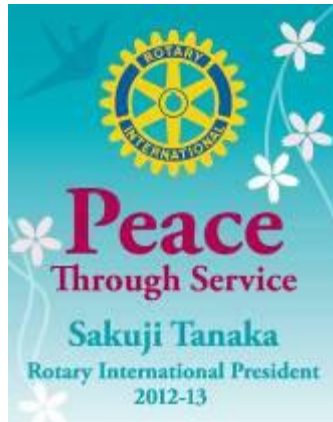


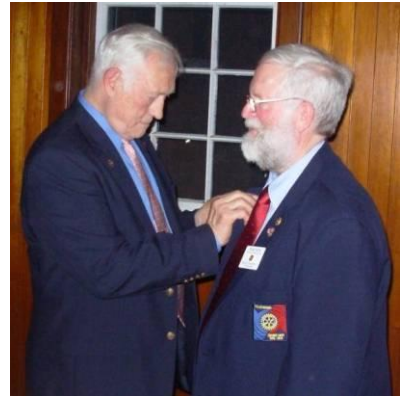
## DISTRICT 7850, GOVERNOR'S NEWSLETTER – 10 June 2013



### DISTRICT GOVERNOR, SONNY HOLT

*“Leave your footprints in the sands of time, so others may follow.” S.H.*

**Team 7850:** When I passed the gavel to Steve Dates at the District Changeover ceremony, held at Shelburne Farms in Vermont, I said he would be inheriting a very strong team, and I truly believe that. It’s been a great year for Deb and me. We have met many wonderful, caring people and their clubs, in our journeys this past year. We loved being able to visit areas of the district that we had never been to before, and have people tell us what was special about where they live. I want to thank my Leadership Team for all their tireless efforts. We’ve had good people at the helm and they have led this team to new heights. I would like to recognize what Team 7850 has done this year and some of those Rotarians who helped build the team. Although they may not be mentioned here, there are many unspoken heroes at the club level who have worked tirelessly, day after day, to make life better for people at home and abroad. My thanks to all of you for what you have done in the name of Rotary.



**Translation Services:** The district applied for and received from Rotary International, supplemental funding to translate documents from English to French and to provide Instantaneous Interpreters at district functions. Rotarians **Isabelle Graton** and **Elena Salova** (Drummondville-Malouin), and **Louise Brouillette** (St. Hyacinth) formed the core of our new Translation Committee. This helps to better integrate our French Canadian clubs into the district.



**Peace Forum:** Our district joined with Plymouth State University to sponsor the district’s Peace Forum, “Managing International Conflict in a Transformed World.” Our guest speaker was Dr. Richard Solomon, former President of the U.S. Institute of Peace. Rotarians, **Sara Jayne Steen** (President of Plymouth State), **Mike Carrier** (Plymouth), **David Wood** (Littleton) and **Stuart Anderson** (Lincoln-Woodstock) and their respective clubs all made this happen. We filled Hanaway Theatre to capacity.

**Youth Exchange:** This is one of the most exciting, rewarding and successful programs in all of Rotary. In the words of **Bruce Pacht**, our Youth Services Chair, “It works to establish world peace one person at a time.” **Nicole DiDomenico** (Northfield) who retires this year as chair of the District Youth Exchange Committee, to pursue a Master’s degree, has worked tirelessly to create a solid working structure within the committee and is supported by strong sub-committee coordinators in each of the crucial operations: Outbound: **Tom Badowski** (Waterbury), Inbound: **Doug Stoehr** and **Dave Koepele** (Mad River Valley), Compliance officer: **John Szewczyk** (Northfield), Host family liaison: **Louise Cullen**, , and Protection officer: **Bruce Pacht** (Lebanon) We had to de-scope the program this year to put it on a more stable footing but will expand it in the coming year.



