



# THINGS WE DO

HEALTH & HUNGER RESOURCE GROUP  
OF ROTARY INTERNATIONAL

DATE: August 2008

## THE NUMBER IS 26,000

### Welcome

to the Health and  
Hunger Resource Group  
“Things We Do” Newsletter.

We primarily encourage support of  
Our Rotary Foundation and Polio  
Eradication.

During the year many projects will  
be presented for your  
consideration beyond these  
primary programs.

Please become proactive in  
sharing, initiating and promoting  
the opportunities to be a part of  
the movement for a more healthy,  
less hungry world.

Heather Yarker  
General Coordinator  
Chuck Kurtzman  
Assistant General Coordinator



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“The number is 26,000.  
The number of children under  
the age of five who die every  
day from preventable causes.  
At first, I thought that it had to  
be a mistake.

Perhaps there was an extra  
zero in that number, if not two.  
Perhaps the number was per  
month or per year.  
It was impossible, unthinkable, in the  
21st century, that 26,000 of our most  
precious children could die,  
needlessly, every day. But there was  
no mistake. I asked, how can it be  
possible?

### CHILDREN DIE NEEDLESSLY

The answers were as heartbreaking  
as the number.

Children die needlessly of  
pneumonia, measles, and malaria —  
for the lack of basic medicines,  
vaccines, and mosquito nets.

They die of diarrheal illnesses —  
for the lack of a packet of  
rehydration salts that costs 10 cents.

They die in the thousands, every  
day, because they have only dirty  
water to wash in and to drink.

They are killed by illnesses that  
become deadly in combination  
with poor sanitation and malnutrition.

They die because their families are  
trapped in a cycle of extreme  
poverty, a cycle that is not  
interrupted because there is no  
access to education. They die  
because their needs are not met  
in the areas of water, health and  
hunger, and literacy.”

UPCOMING EVENTS: **Release—THINGS YOU CAN DO.**

**Feature—Birthing Kits**



# A GLOBAL PRIORITY

## According to the Food and Agriculture Organization and World Food Programme:

- **854 Million people are undernourished.**
- **350-400 million children under the age of 18 are undernourished.**
- **26,000 people die from hunger daily.**
- **One in four undernourished people live in Sub-Saharan Africa.**
- **60% of chronically undernourished people are women and girls.**
- **4 million new people become malnourished each year.**
- **Over 70% of the world's undernourished population lives in rural communities.**

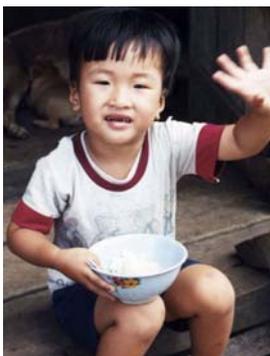
### Hunger is a complex issue.

While the world produces enough food to feed its entire population, poverty, climate change, poor farm productivity, weak governance, and armed conflict significantly reduce people's ability to purchase or grow the food they need.

Droughts, floods, and other disasters also increase people's vulnerability to chronic hunger and rising energy costs have made food more expensive than ever – severely limiting the availability of affordable food around the world.

With little to eat, people are less able to work or make a living – limiting economic productivity and helping poverty persist.

At the World Food Summit in 1996, more than 180 nations agreed to halve the proportion of people who suffer from hunger by 2015. This commitment was renewed in 2000 when 190 nations agreed to make the eradication of extreme poverty and hunger the first of eight Millennium Development Goals.



Sadly, the world has largely fallen short

of this goal. Since 1990 there has only been a 3% reduction in the proportion of undernourished people in developing countries and the FAO estimates that the number of undernourished people must be reduced by at least 31 million per year to reach United Nations targets by 2015

Globalization, rapid urbanization, climate change, and the spread of diseases like HIV/AIDS pose serious challenges to global hunger reduction efforts.



The FAO and other leading organizations involved in hunger eradication efforts have identified the following strategies for combating hunger:

**Improve access to food** – Increase people's ability to grow and buy food.

**Strengthen agriculture and rural development** – The number and quality of agriculture and rural development programs particularly for small farmers should be increased.

**Support private investment** – Improving the quality and transparency of governance, political stability, and reliable market institutions encourages private investment in impoverished rural communities and helps increase people's ability to buy food.

**Promote sustainable outcomes** – Combine long-term programs to enhance access to food with short term efforts to address the immediate needs of the poor and food-insecure.

