

# the rotarian

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March 2018

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**of doing good  
and having fun**

## **The Rotaract Issue**



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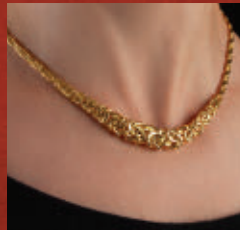
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## DEAR FELLOW ROTARIANS,

**T**his month marks 50 years since the first Rotaract club was chartered, in 1968. In this special Rotaract issue, you'll meet some impressive Rotaractors from around the world and see some of the incredible ways they are *Making a Difference*.

In the half-century since Rotaract began, the world has seen profound changes, and young people have felt the greatest impact of those changes: the rise of technology and the information economy, the spread of education, and the tremendous influence of the internet. When Rotaract was founded, it would have been almost unthinkable for a teen or 20-something to have been an entrepreneur or a CEO. Today, young people have an unprecedented capacity to achieve – and Rotary needs their ideas and enthusiasm as never before.

For many years, Rotary has done Rotaract a disservice by looking at our youth and young adult programs as mere precursors to Rotary membership, and not as valuable and productive programs in their own right. But Rotaractors are truly partners in Rotary service.

Today, an estimated quarter of a million Rotaractors serve in over 10,000 clubs, in nearly every country where Rotary clubs exist. The impact of their service is particularly impressive when contrasted with their resources. Rotaractors achieve an amazing amount with far less money at their disposal than the average Rotary club. Their energy and vision bring something wonderful to our Rotary family and to our communities, and we value that very much.

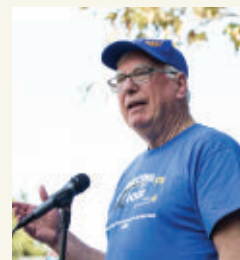
Yet only 27 percent of Rotary clubs sponsor a Rotaract club, a figure that has remained fairly stable over time. And far too few Rotaractors ultimately do move on to Rotary membership. As we celebrate this anniversary with Rotaract, I encourage all Rotary clubs to consider sponsoring a Rotaract club or to strengthen their ties with the clubs they already sponsor. Schedule regular joint meetings, run joint service projects, and reach out to Rotaractors – not only to ask if you can help, but to find out how you can work together. Know your Rotaract clubs and their members – and make sure that every Rotaractor knows that a Rotary club is waiting to welcome them.

For half a century, Rotaract has given young people a way to find the same connections with their communities, and the same value in service, that Rotarians find in Rotary. Rotaractors are connecting us to the Rotary of our future, while helping us build the Rotary of today.



**IAN H.S. RISELEY**

President, Rotary International



### ON THE WEB

Speeches and news from  
RI President Ian H.S. Riseley at  
[www.rotary.org/office-president](http://www.rotary.org/office-president)











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Lawyer Joan Nairuba of the Rotaract Club of Kololo, Uganda, talks about her work as a mediator on page 30. (Photography by Emmanuel Museruka / Malaika Media Ltd.)



**LEFT** On 11 November, Rotaractors from around the world gathered at the Palais des Nations in Geneva for Rotary Day at the United Nations, where they helped present workshops on peace, education, and science. (Photography by Monika Lozinska/Rotary International)





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PEOPLE OF ACTION



# Trail wisdom

I just received the December issue of *The Rotarian*, and I was thrilled to see the cover story about the Great Western Trail ["On the Trail of History"]. It is a fitting tribute to the Rotary clubs and the Rotarians along the trail who responded to the call to mark and preserve the trail from Mexico to Canada. It was one of the best projects that I supported during my time as Rotary

International president, and I am so pleased that it is now receiving the publicity it deserves. It was clearly a project that met the test of Cowboy Logic, and I am delighted that Jim Aneff and Sylvia Mahoney sold me on the idea at a PolioPlus fundraising event in 2009.

We even succeeded in getting a great song written about the trail. Michael Babb, a talented singer and songwriter who lives in Nashville, grew up near the trail in Oklahoma.

Cowboys are still popular around the world, and I hope the article will be read and appreciated by Rotarians in many countries.

Ray Klingensmith  
Kirkville, Missouri  
RI president, 2010-11



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A story on the Great Western Trail would not be complete without mentioning the annual salute to the trail held in Vici, Oklahoma. Upwards of 100 people – seasoned cowboys as well as city slickers – gather for a three-day cattle drive, good eating, and lots of Southern hospitality. It's one of the great Western events in the country. I have had the privilege of being on the ride several times, and it's always a highlight of my year.

Paul Wahl  
Enterprise, Oregon

Before reading Frank Bures' interesting story about the excellent work being done by Rotarians to mark the Great Western Trail, I was among the many, I am sure, who had not heard of the trail. Now I plan to go there

in the spring, drive the trail (sans cattle), and visit some of the clubs along the way. Giddyup!

Harry M. Freeman  
Memphis, Tennessee

"On the Trail of History" was a wonderful story and a good change of pace for *The Rotarian*. The article mentions that Doan's Crossing, where the Doan family set up a trading post in 1878, was the last place the cowboys could stock up on supplies before they crossed the border into what is now Oklahoma.

At the time, railroads were already operating well into the center of the United States. Supplies were available at Cheyenne in 1868 and in Dodge City in 1872. Supplies came west from back East, but there

were no north-south railroads yet. Oklahoma Territory was Indian land, and minimal supplies were available till the cowboys reached Kansas and on north. Railroads changed everything along those ribbons of steel as they came west.

John D. Farr  
Encampment, Wyoming

Rotarians, led by Sylvia Mahoney and others, should be proud of their involvement in marking the Great Western Trail. They may have used "yellowed documents and maps in small-town archives," but extensive research on the 2,000-mile-long trail had been newly published at the time Mahoney's team dedicated its first Texas trail marker in 2004.



Rick Jouett (from left), Jeff Bearden, Sylvia Mahoney, Paul Hawkins, and Phil McCuistion visit Doan's Crossing, Texas, a key point along the Great Western Trail.

The trail and its legacy were uncovered because of the joint effort of Rotarians, members of the Western Cattle Trail Association, and county historical societies. Various other individuals from Oklahoma to Canada also marked portions of the trail. Rotarians started the momentum in Texas and placed markers in other states and provinces, but everyone who wrote about, mapped, and marked the trail deserves our thanks.

Gary and Margaret Kraisinger  
Halstead, Kansas  
Western Cattle Trail historians

*Editor's note: In her 2015 book, Finding the Great*

*Western Trail, Sylvia Mahoney acknowledged by name the many historians, cartographers, and volunteers who brought the trail back to life. Among other things, she noted the invaluable contribution made by the Kraisingers' 2004 book, The Western: The Greatest Texas Cattle Trail, 1874-1886. Both books are available at Amazon.com.*

### Extraordinary members

The cover of the January issue is a real problem for me. The article is really good, but the headline "Ordinary Rotarians, Extraordinary Tales" is so wrong. I am a Rotarian

and board member of the West Stanly Rotary Club in Locust, North Carolina, and I can truly state there is no such thing as an ordinary Rotarian.

When you make the commitment to join the club, you are among a select few dedicated to making life better for all the people you can. I always ask people what they did to make someone's life better today. Working

toward those goals is the most satisfying thing in life.

Ordinary – not by a long shot!

David Goldstein  
Albemarle, North Carolina

*The editors welcome comments on items published in the magazine but reserve the right to edit for style and length. Published letters do not necessarily reflect the views of the editors or Rotary International leadership, nor do the editors take responsibility for errors of fact that may be expressed by the writers.*

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## SERVICE ABOVE SELF



### The Object of Rotary

**THE OBJECT** of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

**FIRST** The development of acquaintance as an opportunity for service;

**SECOND** High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

**THIRD** The application of the ideal of service in each Rotarian's personal, business, and community life;

**FOURTH** The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service

### The Four-Way Test

OF THE THINGS we think, say, or do:

- 1) Is it the **TRUTH**?
- 2) Is it **FAIR** to all concerned?
- 3) Will it build **GOODWILL** and **BETTER FRIENDSHIPS**?
- 4) Will it be **BENEFICIAL** to all concerned?

### Rotarian Code of Conduct

The following code of conduct has been adopted for the use of Rotarians:

**AS A ROTARIAN, I will**

- 1) Act with integrity and high ethical standards in my personal and professional life
- 2) Deal fairly with others and treat them and their occupations with respect
- 3) Use my professional skills through Rotary to: mentor young people, help those with special needs, and improve people's quality of life in my community and in the world
- 4) Avoid behavior that reflects adversely on Rotary or other Rotarians

## editor's note

### What's the difference between Rotary and Rotaract?

To hear Rotaractors tell it, they throw better parties. This month, they're planning a big one, and we're all invited.

About a year and a half ago, the editors of this magazine met with the staff of Rotary's Programs for Young Leaders, who suggested a Rotaract takeover of *The Rotarian* to celebrate the organization's 50th anniversary. We thought that was a genius idea. And so on almost every page of this issue – from President Ian

H.S. Riseley's message to our "7 Things You Don't Know About Rotaract" feature to the crossword puzzle – you will bump into a Rotaractor. (Hint: see 35-Across.)

RI President-elect Barry Rassin says Rotaract is Rotary's "secret weapon." Based on what we've learned putting this issue together, he's absolutely right. We've met Rotaractors, such as César Bertini Camargo, who are also Rotarians; Rotaractors, including mediator Joan Nairuba, who are leaders in their communities; and Rotaractors who are coming up with innovative ways to start conversations about polio (Jenna Buscemi), recruit new members (JM Cuales), raise funds for projects (Rotaract Club of the Caduceus in Mumbai), and engage beyond their own clubs (Rotaract Brasil's multidistrict information organization, or MDIO).

Last year, senior staff writer Diana Schoberg and I visited with Rassin in his Evanston office, where we talked about what he hopes to do when his term starts in July. We heard his thoughts about why Rotary projects need to be transformational and why Rotary's new vision statement is so important. In "Vision Quest,"

you will meet our incoming president and see, as we did, that the person who will next lead the organization is decisive, organized, and unafraid to take risks. We also found that many of his goals involve Rotaract. Ro-

tarians can learn a great deal from Rotaractors, he told us, and they must do a better job of collaborating with these resourceful young men and women.

Some ways to do that: Meet with Rotaractors in your communities, talk about ideas, become partners in service – and share this issue of *The Rotarian* with them.

Since the first Rotaract club was formed in 1968, Rotaract has grown to more than 10,000 clubs worldwide. Fifty years of taking action and changing the world deserves a big bash. To celebrate World Rotaract Week from 12 to 18 March, and as part of our yearlong revel, visit the #Rotaract50 social media hub at [on.rotary.org/Rotaract50](http://on.rotary.org/Rotaract50). There, you can find ideas for joint Rotary and Rotaract service projects, learn about ways to reconnect with alumni, and download social media graphics and photo frames to promote your 50th-anniversary events. Don't miss out: It promises to be a terrific party.

JOHN REZEK



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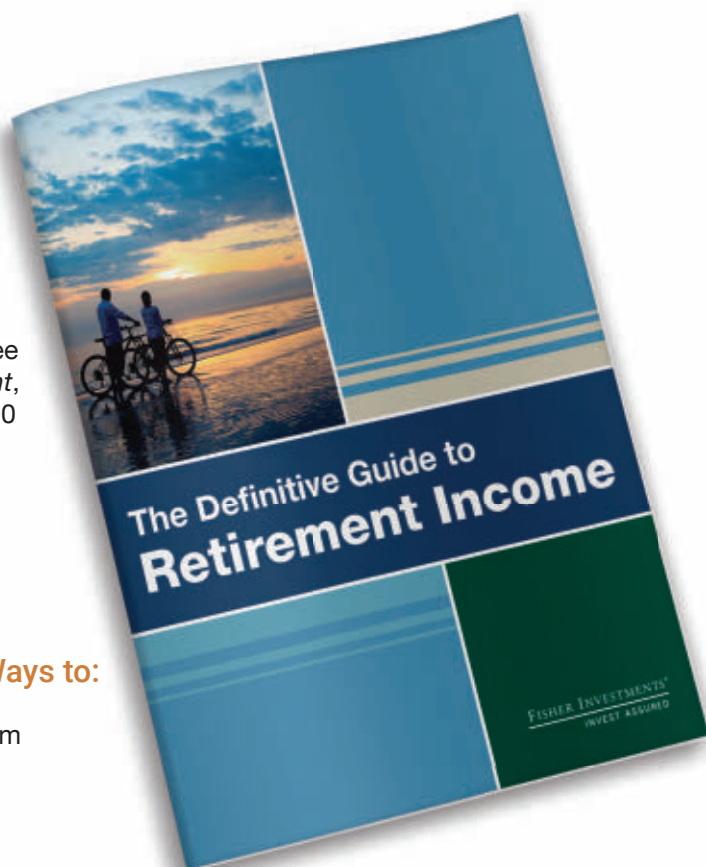
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# up front

## Purple pro

**JENNA BUSCEMI**

**Rotary Club of Houston Energy Corridor, Texas**

By now, Jenna Buscemi is used to the strange glances. In fact, she thrives on them. “If I’m in the grocery store, I’ll get that weird look from people,” says Buscemi, who is an adviser to her former Rotaract club at the University of Houston. “I’ll say to them, ‘I bet you’re wondering about my hair,’ and then I’ll give my elevator speech about Rotary and the current facts about polio. It usually ends up with the other person saying, ‘That’s a wonderful thing’ or ‘I didn’t know polio was still around!’” That’s exactly the reaction Buscemi is aiming for with her violet locks: raising awareness of how close Rotary and its partners are to eradicating the disease. Buscemi’s personality is as expressive as her hair. “We are getting so close to eradicating this disease,” she says. “It’s amazing that this one cause brings people together from all over the world.” Buscemi, who joined the Rotary Club of Houston Energy Corridor last year, first went “purple for polio” in 2016 to kick off her term as District 5890 Rotaract representative and says she’d love to see the current Rotary district governor dye his mustache purple for the same cause. In the meantime, her tresses are getting so much attention that she’s decided to keep dying them indefinitely. “People wear Rotary ties or Rotary shirts,” she says. “Well, this is my Rotary hair.”

