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In Uganda, a Rotaractor gains a new perspective





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Paul Fredrick



PRESIDENT'S MESSAGE



Dear fellow Rotarians,

Every Thursday morning, I receive an email from the World Health Organization with an update on the status of polio eradication. It contains a wealth of information, country by country: where and how immunization campaigns are being conducted, how many millions of children are being vaccinated, and where environmental surveillance has found evidence of circulating virus. But every week, when that email appears in my inbox, my heart seems to stop for just a moment until I read the first few lines – and learn whether a child was paralyzed by wild poliovirus that week.

That, my friends, is where we are today in the work of polio eradication. The question on my mind as I open that message isn't how many thousands of cases we might see in a year, as we did not too long ago, or even how many hundreds. Instead, when that WHO email arrives every Thursday, the single, binary question it answers is: Was there a new case this week, or wasn't there?

Thirty years ago, 1,000 children were paralyzed by polio every single day. Since then, we've marked our progress, year by year, week by week. We've celebrated as country after country, region after region has been declared polio-free. As we've come closer and closer to our goal, and the number of cases has dropped further and further, the children those numbers reflect have become less and less of an abstraction. When I open that Thursday email, I don't wonder what number I'll see. I wonder, was a child paralyzed this week or not?

We are so close to eradication – but there is so much work left to do.

This month, I ask every Rotary club to help End Polio Now by marking World Polio Day on 24 October. Last year, thousands of Rotary clubs around the world held events to raise awareness and funds for polio eradication. This year, we want to see more World Polio Day events registered than ever. If you have an event planned, be sure to register and promote it at endpolio.org so that more people can take part. If you haven't planned one yet, it's not too late – visit endpolio.org to find ideas, information on this year's livestream, and resources to help your club organize a successful event.

World Polio Day is a tremendous opportunity for clubs to highlight Rotary, and our historic work to eradicate polio, in their own communities. It is also a great way to take advantage of the challenge from the Bill & Melinda Gates Foundation: For every dollar that Rotary raises for polio eradication, the Gates Foundation will give two more. Join me, and Rotarians everywhere, on 24 October for World Polio Day – and *Be the Inspiration* for a polio-free world.

BARRY RASSIN

President, Rotary International



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“ It was a satisfying feeling, knowing you probably just changed someone's life. ”

— Patience Asimwe



ON THE COVER Rotaractor Patience Asimwe thought she knew about polio. Then she joined up with a vaccination team in Uganda.
Photography by Emmanuel Museruka/Malaika Media Ltd.

OPPOSITE Choose Outdoors, a nonprofit founded by Rotarian Bruce Ward (see page 13), promotes access to outdoor recreation on public lands such as North Cascades National Park in Washington state.
Photography by Olivia Tinney

the **Rotarian**



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Send ad materials to: Marc Dukes, *The Rotarian*, One Rotary Center,
1560 Sherman Ave., 14th floor, Evanston, IL 60201; phone 847-866-3092;
email adv@rotary.org

Media kit: rotary.org/mediakit

To contact us: *The Rotarian*, One Rotary Center, 1560 Sherman Ave.,
Evanston, IL 60201; phone 847-866-3206; email rotarian@rotary.org

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Islands); \$16 a year (Canada); \$24 a year (elsewhere). Contact the Circulation
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Copyright ©2018 by Rotary International. All rights reserved. Periodicals postage paid at Evanston, Ill., USA,
and additional mailing offices. Canada Publications Mail Agreement No. 1381644. Canadian return address:
MSI, PO Box 2600, Mississauga, ON L4T 0A8. This is the October 2018 issue, volume 197, number 4, of
The Rotarian (ISSN 0035-838X). Publication number: USPS 548-810.

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Reliable source

The July issue of *The Rotarian* provided a timely and informative article on information literacy, “School for Skeptics.” The inability of the public to distinguish between real and fake news is of dire consequence to an informed society. Rotarians should also be aware that another resource is available in the fight for reliable information: public libraries.

Librarians have been segregating fact from fiction since libraries were established thousands of years ago (such as the one in Alexandria, Egypt, founded in the third century B.C). In the internet age, libraries continue to help the public discover reliable information, by providing online research resources, hosting coding programs, and teaching search skills. Over the summer, libraries in Lower Merion, Pennsylvania, hosted events ranging from a program on understanding artificial intelligence to introducing coding to preschoolers.

Libraries in Pennsylvania are looking at literacy in all its forms through the PA Forward program (pafoward.com), which encourages libraries to broaden their purview from basic literacy to information literacy, health literacy, civic and social literacy, and financial literacy. This recognition that there are many types of literacy, all of which are needed by an informed

society, is driving how libraries position themselves to foster successful communities.

The trend is not limited to Pennsylvania libraries. It is a global movement. Rotarians can visit their local library to learn more, or invite a librarian to their club to discuss the current state of literacy. Connecting with local libraries will expand the reach of both Rotary and libraries to create literate communities in the broadest sense.

DAVID BELANGER

*West Chester, Pennsylvania
 Director of Libraries, Lower Merion Township*

Perspectives on faith

I was surprised by Charles Shane’s letter to the editor about invocations in the April issue and the discussion following it in the July issue. In this age of diversity and inclusiveness, why would anyone in Rotary wish to silence those with differing views? Rather than trying to eliminate our differences, shouldn’t we be celebrating them?

Invocations can be an important part of any gathering, and for some people they are very special. If we are truly as inclusive as we claim, we should allow people from many walks of life to share their faith traditions by offering them the chance to invoke. If, when it’s his or her

turn to open a meeting, an atheist or agnostic wishes to begin with a moment of silence or a meaningful quote rather than a prayer, that’s fine, too. Being true to one’s beliefs when offering an invocation shouldn’t be confused with proselytizing.

To deny others something they enjoy because we only want things “our way or the highway” is hardly fair to all concerned. In fact, there is always going to be something that will “offend” someone. If, for example, in an attempt to avoid offense, invocations are eliminated, wouldn’t that offend those to whom invocations are deeply meaningful?

I find it narrow-minded to forbid any person the chance to invoke, whether that person is Muslim, Jewish, Christian, Native American, atheist, or representing any other legitimate faith tradition.

I realize this is a sensitive issue, but it shouldn’t divide us. Rotary can be an example to others of what seems to be disappearing from our society: the ability to agree to disagree and still remain friends.

CHRIS KIMBALL

Lakewood, Washington

I would like to remind all Rotarians of the diverse nature of our organization. Our



job is to recognize and celebrate that diversity, not to ignore it. As hard as it is for atheists to listen to a prayer, it is as hard for people of faith to deny their God. We should allow all Rotarians to express what is in their hearts and hope that it provokes friendship and conversation leading to understanding of people who are different from us.

BILL KMIECIK
Arlington Heights, Illinois

Every week, most Rotary clubs have guest speakers who present issues or topics from their own perspective, and we come away from these meetings with a better understanding of another person's point of view. In the same way, a club can have an unwritten rule that persons giving the invocation should do so from their own perspective. The result is that we will gain a better understanding of different religious traditions. Charles Shane indicates that he accepts invocations "made to God, or our Father," but are there persons who would be offended by these words? So let it be established that all invocations should be offered according to one's own traditions, that we become better informed about our club's rich diversity, and that we are indeed "a club of all faiths."

PAUL BASHAM
Marlton, New Jersey

Plant an issue

In his message in the May issue, 2017-18 RI President Ian H.S. Riseley articulated, among other things, that details about Rotary's good works are not widely known. It occurred to me, as I read, that each of our 1.2 million members can easily help with this problem. After reading *The Rotarian*, each of us could "plant" our copy where others could enjoy it. It might go in a medical office or hospital, a coffee shop, the local library, an exercise facility, our own business's waiting room, or any setting where people wait for appointments. If you

worry about your name on the magazine, black it out before planting *The Rotarian*.

KARL HERTZ
Thiensville, Wisconsin

I am a member of Soroptimist International of Mendocino-Sonoma Coast, California, and not a Rotarian. But I engage in a service project that may be of interest to Rotarians: I retrieve magazines people discard at the local post office and take them to places where people sit waiting for appointments: medical offices, hair salons, auto repair shops. This helps relieve the paper problem at the dump and places current magazines in the hands of nonsubscribers.

I read some of those publications, and I must say *The Rotarian* is one of my favorites. I get great ideas for service and fundraising projects for my own Soroptimist club. In placing *The Rotarian* in various offices, I hope to inspire someone to join our local Rotary club.

Who knows from where or by what means a prospective member may be recruited or an inspiring idea may come. No matter what organization provides a service to the community, we are all strengthened and empowered by and through it. Continue your good work and thank you for the wonderful articles on trees in April.

MARY MOBERT
Gualala, California

Overheard on social media

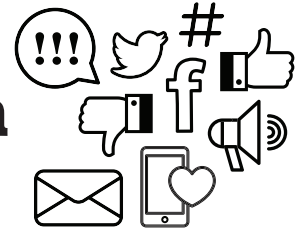


Photo contest winner | June

Spellbinding. Inspiring. Our world has some amazing human-made wonders.
— **IVEYLEAGUEKIDS**



Refugee settlement Rotaract club | July


My eyes are in tears ... things like this made me fall in love with Rotaract ... I had a wonderful 10 years in the club from the time I was 21 years old ... and now entering my fifth year in Rotary, I'm so proud of all Rotaractors around the world. Sending much love from Indonesia.
— **VICKY VILEA**



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



**A message from the
editor in chief
JOHN REZEK**

**The
collaboration
is a great
example
of how
Rotary can
amplify the
possibilities
to serve.**

In October, Rotary reminds the world that, as the last vestiges of polio linger among us, we have an opportunity – and, for Rotarians, the obligation – to finally put an end to that crippling disease. On 24 October, more than 5,000 Rotary clubs will host World Polio Day events to raise the money *and* the determination to help reach that goal.

In this issue you'll find "The Annotated Guide to Ending Polio," which provides an informative road map to what remains to be done. Senior staff writer Diana Schoberg and art director Jennifer Moody consulted with Rotary's polio experts to forge a visual representation of the enormity of that task. Around the office, we dub this kind of feature a "charticle," since it pairs the factual substance of an article with the immediate accessibility of a chart. On page 39, for example, two maps reveal the dramatically diminished range of the disease between 1988 and 2018.

Following the charticle is "Climb Every Mountain," the first-person account of Patience Asimwe, a Ugandan Rotaractor who traveled from her home in Kampala to remote communities near the Kenyan border, where she helped deliver indispensable polio vaccinations. You'll also learn about *Two Drops of Patience*, the immersive virtual reality chronicle of Asimwe's trek, and other Rotary VR endeavors.

What happens when a retired pediatrician who spent some of her childhood in Ethiopia learns of the need for neonatal assistance there? Karin Davies summoned support from the Rotary Club of Del Mar, California, which connected with the Rotary Club of Gondar Fasiledes in Ethiopia, leading to a Rotary Foundation global grant. Web senior writer Arnold R. Grahl follows the flourishing of an idea in "Team Effort." It's a great example of how Rotary can amplify the possibilities to serve.

To ensure that we have enough time to properly compile and evaluate all the entries (over 1,100 last year!) to our annual photo contest, we've moved up the submission deadline. This year we're welcoming photos from 1 October to 15 December. As always, there's no penalty for photos sent in well before the deadline, when our website tends to clog with a flurry of last-minute submissions.



Support **Miles to End Polio** and the Rotary team as they ride El Tour de Tucson on 17 November 2018.

We're gearing up to raise \$3.4 million this year. Help us get there and donate at endpolio.org/miles-to-end-polio.



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Open hearts

ELAINE CASE AND BILL WIKTOR
International Travel and
Hosting Fellowship

Elaine Case was president-elect of the Rotary Club of Rochester Risers, Minnesota, and her husband, Bill Wiktor, held the same position in the Rotary Club of Rochester when the couple went to São Paulo for the Rotary International Convention in 2015. At the House of Friendship, they learned about the International Travel and Hosting Fellowship, which connects

continued from page 11

Rotarians who host other Rotarians visiting their area.

“We travel quite a bit,” says Wiktor, “and we thought, ‘Oh, this is going to be nice. We will open up our home to people coming to Rochester, and we can visit others around the world.’”

Because Rochester is the home of the Mayo Clinic, Case and Wiktor thought they could be particularly helpful to any Rotarians who came to their city for treatment at the renowned medical center.

For a few years, the couple participated in the fellowship, connecting with fellow Rotarians on their own travels, but they didn’t hear from anyone looking for a place to stay in Rochester. Then in January 2018, they got an email from Cindy Goodman, a member of the Rotary Club of La Jolla, California, who was coming to Mayo for open heart surgery.

Case and Wiktor immediately offered their help and their home. “I asked, ‘Are you sure you want to do this? This could be more than you bargained for,’” Goodman says. “And they said, ‘No, we would like to make this our Rotary mission, to help families who come to Mayo for diagnosis or treatment or surgery.’”

Goodman’s daughter, Whitney, stayed with the couple for a week while her mother was in the hospital. “They could not have been more hospitable and welcoming,” says Goodman.

The couple visited Goodman in the hospital and did their best to make both mother and daughter feel at home. They stand ready to host Rotarians in similar situations.

“I just cannot say enough good things,” Goodman says. “They were like a second family.”

—FRANK BURES



Rotary Fellowships bring together Rotarians around shared hobbies, professions, and interests. Learn more at rotary.org/fellowships.



If I had a hammer...