**Rotary Youth Leadership Awards (RYLA):** Another one of our flagship programs. We are indeed grateful to have **Judith Christensen** (Charlotte Shelburne) take the helm on this program. Volunteers who will be supporting Judith are: **Kathy Geraghty** (Hanover), **Philippe Leblond & Roger St-Aubin** (Sherbrooke), **Lawrence Vars** (Lancaster), **John Szewczyk** (Northfield), **Sue Shaw** (Hanover), **Sue Donnelly** (Lebanon-Riverside, **Alfred Marin** (Boundary), **Ian Clark** (Woodsville-Wells River), **Rolf Zuk** (Newport), **Melissa Neun & Mark Smith** (Northfield)

**Service Above Self Award:** Rotarian **Linda Gilbert** (Charlotte –Shelburne) received two awards for her tireless voluntary efforts as director in support of the “Hands to Honduras-Tela” program. For many years, she’s been providing humanitarian service to help less fortunate Hondurans. 20 to 25 projects each year are successfully accomplished by 55 to 93 volunteers to build schools, renovate health care centers, provide medical and dental clinics, and provide literacy programs. Along with the District award, she also received the coveted Rotary International, Service Above Self Award from Sakuji Tanaka the President of Rotary International. Of the 1.2 Million Rotarians worldwide, this most prestigious award is presented to only 150 Rotarians each year. Well done! Linda.



**Spouse of the Year Award:** This award recognizes Mr. Alfonso Gilbert, husband of Rotarian Linda Gilbert of the Charlotte-Shelburne Rotary Club in Vermont, for his invaluable work in coordinating the Hands to Honduras - Tela program. Serving in the Peace Corps in South America, he is familiar with foreign aid programs and totally conversant in Spanish, making him a singularly important link in the program’s success, especially for his invaluable in-country coordination and pre planning. Along with the District award, Al also garnered the Spouse of the Year award from Rotary International





**Anne Silloway** (Randolph) is one of those versatile Rotarians who can handle two jobs at once and does them both outstandingly well. For youth Exchange she is the Country Contact for ESSEX and is the liaison for students coming and going to Sweden, Norway, Denmark, Iceland and the Netherlands. She is also the “go to” person for Shelterbox presentations. Thank you, Anne.



**Club of the Year Award:** The Rotary club of **Sherbrooke, QC**, garnered this award for Outstanding Performance in gaining Top Honors for the Highest Net gain in Membership as well as volunteering to be our International Partner, to obtain a substantial Grant in Aid to help in the Hurricane Irene, Flood Relief effort for Vermont.

**Governor’s Service Above Self Award:** **Louisa Tripp** (Northfield) For her tireless voluntary efforts in support of Fund Raising for Hurricane Irene Flood Relief, The Group Study Exchange Program, The Polio Plus Campaign, Veterans' Day Dinner, Project Amigo – eye glasses to Colima, Mexico, and The Battered Women's Shelter Project.

**Governor’s Rotarian of the Year Award:** **Marilyn Bedell** (Lebanon – Riverside). Marilyn was named our district Rotarian of the Year for her For Outstanding Performance as District Foundation Chair in Leading the Transition to Future Vision for District 7850. Equally Outstanding is her Untiring Joint Effort with District 7870 and our International Partner, the Sherbrooke Rotary Club of Quebec to Obtain a Substantial Grant in Aid to Help in the Hurricane Irene, Flood Relief Effort for Vermont.



**Flood Relief Efforts:** Many clubs in our district had donated money and/or goods for Hurricane Sandy relief. The **Burlington** Rotary club alone donated \$5,000.00. Many needed supplies and goods were collected by **Carl Richard**, (Sherbrooke Metro) and **Jon Blodgett**

(Lebanon). These donations were deposited at Jon's store. When there was enough for a van load, **Steve Usle** (Lebanon) with his son Justin, drove the donations to Belle Harbor, NY, an area that experienced significant storm-related loss.

### **Some Truly Outstanding Rotarians:**

**Bill Thompson** (Colchester Milton) This Past District Governor wears many hats: District Secretary, Editor of the District Newsletter, Chair for Club Extensions on the Membership Committee, Filling in for Ed Saulnier this year for the Speech contest, Singer in Charge who opens our official District functions, and a Facilitator/Trainer at Northeast Presidents-elect Training Seminar in Framingham, MA.

**"T" Tall** (Middlebury) A Past District Governor who continues to serve as our District Treasurer and as our District's representative on the Rotary International Council on Legislation – a body representing over 500 Districts worldwide that meets every three years to rule on changes to the RI ByLaws, He also a Facilitator/Trainer at Northeast Presidents-elect Training Seminar.