— ANNE FORD







## CONVENTION

## Main events

The host committee for the 2018 Rotary International Convention in Toronto wants to make your nights on the town as memorable as your days at the convention. It has come up with a lineup of events that will help you explore all Toronto has to offer.

On Saturday, 23 June, local band Lady Be Good (pictured) will bring its mix of old-school jazz, R&B, and modern pop to an unexpected setting: Ripley's Aquarium of Canada. The evening will feature a menu designed to give you a taste of Toronto's diverse cultures.

For those whose musical tastes run a bit rowdier, Saturday night also offers Rock at the Historic Distillery District. You can browse the neighborhood's shops while enjoying foods from around the world and listening to live music from rock and country acts.

Get to know the Rotarians of Toronto on host hospitality night Monday, 25 June, when local Rotarians will entertain guests either in their homes or at a select venue.

On Tuesday, 26 June, make room in your schedule for Rotaryfest, an evening of fireworks, food, and friendship. Feast on ribs, halal chicken, vegetarian selections, and other tasty treats from around the world.

Tickets are limited for all of these events, so reserve your space now. Find more information and purchase tickets at [rotary2018.org](http://rotary2018.org). — RANDI DRUZIN

Register for the convention at [riconvention.org](http://riconvention.org).



## DISPATCHES

## Service across borders

Across East Africa, Rotaractors are transcending borders. Since 2013, young people from Burundi, Kenya, Rwanda, Tanzania, and Uganda have come together for annual gatherings as part of Rotaract East Africa Impact, commonly known as REACT. Each year, they focus on a particular need related to one of Rotary's areas of focus, such as disease prevention, maternal health, and water, sanitation, and hygiene.

The inaugural project involved planting trees, teaching hygiene, and providing career guidance to students at two primary schools in Masaka, Uganda. In 2014, young leaders converged on Buterere, an impoverished area near the Burundian capital, Bujumbura, to carry out a project in cooperation with UNICEF and other partners and donors. "We showed households how to use modern water purification methods, and we donated jerry cans and pails to assist with water collection," says Sarah Maingi, a participant from Kenya.

In 2015, teams met in Kenya, where they contributed mosquito nets and helped do cleanup in a slum area. In 2016, in Rwanda, they planted gardens and distributed clothing at a settlement of genocide survivors. In 2017, in Tanzania, the Rotaractors distributed medications and folic acid tablets to expectant mothers, along with delivery kits and diapers for newborns, at a hospital in Dar es Salaam.

Fundraising is a challenge, but working with scant resources hasn't dampened the Rotaractors' spirits. The convocations include time for fun and camaraderie, with cultural nights that celebrate members' homelands. The overarching theme, however, is cooperation. "REACT is drawing together young leaders from diverse backgrounds," says Maingi, "and empowering them to better serve their communities."

—BRAD WEBBER

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Rotaractors who participated in the 2017 project in Tanzania



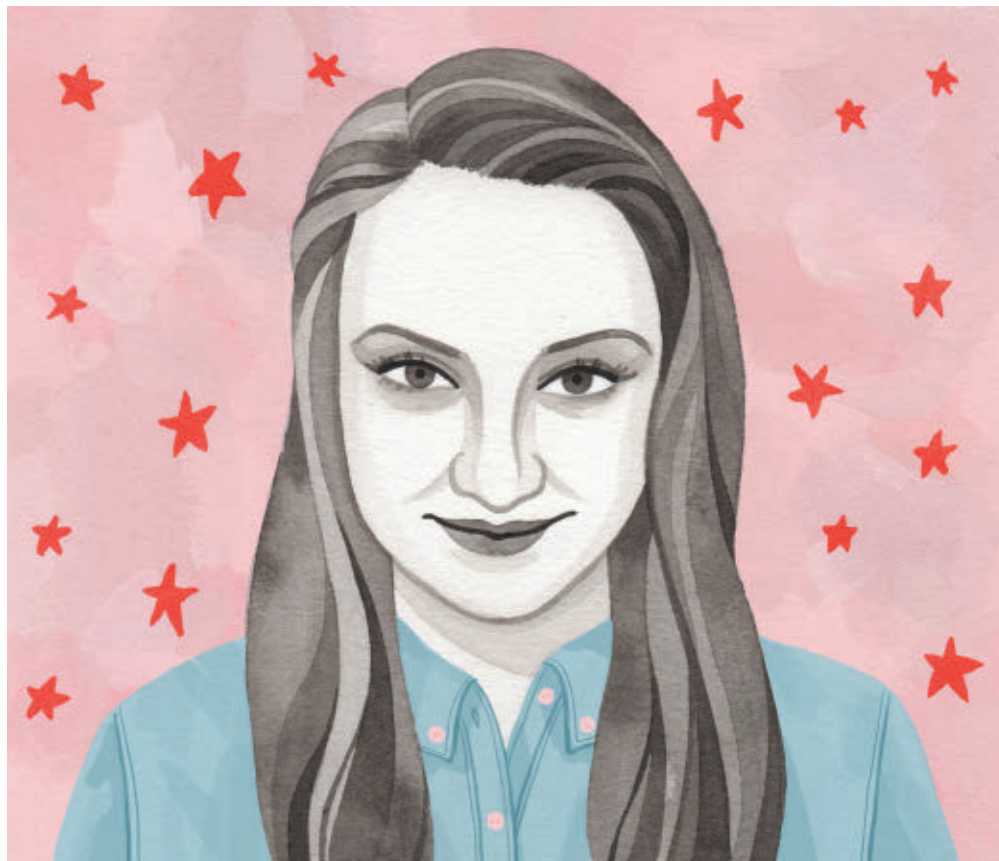
\$276

Burundi's per capita GDP in 2015



50

Life expectancy in Uganda



## THE TALENT AROUND THE TABLE

## From Interact to Rotaract to Rotary

**W**hen Interact club member Alexandria Ritchie enrolled in the engineering program at John Tyler Community College in Chester, Virginia, in 2013, she hoped to join a Rotaract club. There wasn't one, so she reinstated an inactive charter, with the Rotary clubs of Brandermill (Midlothian) and James River (Richmond) as sponsors.

Now, as a pre-med student in her last year of the biomedical engineering program at Virginia Commonwealth University, Ritchie is president of the Rotaract Club of VCU, as well as a member of the James River Rotary Club.

She has focused on establishing more Rotaract clubs and building partnerships between clubs. Ritchie founded and now co-directs the Rotaract Atlantic Network, a multidistrict organization for the East Coast, and serves as District 7600 Rotaract chair. Ritchie, 22, spoke with us about what has kept her engaged in Rotary since her days as an Interactor at Clover Hill High School in Midlothian, Virginia.

**THE ROTARIAN:** How did you get involved in Interact?

**RITCHIE:** I didn't really know what Rotary was. I needed the community service hours for college, and Interact looked cool. A RYLA (Rotary Youth Leadership Awards) conference was my first real exposure to Rotary. It was something I wanted to be

involved with in the long term.

**TR:** What in particular interested you about it?

**RITCHIE:** Two things really stood out for me. First was that our sponsor, the Rotary Club of Brandermill, always had members at the meetings who were interested in investing in our service projects. Second, it

seemed like an opportunity to create sustainable change. The service projects were based on long-term relationships with the community instead of one-time quick fixes.

**TR:** What do young people bring to Rotary?

**RITCHIE:** Younger individuals have an authentic enthusiasm

for service. Also, we have great ideas, new ideas, things we haven't tried before. Aside from that, people my age are generally tech savvy, which is something Rotary can definitely benefit from.

**TR:** How can Rotary appeal more to the millennial generation?

**RITCHIE:** Rotary already does appeal to the younger generation, in terms of the mission and the purpose of Rotary. Millennials want to change the world, right? They want to have an influence on their community, and that's always been a Rotary mission. It's just a matter of making it a more conducive environment for millennials, like being more flexible with attendance or with dues. The biggest thing is building the relationship between the more seasoned and experienced Rotarians and young members coming in.

**TR:** You're a member of both Rotaract and Rotary. What's the benefit of dual membership?

**RITCHIE:** I wanted the chance to foster the relationships that I had made with my Rotary club partner. Being a member of both has allowed me to build bridges. I have seen firsthand that we both want the same thing – to serve humanity. Dual membership gives us a chance to create a long-term relationship based on trust, understanding, and mutual belief in Service Above Self. It allows Rotaractors to be liaisons between Rotaract and Rotary in order to foster this idea of partnership. And it benefits Rotary, because dual membership helps Rotaract become better integrated into Rotary International. —NIKKI KALLIO



# World Roundup

*Rotaract projects around the globe*

## 1 ] USA

After hearing about homeless women stricken by toxic shock syndrome, Adriana Camuñas, a past president of the Rotaract Club of Kean University in New Jersey, decided to combat the condition, which results from an overgrowth of bacteria. “Women can acquire this disease as a result of not having the proper feminine hygiene products,” says Camuñas. “Toxic shock can cause seizures, confusion, limb loss, and, in the worst cases, death.” While cases of toxic shock syndrome in the United States decreased by the late 1980s after tampon absorbency rates were changed, the condition still occurs.

Camuñas and her fellow Rotaractors filled purses with feminine hygiene products and handed them out at women’s shelters and at Newark Penn Station, where many homeless people congregate. The club has distributed

more than 500 purses. “At the 2016 District 7510 Conference, Rotaract clubs spoke about their latest service projects,” she recalls. “After our club spoke, our idea spread like wildfire. Rotarians were contacting me asking how they could get involved.” Camuñas graduated in May 2017, but she still mentors the club, which remains committed to Purses for Progress.

by BRAD WEBBER

1

**More than one-third of women who develop toxic shock syndrome are younger than 19, and up to 30 percent of them will get the disease more than once.**

## 2 ] FRANCE

The 10 members of the Rotaract Club of Côte d'Opale sold red clown noses and teddy bears at sporting events in October, raising about \$1,200 for an initiative that brings joy to sick children. The beneficiary, Les Clowns de l'Espoir – Clowns of Hope – sends volunteer clowns into hospitals “to help children forget about their illness,” says Pierre-Emmanuel Bataille, incoming club president. “Each visit has costs in terms of logistics, toys for the kids, and organization, so we decided to help them by selling red noses and teddy bears.” Some Rotaractors even donned clown costumes during the sales.

2

**Typhoon Hato caused nearly \$1.5 billion in damage to Macau's economy.**

## 3 ] CHINA

For 12 hours on 23 August, Typhoon Hato buffeted the Chinese coast, with Macau experiencing lashing waves and 124-mile-per-hour winds. The resort city was inundated with waist-deep water, and at least 10 people in the territory died. Within hours of the disaster, the Rotaract clubs of Macau, Guia, Macau Central, and University of Macau Students' Union joined Rotarians from their sponsor clubs and coordinated 500 volunteers to carry out work including clearing debris and delivering meals to the sick and elderly.

3

4

## 5 ] SOUTH AFRICA

On 9 August, in honor of National Women's Day, members of the Rotaract Club of Verulam handed out 60 hampers filled with cosmetics, toiletries, chocolates, and roses to patients and staff at Osindisweni Hospital, which serves disadvantaged members of the community. “Women's Day celebrates the courage of our women,” says Taruna Ragubir, club president. Businesses, family members, and friends donated cash and products for the baskets. The club also routinely donates packets filled with groceries, household items, and clothing to needy families during Diwali, the Hindu festival of lights.

5

## 4 ] SRI LANKA

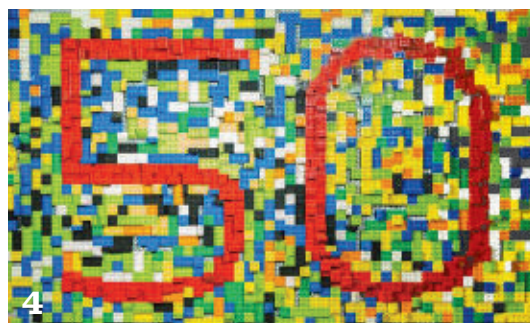
A suicide prevention campaign begun “as a gesture of friendship to show people that they are loved,” in the words of the Rotaract Club of University of Sri Jayewardenepura, has started a conversation about a leading cause of death among young Sri Lankans. Cooperating with Sri Lanka Sumithrayo, a volunteer network affiliated with Befrienders Worldwide, the club sponsored a symposium in September to educate the public about how to help people cope with depression.





## 2017 INTEROTA RECAP Anniversary party

Rotaractors mark a milestone at their triennial meeting in Taipei, Taiwan



**1.** Past RI President Gary Huang addresses attendees at the opening ceremony. **2.** Rotaractors cross a scenic bridge on their way to the Interota service project. **3.** Members of Rotaract from Beijing perform at a banquet. **4.** A “50” made of Legos celebrates Rotaract’s 50th anniversary. **5.** At the opening night ceremonies, a musician plays a pipa, a traditional Chinese instrument. **6.** Rotaractors pick up waste along the banks of the Annon River. **7.** Rotaractors dance during the opening ceremony. **8.** Attendees collaborate during a workshop. **9.** Rotaractors from Hong Kong take a break between workshops. **10.** Canadian Rotaractors show some national pride. **11.** Former Peace Fellow Stephanie Woollard speaks at the opening ceremony. **12.** Interota Chair Elyse Lin jokes with the audience on the last day. **13.** Interota attendees at dinner in a rice paddy. **14.** Mitty Chang speaks at the opening banquet. **15.** A group selfie helps preserve the memories.