AT THE 2017 Rotary International Convention in Atlanta, more than 120 Rotarians spent an afternoon building 75 wall frames in partnership with Habitat for Humanity – enough for almost three houses. Working alongside them was Jonis Walton.

“It was very, very challenging,” says Walton, a Habitat program participant. “But what inspired me the most were the volunteers and the sponsors. Everyone was so dedicated and so loyal. We all acted like part of a big family.” She helped Rotarians build walls at the convention and later worked on her own building site as part of Habitat’s policy of having program participants contribute sweat equity to the building of their homes.

Walton’s house was completed in September 2017. “My fondest memory is of getting on a ladder and climbing onto the roof,” she says. “I never thought I could do something like this.”

Habitat for Humanity makes sure program participants are ready for homeownership, offering financial education as part of the process. Like all Habitat participants, Walton has an affordable mortgage through the organization, and those mortgage payments are cycled back into the community to help build more Habitat houses.

Rotary clubs and individual Rotarians have a long history of working with Habitat for Humanity, and in 2017 Rotary Interna-

tional entered into a formal partnership with the organization. “Habitat’s aim to bring people together to build homes, communities, and hope aligns perfectly with Rotary’s commitment to make positive, lasting change in communities around the world,” says Rotary General Secretary John Hewko. “With Habitat’s expertise and the power of Rotary’s volunteer network, we will help build the foundation for stronger communities.”

That blend of expertise and volunteer spirit was in evidence at the convention. “Atlanta Habitat has a mission to be a cat-

“My fondest memory is of getting on a ladder and climbing onto the roof.”

alyst for change in the community we serve. We could not do it without our partners,” says Lisa Gordon, CEO of Atlanta Habitat for Humanity.

The Rotary Convention drew more than 34,000 people to Atlanta, and the Host Organization Committee wanted to create something to commemorate the event. Walton’s house, constructed with sponsorship by the Home Depot, became that something. “I hope this new home she owns makes a difference today and in the future for her and her family,” says Atlanta HOC Chair Robert Hall.

—DIANA SCHOBERG

“ We’ve got to come up with initiatives that we all can agree on. ”

Bruce Ward



Into the wild

Bruce Ward has spent his career in outdoor recreation. He worked at REI, creating relationships between the retailer and local outdoor groups. He was president of the advocacy group the American Hiking Society and founded the Denver-based nonprofit Choose Outdoors, which focuses on access to outdoor recreation. Ward also is executive producer of a new PBS series hosted by Chuck Leavell, keyboardist for the Rolling Stones, conservationist, and tree farmer, which looks at key issues in conservation and forestry.

Ward, a member of the Rotary Club of Denver Mile High and a past president of the Rotary Club of Conifer, Colorado, also helped found the Continental Divide Trail Alliance in 1995 to support the Continental Divide National Scenic Trail, and has worked alongside his wife, Paula, a landscape architect, to promote and protect the trail.

THE ROTARIAN: What led you to found Choose Outdoors?

WARD: I would be going in to see a congressman, senator, or land manager and would find that the person coming in after me was a mountain biker who didn't like hikers, and the person after that was a horseback rider who didn't like mountain bikers. I thought, to be effective we've got to come up with initiatives that we all can agree on.

TR: What was your aim in launching the PBS program?

WARD: With the TV series *America's Forests*, we're trying to explain the complexity and importance of working through environmental issues in a collaborative way. I first learned about Chuck Leavell because he has been very vocal for decades about sustainable forestry and has spoken to many of the groups that I'm interwoven with. I thought, "Wow, this guy would be the perfect host for a TV series." I thought this program would be an ideal way to get our message out to large numbers of people.

TR: How are you getting more young people engaged in the outdoors?

WARD: When I was in the Conifer club, I took inner-city kids mountain biking and invited kids

from Conifer, which is a middle/upper-middle-class community, to join us. It was a great way to begin to elevate the Interact capacity to work across those economic divides.

At the Denver Mile High Rotary Club, we blended the Interact club with a Venture Crew. Venturing is a youth development program of the Boy Scouts of America that provides positive experiences for young men and women. I'll take them on a hike, snowmobiling, or mountain biking. I expose them to all of those different types of outdoor activities.

TR: Tell us about the idea for a "Rotary Peak."

WARD: Our club is working with a half-dozen other clubs to get one of our peaks in Colorado named for Rotary. I would love to see every state have a Rotary effort to get something named: a peak, a lake, whatever. This isn't an ego thing for Rotary; it's an opportunity to give Interactors, RYLA kids, or Youth Exchange students an opportunity to do trail building or maintenance. We're working with the U.S. Forest Service on a creative trail steward program where we'll have a Rotarian up there with a handout with information, maybe with water. That provides a great service for the Forest Service, and it's also a great way to put Rotary in front of people who would not otherwise know about us.

— NIKKI KALLIO



Mission to eliminate hepatitis

IN 2010, HUMBERTO SILVA was getting ready to travel from Brazil to South Africa to watch his country's soccer team play in the World Cup. When he went to get the necessary vaccinations, his doctor recommended he also be tested for hepatitis.

Silva thought this was silly. He felt fine. How could he have hepatitis? When the results came back, he was shocked: He had hepatitis C. If he didn't get treatment, his liver would fail and he would die.

As Silva thought about how he might have contracted the disease, he remembered that when he was eight years old, he had received a blood transfusion after a surgery. If that was the source of the infection, it meant that the virus had been in his body for nearly 40 years, attacking his liver over and over.

Silva, a member of the Rotary Club of São Paulo-Jardim das Bandeiras, underwent treatment and is now free of the

virus. And he knows much more about the disease.

There are five main types of hepatitis, each of which involves a different virus that attacks the liver. The most serious are B and C. There is a vaccine for hepatitis B, which is spread through contact with blood or bodily fluids, but not for hepatitis C, which is spread almost exclusively by blood contact. There is, however, a treatment that eliminates the hepatitis C virus from the body; it costs around \$120 per person.

Roughly 325 million people worldwide live with some form of viral hepatitis, and the disease causes 1.34 million deaths per year. Globally, an estimated 71 million people are infected with hepatitis C, but only 20 percent of them have been tested and are aware of their status. For those with hepatitis B, that figure is just 9 percent.

"Every 30 seconds, someone dies of hepatitis B," says Homie Razavi, founder and managing director of the Center for Disease Analysis Foundation (CDAF), an organization dedicated to hepatitis eradication, "and every 80 seconds, someone dies of hepatitis C. Those numbers are going up every year as the population ages. In fact, it's one of the deadliest diseases around, but very few people know about it."

According to the Polaris Observatory, which gathers hepatitis data under CDAF, only 12 countries are on track to eliminate hepatitis C. Thirty countries have no possibility of eliminating hepatitis B under their current health policies.

"This is one of the major failures of global public health," Razavi says. "All the tools are there to eradicate both hepatitis B and hepatitis C. Hepatitis B should have been eliminated about 15 years ago. The

vaccine has been available since the 1980s, and it's very efficacious."

After Silva started his treatment, he made a decision. "I realized that I was blessed by receiving a chance," he says. "So I made a vow to God that I would dedicate the rest of my life to fighting the disease."

In 2011, while he was being treated for hepatitis, Silva founded the Associação Brasileira de Portadores de Hepatite (Brazilian Association for Hepatitis Carriers), which opened a free clinic in São Paulo to test and treat people for hepatitis. "There is a finger prick test like the diabetes test," he says. "In three minutes we can diagnose if people have hepatitis."

This was so successful that the ABPH opened four more clinics in Brazil, plus one in Mexico City, and has seen some 60,000 people. But Silva knew there were still tens of thousands of people who were unaware of the threat that hepatitis posed to their health, just as he had been. He wondered how he could reach them all. He established Hepatitis Zero, a worldwide campaign to identify and support people with hepatitis, educate the public about the disease, and aid in eradication efforts.

In 2015, the Rotary International Convention was held in Silva's hometown of São Paulo. So he set up a booth there to test people for hepatitis.

At the convention, Silva spoke to Rotary's incoming president, K.R. Ravindran, who suggested that they form the Rotarian Action Group for Hepatitis Eradication. The action group launched last year with Silva as its founding chair.

Since then, Argentina has embarked on a nationwide campaign, and countries including Democratic Republic of Congo, Kenya, Korea, Mexico, and Nigeria have begun testing. Currently, the action group has hepatitis eradication projects in countries in the Americas and Africa.

In the small African island nation of São Tomé and Príncipe, ABPH and the action group are working with Rotary clubs and the government to make it the first country to eradicate hepatitis. "We are going to test the whole population for



From top: A volunteer encourages people to get tested for hepatitis in São Tomé and Príncipe; Humberto Silva behind the wheel of a converted military ambulance in which two brothers, Fred Mesquita and José Eduardo, are traveling the world educating people about hepatitis. **Opposite:** The Rotarian action group and ABPH perform tests at public places such as train stations and malls to reach more people.

hepatitis B and C," Silva says, "and we are going to provide the medicine to the ones we find who are sick." And that's just one of the places where these organizations have projects underway.

The action group is also setting up committees across Africa and recruiting ambassadors to publicize and coordinate testing in preparation for the Pan-African Week Against Hepatitis from 20 to 28 July. It is sending two testing machines

to Africa and plans to organize another major campaign.

Silva hopes these will be major steps toward ridding the planet of the disease. "It's not going to be easy," he says. "But we are going to win. There are people who are standing on the edge of a cliff without realizing it. We're going to tell them that they are sick and we are going to give them medicine. Rotary is going to do that."

—FRANK BURES



People of action around the globe

Korup National Park is home to more than 300 bird species.

Panama

For 20 years, Rotaractors from Panama City have sent doctors, dentists, and pharmacists into their country's hinterlands for annual medical camps that serve indigent and migrant populations. Since June 2017, these medical missions have treated more than 2,000 people. This year, the Rotaract Club of Panamá ramped up the number of visits to honor the late Fred Vigil, who was a member of the Rotary Club of Panamá. In late May, club members and medical personnel traveled to the town of Chepo in Herrera province. There they performed health screenings, dispensed free medicine, and donated food and clothing in a project that benefited nearly 900 people.

Cameroun

Korup National Park is a haven of biodiversity in southwestern Cameroun. Heightened governmental oversight of the park, however, has affected the area's human inhabitants, some of whom had depended on hunting for sustenance. To help those populations, the Rotary Club of Peace River, Alberta, established a scholarship program that will pay the fees for five children ages 11 to 15 to attend a school operated by the Korup Rainforest Conservation Society. The conservation society, says Peace River Rotarian and project leader Courtney Hughes, "has been implementing livelihood improvement and conservation activities to address poverty, literacy, and proactive conflict mitigation."

England

Mindful of the pain to individuals and their families caused by dementia, along with the strain that it puts on patients' loved ones and caregivers, the Rotary Club of Royston has instituted a monthly "memory café." The gatherings offer people with Alzheimer's disease and other forms of dementia the opportunity for social interaction, which studies show improves their quality of life. The Royston Rotarians make the events fun, with themes including Valentine's Day, James Bond, school days, and royal coronations. "It costs around \$1,500 per annum to run, but we get lots of free local support, and it enhances the spirit of community and friendship," says David Izod, a past club president and project leader.



United States

For nearly a decade, the Rotary Club of Tuscaloosa, Alabama, has chartered annual flights to send nearly 800 American combat veterans to Washington, D.C., for an expenses-paid day of visits to the capital's war memorials. The club's ninth trip was on 9 May, says Jordan Plaster, who established the project as the club's president-elect in 2009. "We had two World War II veterans, one of them 99 years old and the other 95," he says. "We also had 94 Vietnam veterans and one Korean War veteran." About 65 volunteers, roughly 15 of them Rotarians, paid \$700 to accompany the group and help subsidize the total \$95,000 cost.

The veterans visited the World War II Memorial, the Vietnam Veterans Memorial, the Marine Corps War Memorial, and Arlington National Cemetery, where they witnessed the changing of the guard in a program coordinated with the Honor Flight Network. "The trip will go down in my memory as one of the most enjoyable days of my life," Morris Souders Jr., who served in the Vietnam War, told the club.

"Wherever they went, tourists from all over the country would line up and thank them for their service," says Plaster, who notes that for many it was their first time in the U.S. capital. "They deserve to be treated that way."

Samoa

While assisting a ShelterBox team in the aftermath of the September 2009 earthquake in the southwest Pacific – which triggered a 40-foot tsunami that caused extensive damage and killed more than 190 people – members of the Rotary Club of Apia realized that the schools in remote villages lacked basic supplies and were in decrepit condition. The club made literacy a focus. The Rotary clubs of Ashburton and Riccarton, New Zealand, have gotten involved, building shelving, installing plumbing, sponsoring scholarships, and delivering furniture, laptops, and hundreds of thousands of books. The Apia club has managed the complex logistics of book distribution.

– BRAD WEBBER

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SNAPSHOT
Habiganj, Bangladesh

MD. SAIFULLAH RUSSELL, a member of the Rotary Club of Dhaka Elite, was visiting a market in northeastern Bangladesh when he saw this girl selling fruit. "Her confidence encouraged me to take the photo," Russell says. "This girl has come to the market after school with goods to sell. Her earnings will improve the lives of her family. Bangladesh is a developing country, and it is crucial that women are included in that journey."