**Dan Affeldt** (Lebanon) Our District Trainer who organizes and runs our District Assembly, our District Team Leaders Seminar, and is also a Facilitator/Trainer at Northeast Presidents-elect Training Seminar.

**Guy Babb (Burlington Sunrise)** A Past District Governor who is Our District Attorney (keeps us out of trouble) and is also a Facilitator/Trainer at Northeast Presidents-elect Training Seminar as well as one of our facilitators on the District's Visioning Team.

**Kiki Leech** (Colchester Milton) In charge of the Rotary Leadership Institute (RLI) for the District. She had an excellent turnout for RLI this year and the district agreed to pay the Tuition fee for each club to send one of their members to this training program for future leaders. Well done, Kiki.

**P.J. Pfiefenberger** (South Burlington) P.J. took it upon himself to take our Youth Exchange students to the Jay Peak resort area for a weekend of skiing and water park fun. P.J. was also in charge of installing the "Rotary in Motion Sign" at the Burlington International airport as part of the Public Affairs Grant we received from RI.

**Marc Pratico** (Colchester Milton) ran a very successful Facebook campaign in VT, NH and Quebec as part of the Public Affairs Grant we received from RI. He also put together the final package we submitted to RI this month to justify the \$10,000 of funding we received last October.

**Stan Bradeen** (South Burlington) and **Gilles Gravel** (Drummondville-Malouin) coordinated the installation of "Rotary in Motion" bus signs that were installed on busses in Burlington and St. Hyacinth, QC.

**Andy Milligan** (Wolfboro) Chair of the Districts Club Visioning Committee. The clubs that have received Andy's presentation/workshop come away highly motivated and most have seen an increase in their membership.

**Nick Troisi (Lebanon)** Nick, a Past District Governor chairs the Foundation Alumni. He has prepared for the district a database of Alumni eligible for membership in Rotary. Well done! Nick

**Peter Pelletier** (North Conway) Peter has developed an Awards database, to ensure all of our clubs and the district is aware of awards that our Rotarians deserve. Thanks Peter – great effort.

**Steve Lambert** (North Conway) Steve has been our district webmaster. Well done!

**Assistant Governors** – These are the guys I depended upon. They made my job much, much easier. They know their clubs and have been indispensable.

### **New Hampshire**

**Dennis Tobin** - Dennis is also on the District Leadership Committee. He was the Chair of the District Conference Committee for 2011-2012.

**Jay Polimeno** – Jay is recognized for his Outstanding Performance in achieving the Top Percentage Net Gain in Membership among his assigned Rotary Clubs. Jay is also Chair of Interact/Rotaract.

**Jayne Britton** – Jayne is recognized for her Commendable Performance in Achieving a High Percentage Net Gain in Membership among her assigned Rotary Clubs. Jayne is also the Charter President of Ossipee Valley Rotary. Her club was also recognized for Outstanding Performance Among Small Clubs in Achieving the Highest Net Gain in Membership within the District.

### **Quebec**

**Gilles Gravel** – Gilles is also Chair of the Membership Recruitment sub-committee. He has the largest number of clubs assigned to any Assistant Governor.

### **Vermont**

**Barbara LaFleur** – Barbara received Special Recognition for Achieving a High Percentage Net Gain in Membership among her assigned Rotary Clubs. Barbara was also on the District Conference Committee.

**Jan Draper** – Jan's first year as AG. She has excellent rapport with her clubs. She also is heavily involved in the Guyana project in South America. (*see club news*)

**Earl Wertheim** – This is the 'get er done' guy. Also our District Public Relations Chair. He was heavily involved in the PR Grant from RI.

**Eric Denu** – Eric received Special Recognition for Achieving a High Percentage Net Gain in Membership among his assigned Rotary Clubs. Eric is also on the District Leadership Committee.

**Marsha Hoffman** – Marsha is also on the District Leadership Committee. She is also Chair of the Retention sub-committee of the District Membership Development Committee.

