to UNESCO, girls with more years of education are less likely to have children at an early age and less likely to die in childbirth. Improving girls’ education also decreases malnutrition in the world.

Judy set up “Friends of Gueoul” a foundation that gives the poorest girls \$100 a year so long as they stay in school. They have reached about 211 girls over 17 years with current enrollment at 150 girls.

Last spring, when Covid came to Gueoul, schools closed. Roads were closed and these 150 girls who are often hungry after the fall harvest is eaten began to experience a deeper hunger. The Rotary Club of North Fork Valley came to know about this and decided to do something about it. They got serious about fundraising, District 5470 offered a challenge grant of up to \$1000 and the club raised \$4,300 to send to Senegal during the winter, the hungriest time of the year. 150 Sacks of rice will be purchased and each of those girls will receive a 33# sack of rice so each girl and her family will eat.



Individual members of the Rotary Club of the North Fork Valley personally donated to the project and participated in various fund raisers. During the past 16 years, various Rotary Clubs in District 5450 have supported a computer and education program, and a Rotary emblem is already on a roadside sign at the outskirts of Gueoul on the only north/south paved road to the capital of Senegal (Dakar). Rotary logos are inside the computer classroom and on the equipment. The sacks will have a label that this is a Rotary-based donation. The experienced Senegalese staff of Friends of Gueoul will oversee the distribution of the rice.

It is with great sadness that we have to announce that Judy passed away suddenly on November 6, 2020 of a stroke. Judy was a dedicated Rotarian who definitely followed the motto “Service above Self.” She will be missed by her family and Rotary friends, her club, her district, and all the girls whose life she changed for the better.

Notes from a Rotarian Granddaughter

By Samantha Foster

Submitted by Robby-Dale Nelson, Rampart Range RC

My name is Samantha Foster, I'm ten years old, and all four of my grandparents are Rotarians. Two of them are members of Rampart Range Rotary Club in Colorado Springs, and the other two are members of the Rotary Club of Vineland, New Jersey. Both clubs have done international projects.

Rampart Range Rotary Club is a small club that has done water projects in India and Mexico. A few years ago, when my grandpa was club president, they donated 652 sewing machines with a Global Grant to women in India so they could earn money to take care of their families. The club is currently sponsoring three Ethiopian teenage girls in the Trampled Rose program created by Becky Kiser of the East Colorado Springs Rotary Club. This makes it possible for these girls to go to school. I went to one of the club meetings where Mrs. Kiser was talking about Ethiopia and I decided to read about it. I learned that they speak over 80 languages.

The Vineland Rotary Club is a larger club that also has done a lot of international projects. They have provided water wells around the world for fresh water. They also collect bikes throughout the year and ship them to third world countries for transportation (Pedals for Progress Program). They have provided surgeries to people in need (Gift of Life Program). One of the club members participated in a Polio Immunization trip in India vaccinating children to prevent Polio. The club also collects donated clothes and sells them to raise money for Polio Plus.

I think that this is cool and interesting work. Maybe I'll join Rotary when I'm older so I can help people in need.



Neuroplasticity and its Effects on a Polio Survivor

Susan Leety & Rajee Aerie

via Ken Robinson, D-5470 Polio Chair

Susan Leety is a returning member of the Glenwood Springs Rotary Club. She is an Ayurveda practitioner who also works with neuroplasticity exercises and the rehabilitation of paralysis.

Susan has been working with Rajee Aerie, a beautiful young Indian woman who contracted polio when she was 3. Her mother dropped her off at an orphanage because of the polio. Fortunately, she was then adopted by an American family. She now lives in Chicago and is a model for Victoria Secret, Toyota, Hershey, etc.

Rajee called Susan about her work with Neuroplasticity and Susan and her team started working with Rajee's brain to create new neuron pathways to her legs for better function. Rather than have people ignore the parts of their bodies that are down, Susan and her team want them to realize that they can improve their lives and their function by using brain skills and movement. Susan and her team have worked with several paralysis patients.