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OCTOBER events

6th Pass the cheese

EVENT: Wine & Cheese Night

HOST: Rotary Club of Freeport, Bahamas

WHAT IT BENEFITS: Grand Bahama water plant and wheelchair distribution

WHAT IT IS: Enjoy a night of entertainment, fine wine, local beers, gourmet cheese, and a delicious buffet at the Grand Bahama Sailing Club. Proceeds fund a Rotary-supported emergency water plant, which distributed 80,000 gallons of potable water after Hurricane Matthew in 2016.

11th-26th Everyone's dying to get in

EVENT: Eldora Rotary Haunted Hospital

HOST: Rotary Club of Eldora, Iowa

WHAT IT BENEFITS: Local charities

WHAT IT IS: Get into the Halloween spirit with a stroll through a haunted hospital wing (an actual wing of the closed Eldora Regional Medical Center) that's crawling with ghouls and ghosts (aka volunteers in costume). Everyone can check in to this hospital ... but will they all check out? Muwahaha!

13th Beer here

EVENT: Conshohocken Beer Festival

HOST: Rotary Club of Conshohocken-Plymouth-Whitemarsh, Pennsylvania

WHAT IT BENEFITS: Local and international charities

WHAT IT IS: This fest offers all types of craft brews, eats from food trucks, and live music. After selling out for the past four years, the event has increased capacity. Sample from more than 50 craft beers at this "21 and older only" afternoon of fun.

19th Formal at 40

EVENT: Cadillac Ball

HOST: Rotary Club of Truckee, California

WHAT IT BENEFITS: Local charities

WHAT IT IS: The Rotary Club of Truckee is celebrating the Cadillac Ball's 40th year. This year's theme is "Back in Black," encouraging attendees to don their black-tie finest for an evening of gourmet dining, live entertainment, dancing, and a silent auction.

20th Par excellence

EVENT: Charity Golf Tournament

HOST: Rotary Club of Hialeah-Miami Springs, Florida

WHAT IT BENEFITS: Local scholarships to low-income, college-bound high school seniors

WHAT IT IS: The stakes are high at this tournament: A local Lincoln dealership will award a 2019 Lincoln MKZ for a hole-in-one, and one lucky player will have a chance to sink a 165-yard shot for \$1 million. Enjoy a lunch buffet and cash bar immediately after the tournament.

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In search of a storied past

A road trip brings father and son closer to their shared history

by FRANTIŠEK BUREŠ

My dad and I were on our way south, moving through rolling farmland. The sun was bright and the fields were green. It felt as though we were in a Grant Wood painting, caught between the smallness of our lives and the grandness of the sky. High above, stark white clouds cast shadows on the highway.

“Are we in Iowa yet?” I asked.

“We’ve been in Iowa for quite a while,” he responded.

“Do you want me to look at the map?”

“If you want to.”

We were also headed back in time, on a rescue mission of sorts. With me I had an audio recorder and a bunch of questions. For several years, I had been researching and writing about stories – about the way we use them to stitch ourselves together with the world around us. But I didn’t have a full picture of my own family’s story. I was sure I could find more pieces that would help me trace the links in the chain leading from my life into the past.

I had come across some fascinating studies on family stories and the power they have over us. In recent years, researchers have noted that children in families that eat dinner together often



have better emotional health and are happier and more resilient than their peers. This has less to do with eating together than it does with the fact that family dinners provide space for stories to emerge. And knowing your family stories can make a real difference in your life.

Researchers asked adolescents questions such as, “Do you know where your parents met?” “Do you know where your grandparents grew up?” “Do you know of something terrible that happened in your family?”

Those who know the answers to more of those questions, says developmental psychologist Robyn Fivush, “show

higher self-esteem, fewer behavior problems, and more resilience in the face of difficulties.” This may be because knowing those things gives them more tools to deal with what life holds in store for them.

“Adolescents are facing the challenge of figuring out who they are in the world,” Fivush says. “Why am I the person I am? How did I become this way? And a lot of that is about the family I came from. Adolescents use those stories to create models of how the world should look, what a person should be like. We think adolescents are not listening. But they are. They really want these stories.”

Growing up, I knew some stories from my mom’s side of the family but few from my dad’s, other than that they came from what is now the Czech Republic and that occasionally we would eat pastries filled with enough poppy seeds to fail a drug test.

Over the years I had tried to get him to tell me some family stories. But his accounts were disjointed and hard to follow. In terms Fivush and others use, they lacked narrative “coherence.”

“Coherence” is a tricky term, but in general it means that earlier episodes in a family’s story *cause* the later ones. “The

critical component of coherence is that it's a story that makes human sense," Fivush says. "It explains human motivations, intentions, and actions." In other words, such stories tell us why people did things and what happened as a result.

People with more coherent stories about themselves or their families have higher levels of both physical and psychological health. Conversely, depressed people have trouble telling coherent stories, though it's not clear whether depression causes stories to become incoherent or whether incoherent stories contribute to depression.

"How do you feel about going back?" I asked.

"Oh, fine. When you get there, lots of memories come back that are buried," he said. "There are good things."

I was hoping some of those memories would help me start putting together a more cohesive picture. I knew there were some good things, but I knew more about the bad ones: My grandma was depressed and took her own life a few years before I was born. For many years, my dad – her only child – felt responsible. And I didn't learn any of that until I was an adult.

Late in the morning, we rolled into Cedar Rapids, a town once filled with Czech immigrants. Today there is still a "Czech Village," a Czech museum, and a century-old Czech bakery, but most of the Czech speakers are gone.

As we drove around town, looking at houses he remembered, recalling aunts and uncles he loved, he talked about "Grampa Hermanek" (meaning his mom's grandfather) who had been in the Prussian emperor's honor guard, until one night there was a fight and someone was killed. He and his wife escaped to Vienna and made their way across Europe, selling the clothes that had been her dowry along the way. They sailed to New York, then headed for Chicago, which had a large Czech community. After a few years, they took a covered wagon to South Dakota to homestead, but quit and came back east to Cedar

Rapids, where they could speak their own language.

"In the Hermanek house, my mother and her aunt Emily, who was like a sister, used to go out quite a bit at night," my dad said. "Grampa Hermanek didn't like that and said they should stay home. He called them *kurva*, which means 'whore' in Czech."

I hadn't known that, and as I heard these details, I could feel them falling into a kind of order. Their journey had not been an easy one; it was full of hardships and failures as well as some successes. Although there were good times, my grandma's life, in many respects, was tragic. And according to Marshall Duke, a professor of psychology at Emory University, this is important, because not all family stories are created equal: Some have more power than others.

Duke divides family stories into three kinds: First are the *ascending* stories, in which a family comes from nothing and succeeds. Then there are the *descending*, in which a family experiences hardship, failure, or loss. Last are what he calls the *oscillating* stories, in which a family's fortunes rise and fall. These seem to afford the most benefit to later generations of listeners.

"It helps kids realize that there are ups and downs in life, and that the family they belong to has experienced both ups and downs and overcome the downs," says Duke. "That's a good message: If something is going badly, it's happened before, and we'll be OK."

I am probably past the age where I could gain much from such stories. I still liked hearing them; they made my own problems feel small. But the real benefit of knowing your family's story may be even more basic.

"It seems to give you a sense of grounding," says Duke, "a sense of belonging to something larger than yourself, something that has lasted longer than you have lasted. The 10-year-old learns not just about the past 10 years, but the past 60 or 100 years. It's an ownership of a his-

tory that you are both responsible for carrying, as well as continuing."

We drove one day to the National Czech & Slovak Museum & Library, where we learned that for many people, "the Czech and Slovak journey" started when feudalism was abolished in the Austro-Hungarian Empire after 1848 and the first wave of immigrants from those lands came to the United States. We visited a humble late-1800s immigrant house, probably not unlike the one Grandpa Hermanek lived in.

I asked for information about our family, and the librarian came back with a "Bures Family History" pamphlet compiled in 1971 – the year I was born, and 110 years after Jiří Bureš arrived on a farm southeast of Cedar Rapids – where the "Buresh Cemetery" is still located.

Here was a tangible link, a direct line from the old world to my world, stretching back over 150 years. As we walked around, as I collected pieces of the past, I could feel them being woven into a line that felt stronger, thicker, more complete, more real. After all, isn't that why we seek out our family stories in old ledgers and even our DNA? To trace our connection to something larger than just ourselves: to history, to humanity?

We left the museum and walked down the street to the Czech Village and stopped in the Village Meat Market & Cafe for lunch, where we ordered schnitzel and goulash and talked while we ate.

"When you think about all the Czech people in Cedar Rapids, do you feel like you are still part of that?"

"Yes," he said. "I'm a piece of it."

We left the restaurant and bought some poppy seed pastries at the bakery across the street. Then we went back to the car and headed out of town. As we drove away, I could feel the past pulling at me in a way I never had before: For the first time, I felt I was a piece of it too. ■

Frank Bures is the author of "The Geography of Madness" and a frequent contributor to The Rotarian.

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Friends indeed

A Rotary Friendship Exchange can be whatever you want it to be

by NANCY SHEPHERDSON

Sometimes great experiences sneak up on you when you least expect them. One morning last year, I was at my club meeting when someone mentioned plans to go to Taiwan on a Rotary Friendship Exchange trip. Several spots were open. The cost seemed unbelievably low: \$80 a day, including airfare, for a two-week stay.

Next thing I knew, goldfish were nibbling my feet.

Before this trip, I knew very little about Rotary Friendship Exchange. Since becoming a Rotarian in 2004, I had occasionally heard about one, but always after the fact. For some reason, finding one I could actually go on remained elusive. What I've since learned (along with the secret handshake) is that every Friendship Exchange trip is entirely the responsibility of the Rotarians involved. Decide you want to go somewhere, and you can make it happen.

According to Rotary.org, Friendship Exchanges can broaden international understanding, foster peace and service, and give participants a chance to learn about a new culture and find partners for projects. Groups can include nonmembers as well as Rotarians and



can be as small as one person; ours numbered 17. Friendship Exchanges involve two visits, with each country hosting participants from the other.

Our trip to Taiwan involved five clubs in the United States and several in Taiwan, led by a new club, the Rotary Club of DaDu. After the Atlanta convention in 2017, Rotarians from Taiwan traveled to the Chicago area and stayed at homes in suburban Barrington and Schaumburg, Illinois. They wanted to see sights such as RI headquarters in Evanston and Rotary founder Paul Harris' grave on Chicago's far South Side, as well as several club

projects. Group leader Uen-Hua Chao (who goes by the nickname Aircon) was particularly interested in a vocational scholarship program started by the Rotary Club of Schaumburg-Hoffman Estates at Harper College, and has since decided to start something similar in Taiwan.

"Any club or members can contact any other club to initiate an exchange, but it is most effective when there's a connection," notes Mark Gibson, president of the Rotary Club of Barrington Breakfast. In our case, that connection was Eric Lin, a Taiwan native who lives half the year in Barrington and is also a member of the Barrington Breakfast club.

Our group left for Taiwan for the second part of the exchange in November 2017. Before we left, we met several times to learn about what we could expect in Taiwan and to practice a song, called "The Moon Represents My Heart," that we planned to sing in Chinese at every Rotary club we visited. We started out as acquaintances, even strangers, and quickly became friends. Nothing brings people together like murdering a song.

Eric and Mark worked together for six months to plan what we would see

and do. Host families and Rotary activities were arranged by Aircon, who had just started the DaDu club specifically for younger people in his hometown of Dadu, an industrial suburb of Taichung, Taiwan's second-largest city. As they planned, the exchange morphed into one that combined cultural experiences, a service project, and a sister district agreement. "Friendship Exchange is just a shell you can fill with whatever you want," Mark says.

Of course, the most interesting aspect of the trip, from the point of view of the travelers, was the opportunity to stay with local families. Most of our host families were members of the new club and were carefully vetted by Eric to make sure they were committed to their hosting duties and to making friends with their visitors. We were advised to bring gifts; mine was a book of artsy attractions in Chicago. As it happened, my "host mom," Amy, had been to Oregon as a girl and had always wanted to visit Chicago. And I had studied Chinese in college. I remembered how to say "eat" (*chi fan*) when she announced dinner, which helped loosen things up. We talked politics, language, and culture, laughing all the way. Amy translated the hard stuff for her husband, Jacky, and for me. It wasn't long before I felt as if I had known them for years.

The service project deployed part of the group to an elementary school in Dadu. Six Rotarians spent four days at the school, helping students from kindergarten through sixth grade practice English conversation. "We had to assume that most of the kids wouldn't be very good at English but that some might be, and we were mostly right," remembers Marie Bolchazy, a Barrington Breakfast Rotarian and a retired teacher who developed the curriculum. Entertainment was paramount and included Halloween costumes, the Hokey Pokey (for body

We started out as acquaintances, even strangers, and quickly became friends. Nothing brings people together like murdering a song.

parts), "Old MacDonald" (for farm animals), and stickers.

The rest of the group spent that week exploring the Dadu area, visiting temples, museums, and parks. Some had only signed up for the home-stay week, but the rest of us spent another week touring Taiwan, getting to know the culture – which was fairly foreign to the experience of most of us – and the people, who turned out to be exceptionally friendly. We went to Rotary meetings conducted exclusively in Chinese (although we couldn't understand the words, the rhythms were familiar), ate huge amounts of foods we didn't always recognize, gaped at mountain gorges and magnificent coastlines, and visited Dr. Fish Spa, where hundreds of little fish nibbled at our toes.