**Stefanie Pigeon** – Stefanie's first year as AG, but she's done great! Has excellent rapport with her clubs.

**Vern Forthun** – Vern is recognized for his Commendable Performance in Achieving a High Percentage Net Gain in Membership among his assigned Rotary Clubs.

**District 7850 & 7870 Conference:** We didn't lose anybody overboard as we cruised to Bermuda and back. It was a great conference with rave reviews. My personal thanks to **Roy Somaini** for being the Conference Chair. **Steve Dates**, our new Governor for 2013-2014, co-hosted a very moving memorial service for the Rotarians we lost over the past year.

#### Deceased Rotarians from District 7850

*They Have Been Called to Higher Service  
"Well Done, Good and Faithful Servants"*

Drummondville	PRID Alonzo Malouin
Barre	Obie Wells
Bristol	John Greenan Dr. Marie Ross
Colchester-Milton	Jim Hedbor
Lebanon	Wayne Bonhag
Lebanon-Riverside	Lesley O'Malley-Keyes
Lyndonville	Arthur B. Sanborn
Newport	Duane Wilson Arthur Flory, Sr.
North Conway	Herbie "Zip" Schneider Richard White Pauline MacLean Ben Saunders
Northfield	Walter "Woody" McKain
Plymouth	Robert "Bob" Rand
Sherbrooke	Françoise Vaillancourt
Stowe Valley	Clem Curtis Joseph Koch
White Mountain	Tom Sappington
Wolfeboro	Charles Mulloy
Woodsville-Wells River	Harry Rowe Ward Wilson



Since the Memorial service, Rotarian **Bob Erickson** of the Woodsville-Wells River Rotary club has also passed away.



**MEMBERSHIP CHAIR**  
*District Governor, Sonny Holt*

**Good News:** Most of our clubs have made impressive gains in membership this year. Here's how some of the clubs have placed in the membership drive as of 9 June:

Club	Net Gain	Club	Net Gain
Ossipee Valley	19	St. Johnsbury	9
Burlington	7	Essex	7
Sherbrooke	7	Stowe	7
Lancaster	7	Lincoln-Woodstock	5
South Burlington	5	Middlebury	3
Newport	3	Waterbury	3
Littleton	3	Mad River Valley	2
Vergennes	2		

The Assistant Governors with the highest percentage of net gains for their clubs were:  
**Jayne Britton and Jay Polimeno**

The Rotarian who recruited the most members (7) was **Ted Bateman** of Ossipee Valley

**Membership Seminars for July and August:** The district will be holding two membership seminars for our 2013-2014 Club Presidents and their Membership Chairs. One at Dartmouth Hitchcock on 20 July and the other in St. Johnsbury on 3 August. We'll once again focus on building strong clubs that effectively engage members. We'll emphasize retention first and recruitment second as the best way to build membership in the long run.

In the words of one of our Assistant Governors, "... these seminars are great (the best I have been to) filled with great ideas and with a direct approach. Well worth attending..."

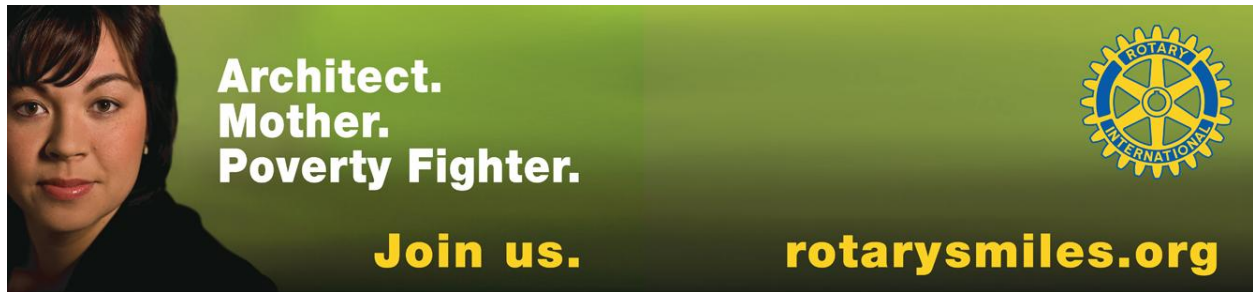
**Apply for your Incentive Awards:** The District will be awarding each club, \$20 for each new member that has been recruited under the Family Plan and the Young Leaders Plan, prior to 1 July 2013. Monetary awards will be sent to the clubs by 15 August.