For additional information, contact Susan Leety <susan@susanleety.com>



Susan Leety



Rajee Aerie

What's the Reason?

By Rebekah Kiser, East Colorado Springs RC



Painting of a traditional Ethiopian meal



Some of our Trampled Rose schoolgirls in Ankober,

I grew up in a Rotary family where we really did practice the principle of Service above Self,. I was often reminded by my parents to think of how I can help others instead of my own selfish thoughts. While on a tour of the Amhara region in Ethiopia in 2003 I had the opportunity to help one woman with fistula. It took no deliberation to know that I needed to invent a way to provide true help to the women in Ethiopia who had no one else. Wanting to follow the laws of the country where I was helping, Trampled Rose, Inc. was born.

Obstetric Fistula is usually from a birth injury caused by early marriage (some of the “women” I’ve helped were married as young as five years old), small body size due to youth and malnutrition, and lack of medical care. While the baby is being delivered outside her home, the woman often loses her baby and the lack of oxygen to her internal organs causes her to leak urine and/or feces the rest of her life. I spent about seven years helping these precious women with food, shelter, surgery, business skills, and love.

Fast forward seventeen years and fistula cases are now rare, allowing me and many other friends who are also world changers, the chance to keep girls in school in rural Ethiopia. This has been a proven “best practice” in the fight against global poverty. An educated woman has more power and less dependency. As strange as it is to say, I’ve been part of helping close to 10,000 women and girls since I made my first “one time” visit to Ethiopia.

I arrived back in Ethiopia in September of this year. The trip began hard when I was verbally and physically attacked at the airport. Next my rental home became unsafe due to our “small civil war” necessitating a move. The next house was owned by a former military in the Red Army who had just been released from eighteen years in prison for his war crimes. It felt a lot like “jumping out of the frying pan and into the fire”.

There were more than a few evenings when I remembered my warm home in the USA, my family, and my Rotary friends and wondered if helping in the USA would be enough to fulfill my desire to complete my destiny. The only thing keeping me motivated was the thought of over four-hundred girls waiting in the rural areas who were dependent upon me keeping my promises and providing support for them to attend school and have hope for a brighter future.

What's the Reason? (cont.)

By Rebekah Kiser, East Colorado Springs RC



This week, after weighing the risks of traveling during Ethiopia's tribal crisis with more than two hundred lives lost, my husband Tesfaye and I decided the reward outweighed the risks. We began our two day climb up the mountains to reach Ankober where one hundred thirty girls were waiting for us to bring their support so they could get back to school.

Ankober, Ethiopia, where the clouds meet the mountains



So, what are my reasons to continue the life of Service above Self? How about Kidist who is legally blind and has been supported by our financial support and love since she began the ninth grade? She is now in her senior year and her average scores indicate that she will easily receive a scholarship to continue her education at the University and fulfill her dreams of becoming a medical doctor.



Or what about Abernet? Her father was wounded in the war with Eritrea and can provide no support for Abernet or her six siblings. Abernet had given up hope for her future at the end of eighth grade. The nearest secondary school was a two hour walk each way, until she heard about the possibility of our help. Now she is a Junior and says her only dream is to have a job in an urban area where there is running water and electricity.



As you can imagine, the reasons total more than four hundred. Thank you for this opportunity to remind all of us that indeed international work is worth the extra effort. I'm grateful for all the encouragement and love I receive always on this crazy journey. I appreciate YOU!

A grateful Becky Kiser with the Secondary School Director and the Minister of Education in Ankober

If your club would like to join the other Rotary clubs in our district helping to keep girls in school, please contact me personally at hello@trampledrose.org
XO Becky

The Legacy of Judy Beggs, North Fork Valley Rotary Club

by Linda Carlson, Cañon City Rotary Club

In early 2016, my first trip to Guéoul was with Pagosa Springs Rotarian David Smith, his wife Jean, and a friend of theirs, Rita Jensen. Through David's Global Grant, we initiated a high school practical science education program for teachers, developed in conjunction with Senegalese educators. The first workshop we conducted was in Guéoul. Of my three month-long visits to Senegal, for the first two, our team lived with Judy, conducting science workshops for teachers from schools in the region. Judy also recruited me to teach art classes to 80 younger local children. It was so much fun! I could write a book!