In the smaller cities and the countryside, we found 7-Elevens selling unfamiliar goods and neon-lit roadside shops selling betel nut, an addictive stimulant. The closer we got to big cities, the more likely we were to find (sometimes gargantuan) McDonald's and KFC restaurants, along with Rotarians who wanted to welcome us, feed us, and generally make us feel welcome. In return, we sang them that Chinese song.

As we approached Taipei, the capital, we had a last-minute change of schedule. The governor of District 3481, Jenn-Pan Horng – known as J.P. – was eager to meet us. He wanted to renew a sister district agreement

that was signed in 2012 as part of a Group Study Exchange. He was also interested in hearing about a project of our district that places X-ray machines in Guatemalan villages that did not previously have access to this technology. With the new agreement signed between J.P. and Suzanne Gibson, who will be 2019-20 governor of District 6440, J.P. pledged \$37,500 to fund the purchase and installation of a machine.

"Rotary's most powerful tool for building peace in the world is Rotary Friendship Exchange," Suzanne said at the signing of the sister district agreement. And after everything that was accomplished on the trip, our group became believers. Bill Kelley of the Schaumburg-Hoffman Estates club spent most of the 13-hour plane ride back discussing his plans to build on what we had seen and done. "After Taiwan, I was incredibly excited by the possibilities," he says. "I particularly admired the entrepreneurial spirit of local Rotarians. The trip opened my eyes to a whole new level of Rotarian involvement that is possible both locally and worldwide."

Personally, I was looking forward to more productive brainstorming at the Rotary Convention in Toronto in June, where we planned to meet up. After a Friendship Exchange that resulted in an effective service project, a substantial donation, and a renewed sister district agreement, it's easy to imagine great things in our future.

Amazing what friends can accomplish. ■

Nancy Shepherdson, an assistant governor in District 6440, plans to make her next vacation a Rotary Friendship Exchange.

**Interested in planning a Rotary Friendship Exchange?
Visit rotary.org/friendship-exchange to learn more.**



World Polio Day | 24 October

The Global Polio Eradication Initiative is celebrating its 30th anniversary. Support bold steps toward a polio-free world with a gift to The Rotary Foundation.

GIVE TODAY: rotary.org/donate

The
Rotary
Foundation



THE ANNOTATED GUIDE *to* ENDING POLIO

by DIANA SCHOBERG | illustrations by GWEN KERAVAL

As the number of polio cases approaches zero, the challenges facing Rotary and its partners in the Global Polio Eradication Initiative are changing. We still need to reach every child with the polio vaccine – and we’re using innovative strategies to do that, in spite of geopolitical uncertainties. But that’s only one part of our job. We’re tackling vaccine-derived poliovirus, which can begin to spread in places where vaccine coverage is low. We’re becoming disease detectives, following up on any shred of evidence that wild poliovirus might still be circulating. And we’re fine-tuning our plan to keep the world free of polio forever. Here’s what you need to know about where we are now.

Polio is an intestinal virus that is spread through contact with the feces of an infected person, which can contaminate water or food.

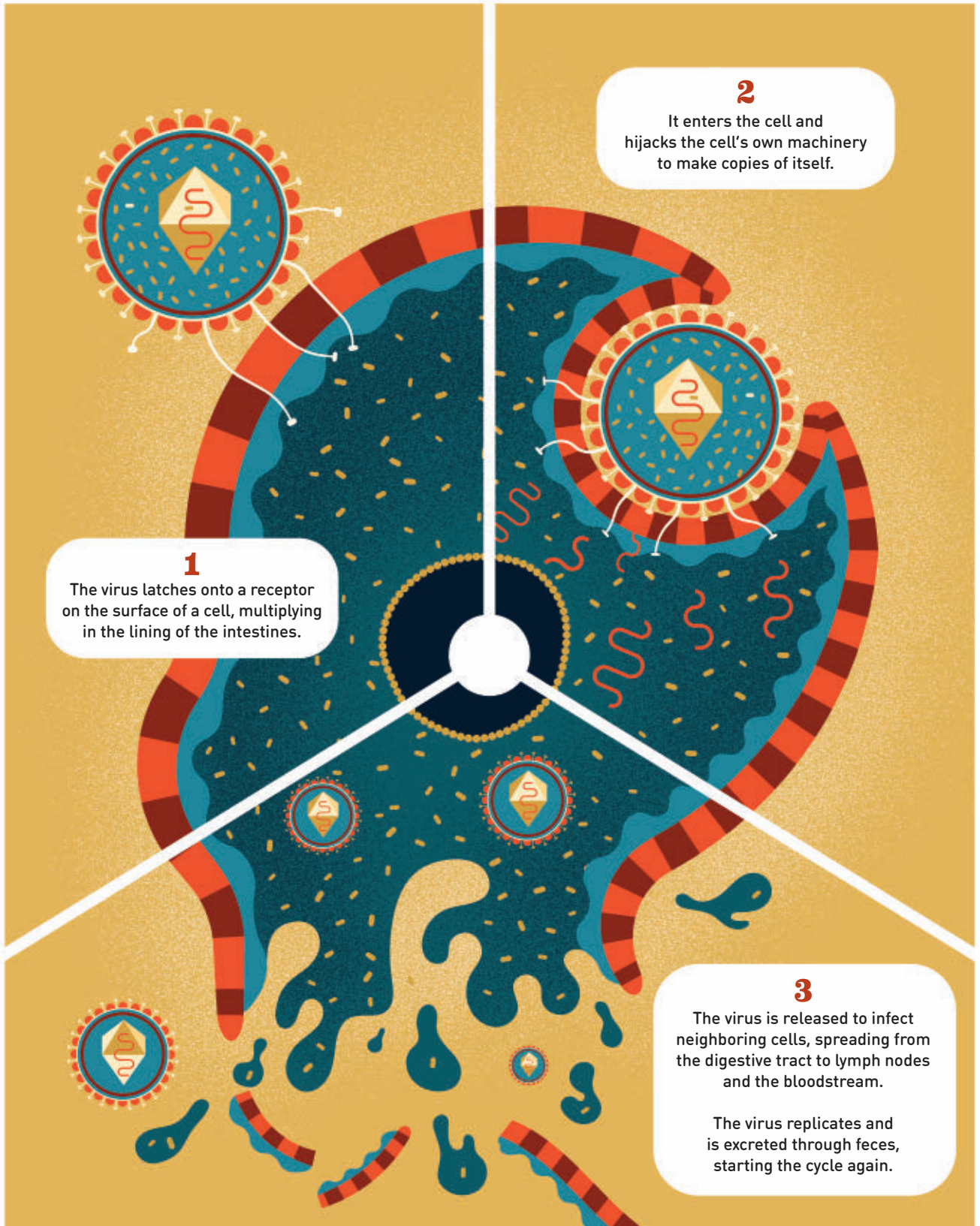


The poliovirus is a single positive strand of RNA enclosed in a protective coating called a capsid.

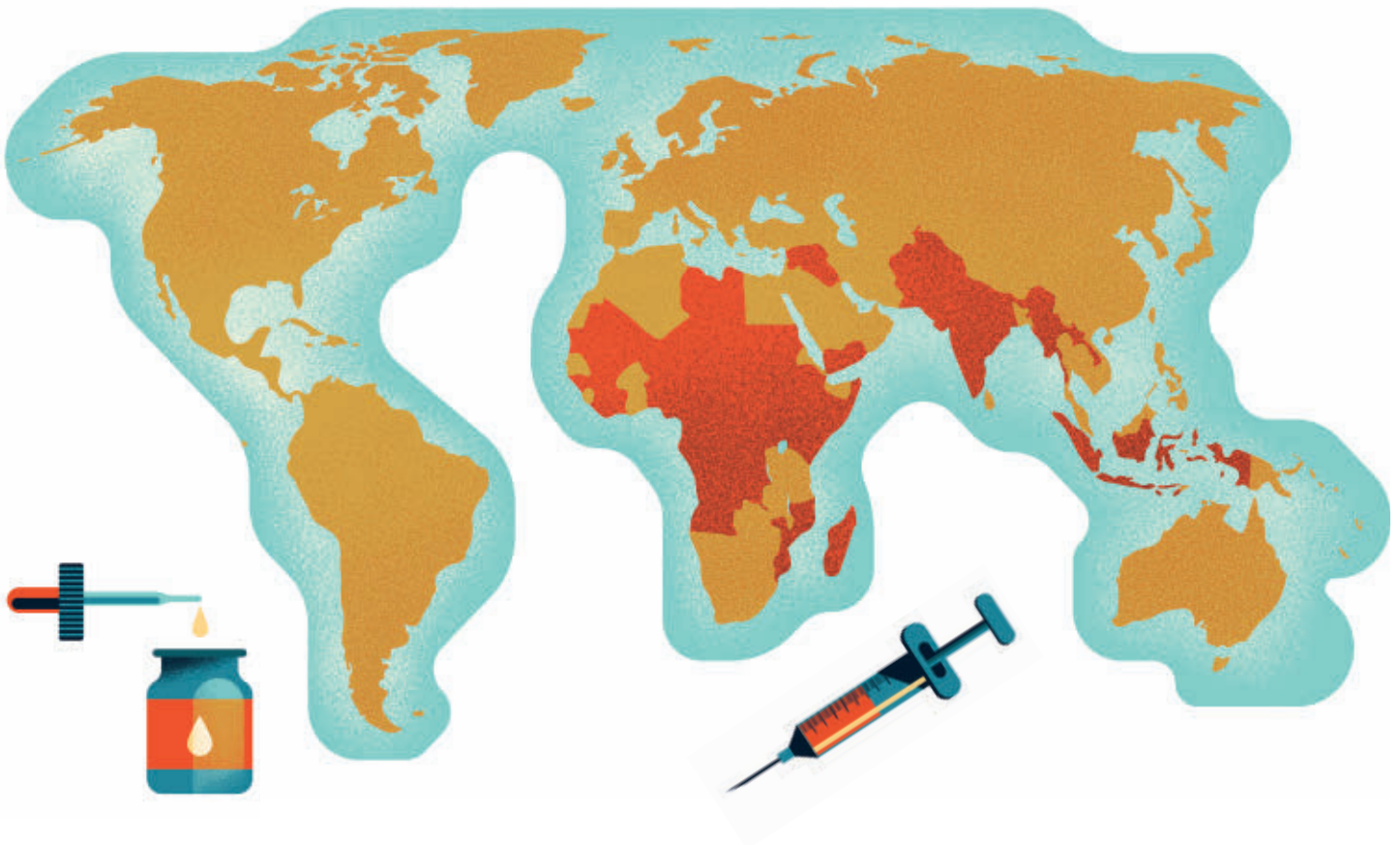
There are three variations, or serotypes, of the poliovirus. They differ in their outer coatings.

The few cases of wild poliovirus that we see now are all of type 1. The last case of type 2 was in 1999, and the world was certified free of type 2 polio in 2015. The last case of type 3 was in 2012.

The virus infects only humans, mainly children under five because they are least likely to be fully vaccinated. There is no cure.



**Rotary and its partners worked to reach
430 million children in 39 countries
during polio immunization campaigns in 2017.**



- Afghanistan
- Angola
- Benin
- Cameroun
- Central African Republic
- Chad
- Côte d'Ivoire
- Democratic Republic of Congo
- Djibouti
- Equatorial Guinea
- Ethiopia
- Gabon
- Guinea
- Guinea-Bissau
- India
- Indonesia
- Iraq
- Kenya
- Laos
- Liberia
- Libya
- Madagascar
- Mali
- Mauritania
- Mozambique
- Myanmar
- Nepal
- Niger
- Nigeria
- Pakistan
- Republic of the Congo
- Sierra Leone
- Somalia
- South Sudan
- Sudan
- Syria
- Tajikistan
- Uganda
- Yemen

We're also fighting vaccine-derived poliovirus.



The Global Polio Eradication Initiative (GPEI) uses the oral polio vaccine in immunization campaigns. It's made from strains of the poliovirus that are live, but weakened.

This weakened virus multiplies in a child's gut, stimulating an immune response in the lining of the intestines. Then the child excretes the vaccine-virus in his or her feces.



That is usually a good thing: Other children are then exposed to the weakened vaccine-virus in the environment. This exposure stimulates their bodies to create the protective antibodies as well. It's a way to indirectly induce immunity in children who may not have been reached by health workers with doses of the vaccine.

In places with low immunization rates, the weakened vaccine-virus can begin to circulate.

In rare cases, it mutates back into a more virulent strain that can cause paralysis. This is called vaccine-derived poliovirus (VDPV).

In 2016, the year after the world was certified free of type 2 polio, all countries switched from a trivalent vaccine, which immunized against all three strains, to a bivalent vaccine, which immunizes only against types 1 and 3.

Since the switch, there have been outbreaks of circulating vaccine-derived poliovirus (cVDPV) from the type 2 strain in the Democratic Republic of Congo, Nigeria, Somalia, and Syria. The GPEI has a stockpile of monovalent type 2 vaccine to use to stop these outbreaks.



High immunization rates are the best protection against both wild and vaccine-derived polioviruses.



Many countries use inactivated polio vaccine, which uses a dead virus, in their routine immunization systems to avoid the risk of VDPVs. Inactivated polio vaccine protects only the individual who received the vaccine against polio infection.