**Three Year Membership Planning:** Preparing for July 2013, clubs will be asked to appoint Membership Chairs for 2-3 year terms and to ensure that they are not encumbered by other club responsibilities.

**Home Makers Now Allowed to Join Rotary:** The Council on Legislation voted to allow people that have interrupted their employment (or have never been employed) in order to

care for children, or to assist a spouse in their work, to become active members. This is a big breakthrough in our ability to increase membership. The Family Plan should now be able to bring spouses into full active status as Rotarians.

**Good PR for your Club:** A good way to publicize your club, in your local community, is to take the following banner to a local print shop and have it reproduced in various sizes on good stock . Then post them around town where the public will see them. When they go to *rotarysmiles.org* it will take them to a page on our District Web site (in English and French) and from there they will be able to find your home club. Let me know if you would like one that is not so wide. Credit goes to **Stan Bradeen** (South Burlington) who obtained the URL for us.



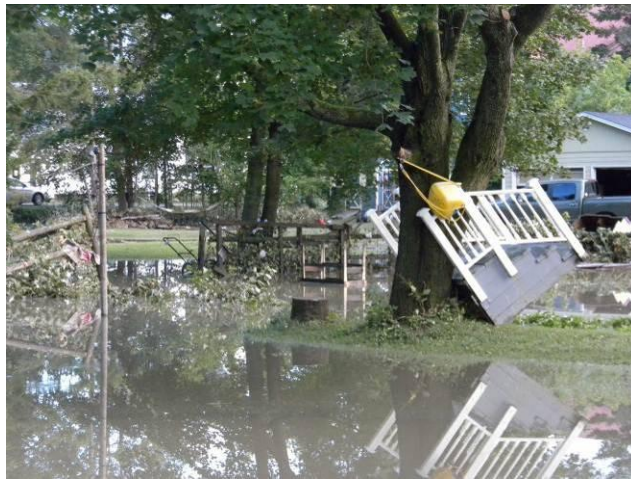




**FOUNDATION CHAIR**  
*Past District Governor, Marilyn Bedell*

### ***The Rotary Foundation News***

**Tropical Storm Irene Matching Grant...**Our District will be visited by a Rotary Foundation Technical Advisor, PDG Tim Lee on June 10, 11 and 12. His job is to visit communities recovering from Tropical Storm Irene, and to audit expenditures we have made to support individuals in Vermont recovering from Tropical Storm Irene. He will begin his visit on 10 June 2013 in Waterbury. He will meet with Rotarian Theresa Wood (Rebuild Waterbury) and immediate Past President Eric Smith (His home was flooded). After a tour of Waterbury we will head to the Central Vermont Community Action Agency in Barre, VT so he can audit their books. If time permits we will spend some time with AG Marsha Hoffman in Northfield following the audit. He will spend June 11 and 12, 2013 in District 7870 (Southern Vermont).



**Waterbury 2011**



**Rotary Club of Waterbury Painters!**

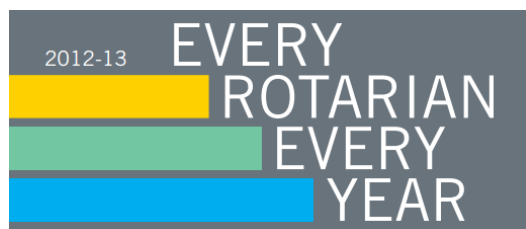


**District Grants...**I have completed the on-line application to request our Rotary Foundation District Grant from the Rotary Foundation. Our District Grant Committee [DG Sonny Holt (Randolph), DGE Steve Dates (Charlotte-Shelburne, Rotarian Stan Bradeen (South Burlington), Rotarian Bill Secord (Lebanon-Riverside), PDG Ron Bedell (Lebanon-Riverside) and Foundation Chair Marilyn Bedell (Lebanon-Riverside,

District Grants Chair Larry Vars (Lancaster)] met at the Dartmouth-Hitchcock Medical Center on Saturday, 11 May 2013. The following Rotarians had an opportunity to review the grants

prior to the meeting, but were not able to attend the meeting, Rotarian Ginia Allison (Hanover), AG Gilles Gravel (Drummondville-Malouin), Michael Swaidner (Cholchester-Milton), and AG Barbara LaFleur (Stowe).