Rotary has long been committed to reducing hunger. Today, Rotary clubs design projects to provide people with the tools and training necessary to produce their own food.



# THINGS WE DO

## CHANGING LIVES



### ROMANIA'S FARMERS FEED THE CHILDREN PROGRAM

**Deborah Saidy**, is the New York Director of the World Food Program. She joined the UN in 1992 and previously served as the Emergency Coordinator for World Food Program in Johannesburg.



From left to right are Rotarian Gary Parrish of the Little Rock Arkansas Rotary Club; Moderator, Bill Miller, and Deborah Saidy, N.Y. Director of the World Food Program of the United Nations.

Ms Saidy noted that the World Food Program strives to eradicate hunger and malnutrition, with the ultimate goal of eliminating the need for food-aid itself.

**Gary Parrish**, Past President of the RC of Little Rock and a second generation Rotarian, outlined the Farmers Feed the Children Program.

A Powerful way to help is by contributing to the Annual Programs Fund of The Rotary Foundation and then using your District Designated Funds to exponentially grow and support your project.

#### ELIMINATING FOOD-AID

Yet in any given day, the World Food Program has twenty planes in the air and 5,000 trucks on the ground.

She emphasized that the development of agriculture in key troublesome regions is the long-term solution to alleviate global hunger.

The core strategies behind World Food Program activities, according to its mission statement, are to provide food aid to:

- **Save** lives in refugee and other disaster emergency situations.
- **Improve** the nutrition and quality of life of the most vulnerable people at critical times in their lives.
- **Help** build assets and promote the self reliance of poor people and communities, particularly through labor-intensive works programs.

Many people die every day and many are susceptible to malaria and tuberculosis. These are the chronic poor.

Gary visited farming families in Romania where he noticed that many children had no energy because of lack of nutrients in their diet, and many families were impoverished.

To help with this, his Club partnered with **Heifer International**, a nonprofit, charitable organization that is based in Little Rock, Arkansas and dedicated to relieving global hunger and poverty.

**Heifer International** donates livestock and plants, as well as education in sustainable agriculture, to financially disadvantaged families around the world.

The animals are chosen to be large milk producers and appropriate for the Romanian farms.

In partnership with Heifer International, Gary sketched out how the Rotary Club of Little Rock delivered two dairy cows to a farming family in the Transylvania area of Romania.

Continued next page

## CHANGING LIVES

Continued .....



### MULTIPLE BENEFITS FROM A DONATION

In three months, the two heifers became four.

Under this program, the first calf is donated to another farmer, and 600 litres of milk per year are given to community centres such as schools and hospitals. The farmer can then sell the remaining milk on the open market.

When several months passed, Gary noticed that he saw that once poor farmers were now feeding poor children of other farmers. He also noticed that the children were happier and healthier looking, and repairs were completed around their houses.

Previously there was little protein in their diet, but thanks to this program, 20,000 children have benefited from a

better diet.

#### A HAND-UP NOT A HAND-OUT

A very important aspect of this program, Gary pointed out, is that this program is a hand-up, not a hand-out, and it is sustainable.

He emphasized that Rotary also brought credibility, as well as providing a Health Hunger and Humanity (3-H) grant, to the project in view of the fact that Heifer International needed outside partners to keep this program going.

#### ROTARY CHANGES LIVES

The end result is that once again we have seen Rotary Change Lives, and we have built better friendships and goodwill, Gary clearly illustrated.



**“ ... with Heifer International, the Rotary Club of Little Rock delivered two dairy cows to a farming family in the Transylvania area of Romania.”**



### HEIFER INTERNATIONAL

I feel very strongly that Heifer is a worthy, intelligently run group that is making a real difference in saving lives all over the world.

I particularly like the idea that the recipients are given training and required to pass on the offspring of their precious animals to others in their community who also go for training on animal care and well-being.

Rotarians love to be involved in these Heifer International very powerful World Community Service projects.

These projects are easily started with only a single mention at PETS.

If there were a real promotion going on, there is no limit to what is possible.

*Rozelle Gilman*



## A GIRL AND THE GIFT OF A GOAT



### This is a true story!

An amazing story about lifting a child out of poverty and illiteracy and stunningly setting the course of change... and it's the a story of having the power to make a difference .... to transform lives.