8



9



10



11



12



13



15



14



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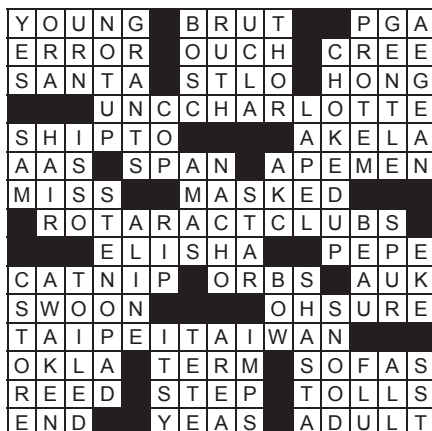


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## up front

### IN BRIEF

## News, studies, and recent research



**Reading written information out loud** improves your ability to memorize and retain material, according to findings published in the journal *Memory*. Ninety-five people were tested using four methods for memorizing written information: reading the material silently, hearing someone else read it, listening to a recording of themselves reading, and reading the information aloud in real time. Psychologists at the University of Waterloo in Canada found that speaking the information had the biggest impact on long-term memory.

**Each day some 7,000 newborns** die from conditions that result primarily from lack of access to skilled health care. The majority of newborn deaths occur in southern Asia (39 percent) and sub-Saharan Africa (38 percent). The United Nations report *Levels and Trends in Child Mortality 2017* found that three-quarters of neonatal deaths occur in the first week of life, because of low birth weight, prematurity, infections, and birth trauma. To improve survival, the World Health Organization and UNICEF recommend home visits by health workers during a baby's first week.

**Using particular words and phrases** can change the course of challenging discussions, say language analysts at Loughborough University in the United Kingdom. The researchers studied hours of customer service, mediation, and crisis negotiation conversations. The phrase "would you be willing to" persuaded more people to do something they'd been resisting than did the phrases "would you like to" or "would you be interested in." And asking "Can I speak to you about this?" worked far better than "Can we talk?" in crisis situations.

**Orchestral musicians** are exposed to noise levels that put them at risk for hearing damage. Partitions and other common acoustic devices don't offer enough protection, say researchers at Eindhoven University of Technology in the Netherlands. Trumpet and flute players suffer most, experiencing an average of 95-100 decibels just from their own instruments during loud musical passages, while cellists and bass players suffer least. Researchers suggest that musicians should wear earplugs; under European workplace regulations, noise exceeding 85 decibels requires ear protection.

—ANNE STEIN

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# CLUB INNOVATION

## Rotary Club of Grand Cayman-Sunrise

Membership: 60

Rotaract club: *Grand Cayman*

## Rotary Club of Central Cayman Islands

Membership: 65

Rotaract club: *Rotaract Blue*

The Rotary Club of Grand Cayman-Sunrise is always striving to increase its membership. “We get a fair number of new recruits coming in,” says the club’s membership director, Hazel Brown. But if those new members are “not really committed to Rotary,” she says, sometimes they don’t stick around.

But there’s one group of new members that’s different. The club has a strong relationship with the Rotaract Club of Grand Cayman, which it sponsors, and the Rotarians have found that in addition to being great partners in service, Rotaractors make fantastic Rotary club members. “If a new member is already a Rotaractor, the transition is seamless,” Brown says. “We already know them, and we love having them.”

The Rotaractors and Rotarians know each other so well because they interact frequently. Several times a year, the Rotaractors take over meetings of their sponsor Rotary club, running the proceedings from beginning to end. “It gives them a sense of belonging and contact with the Rotary club – and it also helps us because it keeps us youthful,” says Brown.

The Rotaractors are also invited to every event the Rotary club organizes. These range from social outings to local and international service projects to the club’s monthly mentorship night, which features speakers on a variety of topics of interest to Rotaractors as well as Rotarians, such as investing, retirement planning, and etiquette.

Participation goes the other way as well. Grand Cayman-Sunrise Rotarians regularly attend Rotaract meetings and participate in Rotaract community service projects.

“The relationship between our club and our Rotaract club is an organic, living, breathing relationship,” says Brown. That means that when Rotaractors are ready to join Rotary, the welcome mat is already out.



## Rotaractors lend youthful vibe to island Rotary clubs

### INNOVATION:

Two Rotary clubs on the Caribbean island of Grand Cayman have developed strong bonds with the Rotaract clubs they sponsor by working on projects and participating in social events together. Both sides benefit: The Rotaractors have gained mentoring opportunities and support for their projects, and the Rotary clubs have increased diversity and learned to shake up their ways of doing things.

*Left: Members of the Rotaract Club of Grand Cayman remind us that we are “this close” to ending polio. Below: Rotaract Blue member Marzeta Bodden (right) welcomes Cedric Gidarisingh to the club.*

The nearby Rotary Club of Central Cayman Islands has a similar relationship with the Rotaract club it sponsors, Rotaract Blue, including regular meeting takeovers. “We also support them wherever they need it,” says William Inniss, president-elect of the Rotary club. “Fundraising, advertising, all they need to do is ask and we are there.”

Inniss says his club is thoughtful about the transition from Rotaract to Rotary, because many Rotaractors have already served in leadership positions. “We give them a chance to be a Rotarian first,” he says, “and then they can transition into service.”

Both the Rotary clubs offer reduced membership dues for Rotaractors who join. In addition, the Central Cayman club made changes to its meetings to help accommodate younger members, including moving to a venue that offers an a la carte menu with less expensive options than the set meal the club used to serve at meetings.

Why should a Rotary club change its ways in order to better integrate Rotaractors? “There’s an innate value in the diversity this provides us, which is evident in our service projects, social events, meetings, and our leadership,” says Inniss. But the best way to foster a great partnership with Rotaractors, he says, is by being a “fun, vibrant group of leaders that have mastered the balance of trying new ideas and respecting our heritage.” —SUSIE MA



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WHERE IN THE WORLD

## Tanabi, Brazil

Rotaractor **JOSÉ RODRIGO PEREIRA NETO** captured this memorable photo of cyclists among the blossoming trees during the Solidarity Cycle Tour in May 2016. The event, put on by Rotary, Rotaract, and Interact clubs in Tanabi, raised funds for the Tanabi Children's Home. Riders could choose among 10-, 25-, and 50-kilometer courses, plus a special shorter route for kids. The event raised over \$3,000. The clubs also requested food donations. "We got donations of around 450 pounds of food, which we gave to charitable institutions in our city," says Pereira Neto.









# March

## 3<sup>rd</sup> GIDDYUP

**EVENT:** Heart of Gold Partners in

**Service Celebration and Auction**

**HOST:** Rotary Club of Wilsonville, Oregon

**WHAT IT BENEFITS:** Local charities

**WHAT IT IS:** Dust off the cowboy hats for the annual celebration of Wilsonville's finest volunteers, this year with a Western theme. Rotarians nominate community members who exemplify volunteerism and community service to be "Wilsonville's First Citizen"; the winner is announced at the event.

## 10<sup>th</sup> LES BON TEMPS

**EVENT:** Mardi Gras Mambo Fundraiser

**HOST:** Rotary Club of Honolulu Sunrise, Hawaii

**WHAT IT BENEFITS:** Community, youth, vocational, and international service projects

**WHAT IT IS:** Mardi Gras may be over in New Orleans, but the party is just getting started in the Aloha State! Local restaurants supply the food and libations, and a "not so silent" auction provides the fun at Kapiolani Community College.

## 17<sup>th</sup> READY, SET, GREEN

**EVENT:** St. Patrick's Day Go for the Green 5K Run

**HOST:** Rotary Club of Smithtown, New York

**WHAT IT BENEFITS:** Scholarships, local and international charities

**WHAT IT IS:** This 5K run, which includes a one-mile fun run for families, falls right on St. Patrick's Day this year, so it's the perfect opportunity to log some miles before indulging in all of that corned beef and cabbage.

## 18<sup>th</sup> FAMILY FUN

**EVENT:** Carine Community Fair

**HOST:** Rotary Club of Hillarys, Australia

**WHAT IT BENEFITS:** Local charities

**WHAT IT IS:** This much-anticipated fair features live music and entertainment all day, local food vans in addition to the usual carnival fare, amusement park rides and games, and about 100 market stalls filled with wares from local artists and merchants.

## 24<sup>th</sup> JOYFUL OYSTERS

**EVENT:** Oyster Roast and Barbecue

**HOST:** Rotary Club of Charlotte Providence, North Carolina

**WHAT IT BENEFITS:** Local charities and community projects

**WHAT IT IS:** At the end of the day, what could be more fun than food and friendly competition? Enjoy oysters, barbecue, and beer, and compete in a silent auction. And for the kids, there are hot dogs and hush puppies.

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# A good goodbye

## How pet owners face end-of-life decisions

by PAUL ENGLEMAN

One late night a few months ago, our little dog, Queenie, appeared to be nearing her last breath. She was shivering, moaning plaintively, and – most telling – refusing dog treats. My wife, Barb, wrapped her in a towel and we took turns petting her until we all nodded off.

We were ready for this moment. Truth be told, we were almost looking forward to it. At the ripe old age of 16, Queenie had been on a downward spiral for quite some time, having lost her hearing – not that she ever did much listening – and much of her vision. There was a time when she could “go long” for a dog biscuit, catch it nonchalantly, and scamper back to the line of scrimmage, ready for the next play. These days, a treat gently tossed from a few feet away bounces off her nose and lands on the floor, where she has difficulty locating it.

Queenie is a puggle – a cross between a pug and a beagle, a so-called designer dog bred to combine the best traits of two breeds. In Queenie’s case, we’ve sometimes joked, the result may have been a blend of the worst. True to her contrarian character, she decided not to go gentle into that good night. The next day, she was back to her



old self, as spry as any 16-year-old dog could hope to be. For her, this means snuffling and shuffling between her bed and the pantry door behind which treats are kept, with occasional stops at her food bowl in the hope that someone has filled it with something other than dry dog food, which she eschews.

While Queenie considers her culinary options, Barb and I ponder that difficult question: How will we know when it’s time to say goodbye?

“That is the question that everyone wants the answer to,” says Katie Hilst. It

certainly is the question on the minds of most people who contact her. A veterinarian in Madison, Wisconsin, Hilst started out in 2007 offering home veterinary care and soon found that many of the pet owners she visited were facing the decision of whether to euthanize. That led her to establish Journeys Home, a service that specializes in providing at-home euthanasia for pets.

To help her clients, Hilst developed a quality-of-life evaluation tool, an eight-point acrostic built on the word JOURNEYS that allows pet owners to calculate a numerical score based on their own

observations. These include jumping or mobility (J), touch or pain (O), and eating and drinking (E). The pet owner assigns a number from 1 to 10 for each topic; the scale includes examples to consider, such as “Your pet is refusing food and water” (1 point) and “Your pet is eating and drinking normally” (10 points).

There are numerous such reference scales on the internet, but Hilst says that many seemed to fall short on factors that take into consideration pet owners themselves, which led her to incorporate uncertainty and understanding (U) and you (Y)

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into her scale. Examples include “You understand what to watch for, the treatment plan, and when your pet needs medical attention” (5 points) and “You are constantly worried about your pet. You may feel unable to provide for their needs physically, emotionally, or financially” (1 point).

Jessica Pierce is a bioethicist and the author of *The Last Walk: Reflections on Our Pets at the End of Their Lives* and *Run, Spot, Run: The Ethics of Keeping Pets*. She says that quality-of-life scales can be “a valuable tool for helping caregivers and veterinarians provide a pet with the best possible care and focusing our attention on what is important and what makes our pet’s days happy or difficult.” But she cautions against relying solely on them as a decision-making tool for euthanasia.

