

ROTARY

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Rotary 

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Sharing our Rotary stories from the heart

Being asked to *Imagine Rotary* can seem like a big, heady exercise, but the most important element of it is something quite small, even personal.

Not too long ago, Rotary members were expected to perform our acts of service quietly. I understood and appreciated the thought behind that — humility is a wonderful trait, and we should continue to nurture it in other ways.

But keeping Rotary to ourselves has a cost. And by sharing our Rotary moments, we are being generous with others and giving them an opportunity to understand the impact of Rotary.

It brings to mind that wonderful aphorism that poet Maya Angelou was known for: “People will forget what you said. People will forget what you did. But people will never forget how you made them feel.”

So how do we make people feel Rotary? The best way is to share our Rotary moments. We have all had them — when the ordinary collides with intention to create something extraordinary.

Some people have those Rotary moments the first time they go to a meeting. For others, finding such a moment can take years, perhaps when seeing the joy in the eyes of someone we serve. Or in hearing from another member something that hits close to home.

As Nick and I share this journey, we are amazed

at the work you are performing and the lives that are transforming. Throughout the year, I’m going to share with you the sights and the stories that made those tours meaningful for us.

I hope you can do the same in your corner of Rotary. It can be something you share in meetings or on social media. For the most savvy and ambitious, it could be an event you publicize through local media. Even telling your stories to friends has impact.

We need ambassadors for Rotary’s message and our dreams for a better world. The best ambassadors are our members. The more you share stories — and share them from the heart — the more you encourage others to partner with us, to join us, and to stay.

To give you just one small example, in the months ahead, I will be turning over this column to Rotary members who will share their personal stories as they relate to diversity, equity, and inclusion in our organization. It’s important that we hear these stories directly from the people who experienced them as a way of feeling the importance of DEI for the future of Rotary.

In everything we do, what people feel about Rotary will shape our future. I can only imagine what you will inspire through the stories you’ll tell.

JENNIFER JONES

President, Rotary International



“In the months ahead, I will be turning over this column to Rotary members who will share their personal stories as they relate to diversity, equity, and inclusion in our organization.”

P.S. November marks the 60th anniversary of Interact! I want to express my fondest wishes to our Interact members and the people who support them. Thank you for everything you do.



PHOTOGRAPH: ALAMY STOCK PHOTO



YOU ARE HERE: Abuja, Nigeria

GREETING: How you dey?

ROCK ON: “Abuja is a city of hills and rocks,” says Constance Okeke, past president of the Rotary Club of Abuja-Gwarinpa. The city has abundant hiking trails, parks, and views of Aso Rock and Zuma Rock, which are among the world’s highest and largest monoliths — natural geological features that are each a single huge piece of stone. One side of Zuma Rock, pictured left, has contours that resemble a human face.

FUEL UP: At the Wuse Market, all nine of the city’s Indigenous ethnic groups ply wares, from vibrant African fabrics to kola nuts, in a sprawling, open-air feast for the senses. “You smell the roasting boli [plantains], fish, and yams,” Okeke says. “You have music blaring from speakers, the catcalls of merchants trying to attract customers, the hum of customers meandering among the stalls, preachers calling for prayers.”

THE CLUB: The Rotary Club of Abuja-Gwarinpa meets on Tuesdays at 7 p.m. at the Benysta Hotel.

— PAULA M. BODAH

ROTARY

November 2022

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A woman with dark hair in a bun and glasses, wearing a black t-shirt with a pink Rotary logo, is looking down at something in her hands. Three children are gathered around her: a boy in a black t-shirt stands behind her, a girl with blonde hair in a striped shirt is in the foreground looking down, and another boy in a red and blue plaid shirt is on the right also looking down. They are outdoors in a garden with green plants and flowers.

Giving Tuesday: 29 November

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communities close to home and around the globe.

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#GIVINGTUESDAY

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Home from war, a struggle to find peace

With Rotary members behind him, an Iraq veteran works through his trauma — and adopts a mission to help others

By Kate Silver

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Bounce forward

After loss, a writer goes in search of post-traumatic growth

By Michaela Haas

Illustrations by Maguma

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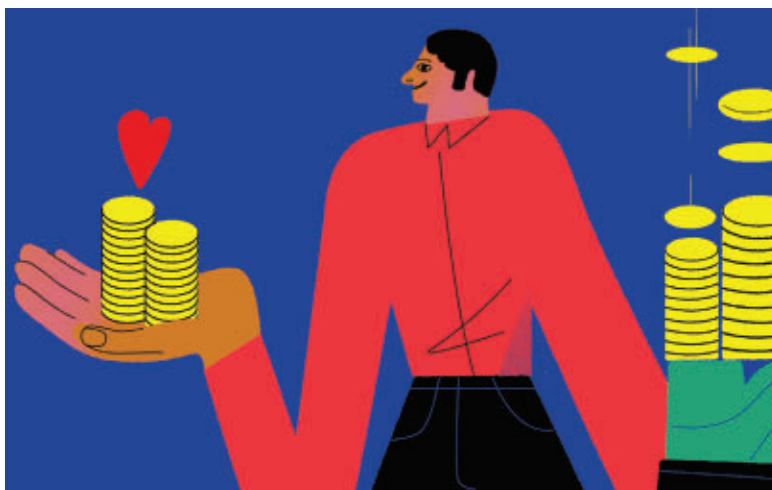
A capital destination

Make the most of your visit to the host city of the 2023 Rotary International Convention

By Meagan Martin

Photography by Rhys Martin

On the cover: Melbourne, Australia's multicultural metropolis, prepares to host the 2023 Rotary International Convention. Photograph by Rhys Martin



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STAFF CORNER

Chris Brown

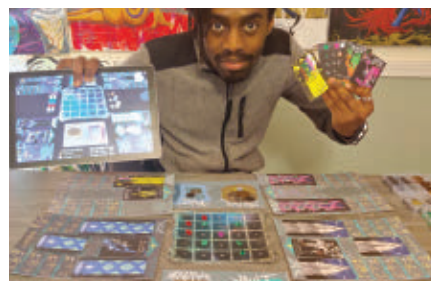
Digital insights team lead

I've been working for Rotary for 22 years now. I started out as a temp in Evanston and ended up working as an assistant and a coordinator with the Club and District Support team and subsequently a business analyst for the Web team. Now as the digital insights lead, I provide the Secretariat with web analytics. For example, if someone's filling out a donation form, I can look at how long it takes to fill it out, or how often a person comes back. A few years ago, I worked with Rotary's PolioPlus and Visual Media teams to create *The Agents of Polio Eradication*, an animated comic to educate people about our polio eradication efforts in a different style.

I've always loved complex games. I made my first game in third grade. I thought Monopoly was cool but wanted to make it more complex. So I created a game called Making It Big. At school, I turned several class assignments into board games. When my teacher assigned a book report on the *Odyssey*, I turned Odysseus' journey into a board game.

A few years ago, the software developers I worked with at Rotary invited me to some game nights. When I looked online, I realized the market for hobbyist board games was so much bigger than I thought. So, during the pandemic in 2020, I started playtesting a game I created. It's a two-player game. Each player is an architect who helps celestial gods construct towers by charting constellations in the sky. Whoever builds the most gets riches, fame, and special abilities. I'm also working on a card game about achieving political ambitions amid a brewing rebellion. My goal is to self-publish the games.

I got into music after high school and made some hip-hop records. I put out a full-length rap album, some vinyl, and a compilation album on my own record label, Cypher Infinitum. I also co-founded a label called Birthwrite with a couple of friends.



A board game lover and creator, Brown showcases his new game prototype.

Art is another big part of my life. I just designed the label art for SumACTION, a beer put out by Sketchbook Brewing in suburban Chicago, as well as a couple of album covers for a Chicago hip-hop producer. I enjoy drawing, painting, and 3D modeling.

I'm always trying new things, like indoor hydroponic gardening. The gardening replaces a decent amount of my grocery shopping. I'm usually growing about 40 plants at a time, including kale, tomatoes, different lettuces, and herbs.

I like having different personas for different pursuits. When I do art, I use 360 as my name. So my Instagram account is @artby360. When I rapped, the alias I used was Lord360. I also go by Chris Cypher for singing, designing games, and other pursuits.

— AS TOLD TO DINAH ENG

Letters to the editor

A CEREMONY FOR FORGIVENESS

Thank you so much for the August article “Peace through a bowl of tea.” The significance of the formal tea ceremony by Genshitsu Sen at the hallowed ground of the sunken USS Arizona in Hawaii is not lost on surviving World War II veterans on all sides of that terrible war.

In 1984, when I was 33, I had many WWII veterans in my life, including my father and members of our local Rotary club and other clubs in District 6490. They had to make a big leap of faith as they sent me and my fellow Group Study Exchange team members to Japan.

Prior to our exchange, we underwent extensive training to appreciate Japanese culture — including tea ceremonies at Japan House at the University of Illinois at Urbana-Champaign. Our Group Study Exchange effort was to help heal the wounds of the war by meeting Japanese people and staying with Rotarian hosts. In Tokyo, Okinawa, and historic Kyoto, we were shown the Way of Tea as a most moving and emotional performance with each movement loaded with meaning — a true healing ceremony. The exchange truly promoted one-on-one interactions. This experience changed my life and my view of historical world events and people.

William J. Dees, Hannibal, Missouri

Thank you for the moving and informative article about Rotarian Genshitsu Sen and his practice of *chadō*, or “the Way of Tea.” I was particularly moved by the description of his 2011 *chadō* ceremony performed at the USS Arizona Memorial. It demonstrated such spiritual commitment and courage, showing us all the power of forgiveness.

Jim Kennedy, Greensboro, North Carolina

GLOBAL APPEAL

Hooray for Scott Simon, one of my favorite NPR hosts, for his article [“The whole world is watching,” August] that mentioned Jackie Robinson and his introduction to the major leagues and the Brooklyn Dodgers in 1947.

I remember sitting in the exact spot in the bleachers depicted in the story



illustration and watching him walk onto Ebbets Field in Brooklyn. I started going to see the Dodgers when I was 15. For a nickel I took the El from my apartment in Brooklyn, changed once to a shuttle, and was in my paradise for 25 or 50 cents. When Jackie stepped out to the field, a roar of approval went up. He was so agile, a great hitter and fielder, and brought Dodger fans years of excitement and joy.

Lowell Greenbaum, Augusta, Georgia

I enjoy reading Rotary International's magazine, especially to learn about Rotary's activities and impacts around the world. But your recent article “The whole world is watching” raised an eyebrow, not least because the mention of baseball being “our national pastime” is clearly referring to the U.S. But we're Rotary *International*, and we have been international since 1912, when a club was chartered in Canada. Also, the article doesn't even mention Rotary. Please, let's keep those valuable *Rotary* magazine pages for Rotary subjects of interest to all Rotarians.

Alex Handyside, Dartmouth, Nova Scotia

GREEN GOALS

I appreciate the suggestions on how clubs can support a green global economy [“It's easy being green,” August].

OVERHEARD ON SOCIAL MEDIA

In August, we wrote about the 2021-22 Programs of Scale grant recipient, Together for Healthy Families in Nigeria, which aims to reduce maternal and neonatal mortality.

That is indeed a remarkable program which deserves further strong support. Congrats for selecting it.

Rainer Moosdorf
► via LinkedIn

We all can help. This is a story that inspires us to contribute to reducing maternal and child mortality.

🙏
Sergio Almeida
► via Facebook



Genshitsu Sen, the former grand master of the Urasenke tea tradition and a member of the Rotary Club of Kyoto, Japan, was profiled in the magazine's August issue. Listen to an audio version of the story at rotary.org/peace-through-bowl-tea.

I have another: Rotary could opt out of recognition pins. I have a box full of them. I only wear two — my Rotary pin and my Paul Harris Fellow pin. The rest will probably end up in a landfill when my kids clean out my house upon my death.

Scaling back the purchasing and distribution of these pins would reduce landfill usage, and the money saved could go to sustainable projects. That's a win-win for our ecology and the economy.

Marina T. Schmidt, Elk Grove, California

Seeing the number of articles in the August issue with a climate emphasis was incredibly reassuring to me. My club, the Rotary Club of Oakville Trafalgar, Ontario, recently formed an environmental committee. It's a good start, but we have a very long road to climate security. Still, I'm relieved to see we are taking this problem seriously.

Heather Donaldson, Oakville, Ontario

A PLEA FOR PRAYERS

The article about a recent membership survey ["United in friendship and service," August] reported that some

members don't like "rituals and unneeded formalities like prayers and songs." I found that survey result particularly offensive. Further, I feel very badly that this must be a pervasive view out there in Rotary land. What we need today is more, not less, prayer.

Theodore Gurzynski, Greendale, Wisconsin

PRaise for the Prez

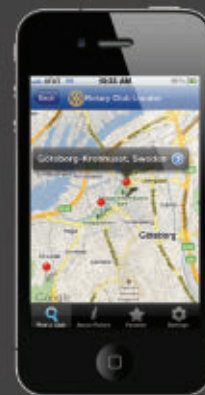
I just finished the great article about President Jennifer Jones ["Storyteller in chief," July]. In 2018, Jones was a keynote speaker at a District 5300 event. I was impressed with her wisdom, her passion for Rotary, and most of all her warm personality. She and I had a private conversation afterward. She surprised me by saying that Rotary might not be ready for a female president, but the day would come.

I am so pleased that the day has come and RI has broken another glass ceiling by selecting Jennifer Jones as the first female president. The article did a fine job of showing what an exceptional leader she is, and I expect nothing less than an exceptional Rotary year.

Dan Watson, Oracle, Arizona

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THE SPECIALIST

Defeating HIV

A gene researcher's breakthrough could lead to a one-time vaccine

Like many PhD students, Alessio Nahmad endured a string of research failures. “Biology is not for the faint of heart,” he says. Now, at just 31 years old, Nahmad is achieving success — lots of it. He helped lead a team at Tel Aviv University whose research holds promise for a one-time vaccine for people with HIV/AIDS. Here, in his own words, is his story.

I wanted to study neurobiology because I liked psychology but wanted to know more about the science behind it. So I began a bachelor's degree in biology. Then I was in a genetics class, and I fell in love. I learned about new technologies to modify cells. I learned about stem cell therapy and gene modification techniques.

HIV is the king of mutations. It's a virus that mutates to escape the immune response. If we compare it to

influenza, the diversity of influenza strains in the whole world is roughly comparable to the diversity of HIV strains you will find in a single patient infected with HIV. Type B white blood cells are the main players in neutralizing viral infections. So, in my work, we used the CRISPR gene-editing technique to engineer B cells that activate the immune system to produce antibodies that neutralize HIV. We were able to directly modify the cells in mice through a single injection.

To develop a cure for HIV, we need more than the grant funding from universities. Financing this is huge. We are very close to curing HIV. But we need that last push. There is no reason why 40 million people are living with HIV infection right now in the world. Governments should enhance funding for research by offering academia and industry competitive grants to tackle emerging or common diseases.

We think this technology will also work well against cancer. At Tabby Therapeutics, we are going to try to use it to treat tumors. HIV is a single virus. Cancer is a world of diseases, so a lot of people need treatments and solutions for cancer.