Yes! This is the true story of a goat that was a gift that eventually sent a little girl to college! Her family had spent generations living in abject poverty and Beatrice was right on track to become another African woman with no hope nor escape from the life before her.

A non-governmental agency called The Heifer International Organization ([www.heifer.org](http://www.heifer.org)) was catalyst for the change. This is a wonderful organization whose goal is to alleviate world hunger and is dedicated to justice and peace around the world.

On the other side of the world in Niantic, Connecticut USA , the children of a local church wanted to donate to a good cause and they bought a goat (US \$120.00) through Heifer International that eventually found it's way to Beatrice's family.

Beatrice was living with her mother and five younger siblings in a rural Ugandan

village in Africa. Mugisa the goat (whose name means Luck) provided the benefits of nutrition and income from her milk. With the sale of her milk, Beatrice's mother was able to send her to school.

Beatrice's mother also passed on the gift of the first female baby goat to another family who was in need, continuing the benefits of income and nutrition to another family in their village.

Granted, foreign assistance doesn't always work and is much harder than it looks. "I won't lie to you. Corruption is high in Uganda," Beatrice acknowledges. A crooked local official might have distributed the goats by demanding that girls sleep with him in exchange.

Or Beatrice's goat might have died or been stolen. Or un-pasteurized milk might have sickened or killed Beatrice.

In short, millions of things could go wrong. But when there's a good model in place, they often go right.

That's why villagers in western Uganda recently held a special Mass and a feast to celebrate the first local person (Beatrice Biira) to earn a college degree in America. Moreover, Africa will soon have a new asset: a well-trained professional to improve governance.

Beatrice plans to earn a master's degree at the Clinton School of Public Service in Arkansas and then return to Africa to work for an aid group.



Beatrice Biira, College Graduate

**The challenges of global poverty often seem insurmountable.**

**Working with the Rotary Foundation, through its Humanitarian Grants programs helps change lives dramatically.**

**Smaller clubs are able to utilize matching grant money and do projects similar to 'Beatrice's Goat'.**

**It's important to contribute to Rotary's Annual Programs Fund to help to make a difference in the world.**

## You can Make Dreams Real with a Virtual



The Health and Hunger Resource Group is responding to President D. K. Lee's emphasis to reduce child mortality and alleviate hunger.

We encourage partnerships with "easy to join" ongoing projects where an individual, a club or District can join in, by at least a modest contribution, and encourage a movement among friends, clubs and Districts.

It is said that a picture says a 1000 words. On the following page please see 24 pictures that can **Make Dreams Real**.

This is a wonderful opportunity that is easy, fun and **gives hope** to those in need. Please select from the pictures and build your own virtual District or Club herd.

Heifer International has many answers. Visit Heifer International on [www.heifer.org](http://www.heifer.org) or contact PDG Richard and Rozelle Gilman for further actual District Rotary experience at [gilman5@tx.rr.com](mailto:gilman5@tx.rr.com)

- When your District Governor visits your Club they are often presented with personal gifts. Clubs could donate **Hope** through Heifer International instead and giving the Governor a Virtual Herd contribution certificate.
- When a guest speaker is thanked they could be advised that the club will select an appropriate gift of **Hope** in their honour or maybe the speaker could help with the selection.
- When a Sergeant has a significant fine it could be to gift one of the above pictures or a share in one of them which helps build the club Virtual Herd.
- When a club member celebrates an achievement, birthday, anniversary they could select a gift which gives **Hope**

Go direct to the Heifer International gift page [www.heifer.org/site/c.edJRKQNiFiG/b.204586/](http://www.heifer.org/site/c.edJRKQNiFiG/b.204586/)

The following gifts will **Make Dreams Real**.

<b>10 to 50 chickens</b>	<b>\$20</b>
<b>1 beehive</b>	<b>\$30</b>
<b>Flock of ducks</b>	<b>\$20</b>
<b>3 Rabbits</b>	<b>\$60</b>
<b>Trees</b>	<b>\$60</b>
<b>1 Goat</b>	<b>\$120</b>
<b>1 Pig</b>	<b>\$120</b>
<b>1 Llama</b>	<b>\$150</b>
<b>1 Water Buffalo</b>	<b>\$250</b>
<b>1 Heifer</b>	<b>\$500</b>

[See the next page for pictures of your gift](#)



### **Payment Note:**

Payment by electronic transfer or credit card will enable Heifer International to record the "Virtual Herd". Please be sure to identify your Rotary club / district on the second page of the order form. Choose "Other Organization" then fill the Name of Organization field with "Rotarian ... your name", or "Rotary Club of..." or "Rotary District xxxx".