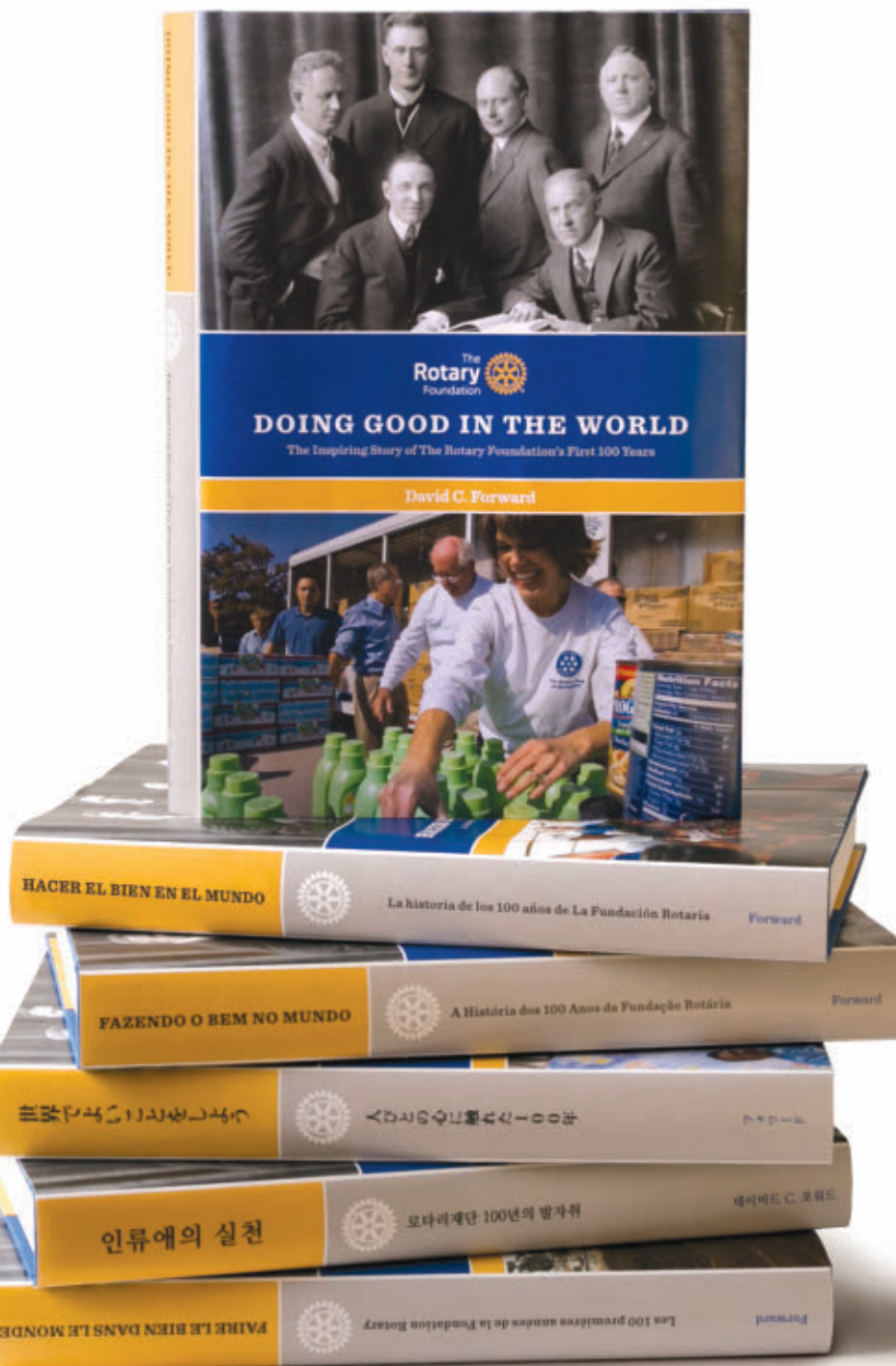
“An animal’s quality of life is likely to vary considerably from day to day, particularly if the animal is suffering from a chronic disease,” she says. “What we really need is a journal that tracks how an animal is doing over time. If a dog is suffering from pain or other distressing symptoms that cannot be managed medically and her suffering is likely to increase over time, then euthanasia is likely appropriate,” she says.

If euthanasia is chosen, Hilst and Pierce agree that, for the comfort of both the pet and its owner, the procedure should be done at home, if possible.

Hilst and Pierce also say that a pet owner’s financial situation is a valid concern in determining whether to pursue expensive medical options that have accompanied advances in veterinary medicine.

“Overtreatment is certainly a growing problem, as more possibilities are available,” says Pierce. “And once a treatment is available, saying no can feel like a denial of care – though it often is exactly the right choice for the animal. Pet owners shouldn’t be expected to suffer serious financial pain to ‘do everything possible.’ That said, we have an absolute obligation to provide appropriate palliative care for our animals. We may choose not to pursue curative treatments, but we have to ensure that our pets are comfortable.”

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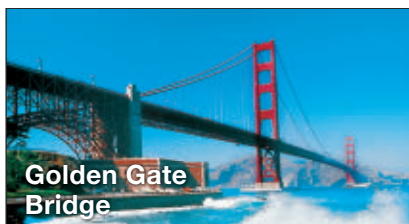
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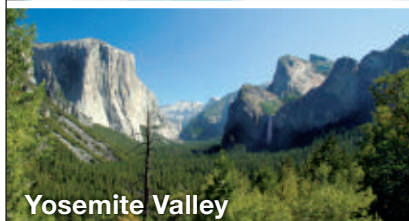
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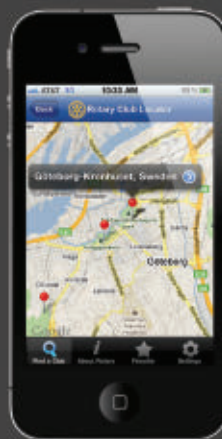


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### column → FAMILY

Hilst notes that even diagnostic procedures such as MRIs may be too costly for some owners. “Some people are comfortable with what they can afford; others agonize over the fact that they can’t afford options that are available. We try to work with people and let them know that their pet’s diagnosis is not their fault. It’s a fact of life: We all have to let go at some point.”

Based on her experience of having visited more than 2,000 homes as a veterinarian, Hilst concludes that pet owners are more likely to let their dogs linger than to euthanize too soon. “More often, people wait too long,” she says. “That’s due perhaps to a lack of understanding that a pet may be suffering. The other reason is a close bond with the pet and an emotional inability to say goodbye. But part of being a pet owner is giving your pet a comfortable send-off.”

It’s important for pet owners to trust their instincts, no matter how difficult the decision. “In making end-of-life decisions — especially deciding when to euthanize — we need to remain clear about which issues have to do with our pet’s quality of life and which have to do with caregiver preferences and limitations,” says Pierce. “Caregiver issues have to play a role. But I’ve found that when people aren’t explicit about what is driving a decision to euthanize, they feel more uncertainty, more guilt, and more self-doubt.”

Guilt and self-doubt will not be a concern of ours as we monitor Queenie’s status. In our view, she has lived a long, full life (an octogenarian in human years, according to online life-equivalency scales), and she has outlasted all of her neighborhood contemporaries.

For us it’s come to this: The decision must be based on Queenie’s needs, not our own. We signed on to this mission not knowing how long it would last but knowing full well what it might entail. ■

*Paul Engleman is a Chicago-based freelancer and a frequent contributor to The Rotarian.*



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PEOPLE of ACTION



# 7 THINGS YOU DON'T KNOW ABOUT ROTARACT

Decoding the secrets of their success

# 1

**ROTARACTORS ARE  
EXPERTS  
IN THEIR FIELDS**

## THE MEDIATOR

**Joan Nairuba**

**26, a member of the Rotaract Club of Kololo, Uganda, and  
a lawyer specializing in mediation**


I work at a commercial law firm, but I do more mediation than litigation. My law firm advocates for the use of alternative dispute resolution, and in Uganda, it's also a requirement by law that parties undergo mediation. There are many cases where there's lots of screaming. Part of the job is that you have to let both parties make some noise at first.

Then you begin to use the tools of mediation. The first thing you must do is explain to both parties that they have to meet each other halfway. They have to understand, from the start, that both sides will have to lose something to get somewhere.

The next thing you have to do is explain what happens if the mediation doesn't work. We have a huge backlog of legal cases in Uganda, anywhere from five to 10 years, so if people can't work together, they are going to have to wait a long time and pay a lot of money to their lawyers and to the court.

Then you ask each side to come up with a representative. This is very important, because when it's a big group of people on each side, nobody wants to back down. It's a lot easier to deal with individuals than with a group.

This is what I had to do with my most difficult case. It was a dispute about a local



**“I know I’ll  
always be  
working in  
mediation,  
because  
people will  
never stop  
getting into  
disputes.”**

marketplace. A group of investors wanted to build a structure to house the market, and the local residents didn’t want it.

It was a tough case because it was a land issue, and land is sacred in Uganda. It’s something people kill for. So the only way to resolve this was to get two individuals who were committed to the process. You have to be patient, especially when the parties get impatient.

For me, there’s an extra challenge. I’m a young woman, and I may walk into a room where it’s all older men. So how do you get past that? The way you do it is you make clear that you understand the facts of the case and the legal issues, perhaps better than they do. You say, “I may look young, but I have the experience.”

There’s also a lot of suspicion based on tribal affiliation, so we have to reassure the parties right at the beginning that we are getting nothing from this process – no land, no money. We just want to help them come to a solution.

I’m in my second year of practice, so I have my whole career before me. I’m interested in working in the energy sector someday. But I know I’ll always be working in mediation, because people will never stop getting into disputes. This is just how life is, in Uganda and everywhere else.





CARY NORTON

# THE DEAL MAKER

## Michael Stone

30, a member of the Rotaract Club of Birmingham, Alabama, and a vice president at Porter White & Co., an investment bank

**When people find out** I'm an investment banker, most of them think that I pick stocks. Even my father-in-law will ask me if he should buy some random stock. I have to tell folks that investment bankers don't actually pick stocks. But it can be hard to explain my job, because I do a lot of different things.

I raise capital to help businesses grow. I help evaluate potential deals and find investors to fund them. I work on mergers and acquisitions. And I provide long-term financial advice to municipal institutions, like the local airport and civic center and the university system.

I get the opportunity to learn something new every day. A couple of years ago, we provided financial advice to a waste-to-energy facility in the Pacific Northwest. I didn't have any experience in that sector, but I had to learn enough to help them design a feasibility model for a new facility. The goal was to take food waste from restaurants that would otherwise go into a landfill and convert that waste into methane gas that could run an engine, or get cleaned up and fed into a pipeline. The byproduct of this process was nitrogen-rich fertilizer.

It's fun to work on a project like that, because you know you're not just raising capital but serving a public good. At the same time, it was kind of funny, because my wife's cousin lived in that same city,

and when he talked about visiting various restaurants and breweries, even though I'd never been to any of them, I knew the exact methane content of their waste streams.

A couple of years ago, I raised money for an Arizona tech company that found a way to print semiconductors that generated light. We think of lighting as an old technology, but this firm had figured out a way to literally print lights. That was my first big deal, and we helped them raise more than \$11 million.

I also recently helped a client sell a galvanized metal facility. I'd never even been in a galvanized metal facility! So I had this crash course. But that's the way I like it, because I get bored very easily.

It probably helps that I work in Birmingham. If I was at a big firm in New York City, I might be stuck crunching numbers, rather than getting to pitch clients. Plus, the Birmingham scene seems to be growing for startups.

Some of what I do is trying to figure out what the next wave of activity is going to be in the culture. Recently, I've started looking into the educational tech sector, and I'm now talking with a client who wants to use technology to provide affordable education. It's incredibly exciting for me when I can see from my research that there's a genuine need in the market, and then a client comes walking through the door who fills that need.

**“It’s fun to work on a project when you know you’re not just raising capital but serving a public good.”**



# THE DIPLOMAT

## Egle Lauzonyte

**27, the president of the Rotaract Club of Chicago and the director of public diplomacy and cultural affairs for the Consulate General of the Republic of Lithuania in Chicago**

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**When you tell people** you work for the consulate, they often think you mean the embassy. But the embassy is in Washington, D.C., and the work done there is more political, dealing with Congress and the White House. The work we do in the consulate here in Chicago is more about cultural outreach and economics.

The consulate issues passports and visas and other sorts of paperwork. But the work I do is about engaging with the local community. That's a big deal in Chicago, because we have the biggest population of Lithuanians outside of Lithuania. It's hard to say the exact number, because so many people identify as Lithuanian even if they

were born in the United States. They attend Lithuanian schools, they speak the language and sing the songs. We like to count them as Lithuanian.

My work is very busy. In one recent week, we had two big celebrations. The first was a parade, where we had 100 people, all in traditional costumes, with a huge Lithuanian flag. Then we had another event that was devoted to Lithuanian Jewish culture, with a musical concert.

We consider this a vital part of public diplomacy. As a country, Lithuania doesn't have a lot of natural resources, so our biggest resource is ourselves, our people. Whenever a world-class musi-

cian or an artist or an intellectual comes to the United States from Lithuania, we try to set up local events.

I also work with local businesses to attract investors. People don't always realize that the Russians left Lithuania in 1991, and we have been an independent country for 27 years. In that time, we have joined NATO and become a member of the European Union.

We do outreach with the intellectual community as well. It's important for us to talk about what's relevant today. Right now, for instance, one of the big issues that affects the United States and Lithuania and all of Europe, really, is



**“You can do great things when you bring so many people together.”**

Russian propaganda. So we're working with local think tanks on this issue, in particular with the Chicago Council on Global Affairs.

One of the things I love the most about Lithuanian culture is that we have great festivities. Lithuanians especially love to dance. Ever since I came here, I've been doing traditional Lithuanian dance. You can't believe how many people do this! We have a national expo where there are thousands of dancers, and thousands more watching. It's a huge party. And for me, it's like public diplomacy, because you see how you can do great things when you bring so many people together.





BRIAN GOMES

**“I appreciate that I get to be so directly involved in transforming our economy and in making the lives of the citizens of Guyana easier.”**

# THE TRANSFORMER

## Nichole Haynes

**23, a member of the Rotaract Club of Georgetown Central, Guyana, and an economist at Guyana's Ministry of Business**

**When I started this job**, I was 21. The first project I undertook was to make it easier to do business in Guyana. That has resulted in several collaborations and support from external bodies such as the World Bank. I'm very proud of that.

Guyana is located in South America. We are not a country in Africa, as some think. We are a very small country – the population is approximately 740,000 – and we are largely agricultural. We have recently been classed as upper middle income.

Guyana has discovered oil, and the government hopes to use the returns for infrastructure and education. So we are excited about that. It means that there is a lot of attention on the department in which I work.

My work is largely structured around policy development. I work directly with

the minister of business to assess critical factors influencing the business environment. One project that we've been working on is improving transparency and access to information within Guyana – information on how to start your business, how to register the forms you need, how to access your forms online. It's a small step, but it's a big step for Guyana. We are moving into the digital age.