Judy made sure we received a large taste of true third-world living, including sharing the squatter potty at her abode with the 16-member family living on the ground floor, primitive bathing (sponge and bucket of cold water).

On our second visit, Judy relented and allowed us to use the private US-style bathroom and shower in her apartment. On the other hand, there was the joy of wonderful Senegalese cuisine with fresh chicken, fish, vegetables I didn't recognize, and strange fruits. We watched the Halal killing of the chickens we would eat as part of the evening meal, and once saw the addition of a stray lizard to the pot. Judy arranged for us to have a thrilling traditional drumming lesson with a local national-award winning drummer, and to visit with her beloved boursières: the orphans and other underprivileged girls who were recipients of scholarships for school through Judy's foundation, Friends of Guéoul. She took us to visit the home of our driver and his family, with a small but clean yard full of goats, hens and chicks. Our travel to the high school, with suitcases full of scientific equipment and supplies, was by horse and buggy. We experienced using the very primitive toilets at the high school: no doors, no soap, no water, no toilet paper.

When we were departing on a several-day trip to the SE part of Senegal, Judy arranged a traditional Senega-

lese blessing from the 90-plus-year-old grandmother of the family downstairs. It was an emotionally charged experience. Judy made sure we were well-versed in the details and essence of Senegalese traditions and cultural nuances, something that was so valuable to us. One example, she told us that when we visited a village, we should not take chewing gum or pencils and paper for the children, but instead to take fresh fruit. We were not to give the fruit directly to the children, who would flock around us, but only to one of the elders of the village, who would talk to the children about us and our mission, especially the emphasis of girls going to school, and all young people staying in school. When the kids had listened to his words and asked him questions, he would carefully distribute the fruit among them. Judy also taught us numerous basic

Wolof phrases; she had a good command of this difficult native language.

Waiting for the principal to let us in, Guéoul elementary school STEM

Well, this is just a fraction of all our shared times with Judy. She was truly amazing, a hard-headed go-getter, a tireless woman who sometimes made us crazy, but who we so much admired.

On my second trip to Guéoul, I took 8 huge boxes of refurbished field computers for Judy for the internet informatique that she spearheaded. I also had 8 large suitcases of science apparatus and supplies (Biology and Geology were my workshop topics.) Talk about a travel nightmare!



FRIENDS OF GUÉOUL



The Legacy of Judy Beggs, North Fork Valley Rotary Club by Linda Carlson, Cañon City Rotary Club

Recently, Judy and I had been discussing recruiting Colorado Rotaract members to go to Guéoul to conduct summer English classes. I speak fluent French, so was going to be her co-pilot in the effort though of course, with COVID-19, all this was up in the air. What a sad, unexpected loss to everyone, but what an amazing heritage she left. She has changed many lives for the better, in this generation and beyond.



Judy with the teaching team on the way to school



Waiting for a Rotary meeting at Saint-Louis, N. Senegal



Last day - our team with the high school science teachers from the Guéoul, Louga and Kébémér high schools.

Saving Lives in Botswana-One Surgeon at a Time-Update

By Amy McBride, Rotary Club of Montrose

40 That is the number of surgeons in Botswana, according to most recent data from the World Health Organization, far below the number in other Southern African countries.

The Rotary Club of Gaborone seeks to raise that number by supporting a young medical doctor, Weludo Ngwisanyi, to continue her studies for a post-graduate degree in General Surgery at the University of the Witwatersrand, South Africa.

Upon completion, Weludo will return to Botswana to serve her country as a surgeon. Weludo was selected by the Government of Botswana to undertake her primary medical degree at the University of the West Indies. Following her graduation in 2014, Weludo returned to Botswana and worked as a medical doctor at several hospitals while volunteering her medical expertise at village wellness days, orphanages, and HIV testing campaigns.