People need to know that science is fun. We need to encourage the next generation of scientists. The world needs bright minds to resolve the issues we are and will be facing. — AS TOLD TO ORLY HALPERN

Alessio Nahmad
Rotary Club
of Pninat
Raanana, Israel
Co-founder
of Tabby
Therapeutics

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ROTARY AND UNICEF

A new handbook for humanitarians

A carefully crafted guide provides a road map for future collaboration between two tried-and-true partners

In June, at the Rotary International Convention in Houston, Past RI President K.R. Ravindran struck up a conversation with representatives of UNICEF. The topic was the dire economic crisis that has left more than 5 million people in Ravindran's home country of Sri Lanka without adequate food and medicine. From that conversation emerged Lifeline Sri Lanka, a project by Rotary and UNICEF to provide medicine, water purification supplies, educational materials, and other necessities to families in the island country.

"The significance of this historic moment is vested in the fact that these two prestigious organizations have come together to lend their support towards aiding one singular nation in distress," Ravindran said when the project was launched in August. Within three weeks, it had received more than \$70,000 in donations.

A particular aspect of that story is especially appealing to Stephanie Jacquier, a global philanthropy and partnership specialist for UNICEF. "It's an illustration of one Rotarian driving something locally, together with UNICEF, in one specific country," she says. Emphasis on *locally*.

The story of Lifeline Sri Lanka is inspiring, but such cooperation is not a rarity. Around the world, Rotary and UNICEF, each with a presence in more than 190 countries and geographical areas, work together on issues related to global development, humanitarian aid, and peace. The partnership goes back to 1988, when the two organizations joined with the World Health Or-

ganization and the U.S. Centers for Disease Control and Prevention as founding members of the Global Polio Eradication Initiative. The GPEI now also includes the Bill & Melinda Gates Foundation and Gavi, the Vaccine Alliance.

"Rotary and UNICEF have a long history of successfully working together, beginning with our partnership to protect children from polio and growing to other priority programs where we can jointly build on our unique strengths," says Michael J. Nyenhuis, president and CEO of UNICEF USA.

Mark Daniel Maloney, past RI president and current Rotary Foundation trustee, extols the "mutual trust" between the two organizations. "When we place money in UNICEF's hands, when we fund the programs that UNICEF is doing in polio eradication, we know that it is going to be put to good use."

As the organizations look to the future, they have devised a new approach, introduced through a handbook entitled *Local Collaboration Framework*, that is designed to broaden and increase their collective impact. "The framework is a comprehensive guide for local Rotary clubs to work collaboratively with UNICEF in determining and addressing the greatest needs locally," says Nyenhuis.

"It's an invitation to create synergy and leverage Rotary's efforts," adds Maloney. "Rotary can provide boots on the ground, and UNICEF provides the expertise."

To better implement this new approach, representatives of both

For a copy of the *Local Collaboration Framework* handbook, go to my.rotary.org/document/rotary-unicef-local-collaboration-framework.



The 2022 Rotary Day with UNICEF brought together (clockwise from left) Michael J. Nyenhuis, president and CEO of UNICEF USA; Rotary members Carolyn Johnson, Padmini Murthy, and Rose Cardarelli; and Stephanie Jacquier, a global philanthropy and partnership specialist for UNICEF.

organizations collaborated to create what Maloney calls a “road map to expanding our relationship with UNICEF.” Rose Cardarelli, a member of the Rotary Club of Washington Global, Washington, D.C., and the RI representative to UNICEF/New York, took a lead role in that process. “Collaboration included jointly identifying countries with both Rotary and UNICEF representation, studying previous potential joint projects, and surveying and conducting extensive personal interviews with Rotary members and UNICEF staff,” she says. “It was important to have global participation through regional representation.”

The process began in fall 2020, and, over the course of a year, evolved into a two-step quantitative and qualitative process. “We didn’t want to rush; we wanted to do it right,” says Jacquier. “We

knew it was important to first collect evidence from the ‘audience.’ Because once you know your audience, you’re better positioned to answer their needs.”

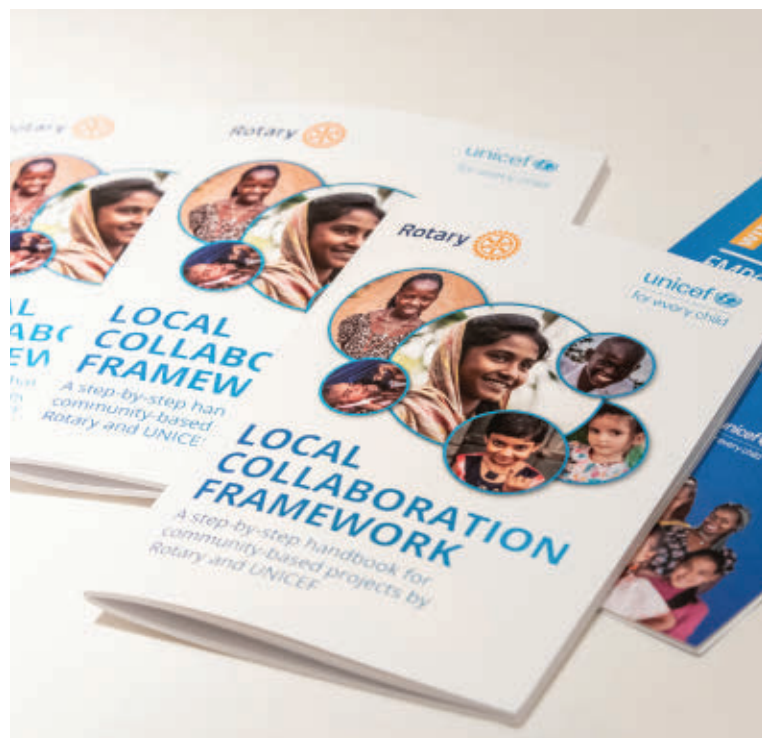
All that preliminary work resulted in a 64-page handbook that provides clear and useful guidance, policies, templates, and other tools to empower Rotary and UNICEF to work well together locally (see “10 steps to success,” right). “It’s a guide that provides a viable method to follow so that members of Rotary and UNICEF staff can initiate discussions for joint projects,” Cardarelli says. “It captures best practices, methods for collaboration and easing partnership engagement. It is a living document in the sense that the methods can be refined further with resulting engagements.”

Jacquier seconds that approach. “We should always have the spirit

10 STEPS TO SUCCESS

The *Local Collaboration Framework* handbook provides a step-by-step process for Rotary members and UNICEF staff to successfully implement community-based projects:

- 1 Get to know Rotary and UNICEF
- 2 Learn about the benefits of working together
- 3 Connect locally
- 4 Get to know one another
- 5 Identify opportunities for collaboration
- 6 Create an action plan
- 7 Make it official
- 8 Track successes
- 9 Showcase successes
- 10 Turn vision into reality



The Local Collaboration Framework handbook was developed by Rotary members and UNICEF staff to broaden and increase the organizations' collective impact.

of continuing to improve this tool," she says, adding that it would be a good idea to collectively review the handbook periodically to make adjustments to reflect evolving needs.

The handbook was introduced in March in New York City at Rotary Day with UNICEF. It is being distributed to UNICEF offices and is available to Rotary districts and clubs via My Rotary — though some Rotary members didn't wait for the handbook to get started on collaborative projects (see "Beyond polio," right). Now that the handbook is available, Maloney has some ideas about avenues the partnership might want to explore. Among them is "empowering girls," which was the theme of this year's Rotary Day with UNICEF. "That would carry on a theme that

Past RI President Shekhar Mehta started and that President Jennifer Jones is continuing," Maloney says. "UNICEF is well positioned to implement programs to empower girls — and maternal and child health [one of Rotary's seven areas of focus] would also fall within that purview."

Like Jacquier, Maloney sees the handbook as a tool to help accomplish these ambitious goals. But he also understands that it's just that: a tool, or, as he put it, a road map. "The handbook is not the end result," says Maloney. "The end result is the service and the projects that will be implemented as a result of the handbook." It's time for members of Rotary and UNICEF to unfold that map together and step into the future. — GEOFFREY JOHNSON

BEYOND POLIO

Rotary and UNICEF have been partners since 1988, when they set out to eradicate polio. But their humanitarian efforts have gone beyond that endeavor, as these recent examples demonstrate:

- Beginning in 2018, District 2483 (Montenegro and Serbia) worked with UNICEF Serbia to advocate for children's rights. The two organizations' activities focused on improving the status of children, including promoting a culture of solidarity, improving corporate social responsibility, and encouraging Rotary members to champion children's rights in their club activities and business practices.
- In RI's Zone 8 (Australia, New Zealand, and Pacific islands), Rotary and UNICEF began working together in 2019 to vaccinate 100,000 children in nine Pacific countries and territories. By working with local governments, the partnership has raised more than \$3 million. The money is being used to provide HPV vaccines for adolescent girls and vaccines to protect children against infections that cause diarrhea and pneumonia, two major causes of death for children under 5 in the Pacific.
- In Nigeria, District 9125 took on a social advocacy role when it partnered with the Water, Sanitation, and Hygiene team at UNICEF Nigeria to support Clean Nigeria: Use the Toilet, a national campaign to end open defecation in the country by 2025.

BY THE NUMBERS

385

million
Estimated number of the world's children who live in poverty

23

million
Number of children who missed routine vaccinations in 2020 due to disruptions in immunization services

800

Approximate number of children who die each day from preventable diseases caused by unsafe water and lack of sanitation

Source: Local Collaboration Framework handbook

Short takes

Starting this Rotary year, the Rotaract Giving Certificate will be awarded to any Rotaract club whose members collectively contribute at least \$100 to The Rotary Foundation.

The annual West Africa Project Fair will be held 2-9 November in Enugu, Nigeria, with an option to attend virtually. Register at rotarywapf.org.





PROFILE

Defying predictions

At 71, a polio survivor thrives as a triathlete

Div Louw
Rotary Club
of Benoni,
South Africa

When Div Louw contracted spino-bulbar polio at age 4 in South Africa in the 1950s before vaccines became available, he was given a 2 percent chance of survival. He spent six months in isolation, including time in an iron lung machine to help with breathing. His father gave him a special toy and a choice.

“He said, ‘Look, son, you can either go into the hospital and have calipers [leg supports] and hope you can walk again, or you can take this [toy riding] fire truck and do what you do best,’” recalls Louw. “I loved that fire truck. That was the trigger for everything.”

The toy truck became his legs; he rode it everywhere. In time, some of his nerve and muscle function recovered, and he began to walk again.

Now 71, Louw has spent his life baffling doctors and defying predictions of immobility. Despite periodic flare-ups that cause irregular heart rhythms and weakness in his limbs, he embraced athletics later in life, winning the gold medal in his paratriathlon ability category at the Africa Triathlon Championships in Egypt in 2021. He represented his country again in the championships in Morocco in September.

In July, he joined the Rotary Club of Benoni, South Africa. “I wanted to raise awareness,” he says, “and I looked on the internet and found that Rotary was working to eradicate polio. It has been absolutely magical.”

“The intensity of my plea comes from my experience,” says Louw. “When I see resistance to vaccinations, especially now with polio still being detected in places, I want to tell people: ‘Don’t let this happen to you.’” — ARNOLD GRAHL

The Rotary Foundation raised more than \$434 million in 2021-22, exceeding its \$410 million goal.

World Interact Week takes place 31 October-6 November, in commemoration of the founding of the first Interact club on 5 November 1962 in Melbourne, Florida.

This month and next, district Rotary Foundation chairs can nominate Rotary members to receive The Rotary Foundation Citation for Meritorious Service. Learn more at rotary.org/awards.



People of action around the globe

By Brad Webber

Dominican Republic

Like other places in the Dominican Republic, Los Cocos de Jacagua faces shortages of suitable housing and sanitation infrastructure. For 15 years, the Rotary Club of Santiago Monumental has addressed community needs there in tandem with a Rotary Community Corps, creating a library, a community center, playgrounds, and a financial cooperative. They installed hundreds of latrines and provided medical care, among other contributions, many accomplished with the help of international partners in District 7710 (North Carolina). The Santiago Monumental club has begun building homes for families, completing nine as of February at a cost of about \$10,000 each, says club member David Crow. "Our international partners spend a week at a time with us, providing labor for the construction effort," Crow says. "This alliance is a powerful way to promote peace and offer Rotarians the opportunity to live and work together with local Rotarians and the communities served."

2 million

Estimated housing-unit deficit in the Dominican Republic

Rotary
Club of Santiago Monumental



United States

Four Rotary clubs in Florida flexed their muscles with a fire truck pull to raise more than \$15,000 to refurbish the entrance of an assisted living facility. Sixteen teams competed to be the fastest to tug the 17-ton truck 50 feet across the parking lot of a sponsoring brewpub. Led by the Rotary Club of Mid-Bay Bridge (Choctawhatchee Bay), the April event drew about 400 people. Joining the effort were the Rotary clubs of Destin, Fort Walton Beach, and Niceville-Valparaiso, which sponsored the winning team of Niceville High School football players. Members of two Knights of Columbus chapters and the Boggy Sisters, a senior support group, assisted the Rotarians. Community partnerships "lightened the load and made the event possible," says Steve Wolfrom, immediate past president of the Mid-Bay Bridge club.

358,000

Career U.S. firefighters in 2019

Rotary
Club of Mid-Bay Bridge
(Choctawhatchee Bay)

\$54.9 million

The value of Germany's apple exports in 2021

Germany

The Rotary Club of Göttingen-Sternwarte teamed up with the Production School Göttingen, a trades-oriented institution for teens, to harvest about 2 tons of apples and turn them into nearly 400 gallons of juice. The Apfelfest project culminated in October 2021 with the juice being donated to elementary schools or sold, raising more than \$3,300 for End Polio Now. "The juice is amazing — a sweet-sour note, pure apple flavors," reports club member Sönke Jaek. "And the dry apple mash was used to feed game such as deer and boar. They loved it." Club members also serve as tutors and assist the students in writing resumes, finding internships, and applying for jobs.

Rotary
Club of Göttingen-Sternwarte



Romania

To put the brakes on dangerous driving, the Rotaract Club of Bistrița Omnia recently partnered with the police and a driving school to set up a car crash simulator at locations in the northern Transylvanian city. "It consists of a driver's seat equipped with a seat belt, fitted on a moving platform that reaches a speed of about 18 mph," says Christian Nistor, immediate past president of the club. "The platform crashes into a stopping bar, simulating the accident." The device was built by the Rotaract Club of Târgu Mureș Téka. Interact and Rotary clubs have also helped with the project. During one simulation event in May, about 200 people were put to the test during the "Drive Safely, Choose Life" initiative, Nistor says. "Drivers are reminded of the importance of seat belts and the effect of speed in a car crash," he says.

1.3

million

Traffic deaths
worldwide
each year

Rotaract
Club of Bistrița Omnia



2.5

million

Words in a
translation
of the epic
Sanskrit poem
from India, the
Mahabharata

Australia

Reveling in a uniquely Australian art form, the Rotary Club of Gloucester stages readings of bush poetry, which celebrates life in the less populated hinterlands. "Bush poetry is principally stories from the bush," the tales suitable for "shearing sheds, cattle yards, pubs, etc.," says club member Grahame Stelzer. "Normally very funny, sometimes rude, and occasionally serious." In February, three poets and a country band headlined the "Bush Poetry at the Saleyard" event, held, fittingly, in a livestock arena. "The idea was born at a private dinner when one of the guests just happened to be a current Australian bush poet champion," says Stelzer. "My club was looking for a fundraiser for a nursing home, so it all came together that night." The festivities raised about \$3,900 for local projects.