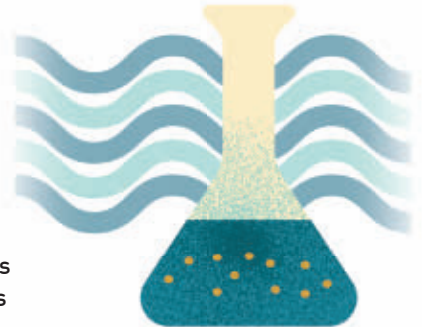
Oral polio vaccine is the only vaccine that can interrupt the person-to-person transmission of wild poliovirus, which is why it will be used until the world is certified polio-free. Once wild poliovirus types 1 and 3 have been eradicated, only inactivated polio vaccine will be used.

We search out the poliovirus wherever it hides.

Scientists look for evidence of the poliovirus in the environment to learn more about how it is circulating...



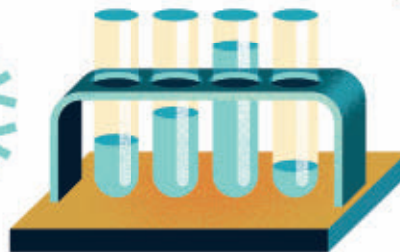
Most children infected with the poliovirus don't show symptoms, but they still excrete the virus in their feces for several weeks.



Workers collect water samples near sewage treatment plants or, in areas without adequate sanitation, other known sources of wastewater such as open canals and streams.



Samples are kept cold during transportation to a lab that is part of the Global Polio Laboratory Network.



Virologists test the samples for poliovirus.

If virologists confirm the presence of a poliovirus, they carry out further tests to determine the exact genetic makeup of the virus and whether it is wild or vaccine-derived.



...and health workers track the children who show symptoms to see if they are caused by the poliovirus.



A child under age 15 experiences sudden, unexplained weakness or paralysis, known as acute flaccid paralysis (AFP). Most cases of paralysis are not caused by polio, but we investigate them to be certain.

A doctor or other community member such as a traditional healer, pharmacist, or cleric reports the case to medical authorities.

Doctors collect a stool sample within 48 hours of the onset of paralysis, and another one 24 to 48 hours later.

Samples are kept cold during transportation to a lab that is part of the Global Polio Laboratory Network.



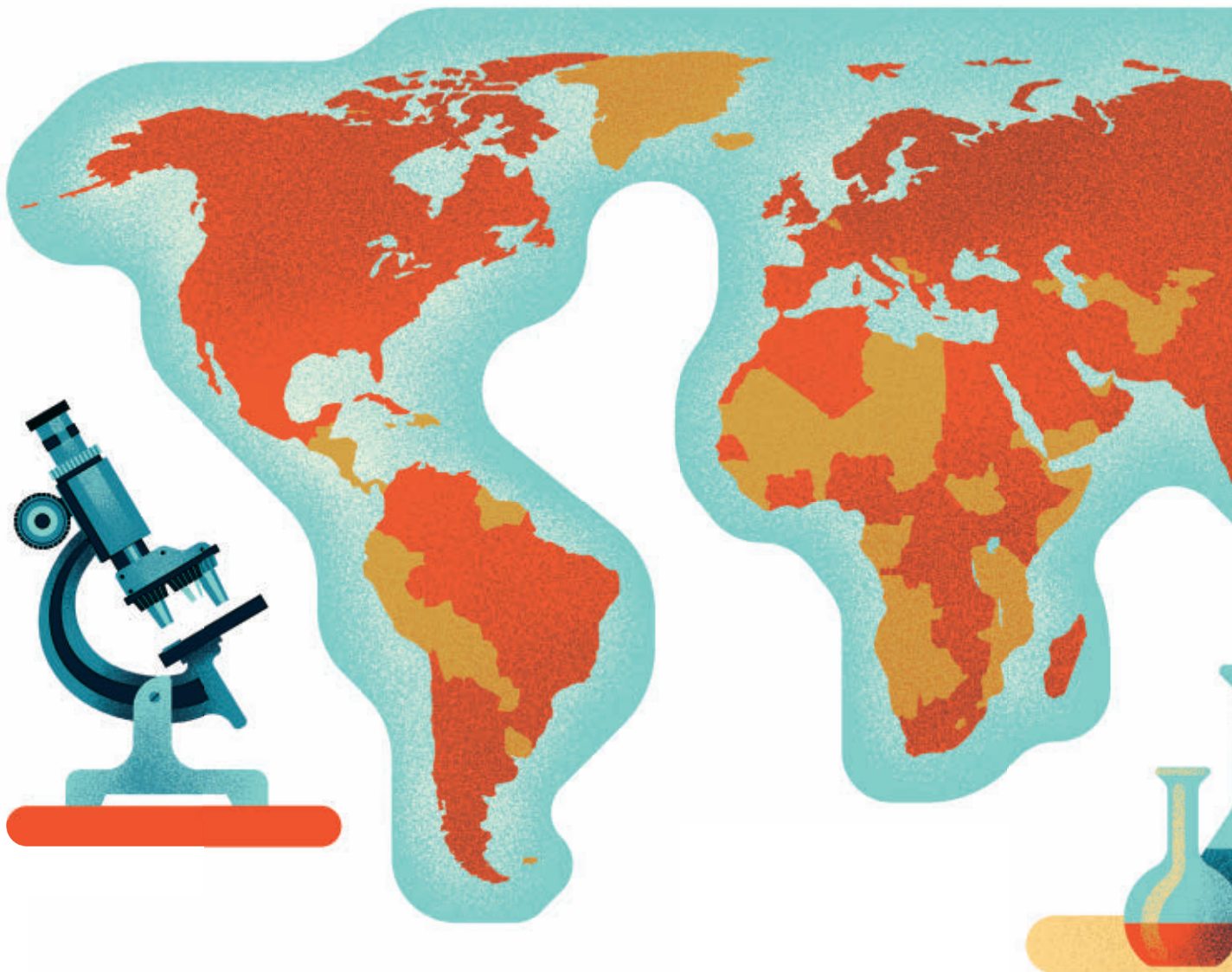
The scientists compare it against reference samples of known polioviruses. Because viruses from different regions have slightly different genetic sequences, the virologists can map where the virus came from – whether it was local or came across a border or from farther away.

Health workers use this information to figure out the best immunization strategy to prevent further spread.



1 in 200
polio infections leads to irreversible paralysis

The scientists who identify the virus work in one of the 146 labs accredited by the World Health Organization, in 92 countries, that make up the Global Polio Laboratory Network.



123

SUBNATIONAL AND NATIONAL LABORATORIES

are the front-line facilities that test stool and sewage samples

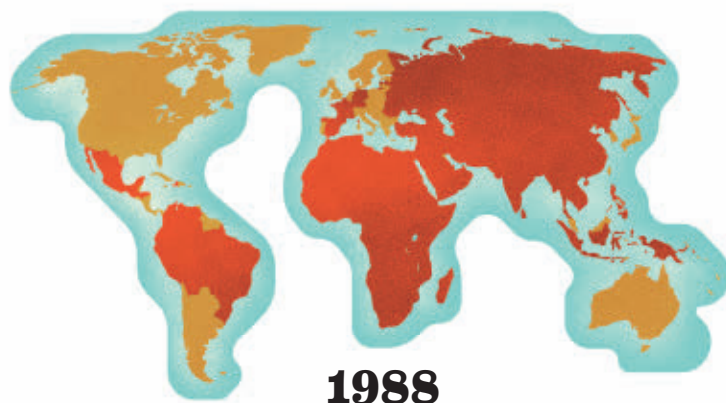
17

REGIONAL REFERENCE LABORATORIES

distinguish between wild and vaccine-derived poliovirus and determine the genetic makeup of the virus



**In 30 years,
we've gone from
125 polio-endemic countries...**



...to three



6

GLOBAL SPECIALIZED LABORATORIES

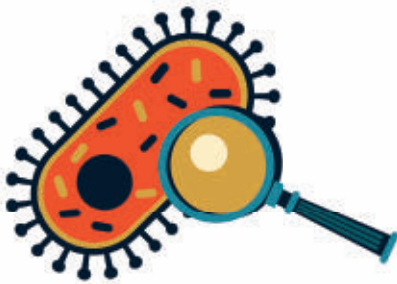
determine the genetic makeup of the virus, and prepare and distribute the chemicals used in virus testing

17.4 million



people who are currently healthy would have been paralyzed by polio without our eradication efforts since 1988

The Rotary Foundation awarded nearly \$700 million in PolioPlus grants from 2010 to 2017. Vaccines are largely covered by other donors, so Rotary provides funds to cover the gaps.



SURVEILLANCE

for disease detection, including the Polio Laboratory Network

\$72.5 million



RESEARCH

into new ways to facilitate eradication

\$16.6 million



TECHNICAL ASSISTANCE

including salaries for health and immunization professionals such as field officers and cold chain managers

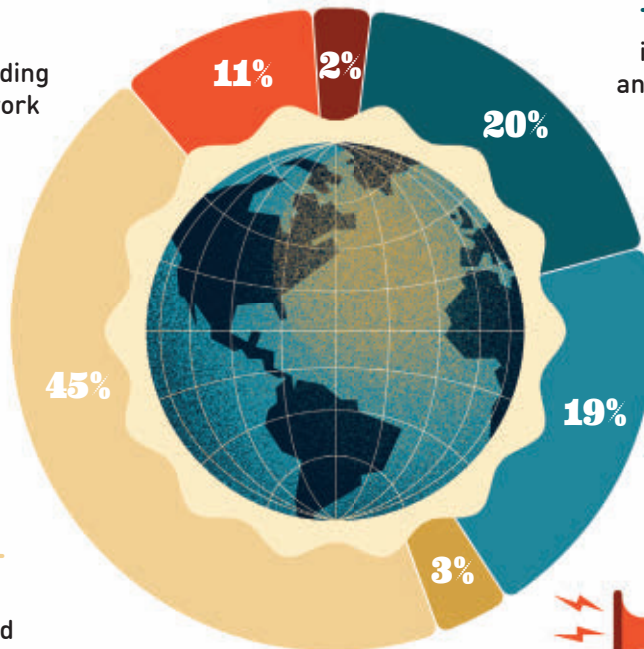
\$132 million



OPERATIONAL SUPPORT

including stipends for the millions of community-based vaccinators who administer the vaccine and perform house-to-house follow-up visits

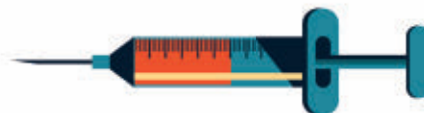
\$308 million



SOCIAL MOBILIZATION

to raise awareness of the vaccination campaigns and the benefits of immunization

\$141.4 million



VACCINES

\$20.4 million



And we have a plan for keeping the world polio-free forever.



INTERRUPTION

- Detect the last wild poliovirus in an individual or the environment.
- Continue immunizations, surveillance, and responses to outbreaks of vaccine-derived poliovirus.
- Begin to transition the resources that the GPEI created to support other health priorities.

CERTIFICATION

- Certify the world polio-free.
- Dissolve the Global Polio Eradication Initiative.
- Reduce the number of laboratories and vaccine-manufacturing facilities that store the poliovirus and ensure stringent safeguards for those that continue to handle the virus.
- Hold high-quality immunization campaigns to create a firewall of immunity in advance of the withdrawal of the oral polio vaccine.

TRANSITION

- Stop using oral polio vaccine concurrently in all countries to eliminate the risk of vaccine-derived poliovirus and begin to immunize children using only the inactivated polio vaccine in routine immunizations.
- Continue surveillance; after the world is polio-free, environmental surveillance will be increasingly relied on.
- Respond to outbreaks of vaccine-derived poliovirus, which could circulate for several years after ending the use of oral polio vaccine.

**Help us see this fight to the end.
Donate at endpolio.org.**

CLIMB EVERY MOUNTAIN

A Rotaractor ventures deep into her native Uganda with a polio vaccination team as part of Rotary's newest virtual reality film, *Two Drops of Patience*

by PATIENCE ASIIMWE as told to DIANA SCHOBERG





Health workers must have a lot of passion. They face so many challenges to reach every child with the polio vaccine.

I found that out when I traveled to a mountain community on the border of Uganda and Kenya, 200 miles from my home in Kampala, to join a vaccination team. Just getting to the homes was a challenge, let alone persuading the parents to let us in. We had to park the cars, carry our coolers with the polio vaccine safely tucked inside between ice packs, and move on our own two feet, just walking and walking. It's a bit of a trick – using your hands to steady yourself while you climb, yet still having to carry this heavy cooler. There were lots of streams and rivers, and at times we had to jump across or walk through the water.

We would sometimes walk for 30 minutes before we would see a home, because they're not so close to one another. It was lonely and scary, walking through the trees and rocks. The challenge was getting as far as we could, keeping in mind how long the journey back would take. If we walked three hours to get to a home, we needed to be sure we had three hours to get back before dark. And all that with the possibility of not finding a child at home and having to return another day.

At one point I just sat down. My feet ached. I was sunburned – and until this trip, I didn't think black people could get sunburned.

But we had to keep going to save someone's life.

I've been involved in Rotaract for a couple of years now, but I've never done anything quite like this. My mother, Margaret Okello, is a member of the Rotary Club of Kampala Naguru. She saw that I had a little energy that could be used more productively. So she suggested I join Rotaract, which I did in 2016 when I was 21. My club is involved in an adopt-a-village project in Gulu in northern Uganda, an area that saw 20 years of armed conflict. I've been there twice. And our club collects money for polio eradication.

I knew about polio. I had seen victims of the disease. I had been immunized against it. It's odd, though – it's something you hear about, but you don't really get how bad it is. I found there was an opportunity to do something more to help with the eradication efforts through one of my friends, Fred Masadde.