Access to electricity is one of the biggest constraints to doing business in Guyana. We want to go green, so we are about to pursue hydropower and solar. Oil is another opportunity for us to reduce our energy costs. Access to credit is another issue, especially for small businesses. We have introduced a credit bureau, and at the Ministry of Business, we are leading the development of a secure system to allow

assets such as cattle to be used as collateral for borrowing. In addition, we provide grants to small businesses that are in keeping with the intentions of Guyana going green and supporting a sustainable economy.

I appreciate that I get to be so directly involved in transforming our economy and in making the lives of the citizens of Guyana easier. Anyone in the public sector needs to put their country first. You must be invested in making your country better, especially if you are directly involved in policymaking. Guyana has solutions. It has natural resources; it has talented people. I want to play a part in organizing those players and those resources for Guyana's real development – that's why I do this. You see the potential, and you want to help.



# 2

## THEY THINK BEYOND THEIR CLUBS

In 2014, Brazil weathered a contentious presidential election that divided the country politically along geographic lines. That split led to a discussion between two young Brazilians, Janeson Vidal de Oliveira, of the Rotaract Club of

district boundaries and effectively lend themselves to the exchange of ideas and collective action.

As it happened, Vidal and Soares led Rotaract Brasil as president and vice president, respectively, from 2015 to 2016. With input from the country's Rotaractors – Brazil has more than 750 Rotaract clubs – they settled on a theme for their year in office: *Diversidade! O Brasil inteiro cabe aqui* (literally, “Diversity! All Brazil fits here”). Through a variety of posters, pamphlets, and activities, which varied from district to district, the MDIO campaign targeted online hate crimes.

“Clubs were encouraged to give talks at schools, universities, and other institutions,” explains Vidal. “In addition, we demonstrated our commitment to promoting peace on a local and global level and ensuring equal opportunities to all people despite their differences.”

“It was a challenge to present the prejudice and problems experienced by people of different religions or with disabilities, by Afro-Brazilians, by transgender people, or because of the simple fact of being a woman,” says Daiana Suélen Brites Cicarelli, of the Rotaract Club of São Manuel. (Like Vidal and Soares, Cicarelli is now a Rotarian.)

In the end, Vidal estimates the Rotaract campaign connected with about 300,000 Brazilians. “The fact that Brazil is so large and Rotaract exists from one end of the country to the other” made the MDIO an ideal way to take on hate crimes, says Soares. “The campaign presented a chance for Rotaract to carry the flag of tolerance and respect for those who are different from us.”

**“The campaign presented a chance for Rotaract to carry the flag of tolerance and respect for those who are different from us.”**

and Vanderson Valci Soares, of the Rotaract Club Manchester of Joinville. “Janeson and I were talking about Brazil’s greatest need as a country at that moment,” recalls Soares. “We were at the height of the presidential campaign, and I being from the south and he being from the north, we were experiencing a great divergence of opinion. The north advocated one candidate, while the south advocated another, but neither in a civil and polite way. The atmosphere was tense, and we often saw personal offenses against people and regions that disagreed with one another. We understood that this was an ideal opportunity to work on diversity.”

To accomplish their goal, Soares and Vidal turned to Rotaract Brasil’s multi-district information organization (MDIO), a network that connects Rotaract clubs nationwide. That organizational structure is not unique to Brazil. There are 23 Rotaract MDIOs spread across parts of Africa, Asia, Australia, Europe, and North and South America. They expedite communication across



Holding a life-size frame, people pose for Instagram photos as part of Rotaract Brasil’s *Diversidade!* project.

ALL PHOTOS COURTESY OF THE ROTARACT CLUB OF PAU DOS FERROS AND THE ROTARACT CLUB MANCHESTER OF JOINVILLE

**Though we might think** of the progression from Rotaract to Rotary as linear, Rotaractors are in fact embracing dual membership. When the 2016 Council on Legislation voted to open up membership rules, many Rotaractors saw an opportunity to participate in Rotaract and Rotary clubs at the same time.

Muhammad Talha Mushtaq, a member of the Rotaract Club of Jhang Saddar as well as the Rotary Club of Jhang Metropolitan, Pakistan, leapt at the chance to participate at both levels.

“Dual membership allows me to be a bridge,” Mushtaq says. “Each week in my Rotary club, I get to listen to speakers on a variety of topics, learn about what is going on in my community – and carry all that back to my Rotaract club. I share ideas with my fellow Rotaractors and encourage them to get more involved. Likewise, I have become the face of Rotaract to my Rotary club, communicating to them the issues that are important to Rotaractors.”

“I decided to serve as my Rotary club’s membership chair next year, because there are many Rotaractors who are willing to join Rotary but need guidance. My Rotary club invited six Rotaractors to become dual members.”

César Bertini Camargo, a member of the Rotary Club of São Paulo-Vila Mariana, Brazil, and the Rota-

ract Club of São Paulo-Vila Mariana, says he and other dual members bring fresh ideas from Rotaract to Rotary. “Rotary could learn from Rotaract, and actually it’s already learning, how to engage more in local causes and have more interesting and fun meetings in order to be more attractive to potential members,” he says. “Rotaract is great at bringing youth volunteers together to engage in local projects. By encouraging Rotaractors to become Rotarians, Rotary is bringing these characteristics to the organization as a whole.”

Camargo is so passionate about this synergy that he wants to make sure participants in Rotary’s other youth programs aren’t left out:

“We should be more in touch with Youth Exchange and RYLA. We should bring more alumni from these programs to Rotaract, just as Rotary is bringing Rotaractors to Rotary with the dual membership.”

Fernando Pinto Nercelles, a member of the Rotaract Club of Vitacura and the Rotary Club of Huelén, Chile, also sees benefits for clubs at both levels: “Dual membership in Rotaract and Rotary allows us to build more dynamic clubs that have a broader perspective, feature more debate and more ideas, and do more and better service in more communities.”

# 3

## THEY ARE REDEFINING WHAT IT MEANS TO BE A ROTARIAN



Muhammad Talha Mushtaq's Rotaract club delivered backpacks filled with school supplies to children. Mushtaq (inset) is also a Rotary member.



# 4

## THEY EXCEL AT RECRUITING

**Rotary clubs are always looking to expand their ranks. Here's how Rotaractors get the job done.**

“ Our Rotaract club is filled with second-generation members of the Rotary family. We recruit children of each Rotarian from our district. ”

**MANUJ MITTAL**

“ Once we find people with an initial interest, I step in as president and send them a very personal note. I always include my Rotary story. That's key because it allows potential members to connect with me and my history in Rotaract. ”

**ALEXANDRIA RITCHIE**

“ While visiting high schools in our community to present workshops and offer advice for university, we give students information about Rotaract. ”

**LUCKY DALENA**

**AMANDA FIRKINS**

Rotaract Club of Hawkesbury,  
Australia



**MADARA DEVKO**

Rotaract Club of København  
Nord, Denmark

“ My Rotaract club bets highly on social media to bring new people to our meetings and projects. We publish all our actions on Facebook and Instagram, and we get in touch with potential new members by these networks as well. ”

**CÉSAR BERTINI CAMARGO**

“ We update our followers on our official Facebook page, Instagram, and Twitter about our most recent activities. When we receive inquiries, we invite prospective members to join us in our activities. We want them to experience firsthand how we interact as a club, how we do our service projects – and also how we have fun. During district events and national and international conferences, we always scout for members at school-based Rotaract clubs. We make sure to get to know these young Rotaractors at every opportunity. When they graduate from university, we invite them to join us. ”

**JM CUALES**

**MANUJ MITTAL**

Rotaract Club of Delhi Central,  
India



**BOMA BONGILLI**

Rotaract Club of University  
of Port Harcourt, Nigeria

“ We've found the most effective membership accrual comes from Rotary's other youth programs, such as Youth Exchange and Rotary Youth Leadership Awards. It makes sense to engage them in Rotaract and keep them in the family. ”

**AMANDA FIRKINS**

“ District heads and club presidents refer members to clubs when young people move to other districts for work or education. Potential members are sometimes part of other community service organizations, and when we do joint projects with those groups, it brings in members as well. ”

**RACHEL JAYASEELAN**

“ We try to find exciting speakers for our regular meetings, which helps attract more guests. Lately, we have started organizing special guest days where we put in extra effort to make the meetings more fun. ”

**MADARA DEVKO**



**RACHEL JAYASEELAN**

Rotaract Club of Koramangala,  
India

**FERNANDO PINTO  
NERCELLES**

Rotaract Club of Vitacura  
Rotary Club of Huelén, Chile



**TAEHO PAN**

Rotaract Club of Sae Hanyang,  
Korea





**ELYSE LIN**  
Rotaract Club of Taipei Tin  
Harbour, Taiwan



**SSENDAWULA JAKOB**  
Rotaract Club of Kampala City,  
Uganda



**WILLOW PEDERSEN**  
Rotaract Club of  
Virginia Tech, Virginia



**JUSTIN HADJILAMBRIS**  
Rotaract Club of Nicosia,  
Cyprus



**JM CUALES**  
Rotaract Club of Manila  
Rotary Club of Manila Magic, Philippines

**Rotaractors are eager to understand** different perspectives and to experience new things. And almost all of them talk about gaining new skills through Rotaract.

“When you are young, you tend to have less of a voice at work. Rotaract gives you a chance to be a leader and express your interests and your creativity, and to solve problems,” says **JUSTIN HADJILAMBRIS**, of the Rotaract Club of Nicosia, Cyprus.

**AMANDA FIRKINS**, of the Rotaract Club of Hawkesbury, Australia, agrees: “Rotaract provided the space for me to use my organizational skills. I’ve learned how to plan and execute events. And while I’m still developing my people skills and project management skills, I can confidently put my hand up and know that I’m capable.”

In addition to leadership, Rotaract offers instruction in life skills that universities don’t teach. “I entered Rotaract when I was 18,” says **LUCKY DALENA**, of the Rotaract Club of Conegliano-Vittorio Veneto, Italy. “I learned everything from writing effective emails and managing a bank account to organizing big events to being a leader in both good and bad situations.”

Many Rotaractors point to learning to speak in public as an essential part of their Rotaract experience. **JM CUALES**, of the Rotaract Club of Manila and the Rotary Club of Manila Magic, Philippines, says his Rotaract experience helped him develop his social skills: “I was an introverted individual, but through Rotaract I learned how to be an extroverted introvert. I learned how to communicate well with people and interact with them.

Rotaract has given me the education and training to go outside my comfort zone.”

And like Rotarians, Rotaractors find that membership has led to friendships with people from a variety of backgrounds and life experiences. Although **WILLOW PEDERSEN**, of the Rotaract Club of Virginia Tech, Virginia, has never traveled outside the United States, Rotaract has connected her to the world. “At the Rotary Convention in Atlanta, I met people from

Uganda, the United Kingdom, and India. I had a great conversation with my new friend from South Korea using Google Translate.

“Being able to understand each other using our iPhones,” Pedersen adds, “is an example of how we can use technology to build peace.”

# 5

## THEY EMBRACE THE OPPORTUNITY TO LEARN

**JIREH MABAMBA**

Rotaract Club of Twin Ports, Minnesota



**Md. SADDAM HOSSAIN RONI**

Rotaract Club of Dhaka Orchid, Bangladesh



**LUCKY DALENA**

Rotaract Club of Conegliano-  
Vittorio Veneto, Italy



**ALEXANDRIA RITCHIE**

Rotaract Club of Virginia Commonwealth University  
Rotary Club of James River (Richmond), Virginia



**CÉSAR BERTINI CAMARGO**

Rotaract Club of São Paulo-  
Vila Mariana  
Rotary Club of São Paulo-  
Vila Mariana, Brazil



**VIGNESH S**

Rotaract Club of Zenith, India







# 6

## THEY FIND CREATIVE SOLUTIONS

**The Rotaract Club of the Caduceus** in Mumbai has 32 members. Yet when a service project demands attention, the club can muster hundreds of volunteers from across Mumbai and five other major Indian cities. It's a good example of how Rotaractors maximize their numbers through the strategic use of technology.

"We maintain a very wide network," explains Vidhi Dave, the 21-year-old president of the Caduceus club, which is made up of medical students and interns. (The caduceus – a staff entwined by two snakes and capped by a pair of wings – is a symbol of the medical profession.) "Every year, we find a representative from each of the [region's] medical colleges. These

***From left:** The Rotaract Club of the Caduceus at a Mumbai school; medical exams and dental checkups in Hadapsar; planning the Jana Swasthya project; working with Dream Girl Foundation in Virar.*

reps have their own email and WhatsApp groups. We communicate all of our upcoming project information to them, and they pass it on to their colleges."

Four of the club's health care initiatives have earned Rotaract Outstanding Project Awards. One of those awards recognized the club's collaboration with India's Department of Public Health, the Indian state of Maharashtra, UNICEF, Harvard University, and others to design a real-time disease surveillance tool for use on the Android tablet. It's called the Jana Swasthya project, which in Hindi means "public health and welfare."

Project participants tested the tool during Kumbh Mela, a Hindu pilgrimage that draws millions of people to various rivers in India for religious bathing rituals. "From an epidemiological point of view, this could be a disaster," says club member Ghanshyam Yadav. Historians have linked Kumbh Mela to the spread of cholera during the 19th century.

At the 2015 Kumbh Mela, which attracted millions of people to the city of

Nashik, the Indian government set up health clinics to screen and treat pilgrims. "We trained doctors at those clinics to use the tool to record each patient's ID, age, gender, medical complaints, and a provisional diagnosis," Yadav says. Ultimately, project volunteers tabulated the results from 35,000 patient visits.