Rotary
Club of Gloucester

The new math

Make more money by giving away more money?
It adds up if you have a 'Generosity Purpose'

By Derrick Kinney



A few years ago, Dave, the owner of a local manufacturing company, came into my office. I was a financial adviser, and Dave was a longtime client. Whenever we met, I always enjoyed his positive, enthusiastic attitude. But that afternoon I could tell by his body language that something was off. “Tell me what’s going on,” I said.

“The business is going great,” Dave explained, “but I’m no longer into it. I’ve lost my motivation. I don’t really feel a lot of satisfaction.”

As we were talking, a thought occurred to me. I asked Dave, “Are there any causes or organizations you find interesting that you would like to support?”

The question caught Dave by surprise, and he sat back and pondered it for a moment. Then he told me that a couple of years ago, he and his family had gone overseas and visited a little village with no real school building and no resources to properly educate the children. They had said to themselves, “It would be neat to do something for these kids.” But then they just kind of tucked the idea away, returned home, and went about their lives.

Hearing all that, I had another question for Dave. “What if you did this?” I asked. “Over the next 12 months, set a goal to increase your business, and a portion of that increase could go to building that school.” His eyes got as big as saucers, and he sat up with a start.

Three months later, Dave returned to my office. He had much more zeal for his business — and for his life. “Derrick,” he said, “you’re not going to believe this, but our sales are already up 20 percent, and we’ve almost fully funded that school.” As a business owner, he was reinvigorated. He had found a way to connect profits to purpose. By giving away more money, Dave was actually making more money.

This is the untold secret to making more money: giving it away. I call it the “Generosity Purpose.” It’s the reason my client’s life changed — and yours can too.

Now I want to ask *you* some questions. What injustice keeps you awake at night? What really bothers you and makes you say, “I want to do something about that”? What wrong do you see in society that you want to make right? Is it in your local

community? Is it elsewhere in the world? What is the cause that you care deeply about? *Connect your cash to a cause, your money to a movement, your profits to a purpose.* That is what changes everything. That is the Generosity Purpose.

What’s your Generosity Purpose? Is it helping abolish sex trafficking? Helping your city’s homeless population? Or is it more personal, like funding your children’s college tuition or paying for the piano lessons your granddaughter has always wanted to take? It’s not about you, but about someone or something that you believe can do more good and leave an impact on the world. After all, the *Me Show* will one day get canceled. The *We Show* always gets high ratings and airs longer.

Most people lead with, “I want to make more money.” But what if you led with, “I want to give more money, and to do that, I’ll have to make more money”? This is the path that gives purpose to your money, and to your life, no matter what your job is or your stage of life.

Now you might believe that making a lasting impact on the world — or even your local community — requires a lot of money. That’s not even a little bit true. Start small. Help one person at a time. As you do that, you will realize you are changing *their* world and *the* world.

Regardless of the attitude toward giving that you have now, I’m asking you to rethink money — to rethink its purpose. Imagine a cause you have felt passionate about ever since you were young but didn’t think you could do anything about. Now is your chance. Small or big, just get started. This is where the fun begins.

Many entrepreneurs I interviewed for my book emphasized how important it is to start early to become accustomed to both making money and giving it away. That’s because both behaviors become muscle memory, as do their corollaries: bad earning and saving habits and an accompanying stinginess.

When I visit with clients, we sometimes talk about the impact of the economy on their money. But I would point out to them the difference between the overall economy and what I referred to as their personal economy. For example, while knowing the key eco-

nomics indicators was important, what really mattered was their ability to put food on the table and save for personal financial goals. In other words, what does all this economy stuff mean to *me*? It’s easy to think that making a lasting impact on the world, or even your community, requires loads of cash. But that’s thinking like the overall economy. I’m suggesting you make it simple: Do what you can where you are right now as an outflow of your personal economy. Remember: Start small and make an impact on one person at a time. That’s how you start to change the world.

When you start earning and saving with a purpose that excites you, it will motivate you, lighting a fire within you that burns so bright that it will lead to success in every area of your life. It will motivate you to do whatever you have to do to build your bank account — whether it’s being successful in your job, getting a raise, or growing your own business. You will acknowledge your power to radically revolutionize your family’s future and the future of the world around you.

You have two paths you can take. Path 1: Keep making money and stay unhappy and unfulfilled. Path 2: Make good money and lots of it, but do it by adding meaning to your money.

If you choose the first path, you are leaving on the table money and a lasting legacy that could benefit you and your family. You’re missing out on helping right the wrongs that bother you the most. It’s not enough to say, “I’m going to work now so I’ll have more to give away later.” It means nothing unless it’s attached to the powerful emotion that you will feel when you have made a real impact.

If you choose the second path, you are now ready to start earning with a purpose. After all, if you don’t have money, you can’t give any away.

I’m asking you to rethink your attitudes about money and giving and find your Generosity Purpose. One person at a time, your money can impact the world.

A member of the Rotary Club of Arlington, Texas, Derrick Kinney is the author of Good Money Revolution: How to Make More Money to Do More Good, from which this essay is excerpted.

Looking for a meaningful Generosity Purpose? Your donation to The Rotary Foundation can have a profound impact on projects to eradicate polio, promote peace, and improve developing communities. Learn more at rotary.org/donate.



GOODWILL

The multiplying factor

Rotary is 'a calling' for Singapore benefactor driven to give back

The image has stayed with Rajamohan Munisamy for years: smiling children taking sips of clean water at a school in northern Thailand.

It was the result of the first Rotary Foundation global grant-funded project Munisamy initiated on behalf of the Rotary Club of Pandan Valley, Singapore, and the first Foundation-supported project the club had undertaken in 35 years.

"The school had a well, but the water was not clean enough," he says of the project, whose host sponsor was the Rotary Club of Chiang Rai North, Thailand. "So we made a big well, built a filtration system and a tank, and then piped the water to the school."

The foundation that owns the school agreed to fund system maintenance, ensuring that the approximately 2,800 students and staff in Sahasartsuksa School, in Chiang Rai, would continue to have access to clean water long after the project's completion in 2019.

The success spurred Munisamy's club to fund more global grant projects, as it won over members

who had felt uncertain about how far their donations could go. The Rotary Foundation provides an 80 percent World Fund match for District Designated Fund contributions toward global grant projects. "There was a multiplying factor because of the Foundation's match," Munisamy says. "Some members who were sitting on the fence changed their minds."

A Rotary member since 2009, Munisamy served as president of the Pandan Valley club in 2013-14 and has held other leadership positions. He received Rotary International's Vocational Service Leadership Award in 2016-17 and served as governor of District 3310 in 2020-21.

Munisamy is a member of the Arch Klumph Society, the Foundation's highest tier of donors that recognizes those who have contributed \$250,000 or more — an achievement he points out would not have been possible without the support of his wife, Leonica Brocal.

"I saw Rotary and all the good things it does, and it gave me a good platform," Munisamy says, emphasizing the appeal of an organization

← The Rotary Foundation provides grants for water, sanitation, and hygiene projects around the globe, including this Rotary-USAID Partnership program in Ghana.

where he could help with service projects and donate financially. "This is the only foundation that gives back as much as you give."

Munisamy is driven to give back to a society that helped him and believes Rotary membership is the best way for him to do it. His father died when he was in high school, and he had to work to support his family. But while serving in the Singapore National Service, he had a bit of good fortune: He learned the trade of land surveying, which transitioned into his long and profitable career in hydrography — surveying and mapping terrain below the surface of a body of water.

Now, he's intent on sharing the wealth he built with the world. The first service project Munisamy participated in was run by the Red Cross Home for the Disabled in Singapore. His Rotary club brought food, and members played with the children there. Being a father himself, Munisamy found the experience eye-opening — and it motivated him to do more.

He has been involved with several Rotary efforts since, including a global grant-funded project to provide pneumonia immunizations to people in Singapore age 65 and older with low incomes. Another global grant-funded project to provide incubators for newborns in Vietnam will help preterm babies born to mothers with COVID-19.

He also has an eye to the future of the organization. At speaking engagements, he emphasizes the importance of being as welcoming as possible to new members.

Surprisingly, this Major Donor almost didn't become a Rotarian. "I'm quite an introvert, actually," he says. As such, he didn't immediately feel a connection to members of the Pandan Valley club — even though he now calls many of them his good friends. "This happens to a lot of people," Munisamy says. "When you bring someone in [to Rotary], you must really engage them."

For Munisamy, Rotary is more than just his charitable organization of choice. "It was a calling for me to be in Rotary." — AMY HOAK

80%

The Rotary Foundation World Fund match on all District Designated Fund contributions put toward global grants

\$400,000

Maximum World Fund award for global grants

CREATING AN INCLUSIVE CLUB CULTURE



Removing barriers is the key to inclusion.
The new **Creating an Inclusive Club Culture** course will help
you cultivate an environment that's welcoming to all.

Find this course and others in the
Learning Center at rotary.org/learn.





GIVE US YOUR BEST SHOT





The *Rotary* magazine Photo Awards return in the June 2023 issue. The contest is an opportunity to share your vision of the world, be it in glorious color or classic black and white. Not only are we looking for the best photographs depicting any subject, but the judges will also honor the top photos in select categories. Members of Rotary and their families may submit photos between 1 October and 31 December. But don't wait: Send us your images today. Submit your photos at rotary.org/photoawards.



PHOTOGRAPHS: (CLOCKWISE FROM TOP LEFT) INHYUK SONG; BRI ERGER; HANSRUEDI FRUTIGER; LUKE STANGO; REGAN MAHARJAN; EDWARD UHALLA; HEINZ-GERD DREEHSEN

Home from war, a hard-won struggle to find peace

*With Rotary
members behind
him, an Iraq veteran
works through his
trauma — and
adopts a mission
to help others*

By Kate Silver
Illustration by Sean McCabe



Z

ach Skiles thought he was fine.

He completed his time in the Marines at 22 in 2004 after serving in the U.S.-led invasion of Iraq. His unit was shelled so many times he'd lost count. He was mourning friends lost in combat. But he was home, ready for what was next. "I was just happy to be alive," he says.

Still, the tendrils of war followed him. Skiles, soft-spoken with kind green eyes, found himself waking up to his own screams at night. He had spells where he'd wind up in a public place, like a Walmart, with no idea how he got there. "I didn't realize that I was in a bit of shock," he says. "And I continued to just disassociate every day."

For those first few years, he bounced between San Francisco and Los Angeles, worked different jobs, and took college classes. He even acted in local theater, channeling his anger into rage-filled characters. But when that anger and frustration started to consume him, he numbed himself with booze and weed. He fell hard for conspiracy theories about the 9/11 terrorist attacks and found himself using phrases like "New World Order" and "the Illuminati." He got fired from his job in 2008 when his employer learned he'd been organizing conspiracy-oriented demonstrations in the community. "Then I slowly spiraled and ended up homeless," he says. "My family didn't really know what to do." After crashing on a friend's couch, he started sleeping on park benches in the Bay Area.

Clockwise from top left: Zach Skiles enlisted in the U.S. Marines in 2000 when he was 18 years old; the Veterans Home of California-Yountville, where Pathway Home was located; Marines at Camp Commando in Kuwait, where Skiles was deployed in 2003.





People closest to him told him he needed help. But to Skiles, they were the ones in the wrong. He'd kept in touch with fellow Marines and said everyone else in his unit was going through similar things. They were all dealing with their troubles in their own way. He would too.

In December 2009, Skiles went to a Veterans Affairs facility in Palo Alto for health services. Now that he was homeless, it was clear he wasn't doing fine. A social worker told him the Pathway Home could offer him support and a bed immediately.

The Pathway Home was founded in 2007, initially funded by an anonymous donor's \$5.6 million grant. The private facility leased space on the Veterans Home of California-Yountville campus, a sprawling, serene spread of Mission-style buildings, dotted with redwoods. Built in the 1880s, the Veterans Home is the largest in the country, and more than 600 veterans live in the community. In contrast, the Pathway Home worked with about 40 residents at a time, providing individual and group counseling, educational classes, help accessing VA benefits, job referrals, and more. Most would stay four to six months, but some remained as long as a year.

Pathway Home's overarching goal was to help veterans reintegrate into civilian life. The vets worked to move beyond or learn to manage the demons of war, trying to avoid adding to the high number of veterans who die by suicide, averaging 17 people every day in 2019. Brown University's Costs of War Project estimated in 2021 that more than 30,000 people who served in wars soon after the 2001 terrorist attacks have died by suicide. That's more than four times the number who died in military operations in those wars. The researchers attribute the alarming suicide rate to high exposure to trauma, stress, military culture and training, continued access to guns, and the difficulty of rejoining civilian life.

Belittled as "shell shock" or "war neurosis" during World War I, post-traumatic stress disorder was finally recognized as an official medical diagnosis in 1980 and defined as the difficulty

recovering after terrifying events with symptoms such as anxiety, nightmares, flashbacks, and depression. As the toll of PTSD became increasingly apparent, therapists started to take it more seriously and tried to understand how to better support traumatized clients.

In the early days of the Pathway Home, its founder and executive director, Fred Gusman, a social worker and mental health specialist who worked with traumatized veterans for more than two decades, spoke to the Rotary Club of Napa, California. He told members about the startling suicide statistics and described how some veterans in crisis wait months before finding a bed in a treatment facility.

The speech shook Napa Rotarian Gary Rose. A problem-solver by nature, he began thinking about ways to help and remembered a charity bike ride in Napa called Cycle for Sight, which once meandered along the hilly vineyard-lined roads and benefited Enchanted Hills, a camp for blind and partially sighted people. The ride had once been popular but hadn't taken place in nearly two decades. What if Rotary were to help bring back the event to also benefit veterans?

Rose and other Rotarians, including Dorothy Salmon and then-Club President Steve Orndorf (he died in 2020), started fundraising and figuring out the logistics. With the help of other area nonprofits and Rotary clubs, including Pacifica, San Rafael, and Brentwood, they launched Cycle for Sight/Rotary Ride for Veterans in 2008. It drew cyclists from across the Bay Area for picturesque 15-, 25-, and 50-mile rides, ending with food, music, and wine. The

event was such a hit that it raised more than \$2 million by 2019 for the Pathway Home, drawing more than 2,000 riders a year before COVID-19 forced it to go virtual. "The love the veterans got from the community was crazy," says Rose.

After learning about the Pathway Home through the VA, Skiles agreed to check in, but not until after the year-end holidays. By choice, he spent Christmas alone, sleeping outside on a bench.

He arrived at the home in January 2010, still in full denial. Looking around the treatment facility, he quickly decided that all the veterans there were crazy, except for him. "I don't deserve to be here," he told himself.

But he stayed, because what else was he going to do? Slowly, over those first few weeks, he noticed how much he had in common with the others. Many of them, too, experienced bouts of rage, confusion, and terror. He attended classes and therapy sessions, participated in yoga and meditation groups. He started building trust and friendships, reflecting on his life and the steps that got him to that point.

When Skiles joined the military in 2000, at 18, he was a sweet and sensitive kid with an easy smile and a quick laugh. He was smart. But he was lost. He'd dropped out of high school and was living in a friend's attic while working at a video rental store. He knew he needed to get it together, but he wasn't sure how. That's when a tall, strapping man in a sharp, blue Marine uniform walked into

More than 30,000 people who served in wars soon after the 2001 terrorist attacks have died by suicide.

the store. “He was such a good-looking dude,” recalls Skiles. “I was like, ‘Oh, man. Yeah. Tell me what you got.’”