Make your birthday, Christmas, club gift known by selecting a gift card and personalizing it using the Heifer International Gift Card system.

For more information about your Rotary Health and Hunger Resource Group contact your District Coordinator or District Governor. or General Coordinator Heather Yarker [yarkerhi@onthenet.com.au](mailto:yarkerhi@onthenet.com.au) or Assistant General Coordinator Chuck Kurtzman [c.kurtzman@ourblooddrive.org](mailto:c.kurtzman@ourblooddrive.org)

# Welcome to your Virtual Herd selection page.

The Health and Hunger Resource Group acknowledges the partnering with Heifer International.

The photos are from Heifer International website.



[Heifer](#)



[Sheep](#)



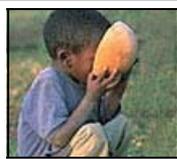
[Llama](#)



[Water Buffalo](#)



[Goat](#)



[Milk Menagerie](#)



[Knitting Basket](#)



[Livestock Development](#)



[Flock of Chicks](#)



[Flock of Ducks](#)



[Flock of Geese](#)



[Trio of Rabbits](#)



[Gift Ark](#)



[Joy to the World](#)



[Flock of Hope](#)



[Trees](#)



[Honeybees](#)



[Pig](#)



[New Beginning Basket](#)



[Promise Basket](#)



[Hope Basket](#)



[Dream Basket](#)



[Earth Basket](#)



[Love Basket](#)



Terry Grant and wife Gayle, Area Coordinator South Pacific and Southern Asia, Zones 5, 6, 7, 8, [terryg@altaire.com.au](mailto:terryg@altaire.com.au)

## MEET A HEALTH AND HUNGER AREA COORDINATOR



H&HRG Aug 2008

**Terry's Big Idea;**  
The need to promote the awareness and use of food plants that naturally provide increased vitamin and mineral supplement and supply to improve health levels particularly in food scarce communities.

### The Rotary Club of Devonport North District 9830 Food Plants Project

Food Plants International is a non profit organisation established by Bruce French of Burnie, Tasmania, Australia.

Bruce is an agricultural scientist who has dedicated a significant part of his life to establish a catalogue of edible plants from all over the world.

The ultimate aim of his work has been to provide information to assist developing countries identify food plants which have the potential to alleviate endemic nutritional deficiencies.

Bruce has a database of nearly 20,000 species of food plants.



Bruce French & wife Deb, Dr Eileen Gentilcore & Buz Green. Food Plants International provided major display items at LA Convention. <http://www.foodplantsinternational.com/>  
Photo supplied by Zone 7 Coordinator Ron Geary.

Terry Grant,  
Joined the Rotary Club of Sunbury, District 9790, Australia in 1989. Served on all committees and President in 1992-93. Named a PHF in 1994. District Governor 1999 -2000

Involvement in District and International Rotary programs; --  
District Foundation Chairman for 3 years of 2000-03.  
Zone Task Force co-coordinator for RI recreational and vocational fellowships 2001-2002

National Chairman of the Board of ROMAC (Rotary Oceania Medical Aid for Children). - August 2001 to June 2004. Implemented the structures for recognition of the program as a Program of the Rotary districts of Australia and New Zealand.

District Trainer 2003 – 2005. P.R. Chairman 2007 - 9790.  
District Governor's Facilitator Institutes 2004 and 2005

District Chairman for The Family of Rotary 2003/2004  
RIZMC Zone 8 2006-07, 07-08  
South Pacific Co-coordinator Health & Hunger Resource Group 2006 – 09  
RI Presidents representative – 2006 and 2008  
Australian Rotary Health Research Fund Director.