Dr. Weludo Ngwisanyi

Weludo is committed to building the skills of her fellow doctors in Botswana, and has pledged to establish a mentor/mentee program in Botswana to train Junior Medical Officers in life-saving procedures.

Since the last District 5470 International Newsletter, the Rotary Club of Gaborone (Botswana) has engaged support from Clubs in Bend (OR) and Ojai (CA), but needs additional financial support to qualify for matching funds through a TRF Global Grant. Would your Club like to join these Rotarians to bring the number of surgeons in Botswana to 41? If so, please contact me for more information: amylopermcbride@gmail.com or 970/433-8779. Thank you!

(You can view this project in the [Rotary Showcase](https://map.rotary.org/en/project/pages/project_detail.aspx?guid=25897807-39EA-4FDA-912A-0569A34D3BCD)—https://map.rotary.org/en/project/pages/project_detail.aspx?guid=25897807-39EA-4FDA-912A-0569A34D3BCD)

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Community Mental Health Services & Economic Development in Uganda

Project Partners Needed

By Diane Messamore , Denver Mile High Rotary Club

Community Mental Health Services & Economic Development in Uganda is a project that will be supported by the Global Grant in partnership with Rotary Club of Kampala Munyonyo (Uganda) and Rotary Club of Denver Mile High. This project will take place in Agago District, Northern Uganda from January 1 – December 31, 2021. It will focus on Disease Prevention & Treatment and Community Economic Development.

A cooperating organization called Finemind will be the key implementing partner. Finemind supports community mental health through a peer-to-peer support system. They are active in Agago District and have the support of the District Health Office, local chairpersons, and Uganda's Ministry of Health. Moreover, they've successfully completed a District Grant with the Rotary Club of Denver Mile High.

The 12-month project consists of two primary activities: 1) mental health counseling and 2) an empowerment skills training that offers saving, banking, and business tools.



With regards to the mental health counseling, additional lead trainers and community mental health workers will be upskilled to provide supervision and peer counseling support. This will result in 13,000 counseling sessions. Additionally, 50,000 community members will be educated about mental health via an ongoing radio talk show. Rotary Club of Kitgum (Uganda) will offer monitoring and evaluation support. These activities will cost around \$70,000.

For the empowerment skills training, 60 women who have successfully recovered from depression will participate in a business training intensive. This will focus on equipping the cohort with relevant skills that encourage the community to dream bigger and to move beyond a mindset of 'need'. This part of the project will cost around \$20,000.

The decades-long conflict in Northern Uganda caused by the Lord's Resistance Army (LRA) insurgency resulted in untold suffering and thousands being displaced. The LRA is estimated to be responsible for the abduction of anywhere from 60,000 to 100,000 children and the displacement of over 2.5 million people across Uganda, South Sudan, Central African Republic, and the Democratic Republic of the Congo. Estimates put the number of deaths to over 100,000 people. The group utilizes visible and extreme violence, torture, mutilation and massacres.



Most of the 1.7 million people who lived in camps have since returned. However, recovery and development efforts have been insufficient. A former study looking at the factors associated with the health status of internally displaced persons in northern Uganda showed that over two-thirds met symptom criteria for depression.

If you are interested in this project and would like more information, please contact Diane Messamore <cdmessamore@gmail.com> or Pavel Reppo <pavel@afinemind.org>

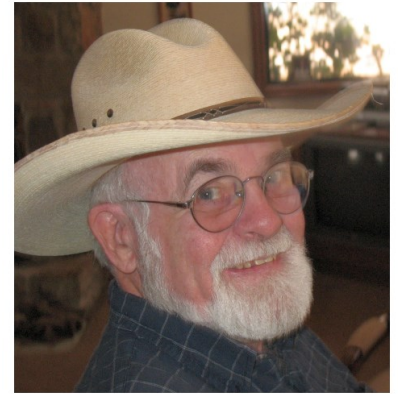
El Salvador Biochar Project Needs Partners

