

Explore Egypt



With the world's most renowned archaeologists

Dr. Mostafa Waziri One of Egypt's Heads of Antiquities

Dr. Khaled El-Enany Egypt's First Minister of Tourism & Antiquities

No one can tour Egypt like this except for you, when you come and join us!

Dr. Zahi Hawass

World's Most Famous Archaeologist

Enjoy exclusive VIP access to Egypt's greatest wonders

- ★ VIP tour of the Grand Egyptian Museum, the largest archaeological museum in the world
- ★ Private visits to the Giza Pyramids and Luxor Temple for a crowd-free experience
- ★ A chance to stand between the paws of the Great Sphinx instead of seeing it from a distance
- * Private entry to the Great Pyramid of Khufu, with a visit to chambers closed to the public
- ★ Private entry to the Valley of the Kings and King Tut's Tomb
- ★ Tours of active excavation sites, including the newly discovered Lost Golden City
- ★ Special access to Taposiris Magna Temple, the likely long-lost resting place of Cleopatra
- ★ And many more once-in-a-lifetime experiences!

Travel in true royal style - stay in historic hotels, sail on a luxury Nile cruiser and savor the finest cuisine.

START YOUR EXTRAORDINARY TOUR OF EGYPT TODAY













The meaning of family

he Magic of Rotary is belonging, and it's a feeling that can appear when you least expect it. Earlier this year, I was in Slovakia serv-

ing as a president's representative during a six-week trip through Europe. When I wrote to Katarina Cechova, governor of District 2240 at the time, I mentioned that my grandmother Veronica Zilka grew up in a small village in the area before settling in the U.S.

It wasn't long before Cechova tracked down my grandmother's village, Jakubova Vol'a. She even organized a visit for me, where I received an unforgettable Slovakian welcome.

When I entered the community center of Jakubova Vol'a, a small crowd of people dressed in traditional Slovakian clothing greeted me. They sang with beautiful and powerful Central European voices that reminded me of my grandmother.

A lot of families play cards or games when they get together. When I was young, my father would pick up his accordion and lead my family in song. My grandmother would sing along with her impressive voice.

When I walked into the community center and heard traditional music from my childhood — when I saw a woman play the accordion the way my dad played — I suddenly felt like a little girl sitting at my grandmother's house in Monessen, Pennsylvania. I burst into tears of joy at the memories.

But the magic didn't stop there. District Governor Cechova really outdid herself. A local genealogist worked with a videographer to make a short film

about my grandmother. We watched the video together in the community center.

When the video ended, I turned around and saw a man standing in the back of the room. I quickly learned that this stranger, Frantisek Zilka, was my second cousin. His grandmother and mine had been sisters. I felt like I had been struck by lightning.

I visited my newfound cousin's home, which happens to be the home where my grandmother was born. There, he shared old photographs I had never seen of my dad, my uncle, and my grandmother.

Since then, I can't stop thinking about my family of Rotary. When I refer to you as my family, I'm not just being kind. I really think of everyone in Rotary as my family. But I never would have imagined that my Rotary family would introduce me to long-lost personal family.

Sitting in that community center listening to traditional Slovakian music from my childhood filled me with joy and a profound sense of belonging. I am so grateful to District Governor Cechova and everyone who helped create that magical experience.

As members of Rotary, we have a unique opportunity to share the same magic with each other and with the world. I encourage you to consider how you can help spread that magic and ensure other members of your club — other members of our Rotary family — feel like they truly belong.

STEPHANIE A. URCHICK

President, Rotary International





YOU ARE HERE: Marrakech, Morocco

GREETING: Salaam alaykum

PERCHING PLACE: The white stork, a migratory bird with a long pointed beak and black-andwhite plumage, travels long distances between Europe and Africa and is a common sight in Marrakech. The birds often nest on top of the ancient city's historic buildings and minarets.

POSTCARD SUNSET: Thomas Finkenstädt, a member of the Rotary Club of Düsseldorf-Süd in Germany, captured this image in 2023 in the city's Kasbah district and says it's a favorite spot for the birds to build their nests.

KASBAH MOSQUE: Rising in the background is the minaret of the Kasbah Mosque. Also known as the Moulay al-Yazid Mosque, the place of worship dates to the 12th century. It was constructed as part of a royal district walled off from the rest of the city, along with the Badi Palace and a royal necropolis called the Saadian Tombs. The site reflects the importance of Marrakech, which served as a center of imperial power during its early history.

THE CLUBS: Morocco is home to 64 Rotary and 69 Rotaract clubs. The country's oldest is the Rotary Club of Casablanca, chartered in 1930.