I had the honour of being presented with Rotary's SERVICE ABOVE SELF recognition in 2005

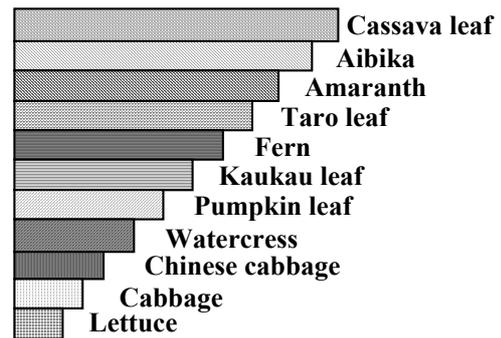
**ROTARY IN PARTNERSHIP WITH FOOD PLANTS INTERNATIONAL CAN EDUCATE AND FEED THE NEEDY OF OUR WORLD**



H&HRG Aug 2008



**Green leafy vegetables  
Protein**



**Protein deficiency is a major problem in the tropical world especially amongst women, children and the sick. It is needed for growth, health and overcoming sickness.**

**Vitamin A is essential for eyesight. In Indonesia 40,000 children go blind each year from Vitamin A deficiency. Vitamin A is especially rich in dark green leaves—fried in oil.**

Vegetable	Vitamin A content µg per 100 g
Carrot	12000
Cassava leaves	11750
Chili leaves	7140
Sweet potato leaves	4000
Blackberried nightshade leaves	3660
Pumpkin leaves	3600
Kangkong	2865
Chinese cabbage	930
Cabbage leaves	280
Lettuce	260
Corn	100
Cauliflower	30
Bulb onion	0



**In Indonesia 40,000 children go blind each year from lack of Vitamin A.**

photos courtesy of FOOD PLANTS INTERNATIONAL  
<http://www.foodplantsinternational.com/>

## SOME SUGGESTED ACTIVITIES



General Coordinator  
Heather Yarker and Ian

### Health and Hunger

is one of the three major emphases of Rotary International President D. K. Lee for this year. He has particularly asked us to focus on the 26,000 children under the age of five years in our world that die daily. Yes daily.

This subject is not new to Rotary clubs and can be given extra emphasis when seeking projects and guest speakers, and surely reflects our theme to **Make Dreams Real**.

See suggested activities below.

- Organize the promotion of giving blood in your club and your community.
- Invite speakers to present programs about aspects of health and hunger at a club meeting.
- Organize a community project in health, such as a health fair, perhaps in conjunction with your hospital, ambulance, library or chamber of commerce.
- Volunteer to serve at a soup kitchen, individually or as a Rotary club.
- Develop a project to improve health in the workplace, a prison, or an organization in your community where a need exists.
- Conduct a project in which every new mother at a local hospital receives a package of information regarding good health and nutrition.
- Promote a contest, whereby children write, draw, paint, or use some other type of materials, to present their rendering of health and hunger needs.
- Become involved in an international health or hunger project either hands on, shipping supplies or grant supportive, i.e. PolioPlus, AIDS, Heifer International, World Food Programme, Operate Heart Surgery, and HungerPlus.
- Prepare an exhibit of your clubs health and hunger projects and display at district conference.
- Any other activities that you can create or that need encouragement from Rotary support.

## AWARD CRITERIA

Participate in these or any other health or hunger projects to help reduce childhood mortality and the Health and Hunger Resource Group will recognize your efforts with a certificate if you advise your Health and Hunger District Coordinator or District Governor.

This certificate may be presented to an individual Rotarian, club, district, or a friend or a Corporation.



## ROTARIAN ACTION GROUPS



Assistant General Coordinator  
Charles Kurtzman and Ellen

**A Rotarian Action Group** is a voluntary association of Rotarians who unite themselves for the purpose of conducting international service projects that advance the Object of Rotary.

Comprised of individual Rotarians, spouses, Rotaractors and friends from around the world, Rotary Action Groups are a relatively new feature of Rotary life.

The aim of Rotarian Action Group's is to develop a worldwide network of persons with a common interest in a specific humanitarian cause who will work together proactively on projects of international and local scopes.

Any Rotarian interested in the work of any Rotarian Action Group is invited to visit their website, use their references and other materials, and consider becoming a member.

## THE ROTARIAN ACTION GROUPS

**GLOBAL NETWORK FOR BLOOD DONATION**  
[www.ourblooddrive.org](http://www.ourblooddrive.org)

**POPULATION GROWTH AND SUSTAINABLE DEVELOPMENT** [www.rifpd.org](http://www.rifpd.org)

**ROTARIANS FOR FIGHTING AIDS ALLEVIATION OF HUNGER & MALNUTRITION**  
[www.alleviatehunger.org](http://www.alleviatehunger.org)