The U.S. Marine was a recruiter. Whatever he said, Skiles took away from the conversation concepts like outdoors, discipline, respect, education, direction, positive male role models. Skiles was 5-foot-7 and 110 pounds. He’d never held a gun. He enlisted in the Marines.

He never found the job easy. Initially, he was sent to a unit in Okinawa, Japan, that was being investigated because so many of its service members had died by suicide, he recalls. The environment felt toxic from the get-go. “The philosophy was that hate and discontent needed to bleed through the ranks to breed efficiency, and people would stay tough,” he says. On 9/11, he found out about the planes, the towers, the all-consuming shock when an ex-girlfriend called and asked him to come home. The acts of war had struck home.

But Skiles, an optimist through and through, told himself he would be OK. Even when his unit deployed to Camp Commando, Kuwait, in January 2003, his understanding was that the situation was a “show of force,” and not war. He’d convinced himself he could talk his way out of any conflict and not have to harm anyone. But on 19 March, President George W. Bush announced the start of the war, and the first Iraqi missile hit the gate of Skiles’ camp, blowing him off his feet. From then on, seemingly every half hour for weeks, his unit came under attack. He knew he had to radically shift his mindset. “I was like, I have to fight,” he recalls, “because I’m not going to live if I just sit here talking about things.”

As a driver, he delivered fuel, provided convoys security, and helped build infrastructure in Iraq. Along the way, he’d hear Scud missiles approach. “Six to 12 would fire off at once,” he says. “They’ll eventually end up either on top of you or in front of you or behind you.”

Late at night, as he tried to sleep, the barracks filled with traumatized screams.

From top: After listening to a presentation from the founder of Pathway Home, the Rotary Club of Napa launched the Cycle for Sight/ Rotary Ride for Veterans in 2008 to raise money for the facility; the ride drew more than 2,000 cyclists a year before the COVID-19 pandemic; club members built relationships with the veterans and took them fishing, hiking, and bowling.



How your Rotary club can support veterans

After working with veterans for more than 10 years, the Rotary Club of Napa created a guidebook called *Serving Those Who Have Served: Helping Rotarians Better Serve Veterans*.

“The goal of this guidebook is to provide a road map for any Rotarian who has thought, ‘I’d like to help veterans, but I don’t know how,’” says Dorothy Salmon, a club member and past club president, who spearheaded the guide and produced it with the help of author Suzanne Gordon. “It’s intended as a gift from one Rotary club in Napa to thousands of Rotary clubs across the country.”

You can download the guidebook for free at naparotary.org.



Cycle for Sight/Rotary Ride for Veterans raised more than \$2 million for the Pathway Home. Members of the Rotary Club of Brentwood, California, were among the supporters.

The Rotarians’ involvement with the Pathway Home went beyond their fundraising ride. Napa club members took the veterans hiking, fishing, and bowling. They helped them write résumés and introduced them to prospective employers. When the Pathway Home needed supplies such as blankets, the Rotarians helped out. Napa Rotarian Kent Gardella contacted a quilt business, and it made quilts for each veteran in their favorite colors and each embroidered with a vet’s name, paid for with money raised by Rotary members. One Mother’s Day, Gardella, who owns a jewelry store, invited Pathway Home residents to choose an item from his store to give their mom or wife as a gift.

Gardella, a Vietnam veteran, tears up when he reflects on all the times he spent with the veterans. The relationships with the veterans would grow to mean more to the Rotary members than they ever anticipated. “We didn’t baby them,” he says. “They’re really amazing young people, and that we get to spend time with them, that’s a privilege.”

Things were starting to come together for Skiles. After a few months at the Pathway Home, he felt a sense of acceptance. Every week, he looked forward to bowling night, when the Rotarians would treat everyone to burgers, fries, and milkshakes. The friendship and time they gave felt more like normalcy than anything he’d experienced in years. “At your lowest, having people who still want to genuinely connect is really special,” he says. “When the rest of the world has kind of washed their hands of you, having people who want to enjoy you and be supportive is a unique experience that honestly wasn’t really in my life.”

In his free time, Skiles devoured books suggested by one of his therapists on the psychological toll of combat. During group sessions, some clinic leaders recognized he had a gift for therapy. Gusman, in particular, encouraged him to consider it as a career path. And his Rotary friends agreed.

“We convinced him, ‘Hey, you’re really a smart kid,’” Salmon recalls. “You need to go back to school.”

And that’s what he did. The boy who had once dropped out of high school started down a highly academic path, getting his bachelor’s in psychology, and his doctorate in clinical psychology at the Wright Institute in Berkeley, California. Along the way, he worked in positions that validated that he was doing the right thing, for him and for others — first as a peer counselor at the Pathway Home, then starting a PTSD clinic in South Sudan for veterans and family members of the Sudanese People’s Liberation Army, then with the Department of Veterans Affairs, where he further developed a program at the Martinez VA Medical Center (located between Napa and San Francisco) that was similar to the Pathway Home. He continued meditating and practiced mindfulness to calm his anxiety. He wasn’t perfect, but he was better and, he thought, probably as good as he was going to get.

On 9 March 2018, tragedy struck again — this time at the Pathway Home.

Afghanistan War veteran Albert Wong rented a car and drove to the facility, where he’d lived until a couple of weeks earlier when he was discharged for not complying with regulations. That day, he interrupted a going-away party for two staff members. He was carrying a 12-gauge shotgun and a .308-caliber semi-automatic rifle.

After ordering the veteran residents out, he held three staff members hostage: Executive Director Christine Loeber and psychologists Jennifer Gray Golick and Jennifer Gonzales Shushereba, who was pregnant. When a Napa County sheriff’s deputy arrived, shots were exchanged. Wong killed the three women, then killed himself.

For Skiles to call the shootings devastating is an understatement — not only because of the lives lost, but also because this program, which treated nearly 460 veterans since its founding, was now scarred.



On that day, Skiles was leaving class in San Francisco when he heard about the hostage situation from a friend as it was unfolding. He started to drive to Napa, thinking that he could reason with the guy, talk him down. But when he turned on the car radio, he learned it was too late. He went for a hike and tried to process everything.

Salmon, of the Napa Rotary club, joined the board of the Pathway Home in 2009 and was supposed to be at the party that day. On her way, she stopped to have her car serviced. She told the mechanics not to wash it when they were done because she was running late. But they did wash

On 9 March 2018, a former Pathway Home resident killed three staff members and himself. Although the facility shut down after the shooting, Napa club members continue to raise money for veterans and have created a guidebook outlining ways Rotary clubs can help.



the car, making her even more late — and possibly saving her life.

After the shooting, the Pathway Home shut down. But Salmon, who served as the home's president from 2013 to 2018, was determined not to let the shooting be the end of the story. "I said to the Rotary club and to the Pathway Home board, are we going to let this be our legacy, after years of incredible success?" says Salmon. "This cannot be the story. The story needs to be about how everybody — especially Rotary clubs — can jump in and make this partnership amazing."

To this day, the Rotary Club of Napa raises money for a program called Post Deployment Assessment Treatment that works with veterans at the Martinez VA Medical Center's outpatient clinic.

Salmon also hired a writer to create a guidebook outlining how Rotary clubs can support veterans. It decodes what the VA does and explores how these partnerships can offer a path to serve veterans.

The Pathway Home tragedy jolted Skiles. But it didn't shake him from his path. As much as ever, veterans needed help.

While in doctoral-level clinical training in 2018, he received an invitation through a friend that intrigued him: to travel to Mexico to serve as a clinician for an organization called the Mission Within, which provides therapy using psychedelics to veterans with PTSD, traumatic brain injuries, anxiety, and other conditions. Psychedelics, used medicinally since ancient times, are experiencing something of a renaissance, as scientists try to better understand what kind of promise they might hold in treating conditions such as depression, substance abuse, and PTSD. Many veterans have been vocal advocates for the broader use of treatment with psychedelics, which have been decriminalized in some states and towns in recent years, and the VA itself is investigating psychedelic treatments.

With his science-minded curiosity piqued, Skiles traveled to Ensenada. He planned to be an observer but agreed to

participate in the therapy himself, for a deeper understanding. Under watchful observation, he took 5-MeO-DMT, a psychedelic found in plants and secreted by the glands of the Sonoran desert toad.

On the top of a mountain, looking over a beach, surrounded by wild horses, he felt his stress and worries lifting. Some mental scars of Iraq dissipated. He felt levity for the first time in as long as he could remember. "The only way I've been able to describe it is that I'm not carrying things that I thought I would carry for the rest of my life," says Skiles. "I think it's comparable to 10 years of meditation in a matter of minutes."

He wanted to share this experience with others and set out to learn more about the science behind psychedelic treatments and PTSD. His timing couldn't have been better. Across the globe, universities and hospitals — including the Johns Hopkins Center for Psychedelic and Consciousness Research, Massachusetts General Hospital Center for the Neuroscience of Psychedelics, and the Centre for Psychedelic Research at Imperial College London — have launched programs dedicated to studying the field.

Skiles earned a certificate in psychedelic-assisted therapies and research from the California Institute of Integral Studies, and from late 2021 until

mid-2022, he held a research position at a lab at the University of California San Francisco that studies psychedelics, called the Translational Psychedelic Research Program.

Skiles says many people with post-traumatic stress experience a kind of "over-activation" in parts of their brains, and some brain structures can atrophy over a long period. Psychedelics affect the brain's serotonin receptors, and Skiles describes the effect as helping to restore the chemical balance.

At the UC San Francisco lab, Andrew Penn, a psychiatric nurse practitioner and an associate clinical professor at the university's School of Nursing, studies psilocybin-assisted therapy in areas such as treating depression. The lab is testing the hypothesis of whether psilocybin — the hallucinogenic compound from so-called magic mushrooms — causes brain structure changes, allowing people to be more flexible in their thinking and to navigate their thoughts, emotions, and behaviors differently, when coupled with intensive psychotherapy.

"The brain creates these sort of grooves, if you will, of thought and emotion," Penn says. "It's like if you're skiing at the end of the day, you have to ski in other people's tracks because you're forced into these slots. But if it snows overnight, that same hill is like fresh powder; you can go anywhere you want."

Skiles set out to learn more about the science behind psychedelic treatments and PTSD.



Psilocybin is like the fresh powder.”

Penn calls Skiles, who helped design and run studies, “one of the stars of the lab.” He brings experience, wisdom, and integrity. Plus, adds Penn, “He’s just a heck of a nice guy.”

Skiles now works as a therapist at the Portland VA Medical Center for veterans seeking therapy with psilocybin and MDMA (better known as ecstasy) through the Veterans Health Administration in Oregon, the first state to legalize psilocybin. The Food and Drug Administration designated MDMA as a breakthrough therapy for PTSD, which is meant to speed up the approval process, and final-stage safety testing is underway.

Skiles, who proudly attaches PsyD to his name for his psychology doctorate, feels like he’s doing exactly what he should be doing. In the military, he learned to operate as a part of a unit. Now, nearly two decades after his service, he refuses to leave his fellow Marines behind.

Spiritually speaking, Skiles has a theory that he’s been put into places and situations that are about to take a turn for the worse. It happened when he became a warrior. And it led him to his path as a healer. “My duty,” he says, “is to make things better.” ■

Right: Skiles at the Esalen Institute, a retreat in California. Below, from left: Skiles in Ensenada, Mexico, where he saw the potential of using psychedelics to treat PTSD; Skiles works with other veterans using psilocybin-assisted therapy; with his friend Nate, also a graduate of Pathway Home.





After loss, a writer goes in search of post-traumatic growth

By Michaela Haas
Illustrations by Maguma

Bounce forward

When I drove out to rural Kentucky to meet retired Army surgeon Rhonda Cornum at her 690-acre horse farm, I wasn't sure what to expect from a war hero. I certainly didn't expect this: a petite woman, at 5-foot-5 and 112 pounds, with blazing blue eyes and a bright smile, surrounded by Gordon setter puppies. I wanted to meet her ostensibly to research a book about resilience, but more out of a keen personal interest in learning how she made it through a trying experience without breaking down.

Her Black Hawk helicopter was shot down over the Iraqi desert in 1991. When she regained consciousness, she wondered, *Am I alive?* She crawled out of the wreck to see five Iraqi soldiers towering above and aiming their rifles at her. Cornum, dazed from blood loss and with both arms broken, was helpless when her captors subjected her to a mock execution, sexually assaulted her, and kept her prisoner for a week. Her experience

included nearly all the elements psychiatric manuals list as likely causes for post-traumatic stress, and yet, after her release, she surprised Army psychologists by focusing on the things that had improved. "I became a better doctor, a better parent, a better commander, probably a better person," she told me.

In particular, Cornum was aware of a brief existential out-of-body experience after the crash. "I think it was a decision to have life re-enter that body," she says. The doctor who had always focused on the physical aspects of humanity was now open "to at least the possibility of a spiritual life."

Only a decade later did she find a name for her experience when she discovered research by University of North Carolina at Charlotte psychologists Richard Tedeschi and Lawrence Calhoun on post-traumatic growth. The term refers to the surprising benefits that some survivors from all walks of life find after traumatic events.

According to Tedeschi and Calhoun, 30 percent to 90 percent of people who go through major difficulties report post-traumatic growth in at least one of five areas: personal strength, deeper relationships, new perspectives, appreciation of life, and spirituality. "In brief, people's sense of themselves, their relationships with others, and their philosophy of life changes," Tedeschi says. "Perhaps one of the most common growth experiences triggered by a major stressor is an increased appreciation of life."

This does not happen immediately or easily, and rarely by itself. I embarked on this research after my own world had been turned upside down. I was grieving the unexpected loss of my partner of five years to a devastating illness — and I had been diagnosed with a debilitating virus that had left me bedridden for eight months. I was just crawling my way back into something resembling a "normal" life. Nothing irked me more than well-meaning people sharing tropes

like, “Maybe something good will come of it,” or, “Everything happens for a reason.” So, I was a little suspicious that Rhonda Cornum could not only survive such a violent experience but claim to have grown from it. Could she be faking it because, as a retired brigadier general, she thought she needed to appear tough? Or did she have tools to deal with trauma that I and others could learn from? She spoke openly about her ordeal in the war (and other difficulties that followed, such as her recovery from breast cancer), and just like the Army psychologists, I couldn’t detect anything phony. With much relief, I learned that she regards the path to resilience as a road map that anyone with the right support can follow.

In fact, Tedeschi cautions that post-traumatic growth is not the opposite of post-traumatic stress but often happens simultaneously with it or even *because* one has embraced the pain. The way beyond suffering leads *through*, not around. He hardly ever introduces the concept of post-traumatic growth to his clients, but rather it’s his patients — bereaved parents, cancer survivors, veterans, and prisoners — who keep sharing this perplexing insight with him: While they were not happy about what had happened to them and wouldn’t wish their experience on anyone, they emerged from the hardship with valuable insights.

Trauma is the Greek word for “wound.” We have been hurt. We are hurting. Psychiatrists classify PTSD as a mental disorder, but Tedeschi wonders if it might be more accurate to recognize the condition as “an expression of our humanity.” “When someone crashes their car against a wall at 60 mph, they’ll have many broken bones. Do we say they have a broken bone disorder? They have

an injury,” he says. “Same with trauma survivors; they have been injured — psychologically injured, maybe morally injured. They aren’t disordered; they’re hurt by what has happened. That makes more sense to me.”