Above: Rotaractor Patience Asiimwe worked with a polio vaccination team in the mountain community of Tapac, an eight-hour drive and a world away from her home in Kampala, the Ugandan capital. **Previous pages:** Asiimwe joined Rotaract in 2016.



THE POWER OF VIRTUAL REALITY

What is virtual reality?

VR uses 360-degree video and a head-mounted device to visually immerse a viewer into another person's world. You hear what they hear and see what they see. You may not be able to participate in a polio immunization team yourself, but VR can make you feel as though you are.

Why is Rotary investing in VR?

Research is mounting that a well-done VR experience can be an effective way to evoke empathy and inspire action. Organizations such as UNICEF and Charity: Water have used VR to raise awareness about their causes and have seen their fundraising efforts benefit when potential donors connect with them emotionally.

Rotary is investing in VR as a way for clubs to engage with members of their communities in an innovative and powerful way. Rotary believes VR can help inspire others to join our causes.

How many VR films does Rotary have?

Three VR films are available: *Two Drops of Patience*, *I Dream of an Empty Ward*, and *One Small Act*. Rotary plans on producing additional VR films that highlight our areas of focus.

How can I watch VR?

You can view a VR film by downloading the free Rotary VR app from the Apple App Store or Google Play. The best way to experience VR is with a VR viewing device and noise-canceling headphones.

How can a club use VR?

Clubs can use VR at a variety of events, such as a farmers market, World Polio Day celebration, new member recruitment night, or fundraiser.

To help clubs plan and execute a successful VR event, Rotary has resources, including an event planning guide, sample social media posts, and talking points, at rotary.org/vr.

He's a member of the Rotary Club of Kampala Ssesse Islands and a Rotary public image coordinator. I decided to apply.

In November 2017, I met the team of filmmakers in Kampala who would be documenting the polio immunization effort for Rotary's newest virtual reality film. I had to request a week off from my job with the Uganda Cancer Society, where I work finding donors and funds to help with their program activities. We chartered a plane to the town of Moroto, which is way, way up in north-eastern Uganda at the foot of Mount Moroto. There, we met up with people from UNICEF and the local government, as well as the Rotarians and Rotaractors who had driven three hours from the town of Soroti and would also be giving polio drops. Since there isn't a Rotary club in this part of the country, Soroti Rotarians occasionally hold medical camps here.

It was another one-hour drive to Tapac, the community on the mountain where we were to work. I had never been in that part of the country before – it's more than eight hours from my home by car. I was so shocked. I had only seen places like this in movies and television documentaries.

The poverty was overwhelming. The thatched huts that people live in are built by the women; the men do the cattle keeping. The women harvest long grass and dry it, and also tie together bundles of sticks. Some use the mosquito nets that they get for malaria prevention to tie their things together. Some of the homes are raised on sticks, and the family's livestock are kept under the house. The doors are so small that you can't actually walk through them – you crawl.

The health center is up in the hills. It's really small, and people come to it from miles around. There's no electricity in that area, but luckily someone donated solar panels to run the refrigerator, since the polio vaccine has to be kept cool. A nurse there taught us about the cold chain and how to place the vaccine in the coolers, and explained how to administer it without contaminating the vial – you have to hold the dropper above the children's mouths without touching.

Then we went to one of the homes to get some hands-on experience. When it was my turn, I was shaking. I was worried I would make a mistake and drop in more than two drops. It's like the way you keep blinking when you're trying to put in eyedrops. The baby keeps moving! So it can be tricky. We learned the way to hold a child's mouth so it remains open – you kind of gently press the cheeks together. You have to smile, sing to them. You couldn't come with a

SETTING UP A VR BOOTH IN 10 DAYS



The first time Ronaldo Yuzo Ogasawara experienced virtual reality was at the 2017 Rotary International Convention in Atlanta, and he was impressed.

“I was moved by how these videos expressed a reality that we don’t usually see day to day,” says Ogasawara.

It also gave him an idea. Ogasawara was weeks away from taking office as president of the Rotary Club of São Paulo-Saúde, Brazil, and was looking for new ways to promote Rotary. São Paulo is home to the largest concentration of people of Japanese descent outside Japan. Ogasawara, who shares that heritage, knew that the community’s main event, the Festival do Japão, which draws 200,000 visitors annually, was coming up. Although Rotary had never had a booth at the fair, he imagined that the VR films would attract a crowd and show people what Rotary is all about. But there was one challenge: He had only 10 days to put it together.

Enlisting the support of seven other São Paulo clubs and their district governor, Claudio Hiroshi Takata (District 4420), Ogasawara mobilized quickly. Rotarians ordered the VR viewers, printed promotional flyers emblazoned with the End Polio Now logo, and decorated the booth with a large balloon featuring the Rotary logo. Ogasawara estimates that about 800 people stopped by during the three-day event. Eight people who expressed an interest in joining Rotary are now part of a satellite club sponsored by his own club.

“The best way to promote Rotary at fairs is to use this resource. All you need is the VR viewers and a cellphone,” says Ogasawara. “Membership growth is fundamental, and we have the tools we need at our disposal.”

— JOSEPH DERR



tough face – you want the child to feel comfortable with you. And of course the mother helps keep her child calm.

We went up into the mountains the next day to give the vaccinations, but first the film crew needed to talk to people and let them know what was going to happen. Imagine a place where you rarely see visitors, and then you see that camera drone up in the sky. Suddenly people would come out, wondering what was going on.

And because the government has tried to disarm people in the area, which has a history of violent conflict among tribes, often related to cattle raiding, they are suspicious of everyone. They dress differently and do their hair differently, so you can tell an outsider for miles.

We didn’t know that people there believe you are not supposed to climb the trees or sit on the rocks. The people hold them in high regard; they’re sacred. They got angry with us because they thought we were provoking them. This is why, when you go places, you need to know the community well. Because who would think sitting on rocks is a bad thing?

We always moved with the nurse, because people knew her and she knew the language, Ng’akarimojong. We had to tell people why it is important to give the polio vaccine. One father asked me if I wanted to kill his child or if this was a family planning method. We had to spend a good amount of time with him.

I met a man in Tapac who had been crippled by polio. He can’t run. He can’t walk. He can only crawl. When it rains, the water rushes down the mountain carrying rocks and mud. He tries to get out of the way as fast as possible. But he gets stuck. Imagine being an adult and being pelted with rocks and mud. When I met him, I realized that wheelchairs don’t help in a place like this. Wheelchairs won’t get you up the mountain. You need your legs.

When we first started filming, I was focused on what we were going to shoot. But that changed when I did my first vaccination. I felt like a hero. It was a satisfying feeling, knowing you probably just changed someone’s life. I felt I had done something very meaningful. I had prevented somebody from being sick. I had given somebody opportunity. Those two drops felt like a life-changing action. ■



This page, clockwise from above: Asimwe found the vaccination experience challenging but rewarding; Rotarians and Rotaractors meet with Tapac residents; the VR production crew handles the video drone; children in Tapac. **Opposite:** Asimwe and other members of the vaccination team undergo training at a Tapac health center.



TEAM EFFORT



PHOTOS COURTESY OF KARIN DAVIES



Two Rotarian pediatricians – one in California and the other in Ethiopia – connected to save babies' lives with the help of a vocational training team

by ARNOLD R. GRAHL





JOHN TRICE

Above: Retired pediatrician Karin Davies at home in San Diego. **Opposite, top:** On the September 2015 trip, the instructors included Kathy Johnson and Pat Bromberger, standing, fourth and fifth from left; Elisa Imonti and Davies, standing, third and fourth from right; and current and former University of Gondar medical school pediatrics chairs Kassahun Belachew, standing, third from left, and Zemene Tigabu, front row, center.

Previous pages: Instructors and students practice skills during the vocational training team visits to Ethiopia.

Karin Davies had just finished teaching a group of Ethiopian health care providers a life-saving technique for newborn babies when a third-year obstetric resident came rushing up.

“It really works,” he said. The night before, he had delivered an infant who was born limp and not breathing. After several unsuccessful attempts to stimulate the baby’s breathing, he used a technique, known as positive pressure ventilation, that he had learned only the day before. Within minutes, the baby was screaming.

“We saw the power of vocational training right before our eyes,” recalls Davies, a retired pediatrician who led four vocational training team trips to Gondar, Ethiopia, between February 2015 and June 2017. The team, funded by a \$107,000 Rotary Foundation global grant, trained 73 health care provid-

ers who now teach classes for midwives, nurses, and medical students on resuscitation techniques and post-resuscitation care for newborns.

The training team project was designed with the help of members of the Rotary Club of Gondar Fasiledes, in particular 2013-14 Club President Abiyot Tegegne, to address a critical shortage of hospital personnel trained in lifesaving skills. In Ethiopia in 2012, only 10 percent of births were attended by someone trained in newborn resuscitation.

Davies, a member of the Rotary Club of Del Mar, California, marshaled resources and connected key players to establish a curriculum for neonatal care at the University of Gondar’s College of Medicine and Health Sciences which is helping reduce Ethiopia’s infant mortality rate.

Davies was five years old in 1952 when her father helped establish a college in Jimma, Ethiopia, as part of the Point Four Program, a forerunner to USAID. The family spent two years in Ethiopia. Sitting at the kitchen table of her home in San Diego, Davies sifts through old photos and recalls what it was like to grow up there. She recounts how her mother, a nurse, was pressed into service as the primary health care provider for the college's seven faculty members and their families, its 80 students, and eventually the entire community.

"No one else was there to do it," Davies says. "My mother would go out and take care of the surrounding villagers when they asked for help, and I would go with her. That is how I developed my interest in medicine."

In 2012, after her parents had died, Davies and her two brothers took a trip back to Jimma. To their amazement, the small college they remembered had become a major university with 30,000 students. That trip got Davies thinking about how she might lend her medical expertise to the country that helped shape her.

"I felt such a huge connection to Ethiopia and the people there, and I wanted to do something to honor my parents' memory," she says.

At a breakfast with a group of friends, all retired female physicians, Davies shared her idea with Pat Bromberger, a neonatologist who had just returned from three months in Ghana volunteering in a neonatal intensive care unit (NICU).

"Let's do it," Bromberger said.

Davies began calling anyone she knew who had any experience in international relief work. Her neighbor Carole Leland had worked in Ethiopia as a leadership development trainer with USAID, and the people she knew there recommended they talk to Zemene Tigabu, then chair of pediatrics and now clinical director at the College of Medicine and Health Sciences.

"Karin followed up on every contact that I gave her until she found someone who could help," Leland says. "You can tell she really cares deeply about the country, and her commitment is so strong."

Davies and Bromberger flew to Gondar, a city of about 200,000 in northern Ethiopia, at their own expense and spent a week doing a community assessment, meeting with Tigabu and other faculty members in the departments of pediatrics, obstetrics, nursing, and midwifery. The women had ini-



Community assessments

EVALUATING THE NEEDS OF A COMMUNITY is an essential first step in planning an effective project. Not only do assessments lead to projects that have the most meaningful impact and are the most sustainable, but the process builds valuable relationships, involves residents in decisions that will shape their communities, and encourages them to participate in making lasting improvements.

Any club or district that applies for a global grant to support a humanitarian project or a vocational training team must conduct a community assessment first. The club or district should complete the Global Grants Community Assessment Results form (posted on My Rotary) and upload it with the global grant application, found in the Grant Center.

You can use district grant funds to conduct the assessment, and Rotary's Community Assessment Tools (also posted on My Rotary) has ideas and proven methods for assessing a community's assets and needs, including community meetings, surveys, interviews, and focus groups.



tially planned to teach Ethiopian midwives a set of simple steps promoted by the American Academy of Pediatrics called Helping Babies Breathe. But Tigabu told them that what he really needed was a full university-level training program for nursing and midwifery students. Nothing like it existed anywhere in the country.

They also learned that Tigabu had attended Jimma University, and so felt a connection to Davies' family – and that he was a Rotarian. A new plan began to take form.

The Rotary Club of Del Mar meets in the parish hall of St. Peter's Episcopal Church, which overlooks California's scenic Highway 101 as it winds past a beach famous for its surfing. "It's a small club but very, very active," Davies says. "Everyone is so supportive."

Davies spent months researching maternal health projects in Africa before proposing the global grant project. Peggy Martin, who was then international service chair for the Del Mar club, was impressed.

"I realized immediately this was something Rotary could do something about," says Martin. Training local people to train others ensured sustainability, she adds.

Martin agreed to steer the project through the grant approval process, while Stephen Brown, a member of the nearby Rotary Club of La Jolla Golden Triangle who was then a Rotary Foundation trustee, lent his expertise to help secure matching funds from clubs and districts. "When I saw Karin and Pat's credentials and experience, and the connection Karin had with Ethiopia, I felt this project had a very high probability of being successful and having a meaningful impact," says Brown.

In April 2018, almost a year after the fourth training team trip, the team members gathered at Davies' invitation for an informal reunion. They had grown close over the two years they had worked together, the result of sharing typical travel misfortunes such as lost luggage and rooms without showers, as well as of their shared respect and admiration for what Davies had set in motion.

"I've done some medical missions before that were really wonderful, but they didn't move me the same way Ethiopia did," said respiratory therapist Kathy Johnson.

Emilie Jean, another respiratory therapist and the youngest member of the team, talked about an

experience that illustrated the challenges the team faced. She was setting up a CPAP, a device that combines room air with oxygen from a tank, when physicians brought a baby who was struggling to breathe into the nursery. At first, the baby responded well. But then the tank ran out of oxygen.