By entering the data directly into the tablet, rather than first collecting it on paper, the Department of Public Health created a real-time database and surveillance system. Using that information, officials could track, for example, a spike in diarrhea cases – initiating an inspection of the local waterworks to look for the source of the outbreak.

In 2015, Rotary recognized the Caduceus club for its success in treating malnourished children. Surprisingly, many of the treated children were already participating in the government's free mid-day meal program at school. "Because kids were getting the midday meal, they weren't getting breakfast at home," explains Yadav. "The family thought, 'Oh,



**In addition to the opportunity to participate in its projects, Caduceus offers time-strapped medical students opportunities to bond and learn.**

they're going to get food at school.'"

Club members named the project the Breakfast Revolution, and they organized health screenings at area schools that recorded each child's height, weight, and baseline body mass index. Malnourished children received fortified supercookies and soy milk for breakfast when they arrived at school.

The Caduceus club initially organized 75 health camps, and each camp screened hundreds of children. The club staffed the camps with doctors and medical students from its digital network. To pay for the supercookies and soy milk, the club organized a fundraiser with its sponsor club, the Rotary Club of Bombay Central. Working their connections, Caduceus members organized the Comedy Cereal, a night of standup comedy featuring five top Indian comics, who each performed pro bono. The event attracted 750 donors and raised \$20,000.

"We used the fundraiser money to pay for the first order of cookies," Dave says. "But we knew the amount we had ordered

would not suffice, so we immediately started hunting for NGOs to sponsor the project."

The club established a research committee tasked with finding sponsors. "We found phone numbers to NGOs using everything from Google to word of mouth," says Dave. The committee compiled a list of contacts into a spreadsheet, and club members called and emailed each organization on the list. Eventually, they secured a partnership with the Mumbai-based Decimal Foundation to pay for more supercookies.

Several months later, Caduceus volunteers screened the children again and saw significant improvements in their health. Teachers reported that the students were also performing better in school. The project continues today and has expanded to treat malnourished children at orphanages and people with tuberculosis. "The Breakfast Revolution has changed the lives of so many people," Dave says.

In addition to the opportunity to participate in its projects, Caduceus offers

time-strapped medical students opportunities to bond and learn. "We organize treks for a cause," Dave says, explaining that the club schedules several hikes per year that include a medical-related discussion. "Every Tuesday and Thursday, we post rare cases to our WhatsApp group and discuss them," Dave says. Because club members and people on their networks are studying in different medical fields, it makes for a lively online consultation.

"Most medical students can't commit to being a Rotaract member due to their schedule," Dave adds. So the club focuses on the students in its network with one-off volunteer opportunities, as well as information about events and discussion groups that contribute to their professional development.

Even with the demands of graduate school on her immediate horizon, Dave, a physiotherapy student, plans to remain in Rotaract – and eventually she hopes to join a Rotary club. She asks: "What could be better than being a part of the same tree, just changing the branch?"





**THEY KNOW WHAT  
THEY WANT**

**We surveyed Rotaractors to find out  
what they are looking for in a Rotary club.  
They answered loud and clear.**

**FAMILY-LIKE**

**FRIENDSHIP**

“Yesterday I heard one of the past governors of Rotary District 1911 speak, and he emphasized that one of the most important elements of Rotary is **friendship**. Sometimes we forget about this and get lost in other details.”

**NIKÉ PANTA**

Rotaract Club of Budapest-City, Hungary

**ACTION**

**NETWORKING**

“A Rotary club should offer an avenue for a Rotaractor to become a successful individual in business. Then that person can have an impact on the community and change lives. Rotarians should be able and willing to **mentor, coach, and share** their success stories.”

**SSENDAWULA JAKOB**

Rotaract Club of Kampala City, Uganda

**INCLUSIVE**

**HANDS-ON  
PROJECTS**

“I want to get my **hands dirty** and make a contribution to my community. Community projects get Rotary talked about and seen actively doing good in the world.”

**AMANDA FIRKINS**

Rotaract Club of Hawkesbury, Australia

**FELLOWSHIP**

**OPENNESS TO CHANGE**

“ I want a club that recognizes the needs and wants of its members. That means **flexibility** in leadership, initiatives, and in where, when, and how we meet. ”

**WEITING XU**

Rotaract Club of York University, Ontario

# SIMPLICITY

# FLEXIBILITY

# MENTORING

# ATMOSPHERE

# FOCUSED PLANNING

“ I'd look for an annual **strategic action plan** for managing and executing sustainable community service projects aligned with Rotary International objectives. ”

**DEWIN JUSTINIANO**

Rotaract Club of Valle de Sula, Honduras

# CULTURE

# PASSION

# OPEN-MINDED PEOPLE

“ The best we can offer as people is an **open mind**, and that's what we need in Rotary: people ready to do new things, ready for new and bigger challenges. ”

**MARÍA VALENTINA HENDERSON**

Rotaract Club of Montevideo, Uruguay

# CREATIVE SOLUTIONS





PHOTOS BY ALYCE HENSON/ROTARY INTERNATIONAL

|| for the record ||

# VISION QUEST

**President-elect Barry Rassin  
on where Rotary has been,  
where he hopes to lead it  
– and how the organization  
profoundly changed his life**

When Barry Rassin arrived at Rotary headquarters in Evanston at 4 a.m. for his first full day as president-elect, his security card wouldn't work in the elevator. Just the day before, in a whirlwind process, he'd been nominated to fill the vacancy of Sam F. Owori, who had died unexpectedly in July. Now Rassin, a member of the Rotary Club of East Nassau, Bahamas, didn't have the right credentials for all-hours access to the building. "I had to explain the situation to the security guard, who of course didn't have a clue who I was," he says.



Not much can stop Rassin when he wants to get something done. After making it up to the 18th floor of One Rotary Center, he set about compressing five days of orientation into a day and a half, planning the International Assembly, and coming up with his presidential theme: *Be the Inspiration*. “My personality is such that I want to hear all the options, make a decision, and go on to the next thing,” he says. “So we moved through the process fairly rapidly.”

Before becoming president-elect, Rassin was best known for leading Rotary’s relief and recovery efforts after the 2010 earthquake in Haiti, which included 105 separate projects funded by Rotarians. “I had a spreadsheet with 132 pages and every detail of every project,” he says. “People look at it and say, ‘How do you do this?’ But I enjoyed that.”

Rassin’s leadership abilities served him well in his professional life as a hospital administrator. The first fellow of the American College of Healthcare Executives in the Bahamas, he recently retired after 37 years as president of Doctors Hospital Health System, where he still serves as an adviser.

Rassin has been a Rotarian since 1980 and received Rotary’s highest honor, the Service Above Self Award, for his work. He and his wife, Esther, are Major Donors and Benefactors of The Rotary Foundation.

Editor in chief John Rezek and senior staff writer Diana Schoberg spoke with Rassin at his office in Evanston in October, shortly after a photo shoot in a local coffee shop. A birthday party had been booked in the shop at the same time, but the partygoers didn’t seem to mind. (“He’s movie star material,” one of them whispered.) Afterward, Rassin joked about the photo shoot: “It was like going to the dentist.”

**THE ROTARIAN:** Rotary is not a disaster relief organization. As someone who has had a front seat to some of the worst disasters of recent times, do you think we should make any shifts?

**RASSIN:** Yes, Rotary International is not a relief organization, but I would like it to be a much better communicator and catalyst between disaster areas and potential donors. Rotarians around the world hear of a disaster and they want to help. We need a better way to communicate to them how to help appropriately. It’s not appropriate to go in your closet and send whatever clothes you have, because that’s not necessarily what’s needed. First we have to hear from people in the disaster area. Their needs can change on a daily basis, so that communication is really important. I hope we will have more up-to-date information on our website about every disaster as it occurs.

We have a Rotarian Action Group focused on disaster assistance. That group has a great opportunity working with the staff at Rotary International. We can respond more quickly than we do today. The first thing we have to do in a disaster is reach out and say, “Are you OK? We’re here, we care, what can we do to help you?” Just those words make people in that area feel less alone. Then we can advise them about how to get the immediate relief we can’t provide, through those agencies that we already work with.

**TR:** Is Rotary dependent on clubs for this information?

**RASSIN:** The clubs and districts are on the ground. They know what’s going on. They’ve got to know who and how and when to contact somebody at Rotary International for assistance. We have to provide that link. That’s Rotary International’s job.

If you live in that disaster area, you’re going to give immediate relief because your friends are hurting. That’s natural. Rotary’s bigger role is the next step, the long-term recovery efforts.

It’s been eight years since the earthquake in Haiti, and Rotary International is still there. A lot of other agencies provide immediate relief, and then they’re gone. We’re there for the long term. The Rotarians live there; they’re going to want to get their community back to where it was. Our role is to help them do that. Not necessarily with funds, but with advice, with guidance, and with empathy.

**TR:** You want Rotary to have a transformational impact. How should we allocate our resources to do that?

**RASSIN:** It's OK to do small projects – don't get me wrong. We're always going to be doing them. But I'd like every club to think of at least one high-impact service project they can do to change people's lives. They don't have to cost a lot of money. I always use the jeep we provided in Haiti as an example. For \$60,000 or \$70,000, we provided a pink jeep to a group of midwives who go out into the community and give prenatal care to mothers who wouldn't get it any other way. The mortality rate has gone down dramatically. That's transformational.

The Rotary Foundation has talked about sustainability for a long time. To be sustainable – to make the good we do last – you should be transformational, so that fits well into what the Foundation Trustees and global grants are doing. The districts could look at district grants and do the same kind of thing. We have the resources. We just have to think a little differently.

**TR:** Did the act of rebuilding in Haiti have a positive effect on Rotary?

**RASSIN:** If you go into certain parts of Haiti with the Rotary wheel, they're going to say thank you, because they know what Rotarians have done. Rotary has provided them with food, with water, with a school for their children. When we talk transformational, one project we've been working on is to bring potable water to the entire country of Haiti. The prime minister is a Rotarian and past president of his club. He is working with us, and he's got a government agency that's going to work directly with us. That's way above any global grant, but we can plan for that and figure out how to do it in chunks. I'm sure districts and clubs around the world would love to be a part of it. That's transformational. That's the kind of thing that could change a region for the better, forever.

**TR:** What other goals do you wish to accomplish during your year?

**RASSIN:** There's a disconnect between what we do at Rotary International – and do really well – and what Rotary clubs are doing. I'd like to bridge that gap. One of our strategic priorities is strengthening clubs, which involves things like membership and Foundation giving. We're not reaching the clubs to get them to understand why we need to do some of these things, and therefore some don't do them.

I want to explore ways of starting new Rotary clubs. There are a lot of clubs out there. We keep telling



them, "You've got to get new members." But their club culture may not be attractive to other people. Fine – they should enjoy their club, and then start another club next door. We're working on making sure everybody knows that Rotaract clubs can start Rotary clubs. We need to tell Rotaractors they can start a Rotary club they're comfortable with when they move on after 30. Rotaract is our secret weapon, and we need to spend time developing the transition from Rotaract to Rotary in a different way.

We've got to get better at social media. When you look at our numbers versus a celebrity's, we're nothing. We need Rotarians and Rotaractors to access social media and use it to improve our public image. And that's the other part of it: I don't believe our communities understand what Rotary is. I want to hold Rotary days so clubs and districts can get into their communities and talk about Rotary – what do we do and why do we do it.



I want clubs to have leadership development programs for their members. Rotary's new vision statement says: "Together, we see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves." It is a great opportunity to remind everybody that as members of Rotary clubs, we're also there for personal development. Young people are looking for ways to grow and develop, and that gives them another reason to join Rotary. Those are the key things I want to go with.

**TR:** You mentioned Rotary's new vision statement. We already have a motto, Service Above Self. We have presidential themes every year. Why do we need a vision statement too?

**RASSIN:** A vision statement allows us to tell the world what our ultimate value is for the long term. It helps Rotarians and non-Rotarians understand what our goal is when it comes to changing our world. This vision statement came from Rotarians, who recommended each phrase. The end result shows our vision for the future and the path to get there.

**TR:** Rotaract and Rotary clubs in the Caribbean have a good relationship. What's the key?

**RASSIN:** My club is an example. When a Rotaractor comes to our club, they're not our guest for the day. They sign in as a member. So right away they're feeling like they're a part of us. That's important. We also make sure that a Rotarian from our club always goes to Rotaract meetings so there's always a connection. In the last two years, I believe we've got 100 percent transition from Rotaract to Rotary. They come and join our club because they know us. We've got to keep that connection going.

**TR:** What have you learned from Rotaractors?

**RASSIN:** Rotaractors are energetic. They're passionate. They want to do good, and they really like working with each other. The frustration is that they then find it difficult to transition to a different club that has a totally different culture, doesn't have the energy, doesn't even know how to use social media. Rotaractors are the Rotary of the future, and we need to help them get there. What are they going to want in a club when they're 40? We have to come up with that answer and then create Rotary clubs, or help them create Rotary clubs, that can get them there.

**TR:** Imagine your life without Rotary.

**RASSIN:** Wow! That's hard to do, to be quite honest. I have put my heart and soul into Rotary for 37 years, and without it I wouldn't have the friends I have or the ability to do some of the things I can do. I always give the example of my first speech. I was holding on to the lectern reading the speech I wrote, and when I got to the bottom of the first page, I was so nervous that I couldn't turn the page. But my club kept asking me to speak, so I kept doing it, and now I speak publicly with confidence. I couldn't do that without Rotary.