Our understanding of trauma has evolved much over the last few decades, and while many people might have once thought of it primarily as a consequence of war, we now know that only the luckiest people go through life untouched by it — from major capital-T traumas such as the loss of a child to severe illness

or a life-altering car crash. One survey found that 19 percent of U.S. adults have suffered the death of a child. This year alone, an estimated 1.9 million people in the U.S. will be diagnosed with cancer. We cannot always control what happens to us, but we can master what matters most: our response to it. “If an earthquake has shattered your world, why not build something better instead of the same old crappy buildings?” asks Tedeschi, whose own understanding of trauma evolved after working with thousands of survivors.



During an interview with Tedeschi for my book, he talked about a client of his who had terminal cancer. Despite the diagnosis, this client felt his life's most traumatic event was his divorce. "He almost never talks about the cancer; he always talks about the divorce," Tedeschi told me. "In his world, the divorce shattered his life. Trauma is in the eye of the beholder, the experiencer."

For some people, a divorce is a relief. For some, a life-threatening diagnosis is a challenge they are willing to take on. For some soldiers, combat is one of the most exciting missions of their lives. For other people, any of those scenarios could drive them over the edge. There is no universal scale for judging another's pain. Pain is as piercing as we feel it. We never know what will etch itself indelibly into our hearts.

Just as our understanding of trauma has evolved, so have the psychological and scientific insights into how we can help survivors. In my interviews with dozens of survivors, therapists, and scientists, one common thread kept coming up: the importance of support. That's why Cornum made it a mission to help other soldiers heal from traumatic experiences. Staggering numbers of U.S. soldiers come back from combat depressed, angry, anxious, and suicidal, so we urgently need to figure out how to help them.

Together with resilience specialists, Cornum initiated the Comprehensive Soldier Fitness Program in 2008, shifting from primarily focusing on physical skills to putting a greater emphasis on training soldiers in psychological resilience. Psychologists now train soldiers in strategies such as self-awareness, self-regulation, optimism, mental agility, and connection. Tedeschi helped design a module on post-traumatic growth.

The best ally on the road to recovery is the ability to connect. Support can come from friends, family, support groups, church, Rotary, or professionals.

When I participated in an Army resilience boot camp in Philadelphia for my research, I was stunned to watch the soldiers start the day with mindfulness meditation. Dozens of soldiers in fatigues closed their eyes and listened to their breath and the instructor's calming voice. *Breathing in, breathing out.* Because the most common post-traumatic stress disorder treatment — medication and psychotherapy — isn't always effective, the U.S. Army is experimenting with alternative methods, and meditation has proved to be one of the most promising pathways to significantly alleviating stress after trauma. Psychologist Emma Seppälä, a Yale University lecturer and science director at a Stanford University research center, was able to show that breathing-based meditation reduces post-traumatic stress, anxiety, and startle response, and a study found that U.S. Marines with mindfulness training recover faster after combat stress.

Even more importantly, the resilience training that Cornum helped introduce calls for a tectonic shift of perception. The Army has ditched much of its old Rambo rhetoric that a soldier needs to be invincible. In fact, a significant part of training includes teaching soldiers to communicate openly, admit fears, and reach out for help. Trying desperately "to

get it together" on your own can be fatal.

Resilience training is mandatory for every U.S. Army leader, but the psychological tools taught there, such as the importance of seeking support, could benefit anyone. Because trauma often tests our trust — in humanity, in God, in ourselves — the best ally on the road to recovery is the ability to connect. Support can come from friends, family, support groups, church, Rotary, or professionals. What's important is not the number of friends but the quality of the connection.

When psychologist Ann Masten, who grew up in an Army family, looks back at decades of research, she notes a glaring truth. "I cannot think of one person who did it by themselves," she says. "Resilience depends on the systems we are connected to, the military as a whole, our families. A lot of what makes the difference for people is the support they are receiving."

Nothing is as powerful as knowing we are not alone. This is significant: We can help our soldiers and our fellow survivors to not just bounce back, but to bounce forward.

Michaela Haas, PhD, is an author and award-winning reporter. She adapted this essay from her book Bouncing Forward: The Art and Science of Cultivating Resilience.

C. MAIMONE - TAILOR

WINDSOR SALON
Men's Hairdresser



THE
PAPERBACK

ELTON
JOHN
FAREWELL
YELLOW BRICK ROAD
THE FINAL TOUR
★ 2003 ★
FRI 13 JAN
AAMI PARK
THE SALE FROM THE CD, DVD
BOOK AND MORE 1 AND
CONCERTS CHRONICLE
★ ★ ★

ELTON
JOHN
FAREWELL
YELLOW BRICK ROAD
THE FINAL TOUR

EYES
OF THE
WORLD



A capital destination

The host city of the 2023 Rotary International Convention is multiple cities rolled into one. You're going to need to start planning now to make the most of your visit.

●
By Meagan Martin

●
Photography by Rhys Martin

The vibrant and stately city of Melbourne is an Australian capital city in every sense of the word. ● Now, I understand that Canberra is Australia's federal political capital and Sydney its financial center. But if you dig into Melbourne's rich history and look closely at its many tourist attractions, you will discover that the home of the 2023 Rotary International Convention might easily claim the crown as Australia's culinary, cultural, sports, and shopping capital, in addition to being the capital of the state of Victoria. ● In the leadup to the 2023 convention, we asked two Australians — *Rotary Down Under* magazine Editor Meagan Martin and her husband, creative director Rhys Martin — to test those claims. They got a friendly assist from several local Rotary members, who provided insider intel on their much-loved city on Australia's southeast coast. If their generosity is any indication, Melbourne may very well deserve another accolade: the capital of hospitality. Join us in Melbourne 27-31 May 2023 and find out for yourselves. — **WEN HUANG**

The culinary capital

● **VICTORIA'S ECONOMIC HUB,** Melbourne has been defined by decades — no, make that centuries — of immigration. The city says it is home to some 140 cultures, from the state's original Indigenous population to a multitude of migrants from countries in Europe, Asia, and Africa. As of 2021, about 36 percent of Greater Melbourne's residents had been born overseas.

Such diversity has contributed to a lively, varied, and ever-evolving culture, which you notice most in the city's dining and drinking scene. Melbourne has more than 2,000 cafes and restaurants. Mix in lofty rooftop cocktail lounges, congenial Aussie pubs, and hidden bars found in basements and alleyways, and you get an embarrassment of riches.

In South Melbourne, Amanda Wendt, governor of District 9800 and a member of the Rotary Club of Melbourne, recommends a long lunch in the chic European bistro Bellota. Adjoining the Prince Wine Store, the restaurant says it has one of Melbourne's longest wine lists. Ask a knowledgeable staff member to walk you through the 3,000-some options to find the perfect selection. Lounge the day away over boards of charcuterie and cheese, platters of oysters, and larger plates spanning European cultures.

"Bellota never disappoints," Wendt says. "Everything on the menu is amazing."

We'll let that whet your appetite. Watch for more on the city's foodie finds in an upcoming issue and on rotary.org.

The culture capital

● **MELBOURNE GAVE RISE TO** Australian Impressionism and Australian cinema — *The Story of the Kelly Gang*, often considered the world's first feature-length narrative film, was produced there — and in 2008, UNESCO selected it as a City of Literature. A 2017 census of live music venues in Greater Melbourne found that it boasts one venue for every 9,503 residents, making it arguably the live music capital of the world on a per capita basis. Its grand heritage architecture, dating from the earliest years of European settlement, stands elegantly side by side with bold, contemporary neighbors.

Those ingredients combined give Rotary Convention attendees their first look at Melbourne as an Australian cultural capital. Lift the curtain on your visit to the East End Theatre District and perhaps the city's most spectacular landmark, the Princess Theatre, which dates to 1854. ("It has no equal in London," gushed one British critic after the Princess was rebuilt from the ground up in the 1880s.) Nearby, Her Majesty's Theatre has a Victorian-era facade and an art deco auditorium, while the Regent Theatre, a former movie house, has been reimagined as a venue for some of the world's big-name theater productions.

Across the street you will find the Athenaeum Theatre, which hosts performances of the Melbourne Opera and the Melbourne International Comedy Festival. For a more casual experience, Jennie Franklin of the Rotary Club of Melbourne Passport recommends the Sun Theatre's open-air cinema in Williamstown. "Looking out across the bay, with a backdrop of the city lights, this is a wonderful place to catch up with friends," Franklin says.

Jamie Robertson of the Rotary Club of Footscray recommends State Library Victoria, which "has enough grandeur and quirkiness to please the most jaded traveler," he says. At the center of the historic Carlton Gardens sits the ultramodern Melbourne Museum, which will host the convention's signature cultural welcome event on 27 May. "With its dinosaurs and dugout canoes, its stagecoaches and science exhibits, the museum provides a different perspective on Victoria's natural environment, cultures, and history," says Dennis Shore, a vice chair of the convention's Host Organization Committee and a member of the Rotary Club of Hawthorn.

To learn more about local history, Michelle Crawford of the Rotary Club of Central Melbourne recommends a visit to the Koorie Heritage Trust, which promotes the art and culture of Aboriginal Victoria. Or cruise down the Yarra River to Williamstown, Melbourne's first port settlement; you will find the Seaworks Maritime Museum, and the Newport Railway Museum is in an adjacent suburb. "The views of Melbourne from Williamstown are spectacular, particularly as the sun sets on the city," says Crawford.

Generations of Melbourne residents and visitors from around the world have enjoyed Royal Botanic Gardens Victoria, established in 1846. Nearby, the Shrine of Remembrance offers moving insight into Australia's wartime history. Ascend the stairs to the balcony to enjoy panoramic views of Melbourne's skyline beyond the 250-plus memorial trees of the Shrine Reserve.



Register now at
convention.rotary.org.
15 December is
the last day for the
early registration
discount.



Top Row: Melbourne Museum, Italian cafe Brunetti, Hosier Lane street art
Middle: Regent Theatre, Coombe Yarra Valley, Punch Lane Wine Bar & Restaurant
Bottom: A busker in Melbourne, Thai restaurant Cookie, National Gallery of Victoria





The sports capital

● **WITH MORE THAN 20** professional teams in the metropolitan area, Melbourne is sport crazy and has a dazzling array of venues to indulge that passion. Nine of these teams play Australian-rules football, invented in Melbourne in the late 1850s. In Melbourne Park, the Rod Laver Arena, where the Rotary Convention's general sessions will take place, is the center court for the Australian Open, the first of four annual Grand Slam tennis tournaments. The mighty Melbourne Cricket Ground is the largest stadium in the Southern Hemisphere and arguably Australia's sporting mecca. Flemington Racecourse is home to the Melbourne Cup; known as "the race that stops the nation," it's the richest 2-mile handicap thoroughbred horse race in the world in terms of prizes.

Albert Park is the location of the Formula One Australian Grand Prix, a four-day motor sport extravaganza that uses everyday sections of road that circle Albert Park Lake. The rest of the year, locals and tourists alike enjoy this lakeside oasis. "Surrounding the lake are a number of picnic spots and restaurants, as well as the Albert Park Golf Course," says Matthew Proctor, a member of the Rotary Club of Albert Park. "It's a popular location for a relaxing walk or cycle. It also has a number of boating and fishing activities." And it's just a short tram ride or walk from St Kilda Beach, which Aviv Palti, president of the Rotary Club of Melbourne Passport, calls "one of the city's most vibrant and eclectic spots."

A 10-minute drive south of St Kilda will bring you to Brighton's Dendy Street Beach, a highlight for Maria Hicks, the Melbourne Passport club's charter president. "Over 100 years old, the beach's colorful bathing boxes evoke times past," Hicks says. "Walk south towards Green Point, and you will find a hidden beach called Holloway Bay, a quiet, sheltered picnic spot."

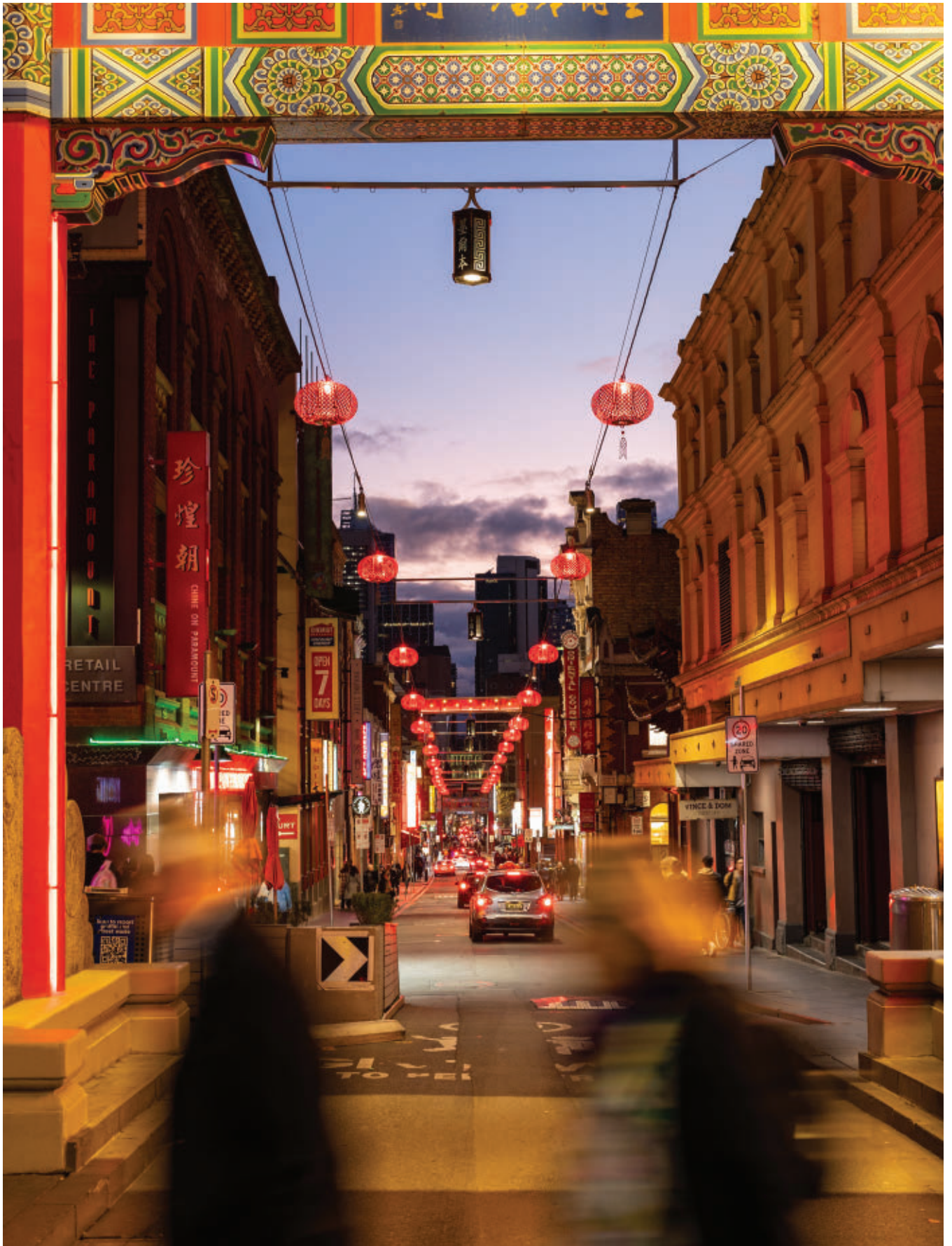
If you prefer your motor sports on two wheels, head to scenic Phillip Island for the site of the Australian Motorcycle Grand Prix. For something completely different, check out the Phillip Island Penguin Parade, where thousands of little blue penguins dash home across the sand at sunset.