By David Nuttle, Dolores RC

Sponsored by: Dolores, Colorado and Santa Ana, El Salvador Rotary Clubs

Technical Support by: Needful Provision, Inc. (a global agricultural development NGO)

As reported by the U.N., World Bank, and USAID, most of the world's food crops are produced by smallholder farmers. Since these farmers are generally poor, they can seldom afford to buy and transport large quantities of commercial fertilizers to help sustain fertility of their soils used for crop production. As a result, soil fertility and crop yields have long been on a decline and a reported two billion of the world's 7.8 billion people are now nutrient deficient with 820 million of these populations now living on the brink-of-starvation (World Health Org. data).



Agriculture research in seven nations has proven that farmers have a safe, efficient, and very economical means to add to the fertility of their soils, long-term, by making biochar that is then bioactivated with soil microbes and used as a soil additive. Less than 10 percent of the soil in the root-zone of crop rows needs to be bioactivated biochar to greatly improve soil fertility and more than double the present crop yields. This benefit is not theory, it is a proven fact.

In El Salvador, we have an in-country team of experts, supported by the Santa Ana Rotary Club, that will have innovative biochar kilns manufactured in-country and provide these to poor farmers with a documented urgent need to improve soil fertility on their farms. The local project director is Odette Varela Milla, Ph.D. Agriculture with a specialization in soil fertility achieved with bioactivated biochar soil additives. Dr. Milla is a native of El Salvador and is fluent in Spanish and English. She will instruct and coach project farmers in making and bioactivating biochar, then blending this soil additive into the root-zone of the project farmers' crop rows.

There are two supplemental aspects to this biochar project. 1) Dr. Milla will also arrange for the construction and testing of a clean cook stove that produces small quantities of biochar while conserving wood fuel by burning the biogas produced by pyrolysis means used to make biochar; and 2) Luis Molina, an El Salvadoran electrical engineer, will add small T-Gen (thermoelectric generator) units to kilns and cook stoves to use the heat produced to power the T-Gens to make electricity. This electricity provides for lights and bug-zappers. This aspect of the project is intended to greatly reduce mosquito populations on project farms, thus lowering the infection rate for mosquito-borne diseases.

This project is being undertaken as a Rotary Global grant funded by \$10,000 from Rotary Clubs, with a \$10,000 match from Rotary District 5470 (in Colorado). Rotary Foundation is adding another \$15,000 to make a \$35,000 project total. Santa Ana Rotary will have some extra dollar input for project support costs, but this addition is not considered as part of direct grant funding. A total of about 18 Rotary Clubs in District 5470 are needed to make donations to this project in amounts of \$500 or \$1,000 to reach the needed club total of \$10,000. Benefits to Rotary Clubs include plans for making their own bioactivated biochar for local garden clubs, and project photos on their websites as well as project information articles giving club credits.



For additional info, contact David Nuttle,
<npiinc2000@aol.com>

Rotary Project Fairs

By David Smith, Rotary Club of Pagosa Springs

The mission of The Rotary Foundation of Rotary International is to enable Rotarians to advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

Global Grants are the Foundation's primary tool for carrying out its mission. This photo shows how support from global grants has improved science education in rural schools in Senegal.



Every global grant must have at least two partner clubs, the International Club and the Host Club. Finding a reliable Host Club with a viable project is often the biggest hurdle for Rotary Clubs that want to initiate global grants. Rotary Project Fairs provide one of our best ways to connect International and Host Rotary Clubs.

In the past, Rotarians from around the world traveled to a Project Fair where regional Rotarians presented projects they would like to do. Now that the COVID pandemic has restricted travel, the fairs are held virtually through ZOOM.

I just attended the West Africa Project Fair by Zoom and find it to be a practical way to learn about potential projects. OK, it is not as effective or interesting as walking through the Exhibit Hall talking to fellow Rotarians, but it does eliminate the need to travel and its associated cost.