The good news is that we had requests for \$35,025 from our Clubs. The sad news was that we only had a budget of \$20,000. We made decisions about which grants to fund and at what level. We will not announce the recipients until the grant application has been approved by the Rotary Foundation. It is our hope that we will get grant approval prior to 1 July 2013. If you applied for a grant, remember, **DO NOT SPEND ANY MONEY** on your project until you receive a formal approval from District Grant Chair, Larry Vars. If you spend money prior to approval, it cannot be reimbursed.



As of 31 May 2013 our District Rotarians have donated \$91,756 of our total pledged amount of \$124,387 to the Annual Programs Fund. This means that **we have donated 74%** of our pledged amount. This is up **from 58% at the end of April.**

**THANK YOU!** For Clubs who have already met their pledged amount, If your pledges aren't in, please make your donations as soon as possible. **It is critical that donations get to the Rotary Foundation by 30 June 2013.** You can make your individual donation through Rotary International's web portal at <https://riweb.rotaryintl.org/Login.aspx> or use the form you can find at [http://www.rotary.org/RIdocuments/en\\_pdf/123en.pdf](http://www.rotary.org/RIdocuments/en_pdf/123en.pdf) Please remember to indicate that your donation is for the Annual Fund – Share. This means that 50% of the money we donate will come back to our District to decide how we want to spend the money.

Remember that the Annual Programs Fund is the money that will return to the District in 2015-16 for us to use for District Grants and Global Grants. I'm confident that we will achieve our goal if you keep your commitment to your pledged amount!

If you feel confused about how the Rotary Foundation works, I'm willing to come and educate your club about the Rotary foundation.



***NEW GENERATIONS CHAIR***  
***District Governor Nominee, Bruce Pacht***

For our final note in DG Sonny's year, we would like you to know that we are seeking a Rotarian passionate about Youth Exchange (YEX) to take over from Nicole DiDomenico who retires this year as chair of the District YEX Committee. Please distribute this article to your club members. We believe that the RIGHT person exists somewhere among District 7850's 1,600 Rotarians.

Nicole has worked tirelessly to create a working structure within the committee and has succeeded such that a new chair will have stable sub-committee coordinators in each of the crucial operations:

- Outbound: Tom Badowski
- Inbound: Doug Stoehr and Dave Koepele
- Compliance officer: John Szewczyk
- Protection officer: Bruce Pacht

Why should you step up to the plate? Here's why:

1. YEX is one of the most exciting, rewarding and successful programs in all of Rotary. It works to establish world peace one person at a time. More than 8,000 youth participate in the program EACH YEAR in short- and long-term exchanges. This year, our district has sent and will receive 6 students. We hope to increase our numbers in ensuing years.
2. Although Nicole, the former chair, will be entering a Master's degree program, she is not leaving the planet and will be available for training and consultation, as will I and the above members of the District YEX committee. The routine procedures for both inbound and outbound exchanges ARE ALREADY IN PLACE – you will not have to re-invent the wheel, just keep it rolling.
3. A major resource for you is the group at ESSEX (Eastern States Student Exchange), a consortium of many districts in the eastern U.S. to which District 7850 belongs. Among other functions, ESSEX operates as our paperwork interface with the U.S. State Department, whose rules about folks coming into the country have become a bit more complex since the attacks of 9/11. ESSEX people have responded consistently, quickly

and knowledgeably to all of the usual hiccups which accompany our efforts to send teenagers from one country to another while keeping them, their parents, host parents, sending and receiving Rotary clubs and districts and the U.S. Department of State happy.

4. Rotary International provides a HUGE amount of resource material for understanding and operating district YEX programs.

Here is a brief summary of RI's description of the responsibilities of the District YEX committee chair and the committee

General duties: The district chair coordinates and promotes YEX activities within the district and communicates with Rotary International, the district governor, and clubs.