Opposite: A sampling of dishes at the Red Emperor restaurant

Right, from top: Signs point the way at the Melbourne Cricket Ground (MCG); Trent Rivers of the Melbourne Demons in action during the 2022 AFL Second Qualifying Final match against the Sydney Swans at the Cricket Ground; the MCG is the largest stadium in the Southern Hemisphere





The shopping capital

● **TO SEE SOME MEMORABLE** Melbourne architecture and get a hit of retail therapy, explore the Block Arcade's high-end retail shops. For more shopping options, jump on a tram to the "Paris end" of town for an array of boutique outlets, such as Louis Vuitton, Bulgari, Hermès, and Prada.

At the opposite end of the shopping spectrum is the 144-year-old Queen Victoria Market. With more than 500 vendors, the Queen Vic is a hive of activity spread across two city blocks. Begin your visit at the meat and fish hall, two long corridors of carnivorous chaos that offers everything needed to fulfill your wildest backyard barbie dreams.

Peter Shephard of the Rotary Club of Altona is a manager at the market, and he says the dairy and produce hall is the place to try two must-eat treats. "No Queen Vic experience is complete without a stop at the Bratwurst Shop & Co.," he says. "Top that off with a savory Turkish [pastry] delicacy from the Borek Shop."

Along the Yarra River is the dining and shopping hotspot of Southbank. Some of the best shopping in Melbourne is on hand at the Crown complex, including designer brands such as Louis Vuitton, Prada, and Salvatore Ferragamo. For unsurpassed city views, take the lift up to Melbourne Skydeck within Eureka Tower — which bills itself as the highest observation deck in the Southern Hemisphere.

A little further along the Yarra will bring you to South Wharf. Walk the promenade, lined with restaurants, bars, cafes, and shops, and admire the historic Polly Woodside tall ship. South Wharf is also the location of the Melbourne Convention and Exhibition Centre, where the Rotary Convention's House of Friendship and breakout sessions will be held.

With that, we've barely scratched the surface of all that Melbourne has to offer. It would take a lifetime to unearth all its treasures and secrets. But if you are looking for something a bit special to do during your time in Melbourne for the 2023 convention, just ask a friendly local Rotary member and find out firsthand why their city could be Australia's hospitality capital. ■



Opposite: Chinatown
Left, from top: Mary Barry, chair of the 2023 Rotary International Convention Host Organization Committee, in ACDC Lane; an exterior view of the Queen Victoria Market; meats for sale at the market

OUR CLUBS

VIRTUAL VISIT

Paying it forward

Rotary Club of Yumbe, Uganda

Once a group of enterprising women in the far northwest of Uganda had lifted their families out of poverty using microloans, they quickly turned their attention to helping others. Their first step? They formed a Rotary club.

The Rotary Club of Yumbe was chartered in April. But even before that, while the club had provisional status, its members were hard at work. Yumbe, a town of about 50,000 people with a busy main street lined with workshops, food stalls, and markets, is located between a branch of the Nile and the borders with the Democratic Republic of Congo and South Sudan. The surrounding rural region faces challenges ranging from malaria to unsafe drinking water. Adding to the strains, the nearby Bidi refugee settlement is home to nearly a quarter of a million people — most of them women and children — who fled civil war in South Sudan. And household incomes in the region amount to a little over a dollar a day.

The club, which has 24 members, put out a call by radio for proposals for its first

community project and decided to help in Achiba, a nearby village of about 600 people with homes made of mud walls and thatched roofs, surrounded by vegetable gardens. Since 2021, club members have undertaken ambitious service projects there as a pilot for their community intervention plans.

Rukia Driciru, the club's charter president, who runs a boutique shop in Yumbe, says the group's aim is to empower women and enable them to benefit economically. To achieve that, members are trying to lower the burden involved in accessing key services, including safe drinking water, to reduce waterborne disease, improve hygiene and sanitation, and fight malaria.

The club is distinctive in several ways. For one, all members are women, including some who until recently were struggling financially themselves. It draws its membership from an existing network of women who belong to local village savings and loan association groups. The collectives usually include 10-30 people who pool savings and take out microloans to invest in income-generating enterprises. The interest is invested back into the community. The savings associations are supported by TCP Global, a program with close ties to the Peace Corps and Rotary communities. TCP Global supplies funding to increase the loan pools. In Yumbe, the women used their initial loans to stabilize their businesses and ensure their children had enough to eat and could go to school. Now in a position to help others, that's exactly what they're doing.

"The club's membership is made up of women of all ages from the grassroots

level, mostly from the lower economic standing," Driciru says. "We have farmers, others run retail and wholesale shops, and others are tailors. As members of the savings group, we wanted to contribute something impactful to our community, and the best way we would do it is through Rotary."

In one recent project, the club bought and distributed systems that turn 5-gallon buckets into water filters for households in Achiba. "The women were so excited when they drank water from the buckets for the first time. To them, it was a dream come true," Driciru says.

After a demonstration, 28 women who are leaders in the community were trained to install the buckets and keep them clean. "With the buckets, the women can treat the water instead of boiling it, and it kills more than 99.9 percent of the germs," Driciru says.

Annual membership dues, which fund the club's activities, are collected from interest on loans from the savings groups. To make membership more affordable, the Rotary Club of Topeka, Kansas, covers the Yumbe club's Rotary International fee, according to Chris Roesel of the Rotary E-Club of WASH, D9980, a group focused on water, sanitation, and hygiene. Roesel helped the Yumbe club to become chartered. The club is also sponsored by the Rotary Club of Arua, a larger community in northern Uganda, whose members attend the Yumbe club's meetings virtually.

For its efforts in Achiba, the club teamed with two nongovernmental organizations, Roesel's P2P Inc., which works on disease prevention, and a local operation called Care Community Education

Members of the Rotary Club of Yumbe (from left): Emily Candiru, Rukia Driciru, Christine Oyajiru, and Sumbua Zabibu at a handwashing station their club installed.



A PATH TO PROSPERITY

The Rotary Club of Yumbe, Uganda, offers this advice for using microfinancing and other initiatives to support clubs in areas lacking access to basic services:

- Encourage Rotary clubs to form village savings and loan associations to pool community savings and offer microloans. VSLAs should be business-focused.
- Promote the idea of required saving by every member of the loan group.
- Ensure proper record keeping to track members' contributions.
- Suggest that individual members maintain ledgers of contributions to the savings group.
- Support projects from the interest collected from loans.
- Encourage Rotary clubs interested in establishing VSLAs to open bank accounts as a form of security for members' savings.
- Involve the broader community to assist with Rotary projects to ensure sustainability. This leads to community ownership.
- Form a Rotary Community Corps to work with Rotary clubs. The group can involve a broader segment of the community and help guide projects.

Centre that empowers rural women and children. Through those partnerships, the work in Achiba is paying off. The village was for a long time served by just one water source, a borehole that was not centrally located, meaning some people had to walk more than an hour roundtrip to collect water. About 87 percent of residents reported accessing water from unprotected sources, according to a community baseline survey, conducted in August 2021 before the Yumbe club started its work there. With the help of the club and its partners, a second borehole was made available, connecting the entire village to protected water.

The club constructed more than 40 latrines and installed tippy taps, simple hands-free hand washing stations made with a large jug and operated by a foot pedal. Access to clean water and sanitation has dramatically reduced cases of waterborne ailments such as diarrhea, a problem that affected about half of children under age 5 in August 2021 but just

5 percent of children about a year later, according to a follow-up community survey.

The club has tested for malaria and administered antimalarial treatment to village residents by setting up and enlisting the help of a Rotary Community Corps, a group of non-Rotarians who support Rotary club projects. RCC team leader Innocent Buran Ajagà says the district health office trained Rotarians and members of Uganda's volunteer Village Health Teams to carry out rapid malaria diagnostic tests. "Since we received medicines for malaria treatment, the number of people referred to hospital for malaria has reduced from about two dozen to two or three a week," says Salila Pirio, a Village Health Team worker.

With access to basic services closer to the community, Driciru says women can engage in other income-earning activities. "In the coming years, we want to see a community of economically empowered women who are able to invest in business and purchase their own land," she says.

— EVELYN LIRRI

WHERE ARE THEY NOW?

At the crossroads of peace and commerce

A Rotary Peace Fellow guides businesses to become catalysts for social good



Ten years ago, the Peace Corps assigned Terrance Stevenson to serve in Armenia as a volunteer community development specialist. While teaching English and cross-cultural education, he gained a deep understanding of the country's conflict with neighboring Azerbaijan — one that had been going on since before the collapse of the Soviet Union. The conflict impacted the lives of everyone he met there during his two-year stay.

The experience changed Stevenson's life, too. "It pushed me to want to learn and understand more about the roots of violence," says Stevenson, who was a 2019-20 Rotary Peace Fellow. "How do you get to a place where you're going to war? And then how do you solve something like a war or a conflict?"

After one of his English students was killed during required military service in Armenia, Stevenson began researching conflict resolution and innovative pathways to peace. In particular, he wondered how the private sector might be engaged in peace efforts. That eventually led to his startup, PeaceAtlas, which he founded in 2021 to help organizations understand the impact of their actions and how to make a positive difference.

"It's essentially a consulting company where I work with nonprofit organizations and businesses to help develop strategies for them to utilize a Positive Peace framework in their social impact work," the 34-year-old says. "There's a lot in the world that you cannot control; there's a lot that happens that impacts your business. But one thing that you can control is your impact. What is the impact that you're having on your workforce, your employees? What's the impact that you're having on your community — the communities that you work in, the communities that you engage?"

Companies are increasingly taking action on this front, he says, pointing out those that are addressing the war in Ukraine or divesting from Russia. Corporations including Wells Fargo, Ford Motor Co., and Neiman Marcus, for instance,

announced corporate giving campaigns or increased giving commitments to address the humanitarian crisis in that part of the world.

Organizations are also giving more thought to employees' inner peace, he says. "A lot of employees are burned out. A lot of employees are struggling right now. And businesses have historically looked at it as, 'Well, that's the nature of the work, you know, stress happens,'" he says. "We've seen now what happens when you don't address that. There's a backlash," he adds, referring to the many employees who have left their jobs during the Great Resignation.

Stevenson's journey began in Arkansas. He went to Little Rock Central High School, which made national news for its racial integration in the years after the U.S. Supreme Court's ruling in *Brown v. Board of Education*. The nine Black students who started at the school in 1957 had to be escorted past protesters by federal troops. "That pretty much changed a lot about the country, allowing opportunities for Black students like me to be able to get that kind of an equal education," he says.

That history also proved inspirational for him: It provided real examples of people who took risks to ensure equality and equal access. And yet, Stevenson didn't originally plan a career focused on peace. In fact, he entered the University of Memphis as a music performance

major, a clarinet player, before changing his focus.

Courses on international relations and human rights, particularly one that discussed the genocide in Rwanda, captured his attention. He went on to start a chapter of Amnesty International at the university. "That kind of propelled me into this world of understanding international relations, violence, and conflict," he says.

He interned at the Woodrow Wilson International Center for Scholars in Washington, D.C., where he assisted scholars including John Hewko, who was studying foreign aid assistance and development. Hewko, now the general secretary and CEO of Rotary International and The Rotary Foundation, became a trusted mentor.

Stevenson began his Rotary Peace Fellowship in 2019 with studies at the University of Bradford in the United Kingdom. The COVID-19 pandemic that began soon after got in the way of his plans to work at a development bank in China. Instead, he entered an accelerated student entrepreneurship program at the university, which he describes as an incubator of sorts for social enterprises that helped him develop PeaceAtlas.

"I had been wanting to create a business that focuses on working at the intersection of peace in the private sector, to help businesses contribute more to peace and peace processes, but I didn't really know

what to do," he says. "And that kind of isolated experience of the pandemic, for the first time, gave me an opportunity where I could actually focus on this social enterprise."

While developing PeaceAtlas in his spare time, Stevenson recently took a full-time position as social impact manager for Givewith, a company that helps businesses increase their sales and profits while advancing corporate responsibility plans. He is also active in Partnering for Peace, a nonprofit organization supporting the service partnership between Rotary and the Peace Corps.

Many organizations acknowledge that not addressing social issues is no longer an adequate strategy for business success and growth, Stevenson says. Younger generations in particular are interested in social progress, he notes, and strive to hold companies accountable, their voices amplified on social media.

"It's not utopian to think that we can have a workforce where we are inclusive and helping do social good — and actually spending resources and money on it," he says, adding that companies are realizing that social activism doesn't hurt their bottom line and can instead help it.

At a minimum, this dynamic is causing many companies to examine their impact on society, Stevenson says, and at best, the companies can become "catalysts for social progress ... and contribute to making the world a better place." — AMY HOAK



Terrance Stevenson

- **Peace Corps**, Armenia 2012-14
- **Rotary Peace Fellow**, 2019-20
- **Founded PeaceAtlas**, 2021
- **Member of the Rotary Club of Seattle-International District**

From left: Stevenson visits the Great Pyramid of Giza in Egypt, and he gathers with his Rotary Peace Fellow cohort at the University of Bradford, England.

ROTARY IN THE NEWS

Race against polio: motorcycles, rickshaws, and tandem bikes

Rotary members will stop at nothing to raise money for polio eradication. Using creative modes of transport has proved to be an effective fundraising tool. The approach also attracts attention from news outlets, and Rotary's Media Relations team is taking advantage of these opportunities.

On his way to the 2022 Rotary International Convention, Ralph Zuke (pictured right), a retired high school teacher and member of the Rotary Club of St. Louis Civilians (a satellite club of the Rotary Club of St. Louis), cycled his homemade lounge-chair rickshaw nearly 1,000 miles from St. Louis to Houston in 31 days to raise awareness and money to end polio. TV stations such as KIAH and KPRC in Houston interviewed Zuke, who shared stories about his trip and promoted Rotary.

Meanwhile, BBC World Service, CNN, and SABC News (South African Broadcasting Corp.) featured Nigerian executive Kunle Adeyanju, president of the Rotary Club of Ikoyi Metro A.M., who rode his motorbike from London to Lagos (41 days, 11 countries, and 31 cities) as a fundraiser for Rotary's polio program. For Adeyanju, the cause is personal because a childhood friend had the illness. Documenting his travels on social media, Adeyanju attracted fans and well-wishers, including the then-prime minister of Mali, Choguel Kokalla Maïga.

In Australia, the *Mercury*, a daily newspaper in Hobart, Tasmania, and local ABC Radio (Australian Broadcasting Corp.) covered Phil and Joyce Ogden, a husband-and-wife team from Tasmania who tandem cycled some 1,700 miles from Perth to Adelaide, across the Nullarbor Plain. The Ogdens, members of the Rotary Club of South Launceston, harnessed their passion for cycling to raise awareness and funds to end polio.



And the journey continued ...