Although the West Africa Project Fair has just ended, you can connect with approximately 150 projects that Rotary Clubs in West Africa would like to do. They just need an International Partner Club. You can learn about the projects and connect with the clubs by visiting the Virtual Exhibit Hall at: <https://on.rotary.org/2020WAPF>

You can learn more about Rotary Project Fairs at: <https://my.rotary.org/en/exchange-ideas/project-fairs>

Potential Friendship Exchange with Botswana - Update via Amy McBride, Rotary Club of Gaborone

[Author's Update: The good news is that Botswana plans to open her borders on December 1 st , and has already resumed flights into the country, so there is more certainty that this exchange will go forward. Also, I've had a few people ask me about an approximate cost of the trip. I originally estimated \$2,500 for an individual and \$2,150 per person for a couple, but flight prices are a little higher, so I'm raising the estimate to \$2,750 (from Denver) for an individual and \$2,400 per person for a couple.]

The Rotary Club of Gaborone invites you to Botswana as part of a Friendship Exchange planned for 2021. The Club proposes May as the month for Coloradans to visit Botswana, since the weather is neither too hot nor too cold, wildlife viewing is at its best, and Victoria Falls is at its peak. You'll need two weeks (four days of travel and ten days in Botswana) for the trip.

The Club proposes August 2021 to come to District 5470, since they want to partake in hiking, jeeping, camping, flyfishing, mushroom foraging, and all the other great things to do in Colorado in August (and people from Botswana aren't keen on cold temperatures).

Here are ten reasons why you should visit Botswana:

- It has the world's largest population of elephants.
- *Over 500 species of birds have been recorded in Botswana.*
- *You can easily see the "Big Five"—Cape buffalo, lions, leopards, rhinos, and elephants.*
- It's the newly-declared "evolutionary birthplace of humankind."
- Animals roam freely in the nearly half of Botswana that is protected through national parks, reserves, and management areas.
- Victoria Falls, the world's largest waterfall (by surface area), is next door!
- *The climate is mild...with highs in the 70s and lows around 50 in May.*
- There are no vaccination requirements, and Botswana is one of the safest countries for travel in Africa. [Do note that malaria prophylaxis is recommended.]
- The people! Extremely friendly! And fun!

The proposed itinerary has you flying to Gaborone (the capital city) and recovering for a day (with dinner, drinks, and a bird's eye view of the city atop Botswana's tallest building. Then it's off to Khama Rhino Sanctuary where you'll sleep under a baobab tree and go on a game drive to see wildebeest, zebras, kudu, and rhinos (of course).

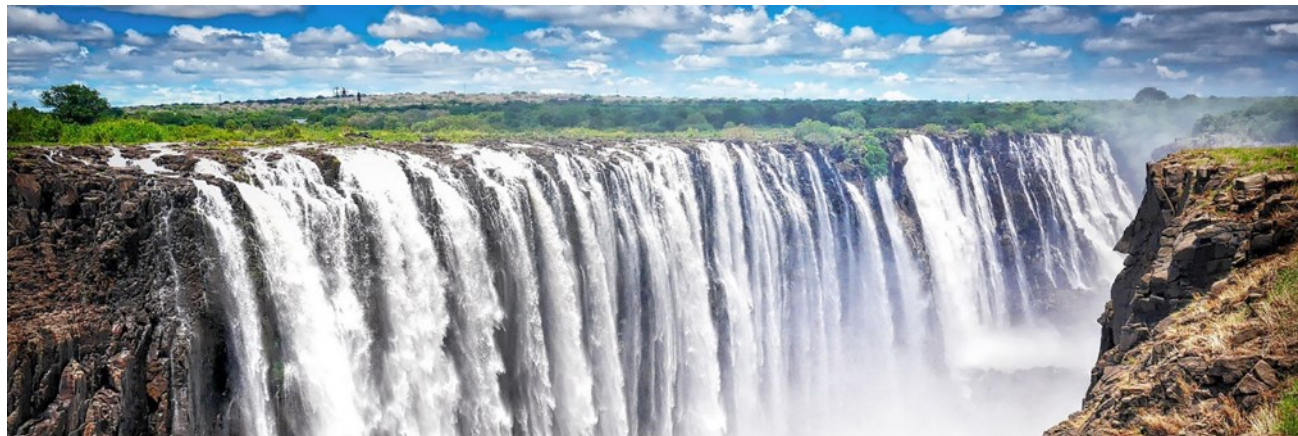
Then you'll head to the Makgadikgadi Pans, one of the world's largest salt flats, to enjoy its incredible tranquility and flamingoes. You'll have two nights in Kasane, on the edge of Chobe National Park which is home to the highest concentration of elephants in Botswana. You will enjoy a morning game drive and, hopefully, see leopards and lions and amazing birds like the Kori bustard (Botswana's national bird and Africa's largest flying bird). In the afternoon, you'll cruise down the Chobe River and see bathing hippos and elephants, crocodiles, and Cape buffalo.