**TR:** How do you begin a speech?

**RASSIN:** It's important to recognize and acknowledge who's in your audience. You want to connect with them in one fashion or another, either by saying thank you or it's nice to be here, or by recognizing a particular individual. Whenever I make a speech, I want to make it as personal as I can.

**TR:** If there's one thing you could change about Rotary, what would that be?

**RASSIN:** One of our challenges in Rotary is our Council on Legislation. We meet every three years to consider changing Rotary's governing policies, but it takes more like four and a half or five years to accomplish this because of the deadlines to propose legislation. The world is changing far too fast for that. We need a way to make major decisions that affect the organization on a quicker basis. Our Council on Legislation needs to understand that maybe it's time to make that change. I'd love to see our Council restructured. One way would be to conduct those meetings electronically every year. It would be a challenge because it's hard to have a dynamic debate online, but I think Rotary is smart enough to figure out how to do that.

**TR:** Is there a Rotary tradition you would never get rid of?

**RASSIN:** I would never get rid of our Four-Way Test. I would never get rid of vocational service. Some of the traditions from weekly club meetings could go. I don't think there's a need to be that formal in a club meeting anymore. But when you look at core values or ethics or classifications, those are things that have to stay with us. That's who we are and what makes us different, and we need to appreciate that and keep developing those principles. ■





# Gold mettle

Life dealt Samantha Kinghorn  
a devastating blow. She fought back.  
Now she makes winning a habit

by Hank Sartin | photography by Frank Ishman











amantha Kinghorn had a clear goal for the 2017 Chicago Marathon: finish in 2 hours, 5 minutes. For a seasoned wheelchair marathoner, that's a leisurely time. But Kinghorn, an accomplished 22-year-old wheelchair racer, had never competed in a marathon. In fact, she'd never even wheeled 26.2 miles in one go.

But to qualify for the 2018 Commonwealth Games, the quadrennial multisport event for members of the Commonwealth of Nations (formerly known as the British Commonwealth), Kinghorn needed that 2:05 in Chicago. A Scot, and an honorary member of the Rotary E-Club of Southern Scotland, Kinghorn specializes in shorter distances – and specializes is an understatement. A relative newcomer to the sport, she holds a world record for the 200-meter sprint and European records for the 100-, 400-, and 800-meters.

But the Commonwealth Games feature a limited schedule of events for para-athletes, and for the 2018 games, officials in host country Australia hadn't slated shorter distances for wheelchair racers. That meant Kinghorn's options were 1,500 meters and the marathon. She'd rarely competed at 1,500 meters and never even contemplated a marathon.

Nonetheless, Kinghorn chose to travel to Chicago and go after the qualifying time for the marathon. To some, that might seem an impossible challenge. To Sammi Kinghorn, it's business as usual.



inghorn's ascent to the top ranks of world-class wheelchair athletes began with a terrible accident. In 2010, during an unusually snowy winter, she was helping her father, Neill, with chores at the family farm in southeastern Scotland. Neill was driving a forklift with a snow-clearing attachment. Sammi was walking in front of the forklift. She mischievously jumped onto the front of the forklift, assuming Neill could see her. He couldn't.

"He started to lower the beam down to shovel up snow and I got crushed," she recalls, her normally cheery voice going very quiet. "I didn't pass out at all. I remember feeling like my heart was beating inside my head. I was thinking, I'm going to die and my dad's going to think he killed me. The guilt was the biggest thing I felt. I was thinking, I can't believe I've made this stupid mistake."

An ambulance rushed Kinghorn to the local hospital; from there she was airlifted to Southern General Hospital in Glasgow. Doctors determined that she had an irreparable spinal cord injury, which immobilized her from the waist down.

Restless and frustrated, Kinghorn spent the next six months in rehab. "I was a 14-year-old girl," she says. "It's a tough time for any teenager to be going through, never mind having an

accident at the same time. I was fiercely independent going in, so I wanted to come out fiercely independent."

Kinghorn's physiotherapist encouraged her to attend an annual event where patients from spinal cord injury units around the United Kingdom can try a variety of sports. Sammi tried fencing and rugby and basketball, but it was wheelchair racing that stuck. "I watched a girl going around the track, and she was



*Kinghorn examines an injury sustained during the Chicago Marathon. "At 15 miles, I honestly thought I was going to bleed to death." **Previous pages:** At the marathon, Kinghorn races against her competitors and the clock.*

faster than the runners. I thought, I want to be better than I was before. It attracted me because it didn't look like a major disability staring me in the face."

Next step: a custom-made racing chair. While Kinghorn started out racing in an "off-the-shelf" model, serious racers use customized chairs. Kinghorn's chair cost more than \$4,000. "I was raising money – and speaking very nicely to my mum and dad," she says with a laugh.

Further upping her game, she started training with Ian



Kinghorn and her coach, Ian Mirfin, in Chicago. “When the race starts,” says Mirfin, “there’s nothing you can do but wait.”

Mirfin at the Red Star Athletics Club in Glasgow. A para-athlete coach for 30 years, Mirfin recognized Kinghorn’s potential. “Within a year I realized that Sammi was progressing quickly. To be on top of the world, as she is, after barely five years in the sport is phenomenal and shows her talent, determination, and capacity for hard work.”

Mirfin wasn’t alone in his admiration for the young athlete. With her mix of cheerfulness and intense focus, Kinghorn naturally inspires people. “I interviewed Sammi for an article for our district magazine three years ago,” recalls Joy Chatters, of the Rotary Club of Lytham, England. “I was so impressed with her positivity and general zest for life.”

Shortly after Chatters’ interview, Kinghorn was a guest speaker at the Rotary E-Club of Southern Scotland, an event viewed online by visitors from all over the world. She made such an impression that the club made her an honorary member. “It’s an honor to have her,” says Nii Boi-Dsane, the club’s president. “A young woman showing grit and determination to overcome tragedy – to become a champion, all the while exuding joy.”

**W**ith Mirfin in her corner and riding her custom-made pink-wheeled chair, Kinghorn spent 2012 training and competing in a few local races in Scotland. In 2013, she underwent a series of tests that evaluated her bench strength, mobility, and trunk function and determined the class in which she could compete. (It’s complicated, but Kinghorn fell into the T53 classification.) After that, it was off to the races.

Though only 17, Kinghorn instantly made her presence felt. In 2013 she took home two gold medals at the UK School Games. In 2014 she competed at the Commonwealth Games in Glasgow, and the same year, at the European Championship in Swansea, Wales, she won three gold medals. In 2015 she won bronze in the 200-meter at the World Para Athletics Championships in Doha, Qatar. In 2016 she competed for Team Great Britain in the Paralympic Games in Rio de Janeiro. But despite reaching the finals in the 100-, 400-, and 800-meter races, she didn’t medal.

In May 2017, however, at the Desert Challenge Games in Arizona, Kinghorn broke the world record for T53 class athletes for 200 meters. In July, she broke her own record at the World Para Athletics Championships in London, earning gold. She also took gold in the 100-meter and bronze in the 400-meter. In late September, she was named Scottish Sportsperson of the Year at the Team Scotland Scottish Sports Awards, the first para-athlete to receive the award. By then she had set her sights on the marathon in Chicago, scheduled for 8 October, a mere 16 days away.

Kinghorn had begun preparing for Chicago right after her triumphs in London. With Mirfin, she worked on a compressed program of marathon training, doing long (up to 15-mile) road sessions in the rural, rolling country of the Scottish Borders. Training twice a day, six days a week, she mixed in shorter track sessions and time in the gym on a wheelchair treadmill that recorded speed variations and mimicked hills and various other real-world terrain.

The mechanics of a wheelchair racer’s stroke are complex. “We’re not gripping and pushing like we do in a day chair,” explains Kinghorn. “We *punch* the push rim, and we have to make sure that we punch it correctly. It’s all about getting the right stroke. You can tire yourself out very quickly if you’re doing the wrong strokes for the distances.”

An added complication is steering. Three-wheeled racing wheelchairs – one wheel at the fore and two at the rear – have a device called a compensator, an A-frame connected to the front fork of

**Despite all the careful planning, Kinghorn discovers a last-minute problem: The left wheel of her chair is rubbing against the frame.**



the chair. To steer the chair into a turn, a racer interrupts her stroke to tap one side of the compensator, which turns the front wheel slightly. But every tap to steer the chair breaks the rhythm of a racer's strokes, so timing is essential.

As with any sport, wheelchair racing involves innumerable tactical choices. "It's all about the contact to the wheels," explains Kinghorn. "For 100 meters you want to get as many contacts as possible, whereas in the longer distances it's all about big, powerful strokes, and you don't do as many."

Kinghorn's technique, with powerful strokes and longer contact with the push rim, is unusual among racers in the sprint distances. "Her arm speed is tremendous for sprinting," notes Mirfin, "but equally she has a longer push, which is more economical and better for distance, making her adaptable."

"Sammi's contact angle is longer than some of her competitors, so she generates more force per stroke," adds Adam Bleakney, the head coach of the wheelchair track team at the University of Illinois at Urbana-Champaign, one of the most highly regarded wheelchair athletics programs in the United States.

**I** catch up with Kinghorn at the U. of I. gym three days before the marathon. She and Mirfin have come there for the final week of training. The atmosphere is convivial, with other athletes and coaches stopping by to chat. Everyone is talking about the marathon: Who will be racing? What will the weather be like?

While in Champaign, Kinghorn even stays with two fellow wheelchair athletes, Susannah Scaroni and Arielle Rausin, who share a house there. "They didn't have to give me a place to stay. They don't have to be my friends," says Kinghorn. "We're competitors. We're on the track to win a medal, and people are going to fight for it. But when you get off the track, you forget about it."

The morning of the Chicago Marathon, some 40,000 racers crowd near Lake Michigan in Grant Park, where the race starts and finishes. The circuitous course, which winds through Chicago's vibrantly distinct neighborhoods, traverses the city's prairie-flat terrain, a factor in the race's fast finishes. What's more, though the marathon, in early October, typically occurs in warm weather, the temperatures this early morning – in the high 50s – forecast unexpectedly ideal conditions for the racers.

Before the race, Kinghorn has on her headphones. "I like listening to Tina Turner singing '(Simply) the Best,'" she says. "I can remember my mom singing it while vacuuming around the house when I was a child. The music's a distraction. I don't like to think about what I'm about to do until I'm on the start line, because I get extremely nervous."

Despite all the careful planning, Kinghorn discovers a last-minute problem: For some reason – maybe a minor mishap in

transit – the left rear wheel of her chair is rubbing against the frame. Whatever the cause, Kinghorn settles on a simple solution: She inserts an extra washer on the axle to push the wheel out slightly.

Once the race starts, however, Kinghorn realizes that her small adjustment means the wheel now rubs against the inside of her left arm. A layer of skin soon peels off, and for much of the race her arm bleeds. "Coaches always worry about what might go wrong in a race," says Mirfin. "When the race starts, there's nothing you can do but wait."

Kinghorn, Scaroni, and another competitor, Sandra Graf, stick together. Before the race, Kinghorn worried about maintaining her pace over such a long distance, so this was a strategic decision to help maintain her focus. Along the course, she sings, rations out her water, and concentrates on meeting the speed goals she has set for certain segments of the race.

Those tactics work. To qualify for the Commonwealth Games, Kinghorn needed to finish at 2:05:00. She rolls across the finish line at 1:43:52. Less than five minutes behind the women's wheelchair division winner, Sammi takes fifth place. She sends off a terse victory tweet: "Everything hurts."

With the Chicago race behind her, Kinghorn's attention now centers on April's Commonwealth Games in Australia. After the marathon there, she hopes the orchestra plays "Flower of Scotland." She says, "I love to pull on the vest and race for a chance to hear my national anthem."

That marathon, she says, will definitely be her last. "I'll do one at the Commonwealth Games, and then never again. I like to see the finish line, so the idea of enduring 26 miles to see it kills me."

Kinghorn can't make a long-term career out of wheelchair racing. For now, Sky Sports, a network of sports channels in the UK and Ireland, has selected her as a Sky Sports Scholar. She will receive funding through 2020, as well as media training and athletic and business mentoring.

Eventually Kinghorn plans to make the shift from athletics to academics. "In Britain," she explains, "we don't really have a great collegiate wheelchair sports facility. Going to school while competing would require going to university and then driving somewhere else for training. I don't think I would handle it very well, so for now I'm concentrating on my training. But eventually I'm going to have to decide what I'm going to do when I have to get a real job. And that's a bit scary." Challenge accepted. ■

**"To be on top of the world after barely five years in the sport shows her talent, determination, and capacity for hard work."**





# Your Legacy, Rotary's Promise



Your annual gifts to The Rotary Foundation are helping people around the globe live better lives today.

Planning a gift to Rotary's Endowment supports these same life-changing programs forever.

Learn how the next century of service begins with your Rotary legacy at [rotary.org/legacy](https://rotary.org/legacy).

# insider

## A perk of Rotary membership

In 1905, Paul Harris founded a club to bring people from different business backgrounds together for friendship and cooperation. In the early years, they would meet at the offices of club members on a rotating basis – the inspiration for the name Rotary.

More than 110 years later, our organization is 1.2 million members strong. Many members come from professions that didn't exist in Harris' day, yet our ability to build relationships and support each other's businesses continues to thrive. The Rotary Global Rewards program was created to continue that tradition.

Through the Global Rewards program, Rotary and Rotaract members can take advantage of discounts on car rentals, hotels, dining, entertainment, and a wide variety of other products and services. (Amazon.com, Marriott, Office Depot, Hertz, and Macy's are just a few of the businesses that participate.) Many offers donate a percentage back to Rotary.