Rotary International President Jennifer Jones inaugurated her presidential term with an epic tour of her native land, the Imagine Rotary Canada Tour, to draw attention to the positive effects Rotary clubs are having in communities there. From Yukon to Newfoundland and Labrador, Jones visited 11 hubs. Throughout the tour, Jones generated media coverage from outlets including local CBC Radio (Canadian Broadcasting Corp.) programs, the *Windsor Star* newspaper, Global Winnipeg TV, and CTV Windsor. During these media appearances, Jones addressed pressing social and humanitarian issues that Rotary clubs in Canada are tackling, such as food insecurity, plastic and litter in waterways, reconciliation with Indigenous people, and the safety of seasonal guest workers.

Getting your Rotary club's story in the news

To secure media coverage of your club's impact in the community, start by asking the following questions to develop your approach:

1. Is your pitch related to an upcoming, ongoing, or recently completed club event or project?
2. Does your story correspond with current events, trends, or observances?
3. Is your story relevant to people in your community?
4. Does your story involve local public figures, including elected officials, business leaders, or media personalities?
5. Are there dramatic, action-oriented images that visually tell the story?
6. Are there statistics and research that support your story and demonstrate your project's benefit to the community?

The second step is to frame your story in a compelling way so that it is timely, relevant, and unique. The People of Action story framework is a great way to start.

PROBLEM: Describe the problem or challenge in your community that your club wants to help solve. Include relevant statistics and research that support your story. What are you or your club trying to accomplish?

ROTARY: How did the club identify the issue? What prompted your club to address it? Why did this issue resonate with members of your club? Does any member have a personal connection to the issue?

ACTION: How did the club gather the resources, expertise, and partners to take action? What obstacles did your club face as you worked on this project? Where possible, add elements that elicit sympathy or emotional response, or provoke tension and suspense.

IMPACT: What is the result? How many people has the project benefited? Any quotes from a beneficiary or an expert in your press release? How has this project transformed you?

To learn more about how to secure local media coverage of your club's impact, take the interactive course "Public Relations and Your Club," available on the Learning Center at rotary.org/learn.

CALENDAR

November events

COMMENDING COURAGE

Event: Flags for Heroes

Host: Rotary Club of Lewes-Rehoboth Beach, Delaware

What it benefits: Local and international projects

Dates: 30 October-13 November

For two weeks, hundreds of U.S. flags on poles will stand outside the Cape Henlopen School District office. Through sponsorships sold by the club, each flag honors a veteran, health care worker, teacher, or other hero, and its pole is adorned with a medallion. A ceremony on Veterans Day, 11 November, includes Junior ROTC color guards, local politicians, and other community leaders.

TRIPLE THE TIPPLE

Event: Wild West Brew Fest

Host: Rotary Club of Katy, Texas

What it benefits: Local and international projects

Dates: 3-5 November

This three-day festival at the Typhoon Texas Waterpark starts Thursday night with the K-Town Throwdown, featuring beer, food trucks, and music. A smaller exclusive tasting event takes place Friday night, followed by the capstone Brew Fest on Saturday, where people can choose from more than 500 craft beers from 80 brewers.

HOLIDAY KICKSTARTER

Event: Arts and Crafts Christmas Show

Host: Rotary Club of Stratford, Ontario

What it benefits: Local projects

Dates: 11-13 November

Instead of scrambling to find holiday gifts at the last minute, start shopping early at this Christmas-themed arts and crafts show at a recreation center. The event boasts more than 100 vendors offering unique and beautiful wares, with a dash of holiday spirit to inspire shoppers to get some names crossed off their lists.

TURKEY DAY TWOFR

Event: Turkey Trot 5K Run and Turkey Shoot

Host: Rotary Club of LaBelle, Florida

What it benefits: Local projects and End Polio Now

Date: 12 November

This event, at a park in LaBelle, starts with a 5K run and 1K run/walk. Afterward, participants are invited to shoot at a paper target marked with crosshairs. The first 100 registered runners will receive a shirt, and the shooting contest winner gets a certificate for a Thanksgiving turkey from a local supermarket.



ROLL OUT THE BLUE CARPET

Event: Mayors Ball

Host: Rotary Club of Boca Raton Downtown, Florida

What it benefits: Local projects focused on health and wellness

Date: 12 November

In its seventh year, this black-tie gala has become a signature fundraiser for the club, which rolls out a blue carpet to represent Rotary. This year's event features a tropical paradise theme and includes an elegant reception, dinner, dancing to a live band, and a silent auction, as well as the club's annual presentation of awards to exemplary individuals and organizations in Boca Raton.

EARN YOUR DESSERT

Event: Pilgrim Pie Run

Host: Rotary Club of La Grange, Illinois

What it benefits: Local projects

Date: 24 November

A November tradition for 22 years, this 5K run welcomes serious runners as well as people looking to balance their Thanksgiving meal with a morning workout. Organizers expect more than 3,000 people to move through the streets of La Grange or participate virtually. In a change of pace, the dessert pie that has motivated runners to cross the finish line has been replaced this year with a 12-inch frozen cheese pizza for all in-person registrants.

DISPATCHES FROM
OUR SISTER MAGAZINES
**ROTARY GREAT BRITAIN
& IRELAND**

Rotary and the royal family



Judith Diment, a member of the Rotary Club of London, remembers watching Queen Elizabeth II's coronation at her aunt's house on a 12-inch black-and-white television. She never dreamed that one day she would meet her.

But in 1981, while working at the Natural History Museum in London, she met the queen and her husband, Prince Philip, who were there to celebrate the museum's 100th anniversary. And after Diment was appointed Rotary representative to the Commonwealth in 2013, she met every year with the queen, Prince Philip, and in recent years Prince Charles (now King Charles III) on Commonwealth Day.

In December 2013, Rotary International recognized the queen with

the RI Award of Honor to mark the 60th anniversary of her coronation. Diment took the award to Buckingham Palace with then-RI Director Mike Webb. The queen graciously accepted the prestigious honor, applauding Rotary for its polio eradication program and advocacy efforts. "Her Majesty Queen Elizabeth II has been a steadfast, inspirational presence throughout my entire life," Diment says.

While Diment's experience with the queen is unique among Rotary members, many share her sentiment and gratitude following Elizabeth's death on 8 September. Many people waited for hours in line to pay homage at the coffin of the queen, who lay in state in London's Westminster Hall before her funeral.

RI President Jennifer Jones was in Uganda showcasing some of Rotary's humanitarian projects and had just met with the Makerere University Rotary Peace Center fellows when she heard of the queen's death.

"I felt deep sadness for her passing," she says. "Queen Elizabeth II was an inspiration to many Rotary members around the globe, especially those in Commonwealth countries. She was dedicated to numerous humanitarian causes that align with Rotary's work around the world, including polio eradication."

Jones, who is Canadian, recalled as a young girl joining the crowd along the streets of Windsor, Ontario, when the queen toured Canada. "The streets were lined by thousands of people hoping to see

↑
A hearse carrying the queen's coffin travels up the Royal Mile to St Giles' Cathedral in Edinburgh.

a glimpse of Her Majesty passing by,” she recalls. “It brought joy to so many, and the queen had a tremendous impact on Canada. I admired Queen Elizabeth because she shared the same guiding principles of unselfish volunteer service and acting ethically towards others as Rotary members. Her actions were in line with Rotary’s motto of Service Above Self and our Four-Way Test.”

Rotary has enjoyed a close connection with the royal family, especially with Prince Philip, before he died in 2021. He was an honorary member of the Rotary clubs of London, Edinburgh, and King’s Lynn, along with Windsor St. George and Windsor & Eton, where he would occasionally drop in to their meetings, and he strongly supported Rotary’s community initiatives.

Like his father, Charles shares an interest in Rotary and has been seen wearing a Rotary pin on the lapel of his jacket as an honorary member of the Rotary Club of Banchory-Ternan in Scotland.

Alan Lilley, president of the club in Aberdeenshire, says the new king has been an honorary member since 1992. This followed an invitation after he had opened Scolty Tower, a landmark overlooking the town of Banchory that was restored by the Rotary club. The group is raising funds for a further refurbishment. “We hope this restoration project will be completed next year, when we would love to invite King Charles to mark the occasion,” says Lilley.

In June, Diment arranged a private audience with Charles for then-RI President Shekhar Mehta at the Commonwealth Heads of Government conference in Rwanda. Mehta presented Charles with the Rotary Award of Honor. He noted Rotary and Charles’ shared commitment to protect the environment.



During COP26, the United Nations climate summit held in Glasgow last November, Mehta emphasized the critical role that mangroves play in mitigating and adapting to climate change. “This work is of great interest to King Charles III,” says Diment.

Rotary has been a keen supporter of the Prince’s Trust, founded in 1976 by Charles to make a practical difference for young people who lack opportunities.

In addition to Charles, Princess Anne, who is an honorary member of the Rotary Club of Elgin, Scotland, addressed the 2018 Rotary International Convention in Toronto, bringing global awareness to Rotary’s work and inspiring attendees.

Jones hopes the reign of King Charles will further strengthen Rotary’s bonds with the royal family. “I do hope that King Charles III will continue supporting humanitarian causes that both he and Her Majesty Queen Elizabeth II have historically advanced. Given that King Charles has long been an advocate for environmental causes, we anticipate Rotary’s work to support the environment might align with his, and we’d be honored to have his support.”

— DAVE KING



Top: Flowers and tributes are left at the gates of Balmoral Castle in Scotland in memory of the queen. Center: Then-Prince Charles visits a polio vaccination site on the outskirts of New Delhi, India. Bottom: The flag flies at half-staff on the clock tower above the Balmoral Hotel in Edinburgh.

HANDBOOK

Yours for the asking

There's a right way to make a request of someone

In 2016, Linda Morrow, a workforce development director at an Ontario hospital, received an alarming late-night email from her administrative assistant, Christine Duval. Duval's daughter, Jessie, had fallen ill while traveling in Peru and wound up in a hospital in the remote mountain city of Huaraz. Duval received a digital image of Jessie holding up a sign with the hospital's name, but she was unable to reach her daughter and was frantic.

A member of the Rotary Club of Windsor-Roseland, Morrow contacted other club members. One of them, Mary Jean Gallagher, an educator who had been to Peru several times and visited Huaraz, reached out to someone she knew there.

Within minutes, Morrow received an email saying that a good Samaritan was heading to the hospital to make sure Jessie was OK. A second email arrived soon after: Jessie was suffering from a gastrointestinal issue and needed medication and to be rehydrated. Someone was with her and would remain until she recovered. On Monday morning, Duval came into Morrow's office at Windsor Regional Hospital with tears of gratitude in her eyes.

For Morrow, the episode is a striking example of Rotary connections in action — and a lesson in the power of asking for help, something Rotarians do a lot. Morrow and Gallagher love research and decided to look more deeply into the available information on the psychology of asking for help. They presented their findings at the 2018 Rotary International Convention during a breakout session called “The Power of Asking: Setting the Rotary Network in Motion.” Here are their tips.

— STEVE ALMOND



Recognize that most people want to say yes.

Morrow and Gallagher learned that people grossly underestimate the likelihood of others agreeing to their requests. This is true for requests made of friends and of strangers. When it comes to asking, our lens is distorted. The biggest mistake people may make is not asking at all.

Acknowledge a real risk of asking.

One insight Morrow and Gallagher found about the psychology of asking is that rejection hurts — literally. One study shows that it activates the same regions of the brain that register physical pain. Rejection also has a social cost: feeling shame in addition to disappointment. So telling people that “it can’t hurt to ask” may not be helpful.

Know the why behind your ask.

If you understand why you’re asking, you can articulate your request in a manner that allows your passion to shine through. People connect most to what inspired you to ask, rather than the particulars of what you’re asking, say Morrow and Gallagher. It also helps to specify why you’re asking a particular person for help — point out the special qualities or talents the individual has that made you go to the person.

Ask, don’t tell — or coerce.

Rotary members sometimes sound like they are telling people to help, rather than asking for their help, Morrow says. Recipients of requests need to feel that they can say no in order to offer an authentic yes.

Asking is a process, not a one-time thing.

Too many people take a now-or-never approach, hearing anything other than yes as a permanent no. Morrow and Gallagher counsel patience and follow-ups. Circumstances can change, and a soft no can sometimes become a definite yes.

Advocate for someone else as you would for your loved ones.

If you’re struggling to ask for help, Morrow and Gallagher urge you to think about how much easier it is to request assistance when it’s for a loved one. In general, people don’t think twice about advocating for their kids or a sick parent.

Remember your own responses to requests.

You might be a Rotary member because someone asked you to attend an event or participate in a project. That opportunity likely has been a gift. Asking others for help could provide them that same kind of gift.





TRUSTEE CHAIR'S MESSAGE

From trees to a forest

Many of you will recall my challenge to Rotary clubs when I was RI president in 2017-18: to plant one tree per member to help the environment. Thanks to you, we estimate over 4 million trees went into the ground — quite a forest indeed.

This month, as we celebrate The Rotary Foundation, let's remember that each Foundation project is much like planting a tree. With each sapling of hope, health, and peace, we make an investment in the future that will one day grow into something even greater.

Such a tree was planted by Rotary in Sri Lanka, where more than 2,000 children born annually with a congenital heart defect can now get corrective surgery allowing them to survive to adulthood. Local Rotarians saw a need to make the surgery more accessible, and rallied 17 Rotary districts to contribute District Designated Funds. After the Foundation matched those funds, a total global grant of \$365,000 was used to create the first human heart-valve tissue bank in Sri Lanka, with the government providing the building, staffing, and supplies to ensure its sustainability.

Visiting this life-saving facility in 2017 was an unforgettable experience for me. But I have seen countless other great “trees” planted across our seven areas of focus. We planted PolioPlus in 1985 and it has grown into one of the greatest public health initiatives in history,

helping reduce cases of wild poliovirus by 99.9 percent. Seven Rotary Peace Centers around the world have also taken root and are now bearing fruit as scores of peacebuilders and community leaders go forth with the skills to make the world more safe and secure.

Charity Navigator, an independent agency, has given The Rotary Foundation its highest ranking for more than a decade. Why? Our overhead expense level is much lower than most similar organizations — 89 percent of gifts to the Foundation went to programs and operations in Rotary year 2021-22. Not only are we efficient stewards, but Rotary's requirement of a community-needs assessment for global grants helps ensure the sustainability of our projects. And the Foundation, run by your fellow Rotarians, is a charity you can trust.

However, only about 38 percent of members actively support our own organization's great charity. We can and should do better. Just as I challenged you to plant trees as president, as Foundation trustee chair I would like to challenge each club to make a giving plan for our Rotary Foundation this year.

Imagine our impact — Rotary's great forest of hope and peace that will flourish — and please give today.

IAN H.S. RISELEY

Foundation trustee chair

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
5. Help maintain a harassment-free environment in Rotary meetings, events, and activities, report any suspected harassment, and help ensure non-retaliation to those individuals that report harassment.

IN BRIEF

Stephanie A. Urchick selected as 2024-25 Rotary president

Stephanie A. Urchick of the Rotary Club of McMurray, Pennsylvania, has been selected as president of Rotary International for 2024-25. The decision will make her only the second woman to hold the position since Rotary's founding in 1905.

"I am overwhelmed and excited," says Urchick. "I look forward to this new chapter in my Rotary experience and to leading the organization by continuing to inspire Rotary members around the world. The magic of Rotary happens at the club level, where the people are serving their communities."