After that, Jean recalls, the infant stopped breathing. "We were never able to get the baby back up," she says. "The lack of resources was frustrating."

But in the face of such difficult conditions, the hospital staff impressed the team. Davies recalls going on rounds with the doctors and nurses. "We listened to them as they went to each baby," she says. Although the Gondar NICU is not well-equipped in comparison with Western hospitals, she says, "they are doing the very best they can with what they have."

Davies recalls visiting a nursery where babies were being kept warm with space heaters, even as several incubators in the room were not being used. Team member Elisa Imonti, an NICU nurse whom Davies describes as "probably the best biomedical engineer around," discovered that the units weren't broken, as had been assumed, but simply needed to be programmed. Imonti taught the staff to do that – and then discovered eight more units in storage.

"On our next visit, they had set up a full neonatal intensive care nursery with all of these isolettes," says Davies. "They took what they had learned and ran with it."

Davies feels confident the program will carry on beyond its first grant, which was sponsored by the Rotary Club of Del Mar and the Rotary Club of Gondar Fasiledes. Four Rotary clubs and two districts contributed \$62,000 to the project, which received \$45,250 from the Foundation to cover training, equipment, supplies, and travel costs. A second \$42,000 grant to expand the reach of the program was recently approved.

The project surpassed all of its goals. The team trained 73 instructors, more than double the initial goal of 32 – and those newly trained instructors, instead of teaching the planned 12 classes over the course of the project, ended up teaching 30, in which more than 800 nurses and midwives learned the lifesaving techniques.

Members of the Rotary Club of Gondar Fasiledes provided logistical support and served as liaisons to hospital staff. Fary Moini, a member of the La

Opposite, bottom: Davies and her brothers, Mike (left) and Steve, traveled to Ethiopia in 2012 to visit Jimma University, which their father helped set up.

Blanket statement

Jolla Golden Triangle club and part of the vocational training team, says that Tegegne, the former club president, in particular went out of his way to meet the team's needs.

"Abiyot was phenomenal," Moini says. "Every step of the way, every time we needed him, he was there. A lot of the team's success is because of him."

Tegegne ran a tourism company before civil unrest in his country forced him to reinvent himself as a purveyor of bottled water. He was excited, he says, when he heard the team would be tackling infant mortality, and formed a committee in his club to handle its end of the program.

"We have seen many improvements from the project," says Tegegne, whose daughter spent time in the Gondar NICU after being born prematurely in 2014. "The facility was very poor. Now everything is upgraded. My second boy was born 10 months ago, and it's like a different hospital."

Four times a year, Davies and other team members take part in a Skype conference with Rotarians and hospital administrators in Ethiopia. Kassahun Belachew, now chair of the pediatrics department, has taken over as course coordinator. During the final training team trip, Moini persuaded the three-person team in charge of the university tech center to help out with the Skype calls. Now, for about two hours, they have the best bandwidth available in northern Ethiopia.

"I think one of the most rewarding things is the relationships we have developed," says Davies. "The Ethiopians are so committed and supportive. We are all friends on Facebook. We stay connected on a personal level, not just a professional one."

Through Skype, Davies and the team are also working with Belachew, Tegegne, and others on a second global grant, which will provide financial support for the instructors to teach neonatal skills in regional health centers throughout the North Gondar region.

Davies says this project has strengthened her connection to Rotary.

"I've found my people," she says. "Rotary allows ordinary people to do extraordinary things." ■

Saving mothers and children is one of Rotary's six areas of focus. To learn more, visit rotary.org/our-causes. For information on Rotary Foundation grants, visit rotary.org/grants.

IN LATE 2015, the living room of Karin Davies' home resembled a quilting bee as a group of retired obstetricians and pediatricians carried in their sewing machines and started stitching together birthing gowns, blankets, and baby hats for the Gondar University hospital. Davies also enlisted the help of Rotarians – including



the Rotarian Fellowship of Quilters and Fiber Artists – to make 250 birthing kits, to add to 250 that were sewn by a tailor in Gondar using fabric the vocational training team members had brought on their first trip to Ethiopia.

In April 2016, the team used the kits in a training

session called "The Warm Chain," which stressed the importance of preventing hypothermia in newborn babies. Some Ethiopian mothers give birth in street clothes and don't want to hold their newborns for fear they will ruin their only set of clothing. The birthing gowns encourage them to hold the babies and keep them warm.

"We brought in all of our sewing machines and had ironing boards set up," says Elizabeth Lancaster, a retired obstetrician. "It was like our grandmothers' and great-grandmothers' quilting parties – we had so much fun. And we knew we would be helping keep babies warm."



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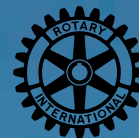
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our clubs



Dutch treat

Rotary Club of Holland, Michigan

There are about 100 people at a June meeting of the Rotary Club of Holland, Michigan, and it's a boisterous crowd because half of them are 12 years old.

"Let's hear it for the red team!" A dozen middle school students jump up. The room erupts in applause.

continued from page 55

The students pass around a microphone and introduce themselves. They are participants in the club's Leaders for the 21st Century program, a three-day camp for incoming seventh graders. As a part of the program, the students – who have been identified by their teachers as emerging leaders – attend the club's lunchtime meeting.

"We believe in starting leadership training early," says Wendy Piper, president-elect of the Holland club. "We tell them about Rotary's Four-Way

"We believe in starting leadership training early. We tell them about Rotary's Four-Way Test and the importance of being involved in the community."

Test and the importance of being involved in the community. Our hope is that they become involved in Interact, Rotaract, and eventually Rotary." Participant Sarah Sanderson, who completed the program in 2000, even went on to become a Rotary Peace Fellow.

The club meets every Thursday at the Haworth Inn on the campus of Hope College. "For some of these kids, this is their first time on a college campus," says Russ Miller, who was 2017-18 president of the club.

Bob Armour, a local educator, worked with several local Rotarians, including

Tom DePree, a member of the Holland club, to launch the leadership program in 2000. "This training is the beginning," Armour, a member of the nearby Rotary Club of Zeeland, tells the students. "You take this with you." The Zeeland club is a joint sponsor of the program.

After they start seventh grade, the kids are asked to take on a variety of leadership roles at their schools. "Maybe they are assigned to help a child who is being bullied or someone with language difficulties," says Miller. "It's a great experience for these kids," adds Piper. Once they reach high school or college, graduates of the program can serve as counselors to younger participants.

As its name suggests, this town has a strong Dutch influence. Albertus Christiaan van Raalte, a minister who led a group of settlers from the Netherlands to the area, established the town in 1846. It's home to an actual, working Dutch windmill (the last the Netherlands allowed to be exported, in 1964) and a wooden shoe factory. And every spring, 5 million tulips bloom and 500,000 tourists arrive to celebrate everything Dutch. *Reader's Digest* named Tulip Time America's best small-town festival.

Church membership is another important part of life here, with both the Reformed Church in America and Christian Reformed Church based in the area. "It's a fairly conservative place," Miller says. "Tulip Time is about as wild as we get."

Beyond local projects like sponsoring park benches on scenic Windmill Island and several Little Free Libraries around town, the Holland club also participates in international projects.

"We're working on our second global grant project in the past three years," Miller says. The current project, in Kenya, focuses on improving farming practices, something that member Kathy DeVries, who chairs the project,

knows a lot about. "My great-grandparents emigrated from the Netherlands. They were typical crop farmers before my family switched over to perennial flower farming," DeVries says.

"The project helps dairy farmers switch from grazing cattle and walking them to a river, to having the food come to them," she says. "In a culture of scarcity, they feed the cows just enough to keep them alive [in Kenya]. But when cows go to the river, they overgraze the same path again and again. They become stressed. Their calves don't survive. The whole enterprise is unsustainable."

In 2012, DeVries visited a Dutch pastor with a hobby farm in Kenya. "The pastor had grown up on dairy farms in the Netherlands," she says. He started letting his neighbors in Kenya borrow his equipment and teaching them to make silage – a type of fermented feed that can be stored for months in airtight containers. Because the feed is more nutritious than dried maize, the cows' milk production increases and more calves survive.

Several years after that visit, the Holland club partnered with the Rotary Club of Eldoret-Uasin Gishu, Kenya, on a \$62,500 global grant to fund a tractor and a training program for a village. "The pastor's program was kind of the pilot," DeVries says. The funding now affords every dairy farmer in the village the opportunity to learn to make silage at a demonstration farm.

Keeping its commitment to serving area youth, the club offers scholarships for area teens who want to join Rotarians participating in projects abroad. "We're seeing a rise of ethnocentrism in the world," Armour tells the middle school students at the Leaders for the 21st Century program. "But not among Rotarians. They maintain a global perspective."

– VANESSA GLAVINSKAS

Previous page: Rotarians Russ Miller (from left), Kathy DeVries, Bob Armour, and Wendy Piper from the Holland, Michigan, area.

4 QUESTIONS ABOUT

Rotary alumni associations

with Grace Okaro

Past president, Rotary District 9141/9142
Alumni Association, Nigeria



1 What are alumni associations?

Alumni associations are organized groups chartered by Rotary for people who have participated in programs such as Interact, Rotaract, RYLA, Rotary Youth Exchange, Rotary Scholarships, and Rotary Peace Fellowships. The alumni associations maintain connections between these former program participants and Rotary. There are about 80 chartered associations in 30 countries.

2 What does your alumni association do?

Every year, we hold a reunion, which includes a lecture, a dinner, a social event, and a project within one of Rotary's six areas of focus. We also recognize some of our members who have excelled, whether within Rotary or outside of Rotary. We move the event from city to city annually, and we invite Rotarians to join us, too. Most times we have about 100 people attending our reunions.

In 2017, we supported RI President Ian Riseley's tree-planting initiative by organizing a road show, erecting a billboard on one of the busy streets in Umuahia, the capital of Abia state, and holding a demonstration tree planting.

We also collaborate with the alumni and membership committees in our districts to

celebrate Rotary Reconnect Week in October.

At the Rotary Convention in Toronto, we were honored with the 2017-18 Rotary Alumni Association of the Year Award.

3 How did you get involved?

I've been a Rotarian since 2003. In 2012, I led a team of four professionals in a Group Study Exchange to Argentina, and that was how I became an alumna.

In 2013, my district held an alumni reunion during November, which is Rotary Foundation Month. It wasn't very successful, because at that time Rotaractors and Interactors weren't considered alumni – only participants in Foundation programs were. That changed with a decision in late 2013 by the RI Board of Directors and The Rotary Foundation Trustees to enlarge the scope of who is considered alumni.

We formed District 9140's association in 2014, and I became the charter president. Our district redistricted and split into two last Rotary year, so now our alumni association covers both districts.

4 What are the benefits of alumni associations?

They are a way to help bring people Rotary has invested money in or who have had life-changing experiences in Rotary's

youth programs back into the active Rotary family. The alumni might not yet be ready to join Rotary, but they can continue interacting with Rotarians so that they might become members down the line. Our alumni association members are invited to speak at club and district events, and we take part in hands-on projects. The clubs that sponsored the alumni invite them from time to time to join in projects and other activities.

Members can give assistance in selecting future program participants, and alumni associations also help experienced professionals extend their own networks, which means they can do more to further the ideals of Rotary.

RECONNECT WEEK is an annual event on the Rotary calendar when you are encouraged to catch up with alumni of Rotary programs. Celebrate by throwing a party for local alumni, hosting an online video conference, or simply chatting over coffee with an alumnus you know. Share your Reconnect Week celebration during 1-7 October by using #RotaryReconnect and visit on.rotary.org/ReconnectWeek to see what's happening around the world.



Send in the clones

Rotary Club of Langhorne, Pennsylvania

Chartered: 1961
Original membership: 22
Membership: 40

SENSE OF COMMUNITY:

Since 2011, the Rotary Club of Langhorne has highlighted what's happening in its community in a big way: The club raised \$55,000 to install a 6-by-12-foot electronic reader sign at a busy intersection, a can't-miss display that updates residents on public safety announcements, news, and events. Those events include the club's Pet Fair and Family Day, which drew 3,000 attendees this year, and a community spaghetti dinner on Martin Luther King Jr. Day which raises money for End Polio Now. The club also devotes energy and funds to local public schools; one initiative, in cooperation with a community nonprofit called the Peace Center, brings anti-bullying programs to middle school students.

After deciding to move to the East Coast to be closer to his daughter's young family, Bill Kaufmann found Langhorne, a community about 25 miles northeast of Philadelphia. A long-time Rotarian who had been membership chair of two clubs in Tacoma, Washington, Kaufmann settled into his natural role fostering membership when he joined Langhorne's Rotarians. But the e-commerce consultant discovered that his branding skills would be put to the test here.

The club meets for lunch at a restaurant in a historic mansion, but at times attendance was at risk of falling below the minimum 20 meals required by the venue. "We were losing members because they couldn't make meetings," Kaufmann says.

Board discussions yielded ideas but no firm solutions. Then one member started sending his office manager to meetings in his place. "That was my 'aha' moment," says Kaufmann, now club president. The club decided to recognize the stand-ins, who must have a family or business relationship with the primary member and pay \$25 in annual dues to the club to cover the cost of name tags and mailings. The program was implemented at minimal cost and with little formality.

Kaufmann calls the concept "a hybrid of corporate and family memberships" and says much of the novelty is in the "clone" nomenclature.