**ROTARIANS ELIMINATING MALARIA**  
[www.remarag.org](http://www.remarag.org)

**POLIO SURVIVORS AND ASSOCIATES**  
[www.rotarypoliosurvivors.com](http://www.rotarypoliosurvivors.com)

**DENTAL VOLUNTEERS** [www.ragdv.org](http://www.ragdv.org)

**DISASTER RELIEF** [www.drrag.org](http://www.drrag.org)  
**ROTARIANS FOR MINE ACTION** [www.rfma.org](http://www.rfma.org)

**WORLD HEALTH FAIRS** [www.worldhealthfairs.org](http://www.worldhealthfairs.org)

**HEARING REGENERATION**  
[www.hearingregeneration.org](http://www.hearingregeneration.org)

**MICROCREDIT** [www.ragm.org](http://www.ragm.org)

**BLINDNESS PREVENTION** [www.rag4bp.org](http://www.rag4bp.org)

**MULTIPLE SCLEROSIS AWARENESS**  
[www.rotary-rfmsa.org](http://www.rotary-rfmsa.org)

**WATER AND SANITATION** [www.wasrag.org](http://www.wasrag.org)

### MEET CHARLES KURTZMAN

Assistant General Coordinator Chuck has been deeply involved in volunteer blood donation, founding the Governors' Challenge Blood Drives, the Rotary Blood Bank Technology Exchange, and cofounding the Global Network for Blood Donation (A Rotarian Action Group) and serving as its first president.

At the invitation of the Rotary Foundation Trustees Chuck and his wife Ellen visited South Africa in 2001 and toured Rotary projects – a visit that changed their lives. He has also served as a Member-at-Large on the Avoidable Blindness Taskforce and served as President's Representative

Chuck and Ellen have attended 9 international conventions exhibiting Rotary blood donation activities at four of them.

He is also past chair of Board of Trustees of Carter BloodCare Foundation and has received awards from AABB, ABC and the American Association for World Health for his work in promoting blood donation and technology exchange.

Chuck received the Rotary International Service Above Self Award in 2006.

The UN Millennium declaration was adopted Sept. 2000 committing new global partnership to reduce poverty setting time targets—deadline 2015

Goal	Health Targets	Health Indicators
<b>GOAL 1</b> Eradicate extreme poverty and hunger	<b>Target 2</b> Halve, between 1990 and 2015, the proportion of people who suffer from hunger	Prevalence of underweight children under five. Proportion of population below minimum level of dietary energy consumption.
<b>GOAL 4</b> Reduce child mortality	<b>Target 5</b> Reduce by two thirds, between 1990 and 2015, the under-five mortality rate	Under-five mortality rate Infant mortality rate Proportion of one-year-olds immunized against measles
<b>GOAL 5</b> Improve maternal health	<b>Target 6</b> Reduce by three quarters, between 1990 and 2015, the maternal mortality ratio	Maternal mortality ratio Proportion of births attended by skilled health personnel
<b>GOAL 6</b> Combat HIV and AIDS, malaria and other diseases	<b>Target 7</b> Halt and begin to reverse, by 2015, the spread of HIV and AIDS	HIV prevalence among pregnant women aged 15–24 Condom use rate of the contraceptive prevalence rate Ratio of school attendance of orphans to school attendance of non-orphans aged 10–14
	<b>Target 8</b> Halt and begin to reverse, by 2015, the incidence of malaria and other major Diseases	Prevalence and death rates associated with malaria Proportion of population in malarial risk areas using effective malaria prevention and treatment measures Prevalence and death rates associated with tuberculosis Proportion of tuberculosis cases detected and cured under Directly Observed Treatment Short-Course (DOTS)
<b>GOAL 7</b> Ensure environmental sustainability	<b>Target 10</b> Halve, by 2015, the proportion of people without sustainable access to safe drinking water and basic sanitation	Proportion of population using an improved water source, urban and rural
	<b>Target 10</b> By 2020, achieve a significant improvement in the lives of at least 100 million slum dwellers	Proportion of population using improved sanitation, urban and rural
<b>GOAL 8</b> Develop a global partnership for development	<b>Target 17</b> In cooperation with pharmaceutical companies, provide access to affordable essential drugs in developing countries	Proportion of population with access to affordable essential drugs on a sustainable basis

Source: Adapted from World Health Organization, Health and the Millennium Development Goals, WHO, Geneva, 2005, p. 11.

**The Health and Hunger Resource Group encourages partnering in every way including sending your reports of your ideas, experiences and projects to the Health and Hunger Resource Group so they can be shared with the Rotary world**

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