Photo by Aidan McBride

Potential Friendship Exchange with Botswana (continued) via Amy McBride, Montrose RC

Victoria Falls is next. You'll take a ferry across the Zambezi River and then stay in Livingstone, Zambia (named for the famed explorer and there's an excellent museum about him). You'll spend a day at the Mosi-o-a-Tunya National Parks (there's one in Zimbabwe and one in Zambia), taking in the glory of the Falls. If you'd like, you can bungee jump off the Victoria Falls Bridge, take a helicopter flight, or raft the Zambezi.



Then it's back to Gaborone, with a stop in Francistown, Botswana's second largest city and a 19th-century gold rush town, where you'll have dinner with members of the Rotary Club of Francistown. From Gaborone, you can either fly home, or do as an Australian Friendship Exchange group that visited Botswana in February did and book a side trip to Cape Town, South Africa to partake in its amazing beauty, wine, food, and penguins!

At this point, the Rotary Club of Gaborone is gauging interest to see if there are twelve people from District 5470 who want to join the Exchange. If you are interested, please let me know by sending an email to amylopermcbride@gmail.com or contacting me by phone, text, or WhatsApp at 970-433-8779.

ROTARY FELLOWSHIPS



Rotary Fellowships are groups of Rotary members who:

- Share a common interest in recreational activities, sports, hobbies, or professions
- Further their vocational development with others in the same profession or field
- Enhance their Rotary experience by exploring new opportunities and making connections around the world

HOW ROTARY FELLOWSHIPS OPERATE

- Each fellowship functions independently of Rotary International, establishing its own rules, dues requirements, and administrative structure
- Membership is open to Rotarians, their family members as well as participants and alumni of all Rotary and Foundation programs.
- Fellowships must have an international scope, with active members in at least three countries



BENEFITS OF ROTARY FELLOWSHIPS:

- Enable Rotarians to make lasting friendships outside their own club, district, or country
- Contribute to the advancement of Rotary's public image and identity
- Serve as an incentive for joining Rotary and for continuing as a member



JOIN LEADERS: www.rotary.org/fellowships

ROTARY FELLOWSHIPS



Interested in a particular subject? Visit the group's website to learn more.

4 X 4 Vehicles	http://rotary4x4.org.za	Jazz	www.rotaryjazz.com
Amateur Radio	www.ifroar.org	Latin Culture	susydenavarro@yahoo.com
Antique Automobiles	www.achafr.eu	Lawyers	www.rotarianlawyersfellowship.org
Authors and Writers	https://www.linkedin.com/grp/home?gid=4860168	Magicians	www.rotarianmagician.org
Beer	www.rotarybrew.org	Magna Graecia	www.fellowshipmagnagraecia.org
Bird Watching	www.ifbr.org	Marathon Running	www.rotarianrun.org
Canoeing	http://sites.google.com/site/canoeingrotarians/	Motorcycling	www.ifmr.org
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Convention Goers	www.conventiongoers.org	Police and Law Enforcement	www.polepfr.org
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		Yachting	www.iyfr.net