Specific duties:

- Work with Rotary clubs to orient their youth exchange officers, establish expectations for inbound and outbound students, provide information, and encourage clubs to involve YEX alumni in the district's program
- Together with the youth protection officer and the district committee, coordinate youth protection efforts within the YEX program: training, screening of all adult volunteers, reporting all serious incidents to RI
- Work together with the Outbound YEX coordinator to accomplish a successful outbound program including assisting clubs, orienting parents and students, coordinating travel, reviewing students' monthly reports from abroad, and submitting all required reports
- Work together with the Inbound YEX co-coordinators to accomplish a successful inbound program including assisting clubs, meeting and orienting students upon arrival, complying with all U.S. State Department requirements and submitting all paperwork on time.
- Implement risk management policies and put a crisis management plan in place.
- Develop program guidelines and rules for students that comply with RI policy.
- Promote the program through district and club websites, advertisements, and news stories throughout the district.
- Maintain effective lines of communication between all program participants
- Share success stories, interesting exchange ideas, and positive alumni experiences with RI for inclusion in Rotary publications and on the RI website
- Submit an annual program survey to RI.

This is an opportunity for YOU to perform international service on a scale you may not have thought possible without leaving home. YOU CAN DO IT!!

If you are interested or have questions, please write or call me (603-448-2936; [brucepacht67@gmail.com](mailto:brucepacht67@gmail.com)) or Nicole DiDomenico ([DYE7850@hgmail.com](mailto:DYE7850@hgmail.com)).

Thank you.



## CLUB NEWS

### A Rotary Tradition: the Boundary's Golf Tournament, July 14, 2013

The Golf Tournament of the Rotary Club of the Boundary began as a bar-be-cue for Rotarians and friends on the farm of one of its members, Art Curtis. This was probably in the early



eighties. The event travelled around being held at Ron Quigley's place for a few years. It was there that the Lobster Boil became part of the tradition and the event was used as a fund raiser. Then the bar-be-cue, lobster boil moved to Dufferin and a Golf Tournament was added. Considering the history of the event it is fitting that the supper is as important a part as the golf and has become an annual social event for many others besides the golfers.

*Committee Chair Dick Fletcher tees off with a back drop of the springtime hills of Quebec and Vermont*

The Tournament is played at the Dufferin Heights Golf Club just north of Stanstead, Quebec. It is both very scenic and challenging. In the distance golfers can see Owl's Head, Jay Peak, and Lakes Memphremagog and Massawippi.

At the beginning the golfer played as an individual with his/her handicap, and competed with other golfers within their flight for prizes. The flights were organized by handicaps. In the past, individuals played in a foursome and made their own starting time from early morning up until 1:00 p.m.

For the past 4 years, golfers play as a team in a foursome with a shotgun start and a Vegas style of format. It's the team that is a winner today, as opposed to the individual. The shotgun start is at 12:30 on Sunday, July 14.



*You might want to return to see Dufferin in the autumn. A splendid view.*

Dinner is a Roast Beef & Pork Mechoui. Large roasts of beef and pork are cooked over an open fire and then carved on the spot. Accompanying them are green salads, baked potato, vegetables, rolls, desert, and coffee/tea. The price has not changed for several years now and is \$CAD30.00. The drawing features a great variety of prizes that have been donated by our generous businesses on both sides of the border. A small sample of prizes includes gift certificates for fine dining at some of the best restaurants in our border community, golf clothing, golf equipment, gift certificates from food stores, clothing stores, and golf courses. The highlight of the raffle prizes is a beautiful piece of Ethan Allen furniture from their factory in Orleans, VT which is generally valued at about \$700.00.

We hope that you will come and join us for a day of fun & festivities!

If you would like more information about this year's Tournament or social, email Bob Richardson at [bernesemd@gmail.com](mailto:bernesemd@gmail.com) or call Donald Gingras at 819-868-6678.



**Vergennes Rotary Supports Local Meals on Wheels Program:** Throughout Vermont, the Meals and Wheels program serves a vital function, connecting seniors with a nourishing meal and a friendly face five times a week. The Champlain Valley Agency on Aging, located in Essex Junction, administers the overall program but depends on local support to manage the scheduling, drivers and meal delivery.