September 2024

EDITOR IN CHIEF

Wen Huang

MANAGING EDITOR

Jason Keyser

SENIOR EDITOR

Geoffrey Johnson

SENIOR STAFF WRITER

Diana Schoberg

EDITOR

John M. Cunningham

EDITOR

Rose Shilling

ART DIRECTOR

Jacqueline Cantu

DESIGNER

Madison Wisse

PRODUCTION MANAGER

Marc Dukes

DIGITAL EDITOR

Kristin Morris

FDITOR

JP Swenson

EDITORIAL COORDINATOR

Vera Robinson

CIRCULATION MANAGER

Katie McCov

Send ad inquiries and materials to:

Marc Dukes, Rotary magazine, One Rotary Center, 1560 Sherman Ave., 14th floor, Evanston, IL 60201; phone 847-866-3092; email adv@rotary.org

Media kit: rotary.org/mediakit

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

Website: rotary.org/magazine

To submit an article: Send stories, queries, tips, and photographs by mail or email (high-resolution digital images only). We assume no responsibility for unsolicited materials.

To subscribe: Twelve issues at US\$18 a year (USA, Puerto Rico, and U.S. Virgin Islands); \$24 a year (Canada); \$36 a year for print and \$18 for digital (elsewhere). Contact the Circulation Department (866-976-8279; data@rotary.org) for details and airmail rates. Gift subscriptions available.

To send an address change: Enclose old address label, postal code, and Rotary club, and send to the Circulation Department or email data@rotary.org. Postmaster: Send all address changes to Circulation Department, Rotary magazine, One Rotary Center, 1560 Sherman Ave., Evanston, IL 60201.

Call the Support Center: USA, Canada, and Virgin Islands (toll-free) 866-976-8279. Elsewhere: 847-866-3000.

Unless otherwise noted: All images are copyright @2024 by Rotary International or are used with permission.

Published monthly by Rotary International, 1560 Sherman Ave., Evanston, IL 60201. Rotary® is a registered trademark of Rotary International. Copyright @2024 by Rotary International. All rights reserved. Periodicals postage paid at Evanston, Illinois, USA, and additional mailing offices. Canada Publications Mail Agreement No. 1381644. Canadian return address: MSI, PO Box 2600, Mississauga, ON L4T 0A8. This is the September 2024 issue, volume 203, number 3, of Rotary. Publication number: USPS 548-810. ISSN 2694-443X (print); ISSN 2694-4448 (online).

GENERAL OFFICERS OF ROTARY INTERNATIONAL, 2024-25

PRESIDENT

Stephanie A. Urchick

McMurray, Pennsylvania, USA

PRESIDENT-ELECT

Mário César Martins de Camargo

Santo André, Brazil

VICE PRESIDENT

Hans-Hermann Kasten

Aachen-Frankenburg, Germany

TREASURER

Rhonda "Beth" Stubbs

Maryville, Tennessee, USA

DIRECTORS

Ghim Bok Chew

Bugis Junction, Singapore

Eve Conway-Ghazi

Redbridge, England

Patrick Eakes

Crescent (Greensboro), North Carolina, USA

Christine Etienne

Petoskey, Michigan, USA

Daniel C. Himelspach

Denver Mile High, Colorado, USA

Naomi Luan-Fong Lin

Taipei Lily, Taiwan

Isao "Mick" Mizuno

Tokyo Tobihino, Japan

Salvador Rizzo Tavares

Monterrey Carlos Canseco, Mexico

Anirudha Roy Chowdhury

Calcutta Mega City, India

Suzan Stenberg

Östersund Åre, Sweden

Trichur Narayan

"Raju" Subramanian

Deonar, India

Daniel V. Tanase

Suceava Bucovina, Romania

Alain Van de Poel

Wezembeek-Kraainem, Belgium

Henrique Vasconcelos

Fortaleza-Alagadiço, Brazil

Yeong Ho Yun

Masan South, Korea

GENERAL SECRETARY

John Hewko

Kyiv, Ukraine

TRUSTEES OF THE ROTARY FOUNDATION, 2024-25

CHAIR

Mark Daniel Maloney

Decatur, Alabama, USA

CHAIR-ELECT

Holger Knaack

Herzogtum Lauenburg-Mölln, Germany

VICE CHAIR

Larry A. Lunsford

Kansas City-Plaza, Missouri,

TRUSTEES

Ann-Britt Åsebol

Falun Kopparvågen, Sweden

Martha Peak Helman

Boothbay Harbor, Maine, USA

Ching-Huei "Frank" Horng

Panchiao West, Taiwan

Chun-Wook Hyun

Seoul-Hansoo, Korea

Jennifer E. Jones Windsor-Roseland, Ontario,

Canada

R. Gordon R. McInally

South Queensferry, Scotland

Akira Miki

Himeji, Japan

Ijeoma Pearl Okoro

Port Harcourt, Nigeria

Bharat S. Pandya Borivli, India

Greg E. Podd Evergreen, Colorado, USA

Carlos Sandoval San Nicolás de los Garza,

Mexico

Dennis J. Shore

Hawthorn, Australia

GENERAL SECRETARY

John Hewko

Kyiv, Ukraine



A publication of Rotary Global Media Network

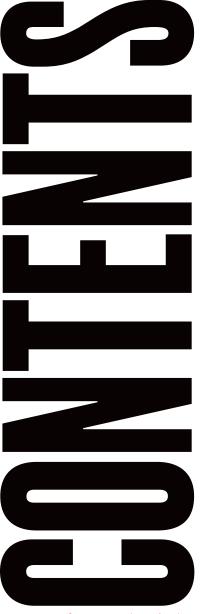




EMPOWER THROUGH EDUCATION

Rotary members are creating community-driven, sustainable projects to improve access to quality education around the world. Your gift to The Rotary Foundation's Annual Fund supports these projects to inspire learning at all ages.