CLUB INNOVATION:

When members blamed falling attendance on work responsibilities, the club rose to the challenge, deciding to let members designate a business associate or family member to attend meetings and participate in projects in their stead – or alongside them. Dubbed "clones," the stand-ins endure gentle jibes and occasional bleating sounds in imitation of Dolly the sheep. The clones, who share the Rotarian DNA of generosity, go along with the fun.

"We approached it tongue-in-cheek, and it really took off," says Joe Santy, who was president in 2017-18. "It gives the person the opportunity to see what Rotary does. Somebody sending us a clone also feels they're maximizing their membership. And if a clone decides to go to a project, well, they're like family to us."

The club's first official clone, Jaki Mason, was recognized in February. She fills in for her employer, Kevin Seifert, who operates a 50-person plumbing and heating services company. "I was always interested in the things Rotarians did," she says. "They're very warm and welcoming, and it's a way for me to bring information back."

Seifert, who feared he might have to give up his membership because he was so busy, likes the arrangement. "It keeps me in the loop without having to be there every week," he says.

Mason and two other clones helped run the petting zoos, pony rides, bounce houses, and food booths at the club's pet fair. Stephen Moyer, a clone who is an associate of member Lori Hoppmann, appreciates the club's "outside-the-box" thinking. "I'm really happy to play whatever role I can, clone or member or clone-to-member," he says. "I think people who are clones will ultimately start to become full members as this program continues to evolve." —BRAD WEBBER



From top: Rotarians prepare for the Martin Luther King Jr. Day spaghetti dinner; the Pet Fair and Family Day brings together the whole community.

**What is your club doing to reinvent itself?
 Email club.innovations@rotary.org.**



CONVENTION COUNTDOWN *Gateway to the world*

Hamburg's role as Germany's premier seaport has shaped the character of the city through the centuries. From its earliest days as Hammaburg – an eighth-century fortress in a river bend, built to secure trade in the region – Hamburg has maintained its independence as a city-state still known as the “Free and Hanseatic City of Hamburg.” Today, its citizens proudly call themselves “Hanseaten.”

In its medieval glory days, the city established itself as “gateway to the world” – which is its official slogan. In the 19th and 20th centuries, it was the port of departure for 5 million emigrants, whose stories are documented in the BallinStadt Emigration Museum. The maritime history of the city comes alive in the International Maritime Museum Hamburg.

Today, Hamburg is one of the busiest ports in Europe, moving 136 million tons of seaborne cargo in 2017. The city is also a popular destination for cruise ships, and the port is something of a tourist attraction, where you can get a drink or a meal on a converted cargo ship and even stop in at a church on a riverboat. Or see the harbor on one of the numerous boat tours that are available.

Hamburg defines itself in the context of globalization: a modern, multicultural hub for business, culture, and technology that is playing a central role in an interconnected world. —STEFAN MEUSER



Register for the 2019
Rotary Convention in Hamburg at
riconvention.org.



A message from **Foundation Trustee Chair** **Ron D. Burton**

Since its inception in 1905, Rotary has been a champion for peace. The 1914 Rotary Convention adopted a resolution that our organization “lend its influence to the maintenance of peace among nations of the world.” Then, the 1921 convention incorporated into Rotary’s Constitution the goal to aid in the advancement of international peace and goodwill through fellowship in the Rotary ideal of service. In 1945, Rotary played a key role in forming the United Nations when almost 50 Rotarians served as delegates, advisers, or consultants at the UN charter conference in San Francisco.

Today, one of our six areas of focus is promoting peace. Every Rotary service project, whether funded with a district grant or a global grant, has an impact on peace. It could be a peace project, a water and sanitation project, a basic education and literacy project, an economic and community development project, or a project in one of our human health-related areas – maternal and child health or disease prevention and treatment. It really doesn’t matter. The ultimate outcome makes a positive contribution to our world by improving the quality of life for those affected, and that improvement is an element of peace.

Additionally, each year we select up to 100 professionals from around the world to be Rotary Peace Fellows who receive fellowships to study at one of our six peace centers, earning either a master’s degree or a professional development certificate in areas such as human rights, international politics, public health, and development. To date, 1,100-plus people have participated in the program, and we are beginning to see positive results.

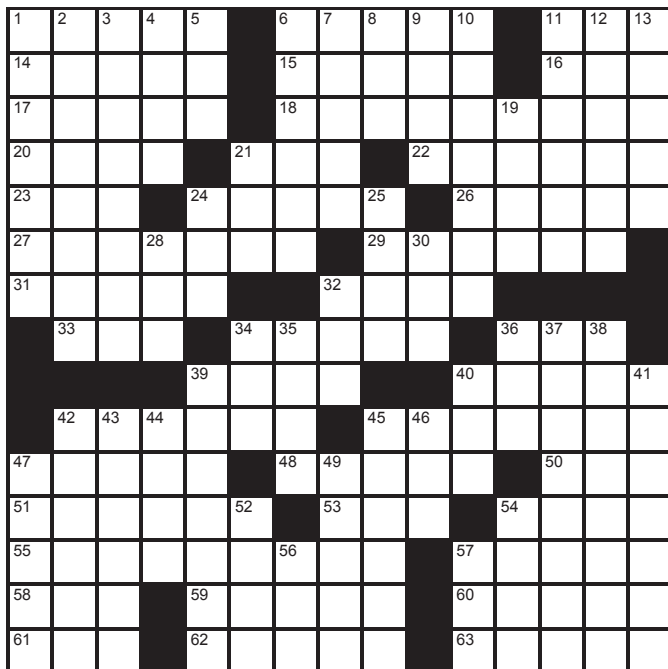
As we look to the future, The Rotary Foundation Trustees are discussing how we can improve this program as well as all of our peace efforts so that we can achieve the maximum possible positive impact. If you would like to help, you can contribute to the Rotary Peace Centers Major Gifts Initiative and help support the next generation of peacebuilders.

Ron D. Burton
FOUNDATION TRUSTEE CHAIR

24 OCTOBER IS WORLD 34-ACROSS DAY

By Victor Fleming

Rotary Club of Little Rock, Arkansas



Across

- 1 Latin backs?
- 6 Where sumo is hot
- 11 Mo. before Labor Day
- 14 Studio sign language
- 15 Caen school
- 16 *Science Friday* sta.
- 17 Play participant
- 18 Wipe out
- 20 Visualized
- 21 Sorehead's emotion
- 22 "Girl on Fire" singer Keys
- 23 Jackanapes
- 24 Breakfast staple
- 26 Heron cousin
- 27 Distribute
- 29 Put holy oil on
- 31 Expound at length
- 32 Team with a yoke
- 33 Wipe out, as 34-Across 36-Across
- 34 Salk vaccine target
- 36 "Immediately!"
- 39 Cut back, with "down"
- 40 Went for the gold
- 42 *The ___* (NBC sitcom, 2005-13)
- 45 Ancient fertility goddess
- 47 Spanish walled city
- 48 Mistletoe bit

50 SASE, e.g.


- 51 Confrontations
- 53 Caterer's coffee maker
- 54 Boot accessory
- 55 Wipe out
- 57 Grocery or boutique
- 58 Former Sega competitor, for short
- 59 Arranges by type
- 60 Palomino, e.g.
- 61 Hardwood tree
- 62 Surprise ending
- 63 Picked, with "for"

- 12 Slant upward from horizontal
- 13 Super-duper
- 19 Bank opening?
- 21 Chit
- 24 Off-stubbed digit
- 25 Curbside cry
- 28 Depot abbr.
- 30 New beginning?
- 32 "Bravo!" kin
- 34 Money-raising org.
- 35 Galena and bauxite
- 36 Peeples or Long
- 37 Subject to sanctions, maybe

Down

- 1 Mentor's advice, maybe
- 2 Again
- 3 Smartphone service provider's offering
- 4 Priory of ___ (group in *The Da Vinci Code*)
- 5 Depot abbr.
- 6 Show contempt for
- 7 Field divisions
- 8 Agency contract, briefly
- 9 Pierce player
- 10 Hall of Fame hockey coach Roger
- 11 Bayer alternative
- 38 Nourishing occupation
- 39 "Girl on Fire" singer Keys, for one
- 40 Home loan doc.
- 41 Issued an order
- 42 Future seeds
- 43 Wipe out
- 44 *The ___-Flam Man* (1967 movie)
- 45 Take in for booking
- 46 Pride or lust
- 47 Basketball game site
- 49 Some golf strokes
- 52 Alps covering
- 54 Wipe out
- 56 Shapiro or Fleischer
- 57 Premium cable sta.

Solution on page 18




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Accolades for Rotary's work

This year, Rotary has been recognized for its organizational excellence by a variety of professional associations.

Rotary's commitment to eradicating polio worldwide won Best Nonprofit Act in the Hero Awards of the One Billion Acts of Peace campaign, an international global citizens movement to tackle the world's most important issues.

Rotary's website was recognized as the best association website by the Webby People's Voice Award. More than 3 million people voted in the competition. Rotary.org was also recognized as one of the 20 Best Nonprofit Websites by Top Nonprofits, an independent evaluator of the best organizations in the industry.

The Rotarian earned three Excel Awards from Association Media & Publishing. The December 2017 story "On the Trail of History" was awarded a gold medal for feature article design. The magazine also received bronze medals for overall design excellence and for best column for "Meeting Like This" by Frank Bures in the September 2017 issue.



Rotary's Support Center was recertified as a Center of Excellence for the second year by BenchmarkPortal, operating on par with the top 10 percent of all contact centers in the industry.

Finally, Rotary's general counsels won the Not-for-Profit Organization Team of the Year at the World Trademark Review Industry Awards.



Rotary recognizes Trudeau for Canada's commitment to ending polio

In acknowledgment of his government's efforts to achieve a polio-free world, Rotary presented Canadian Prime Minister Justin Trudeau with its Polio Eradication Champion Award at the Rotary International Convention in Toronto in June.

Canada has been a champion in the fight to eradicate polio since 1986, when it became the first government to formally fund global polio immunization efforts. Canada has provided more than CA\$750 million in support of a polio-free world, including a \$100 million pledge in 2017. Earlier in June, Canada, as host of the Group of Seven summit, was joined by G-7 leaders in affirming a commitment to polio eradication.

"Prime Minister Trudeau has committed Canada to remain a strong partner until polio is completely eradicated," said 2017-18 Rotary President Ian H.S. Riseley. "With the unwavering support of the prime minister and the Canadian government and their strong assistance with continued vaccination efforts, I'm confident we will rid the world of polio."

FROM TOP: ANDREW ESEBEO; ROTARY INTERNATIONAL

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The eight new membership courses offer a fun, self-paced learning experience that can help you revitalize your club. Take the courses and help fictional club leaders make decisions about common challenges that face clubs.

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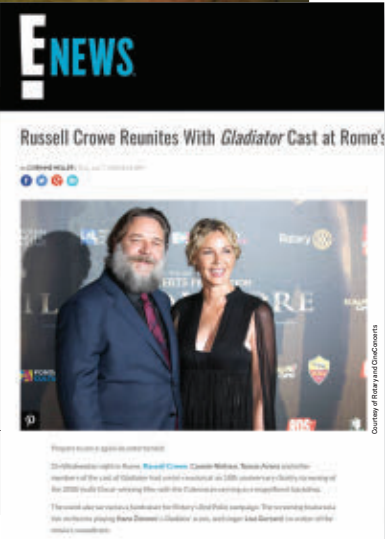
Courses include:

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- Kick-start Your New Member Orientation
- Best Practices for Engaging Members
- Your Membership Plan

last look



Gladiator cast reunites at Rome's Colosseum to help End Polio Now



WORLD POLIO DAY IS 24 OCTOBER.

It's a great chance for your club to tell your community about Rotary's polio eradication efforts and how close we are to ending the disease.

In June, Rotarians in Rome gave this message some star power when they hosted *Gladiator* in Concert, a special End Polio Now fundraiser inside the Colosseum. Stars of the Oscar-winning film, including actor Russell Crowe, reunited for the event. The gala evening included a reception hosted by Cristina Bowerman, chef of Michelin-starred restaurant Glass Hostaria, followed by a screening of the 2000 movie accompanied by an orchestra performing the score.

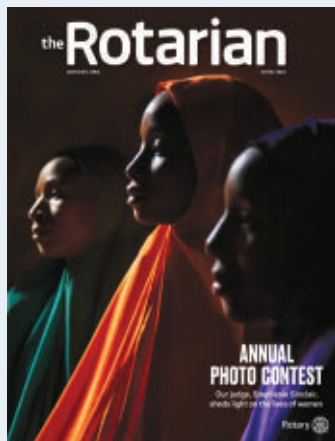
International and entertainment media covered the event, including the *Hollywood Reporter*, ABC News, E! Online, *Page Six*, *Entertainment Weekly*, and *People*.

"The event is not just about reuniting with Russell and other cast members ... but also to raise awareness about Rotary International's work in ending polio forever," said actress Connie Nielsen, who, along with castmate Tomas Arana, joined Crowe at the event. "I believe we all have the collective power and responsibility to help empower those around the world, and promoting health care is essential."

The event, which was spearheaded by Rotarian Alberto Cecchini, a member of the Rotary Club of Roma Nord-Est, Italy, raised more than \$500,000 for polio eradication.

How is your club celebrating World Polio Day? Tell us at endpolio.org/promote-your-event, and you may see your event on the World Polio Day livestream or in other End Polio Now promotions.

One last thing...



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the **Rotarian**

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