With the world facing challenges like the COVID-19 pandemic, climate change, and international conflict, Urchick says, Rotary's leaders can turn threats into opportunities and ease despair by offering a vision, narrative, and plans of action.

"Measures taken by Rotary leadership to resolve critical challenges make our organization stronger and more resilient," she says. "This kind of essential leadership also creates new levels of cooperation, even among rivals, when Rotary members pull together as people of action to serve, and to solve a crisis."

A Rotary member since 1991, Urchick has served Rotary International in leadership roles at every level, from club president and district governor to RI director and trustee for The Rotary Foundation. "These experiences have served me well because they have given me the depth of knowledge and understanding about Rotary," says Urchick, who describes herself as a "rolling up your sleeves and getting things done leader." "Every organization needs a right leader at the right time. I am the right leader at the right time because of these skill sets and knowledge."

Making regionalization a priority is crucial, says Urchick. "Because Rotary operates in more than 200 countries and geographical areas, it is vital to recognize that the organization can become more efficient and effective by understanding regional differences. Such differences affect the way Rotary members work together to provide service, promote integrity, and advance world understanding, goodwill, and peace," she says.

Urchick has participated in a variety of international service projects, including National Immunization Days in India and Nigeria. She traveled to Vietnam to help build a primary school and to the Dominican Republic to install water filters. She studies several Slavic languages, has mentored new Rotary members in Ukraine, and coordinated a Rotary Foundation grant project in Poland.

Rotary's presidential selection occurred on 8 August, and Urchick was declared president-nominee on 16 September when no challenging candidates came forward.

Every year, the presidential nominating committee, which consists of past RI directors from half of Rotary's zones, selects the president. The zones alternate each year.

Only past RI directors are eligible to serve as president, and most presidents have held additional leadership roles, including serving on committees that offer international experience. ■



- Former partner and chief operating officer of Doctors at Work LLC, a consulting and training company in Pennsylvania
- Doctorate in leadership studies from Indiana University of Pennsylvania, bachelor's degree from the University of Pennsylvania
- Rotary International director (2019-21)
- Rotary Foundation trustee (2012-14)
- Past member of Rotary's Election Review Committee and the Operations Review Committee
- Foundation Major Donor and Bequest Society member

We want people to feel that there's value in getting involved in Rotary to create changes in themselves, in their communities, and in the world.

THE ROTARY FOUNDATION

Arch Klumph Society 2021-22 honorees

Named for the founder of The Rotary Foundation, the Arch Klumph Society was established to recognize the Foundation's highest tier of donors — those who have contributed \$250,000 or more.

This distinguished society includes supporters from more than 50 countries and geographical areas. Their generosity enables the Foundation to continue its mission of advancing world understanding, goodwill, and peace through the alleviation of poverty, the support of education, and the eradication of polio.

The members listed below were recognized in the 2021-22 Rotary year through a formal induction or elevation ceremony.



Guests mingle at Arch Klumph Society events during the 2022 Rotary International Convention in Houston.

**Levels as of 30 June*

FOUNDATION CIRCLE

(Contributions of \$1,000,000-\$2,499,999)

M. Albin and Nancy T. Jubitz,
United States

Rotary Club of Portland, Oregon

Douglas and Nora MacLellan,
United States

Rotary Club of Palm Desert, California

Rotary Club of Playa Venice, California

CHAIR'S CIRCLE

(Contributions of \$500,000-\$999,999)

Ron and Glenys Geary, Australia

Rotary Club of Belmont

Rajesh and Seema Gupta, India

Rotary Club of Delhi Rajdhani

Annick and Hervé Hacard, France

Rotary Club of Dinan

**John C. Hanson and
Ann G. Westerman, United States**

*Rotary Club of Bethesda-Chevy Chase,
Maryland*

Urs and Marlène Herzog, Switzerland

Rotary Club of Allschwil-Regio Basel

Suzi and Bill Howe, United States

*Rotary Club of Space Center
(Houston), Texas*

Suresh and Usha Jain, India

Rotary Club of Delhi South East

**Belvai Vinayak and Radha V. Kudva,
United States**

Rotary Club of New Tampa Noon, Florida

Vinay and Rashmi Kulkarni, India

Rotary Club of Pune Parvati

J.C. and Pam McKenzie, United States

Rotary Club of Concord, North Carolina

Aziz Memon and Samina Aziz, Pakistan

Rotary Club of Karachi

Suguru and Kazuyo Omuro, Japan

Rotary Club of Takarazuka Mukogawa

Suresh Kumar and Kiran Poddar, India

Rotary Club of Jaipur Mid Town

Ila and Vinod Shah, United States

Rotary Club of Charlotte Hall, Maryland

Jafer and Banoo Jafer Sura, United Arab Emirates

Rotary Club of Dubai

Claudio H. Takata and Marie, Brazil

Rotary Club of São Paulo-Aeroporto

Joe Ueffing and Susan Ueffing, Canada

Rotary Club of Kentville, Nova Scotia

Tom Walker, United States

Rotary Club of Albuquerque, New Mexico

Kevin and Jennifer Weist, United States

Rotary Club of Brooklyn Park, Minnesota

TRUSTEES CIRCLE

(Contributions of \$250,000-\$499,999)

Ambalavanan M and Geetharani A, India

Rotary Club of Madras Mid-Town

Helge Andersen, Denmark

Rotary Club of Brønshøj

Dato' Dr Mir Anisuzzaman and Datin Shereen Bon, Bangladesh

Rotary Club of Agrabad

Rotary Club of Dhaka Royal

Kelly C. Atkinson and Penny T. Atkinson, United States

Rotary Club of West Jordan, Utah

Rick and Totney Benson, United States

Rotary Club of Westport, Connecticut

Lawrence Cohen, United States

Rotary Club of New York, New York

Mickey and Suellen Dubberly, United States

Rotary Club of Coral Springs, Florida

Tom and Jill Duerig, United States

Rotary Club of The Livermore Valley, California

Gloria Ann and Carl C. Evans, United States

Rotary Club of Charlotte International, North Carolina

Yuichi and Keiko Fukuhara, Japan

Rotary Club of Tokyo Ginza

Archie Francisco F and Rozanne C Gamboa, Philippines

Rotary Club of Downtown Davao

Karen Greenberg and David Henseler, United States

Rotary Club of South Bay

Sunrise-Torrance, California

John S. Hathaway and Nancy E. Hathaway, United States

Rotary Club of The Woodlands, Texas

Shinichi and Satoko Iimura, Japan

Rotary Club of Utsunomiya 90

Kanan and Nikunj Jhaveri, India

Rotary Club of Queen's Necklace

Greg and Brenda Jones, United States

Rotary Club of Salem, Illinois

Rich and Diana Kaye, United States

Rotary Club of Temple-South, Texas

Lindsey Kroll and Irene Hickey, United States

Rotary Club of Memorial-Spring

Branch (Houston), Texas

Marjorie F. Mancuso, United States

Rotary Club of Cupertino, California

Greg Marlow, Australia

Rotary E-Club of Outback Australia

Santiago Martin and Leema Rose Martin, India

Rotary Club of Coimbatore Central

Rotary Club of Coimbatore Aakruthi

Nitinratilal and Harsha Nitin Mehta, India

Rotary Club of Bombay Airport

V.R. Muthu and Malarvizhi Muthu, India

Rotary Club of Virudhunagar

Brent J. and Trudy L. Patmos, United States

Rotary Club of Chandler-Horizon, Arizona

Firoz and Sheila Peera, United States

Rotary Club of Global Impact (7680), North Carolina

Paul and Carol Reinert, United States

Rotary Club of Springfield, Missouri

Maria Vital da Rocha and Agerson Tabosa Pinto, Brazil

Rotary Club of Fortaleza-Alagadiço

Yoshio and Kyoko Sato, Japan

Rotary Club of Okayama-South

Dilara and Muhammad Ajaz Saya, Pakistan

Rotary Club of Karachi

Rashmi and Rajiv Sharma, India

Rotary Club of Bhusawal Tapti Valley

Thomas J and Paula J Smith, United States

Rotary Club of Charlotte-South, North Carolina

Rotary Club of Waxhaw-Weddington, North Carolina

N. Sundaravadivelu and S. V. Murugambal, India

Rotary Club of Coimbatore

Katsuhiko Tatsuno and Shigemi Tatsuno, Japan

Rotary Club of Tokyo-West

Ed and Fran Thurmond, United States

Rotary Club of Lexington, Mississippi

S V Veerramani and Radha, India

Rotary Club of Adyar

Bhaskar Ram V and Suchitra V, India

Rotary Club of Rajahmundry River City

Douglas and Sue Whinnery, United States

Rotary Club of Kerrville, Texas

David T. Wolcott, United States

Rotary Club of Mid-Bay Bridge (Choctawhatchee Bay), Florida

Masatoshi and Maya Yoshida, Japan

Rotary Club of Tokyo Shintoshin

2023 CONVENTION

The grand tour



By foot, tram, boat, or even waterbike, there are plenty of ways to tour Melbourne while you're in town for the 2023 Rotary International Convention 27-31 May. Each mode offers a unique perspective on the city's architecture, culture, history, and hidden places.

Get in some extra steps and check out one of Melbourne's walking tours. A company called I'm Free Tours offers (you guessed it) free walking tours guided by local artists, musicians, and travel aficionados. Its tours cover the city's architecture, gardens, best-kept secrets, and more. Along the way, you'll learn about the rich history of Melbourne, including its Indigenous beginnings and its path to become the vibrant, multicultural metropolis of today.

Running through the heart of downtown, the Yarra River offers another vantage

point for exploring the city. Board a river cruise at Southbank. There are tours for all tastes, including sightseeing, photography, cocktail, dinner, and sunset cruises. Or you could tour the river on a waterbike, which is a pedal bike set on pontoons. Coastal cruises let you take in the skyline, beaches, coves, rock formations, and wildlife — possibly including dolphins and seals.

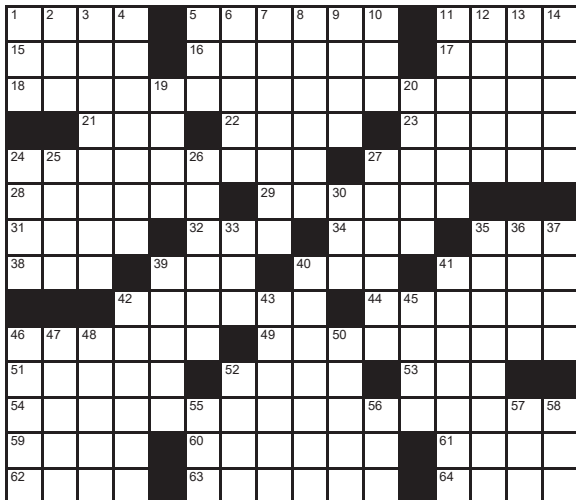
The City Circle Tram in Melbourne's business district is a free hop-on hop-off ride popular with tourists. Making about two dozen stops, the tram lets you move easily between landmarks. Notable highlights include the historic Flinders Street train station, State Library Victoria, and the Melbourne Museum of cultural and natural history. The tram provides audio information on each attraction's significance and background. — EVA REMIJAN-TOBA

Learn more and register at convention.rotary.org.

CROSSWORD

Eventual promotion?

By Victor Fleming
Rotary Club of Little Rock, Arkansas



Solution on page 10

ACROSS

- 1 Honey-makers
- 5 Taker of others' stuff
- 11 Read quickly
- 15 Stat, to nonmedical personnel
- 16 On the bias
- 17 Alan who played Hawkeye Pierce
- 18 27-31 May 2023 event
- 21 Latin 101 verb
- 22 Barley bristles
- 23 ____-Loompa
- 24 With 49-Across, locale of the event
- 27 Is skeptical about
- 28 Editor's printouts
- 29 Dire
- 31 "____ We Got Fun?"
- 32 One at home on a diamond
- 34 All-purpose vehicle, for short
- 35 Coll. mentors
- 38 "Peekaboo, I ____ you"
- 39 To's counterpart
- 40 Alkaline solution
- 41 Toy block brand
- 42 Per ____
- 44 Asparagus servings
- 46 Cast members
- 49 See 24-Across
- 51 Beef cuts

- 52 Mighty partner
- 53 California's Fort ____
- 54 Theme of the event
- 59 Arid
- 60 *Seinfeld* role
- 61 Acorn-bearers
- 62 Mikhail Romanov, e.g.
- 63 Broke a commandment
- 64 Bother for a boxer

DOWN

- 1 Block
- 2 "____ Beso (That Kiss!)"
- 3 Dine without others
- 4 Program that sends unwanted email
- 5 Laser beam, e.g.
- 6 *Sesame Street* meanie
- 7 Enlarged, as a photo
- 8 Extremely successful
- 9 Pt. of SASEs
- 10 I-30 or I-40, e.g.
- 11 Declined to participate
- 12 Head up, in a way
- 13 Accept
- 14 Grandmothers, to many toddlers
- 19 Overhead structure
- 20 All's opposite

- 24 Degrees held by many city managers, in brief
- 25 Albany's canal
- 26 Commandeers
- 27 Abhor
- 30 Author de Maupassant
- 33 "J'accuse!" response
- 35 Genuine thing or person, after "the"
- 36 Cultural leader?
- 37 Cubs great Sammy
- 39 Iran's official language
- 40 *Rowan & Martin's* ____ (sketch comedy show, 1968-73)
- 41 Find out about
- 42 Large eel
- 43 Asian island
- 45 "Aye" voters
- 46 Celebrity roster
- 47 Arrives
- 48 Beauty queen's topper
- 50 1953 Ladd title role
- 52 Copter prefix
- 55 Old video game initials
- 56 Lasso, for one
- 57 Classic Jag
- 58 Bag screening grp.

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Sardinia's comfort food

Whether you serve the cherished fainè plain or add sausage or vegetables, get it to the table hot

When hosting visitors on the Italian island of Sardinia, locals insist they try fainè. A chickpea pancake or flatbread crisped in the oven, fainè is a local variation on farinata di ceci, which originated centuries ago in Genoa. It has become one of Sardinia's most treasured foods. But not everyone is familiar with this dish, even within Italy itself, explains Marco Dettori, a member of the Rotaract Club of Sassari.

People typically have fainè during Sardinia's cooler season, from late autumn to early spring. "It's served on a plate that's really hot," says Dettori, a law student. "You want to eat it and enjoy it in the cooler months. You won't enjoy it in the summer." While fainè is simple to make at home, Dettori likes to go to a restaurant on the weekends and share the dish with his friends, because it takes a long time to prepare.

MAKE IT: Combine chickpea flour and water and set it aside to rest for a few hours. Mix in extra virgin olive oil, salt, pepper, and any add-ins you choose, then place it in the oven for a tasty flatbread. "It is easy-peasy to make," Dettori says.

EAT IT: Fainè is often sliced into triangles and eaten like pizza. You can hold it in your hand or use a knife and fork — both are equally acceptable. Share the dish as an appetizer or serve it as an individual meal.

MIX IT UP: To add more flavor, locals like to include a variety of meats, vegetables, and spices. "My favorite is with sausage," Dettori says. Onions and rosemary are popular additions, and less frequently, it comes with sliced carrots on top.

— EVA REMIJAN-TOBA

Marco Dettori
Rotaract Club
of Sassari, Italy



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