In Vergennes, those local responsibilities are fulfilled by the Rotary Club of Vergennes. Rotary's involvement started when the local coordinator moved out of town in 2002 and Rotarians Ralph Jackman and Lynn Jackson Donnelly stepped in to take on these important Meals on Wheels functions.

The use of technology now allows Lynn, her sister and Rotarian Susan Burdick and fellow realtor Danelle Birong to smoothly handle the logistics of scheduling and routing from their Century 21 office. Fellow Rotarian Tim Vincent works diligently to ensure that Meals on Wheels has the required number of drivers each day and that the routes are completed. Tim trains new drivers and arranges for substitutes when needed.

The Vergennes program also serves residents in the four neighboring communities of Ferrisburgh, Addison, Waltham and Panton. There are four routes each week day, and the number of participants ranges from 25-30. Rotary has always provided drivers for the program but it is not a requirement that a driver be a Rotarian, just a helpful, friendly visitor.

"What's so gratifying is our clients usually don't have a hot meal. And this may be the only company they have throughout the week," said Lynn. "It's not only a meal," she continued, "It's a safety check for our seniors."



*Vergennes Rotarians Tim Vincent and Scott Gaines prepare to make a Meals on Wheels delivery*

The Vergennes Rotary Club is proud to serve the community to provide this invaluable service. We consider Meals on Wheels to be one of our most valuable service projects and encourage other Rotary Clubs to become involved either in providing volunteer drivers, administering the local program or donating to a statewide effort.

## The Boundary Club's Guyana Community Health Project

The Guyana Community Health Project began implementation in 2012 with Train-the-Trainer



*Kaieteur Falls*

Workshops in health and first aid in three locations, Paramakatoi, Kurukubaru, Region 8 and Surama, Region 9. Participants come from the surrounding villages that have no access locally to education for adults. In the workshop in Surama, the Demerara Club, our Guyanese partner, also completed an intensive component on diabetes, its symptoms, diagnosis and treatment, as a part of another Matching Grant. In the region 8 Workshops teenage pregnancy was identified as a problem and the trainers made posters and did role plays which were recorded. The role plays along with a demonstration of first aid techniques were put on a DVD which was handed out at this year's workshops.

This February there was a Train-the-Trainer Workshop on Food and Nutrition in Region 8 along with nutrition training in the schools. The diabetes component was added by Pam Jardine, a Demerara Rotarian



and VSO and Shameit Bali from the Rotary Club of Nottingham, also a VSO. They also did testing of blood sugar levels and left with the Health Workers the testing equipment donated by the Ministry of Health.

*Nurse Saigo in a quiet moment with trainees*

The Food and Nutrition Train-the-Trainer Workshop prepared the participants to return to their villages and teach people about the benefits and principles of good nutrition. The workshop focused on the nutrition challenges in the local villages and on the foods available there. The legendary Nurse Saigo who has delivered over 1000 babies in

her lifetime of practice was the primary trainer with assistance from Pam Jardine, Shameit Bali and Jan Draper.

The Workshop in Kurukubaru was held in the Community Development Centre with no electricity and very basic amenities. Pam and Shameit stayed in the Jesuit Presbytery but Nurse Saigo and Rotarian Jan stayed in a house in the village, slept in hammocks and bathed after dark in buckets under the rain water tank. In Region 8 conditions are Spartan but the enthusiasm of the participants and the beauty of the mountains and rain forest make being there a wonderful experience.

***OTHER NEWS***

**South African Friendship Exchange:** 7850 Is Looking For 4-7 Couples Interested In  
Going to East London, South Africa  
February, 2014

**Itinerary:**

- 1 Week In East London On Indian Ocean
- 1 Week Touring To Capetown
- 1 Week Adventure In Capetown

Approximate Cost Per Couple \$7-8,000

Hosts Also Needed For South Africans In October 2013, Fall Foliage Tour

If Interested Contact: Bill Sahlman, [bsahlman@gmail.com](mailto:bsahlman@gmail.com) (603) 381-8988