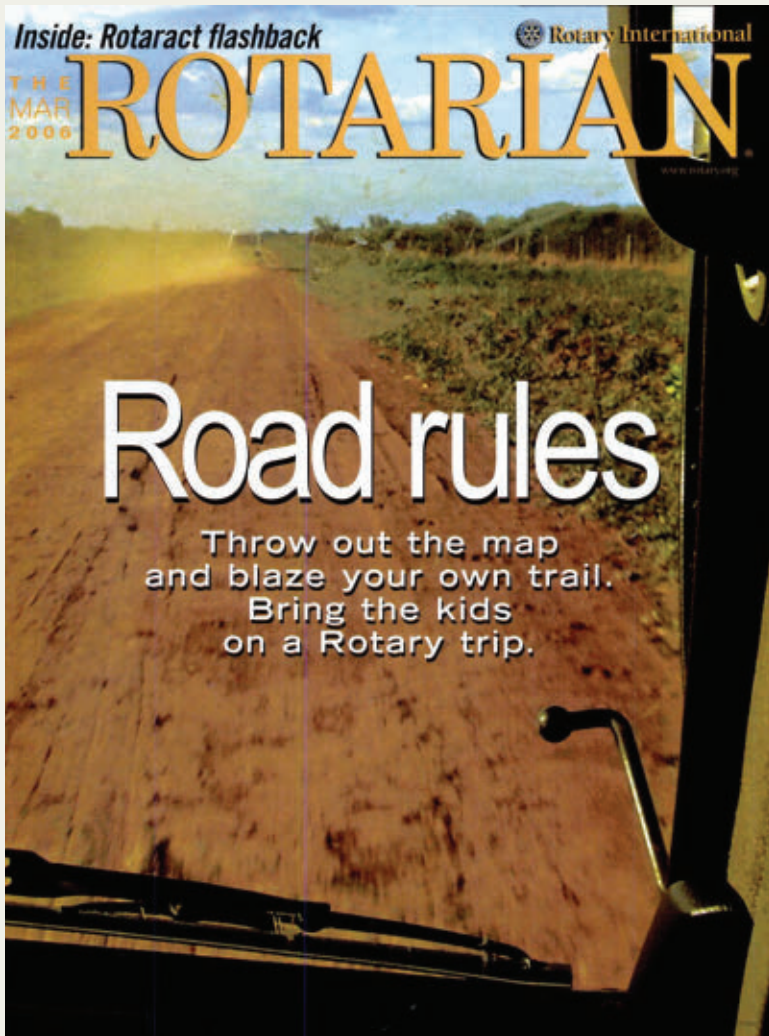
Rotarians can help build this program by adding offers from their own businesses or from other businesses in their communities. "To me that's the value of this," says Past RI Director John Smarge, a member of the Member Benefits Committee. "It becomes a yellow pages for Rotarians offering their services to other Rotarians."

*The Rotarian* spoke with Smarge about using Global Rewards to connect with other members.



ALYCE HENSON / ROTARY INTERNATIONAL





**Previous page:** Use Rotary Global Rewards when you're traveling to find Rotarian-owned businesses to patronize. **Above:** Rotary was originally founded to bring together people from different business backgrounds.

**TR:** Give us an overview of Rotary Global Rewards. What's your elevator speech?

**SMARGE:** There are three components to Global Rewards. The first is the value received by Rotary members in an affinity program where they receive high-quality national brands and services at a discounted rate because of their membership. That's probably how most people view it.

The second is that when you buy something through Global Rewards, very often there is a giveback to Rotary. It may be 1 percent or 5 percent. These are products you were going to buy anyway. You get a discount, plus Rotary gets a benefit.

To me, the third component is the most important. It is Rotarians using Global Rewards to advertise or offer their businesses and services to other Rotarians. It works almost like a directory for Rotary. So if you're visiting a community and you break a tooth and you need to go to a dentist, all you need to do is to go onto Global Rewards and find the registered dentists.

**TR:** Tell us how you've used it yourself.

**SMARGE:** In my own club, I've asked people to help their fellow members list their businesses on Global Rewards. The response I heard was that the best part of this was that people visited a business they'd never been to before. It's a way for us, in 2018, to reconnect vocationally the same way that, in the early years of Rotary, club members rotated through businesses to understand what each person did.

#### FROM THE ARCHIVES OF THE ROTARIAN

**March 2006** In 1968, change was in the air. "Apollo 8 rocketed toward the moon, protesters screamed for an end to the Vietnam War, and the assassination of Martin Luther King Jr. sparked riots across the nation," *The Rotarian* noted in its look back at the history of Rotaract in this issue. The story "Tracing the Roots of Rotaract" went on to detail how in this climate, 21 students at the University of North Carolina-Charlotte established the first Rotaract club. Associate editor (now contributing editor) Vanessa Glavinskis tracked down several of the founding members to ask about their memories of the club. "We wanted to help in the growth of the college and continue the tradition of Rotary," one told her.

#### ROTARY AT A GLANCE

As of 30 November

#### ROTARY

Members:

**1,230,399**

Clubs:

**35,784**

#### ROTARACT

Members:

**249,757**

Clubs:

**10,859**

#### INTERACT

Members:

**512,417**

Clubs:

**22,279**

#### RCCS

Members:

**223,260**

Corps:

**9,707**

I have a moving business. I don't offer a discount, but what I do offer is personalized service by the owner of the company – a Rotarian who follows The Four-Way Test. I know if I go onto Global Rewards and ask for a service from a fellow Rotarian, I'll be treated personally. I know that when I give my business to that owner, they're going to use the money to do something good. I'm supporting the projects I believe in because those business owners also support those projects.

**TR:** How does this compare to other discount programs?

**SMARGE:** It's equal or better. Rotarians in many parts of the world have contacts with people in industry that others don't. Some of these businesses are doing this purely because they want to give back to Rotary. We have products, such as watches, that you can't get anywhere other than through Global Rewards. These businesses believe in our mission – they have altruistic motives, they're not necessarily looking just to get more sales. Those are the kinds of businesses we want to support.

**TR:** What has the response been so far?

**SMARGE:** It's been different in different parts of the world. We're not increasing the number of people in the program as rapidly as we'd like, but the people who are in it are using it more and more. We need more people to include their own businesses so that more people can get the benefits.

When Past RI President K.R. "Ravi" Ravindran came up with the idea, he wanted to offer it as part of the value proposition of being a member of a Rotary club. You know the value of being a member – the relationships you build, what you gain personally and professionally – and this is another value to being part of Rotary.

## MESSAGE FROM THE FOUNDATION CHAIR



Questions, questions, questions. Two topics I am frequently asked about during my visits with Rotarians around the world relate to Rotary's website and Our Foundation's grants. Quite likely you have had these questions and more, about things such as donor contributions, point transfers, club and district reports, club invoices, and club officer changes, to name a few. If you don't know where to find the answer, Rotary's Support Center is the place to start.

The Rotary Support Center is an easily accessible first point of contact for Rotarians, donors, staff, and others to help answer questions in English, French, and Spanish. Business hours are 8 a.m. to 5 p.m. Central Time, Monday through Friday. You can reach the Support Center toll-free at 1-866-976-8279 (1-866-9ROTARY). Email inquiries to [rotarysupportcenter@rotary.org](mailto:rotarysupportcenter@rotary.org) will be responded to within one business day.

The Support Center averages 3,500 calls per month. This includes about 1,500 callers who want to be directed to a specific person or Rotary department, allowing easier access within our complex organization. On average, 7,000 emails are responded to each month.

With only an eight-year history, the Rotary Support Center has been certified as a Center of Excellence by Benchmark Portal, the industry leader in contact center benchmarking. The Center of Excellence recognition is one of the most prestigious awards in the customer service and support industry. This distinction requires that a center be both efficient and effective, providing service that is of superior quality with lower overall costs compared with other centers in the service industry.

The Rotary Support Center team also includes a Visitor Services and Tour Program coordinator to schedule tours and large group meetings for those who want to visit Rotary headquarters. Rotary has a surprising number of visitors each year. Are you planning a visit to the Chicago area? You can request a tour by sending an email to [visitors@rotary.org](mailto:visitors@rotary.org). Perhaps our paths will cross at One Rotary Center!

I am confident you will agree with the 96 percent quality score the center has received from satisfied customers.

A handwritten signature in black ink that reads "Paul A. Netzel".

Paul A. Netzel  
FOUNDATION TRUSTEE CHAIR

A new smartphone app and Chrome extension make it easier to find the offers you're looking for. Find the Rotary Global Rewards app on the Apple App Store or Google Play. Find out more at [rotary.org/globalrewards](http://rotary.org/globalrewards).

Do you still have a question?  
I want to hear it. Email me at  
[paul.netzel@rotary.org](mailto:paul.netzel@rotary.org).



# CREATE. SHARE. CONNECT.



Create your own promotional cards to showcase your youth activities. Available now in Rotary's Brand Center.

**Rotary** 

## FOREVER LESS OLD?

### Across

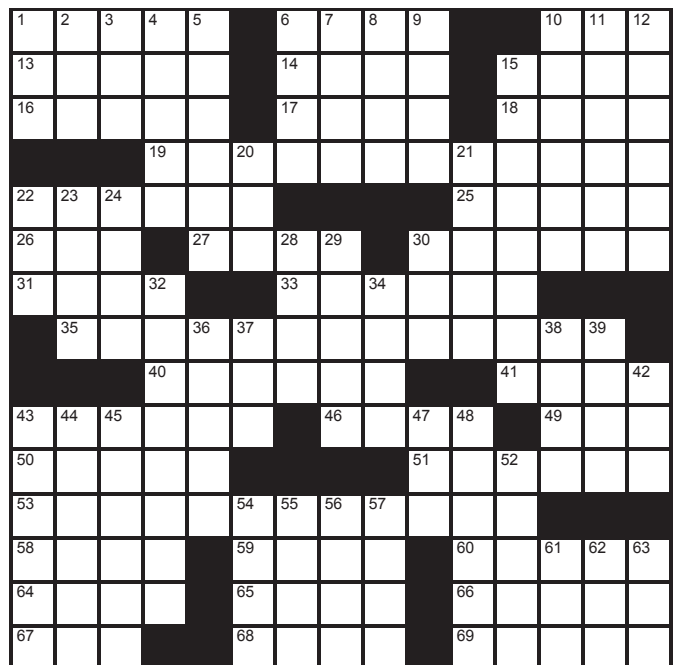
- 1 With 69-Across, 18- to 30-year-old, say
- 6 Cologne brand that sounds like a tough dude
- 10 Green grp.?
- 13 Blunder
- 14 "Hey, that hurts!"
- 15 Canadian tribe
- 16 \_\_\_ Anita
- 17 D-Day invasion city
- 18 \_\_\_ Kong
- 19 Home of the NCAA's 49ers ... and where 35-Across got their start in 1968
- 22 Mailing label phrase
- 25 *The Jungle Book* wolf
- 26 Battery types
- 27 Wing statistic
- 30 Some sci-fi figures
- 31 Fail to catch
- 33 Like the Lone Ranger
- 35 Groups of 18- to 30-year-olds who meet for service and fun
- 40 Elevator pioneer Otis

- 41 First name in animated skunks
- 43 Feline intoxicant
- 46 Planets, to poets
- 49 Diving bird
- 50 Become overcome
- 51 "But of course!"
- 53 Where 35-Across had their triennial convention in 2017
- 58 Neighbor of Tex.
- 59 Senator's six years
- 60 Couches
- 64 Hollow plant
- 65 Put one's foot down?
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- 69 See 1-Across

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- 3 Vessel often on a pedestal
- 4 Still in the sack
- 5 Monetary gifts
- 6 Anjou kin
- 7 Justice \_\_\_ Bader Ginsburg
- 8 Where John Wooden coached
- 9 Hammer-wielding god
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- 11 Like some giants
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- 15 Emotionally overcome
- 20 *Beverly Hills* \_\_\_
- 21 Where one might wear a pin
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- 23 Head locks?
- 24 Childish comeback
- 28 Latin lesson word
- 29 Cheesy chip flavor
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BY VICTOR FLEMING, ROTARY CLUB OF LITTLE ROCK, ARKANSAS



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Rotary

ROTARY GLOBAL  
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# last look



## REGISTER

**Join in the celebration of Rotaract's 50th anniversary, 22-23 June.**

Before the Rotary International Convention in Toronto, Rotaract Preconvention events will feature inspiring speakers, workshops, discussions, and networking opportunities. All interested Rotaractors and Rotarians are invited. Register and find more details at [riconvention.org](http://riconvention.org).



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**Paul Fredrick**





# Inspiration AROUND EVERY CORNER

## The chat about soccer that changed everything

Michael from Hawaii was looking for a project his club could take on as he wandered the House of Friendship at the 2016 Rotary Convention. Before long, he met Graeme from Hong Kong and struck up a conversation about soccer. Soon, the subject changed to service, and Graeme told him about the Affordable Classroom Construction Project.

A few months later, the new friends worked with their clubs and the charity Worldwide Action to construct eco-friendly, durable classrooms for schoolchildren in Nepal. They also brought in Rotarians from Japan and Rotaractors from Kathmandu to help with the project, which was in an area devastated by two earthquakes. Michael and Graeme, still working together, show us a great example of how Rotary's convention brings people from around the world together to create lasting change.

**Find your inspiration at the Rotary Convention in Toronto.  
Register today at [riconvention.org](http://riconvention.org).**

Rotary



**ROTARY CONVENTION  
23-27 JUNE 2018  
TORONTO, ONTARIO, CANADA**