RELATED RI PUBLICATIONS

Rotary Fellowships Officer Directory - www.rotary.org/myrotary/en/document/885

Rotary Fellowships Handbook www.rotary.org/myrotary/en/document/886

MORE FELLOWSHIPS:

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

The Top 20 Reasons to Join Rotary



1. Friendship / Fellowship / Community: In an increasingly complex world, Rotary provides one of the most basic human needs: the need for friendship and fellowship. It is one of two reasons why Rotary began in 1905.

2. Business Development: The second original reason for Rotary's beginning is business development. Everyone needs to network. Rotary consists of a cross section of every business community. Its members come from all walks of life. Rotarians help each other and collectively help others.

3. Personal Growth and Development: Membership in Rotary ensures continuing growth and education in human relations and personal development.

4. Leadership Development: Rotary is an organization of leaders and successful people. Serving in Rotary positions is like a college education. Leadership is all about learning how to motivate, influence and lead leaders.

5. Citizenship in the Community: Membership in a Rotary club helps develop better community citizens. The average Rotary club consists of the most active citizens of any community.

6. Continuing Education: Each week at Rotary, there is a program designed to keep members informed about what is going on in the community, nation and world. Each meeting provides an opportunity to listen to different speakers on a variety of timely topics.

7. Fun: Rotary is a fun and exciting place to be.

8. Prestige: Rotary members are prominent people: leaders of business, the professions, art, government, sports, military, religion, and all disciplines. Rotary is the oldest and most prestigious service club in the world. Its ranks include executives, managers, and professionals - people who make decisions and influence policy.

9. Citizenship in the World: Every Rotarian wears a pin that says "Rotary International." There are few places on the globe that do not have a Rotary club. Every Rotarian is welcome - even encouraged - to attend any of the 30,000 clubs in 194 nations and geographical regions. This encourages new friendships in both local and world communities.

10. Assistance When Traveling: Traveling Rotarians can secure medical and professional assistance as well as services and advice from fellow Rotarians throughout the world.

11. Public Speaking Skills: Many individuals who joined Rotary were uncomfortable about speaking in public. Rotary develops confidence and skill in public communication and the opportunity to practice and perfect these skills.

12. Entertainment: Every Rotary club and district has parties and activities that contribute to a diverse, yet professional business life. Rotary holds conferences, conventions, assemblies, and institutes that provide entertainment in addition to Rotary information, education, and service.

The Top 20 Reasons to Join Rotary



13. Development of Social Skills: Every week and at various events and functions, Rotary develops one's personality, social skills and people skills. Rotary is for people who like people.

14. Family Programs: Rotary provides one of the world's largest youth exchange programs; high school and college clubs for future Rotarians; opportunities for spouse involvement; and a host of activities designed to help family members in growth and the development of family values.

15. Vocational Skills: Every Rotarian is expected to take part in the growth and development of his or her own profession or vocation; to serve on committees and to teach youth about jobs or vocations. Rotary helps to make each individual a better doctor, lawyer, teacher, etc.

16. The Development of Ethics: Rotarians practice a 4-Way Test that governs their ethical standards. Rotarians are expected to be ethical in business and personal relationships.

17. Cultural Awareness: Around the world, practically every religion, country, culture, race, creed, political persuasion, language, color and ethnic identity is represented among members of Rotary. Rotary is a cross section of the world's most prominent citizens who are aware of their cultures and have developed a love of working with people everywhere. They become better citizens of their countries in the process.

18. Nice People: Rotarians are the nicest people on the face of the earth.

19. Absence of an Official Creed: Rotary has no secret handshake, no official creed, no secret meetings or rituals. It is an open society of men and women who simply believe in helping others.

20. Opportunity to Serve: As a service club, Rotary's business is mankind and its product is service. This is perhaps the best reason for becoming a Rotarian: the chance to do good.

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, measurable 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

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