GIVE TODAY: rotary.org/donate



On the cover: Enjoy eclectic boutiques, patio dining, and people watching at Calgary's Stephen Avenue pedestrian mall. Photograph by Monika Lozinska September 2024 Vol. 203, No. 3

FEATURES

Going to Moh'kinstsis

For centuries, people have gathered in Calgary at the confluence of two rivers. Now it's Rotary's turn.

By Geoffrey Johnson Photography by Monika Lozinska

Seeds of hope

Long overlooked, farmers find mental health supports By Elizabeth Hewitt Photography by Kathryn Gamble

A lazy gardening guide

Where can you save money, time, and the planet by doing less? In your backyard. By Nathaniel Reade

Illustrations by Madison Wisse



- President's message
- Welcome

CONNECT

- **Staff corner**
- Letters to the editor
- The specialist

A side hustle becomes a journalistic calling

OUR WORLD

12 If it's broken, fix it

Repair cafes do more than bring your busted stuff back to life

- A community of readers
 - An educator expands literacy to help towns sustain themselves
- People of action around the globe
- It takes more than tech Five tips for effective education technology programs
- 20 The first patient

A psychiatrist visits home and discovers the meaning of recovery

OUR CLUBS

48 Virtual visit

Rotary Club of Springboro, Ohio

50 Where are they now?

When the UN wanted a clean water partner, an employee thought of the passionate Rotary members she met as a scholar

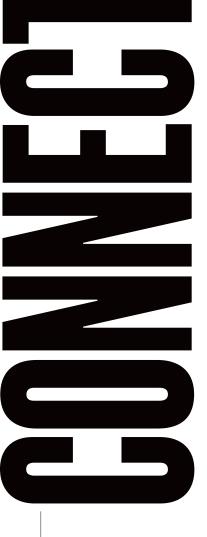
- Dispatches from our sister magazines
- 54 Handbook

An alphabet soup SOS for Rotary acronyms

- 56 Trustee chair's message
- 58 Calendar
- **60** The Singapore convention in photos
- 62 2025 convention | Crossword
- 64 Fly me to the moon

In China, families reunite over mooncakes





Follow us to get updates, share stories with your networks, and tell us what you think.

- rotary.org/magazine
- on.rotary.org/podcast
- yourletters@rotary.org
- X @rotary
- /rotary
- @rotaryinternational
- Rotary magazine One Rotary Center 1560 Sherman Ave. Evanston, IL 60201

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

STAFF CORNER

Regina **Fuller-White**

Area of focus manager, basic education and literacy

I grew up in Spartanburg, South Caro**lina,** home to my alma mater, the historic Wofford College, founded in the 1850s. As a Spanish and intercultural studies major, I had the opportunity to study in the Dominican Republic for a semester. I was the first one in my family to venture outside the U.S., and my time there sparked my interest in international culture and the experiences of people living in the Global South.

In my senior year, I won Wofford's Presidential International Scholar award, which allowed me to travel around the world to conduct research. I visited 12 countries, living one month at each stop. The long journey really shaped my worldview, and I knew I wanted to work in development in the future.

During the research trip, Ghana drew me the most. I felt at home there. Most Black Americans who are descendants of enslaved people came from West Africa. It was fascinating to observe similar cultural traditions there that are now part of Black American Southern culture.

I was a Rotary Ambassadorial Scholar.

Before graduation, the dean of my college, a member of the Rotary Club of Spartanburg, encouraged me to apply for the Rotary scholarship when he learned about my desire to return to Africa to further my studies. I got it and pursued my master's in African studies at the University of Ghana. Studying side by side with Ghanaians broadened my perspectives on the world and politics and introduced me to the world of Rotary.

I taught English to immigrant children and worked as a Spanish-English translator upon my return. The work involved assisting teachers and social workers in my local school district when they



communicated with Spanish-speaking families, helping those parents understand how to be teachers too for their children at home.

But deep in my heart, I wanted to do international work. I went to Brazil on a Fulbright program to teach English at a university there. These teaching gigs at home and abroad awakened me to the issue of equity in education, prompting me to do more in the field. After Brazil, I moved to Washington, D.C., where I worked at an organization that specialized in international education.

I joined the Rotary staff in 2022, after I had obtained my doctorate in educational policy studies at the University of Wisconsin-Madison. I provide strategies for Rotary clubs on how to maximize positive results from their work in basic education and literacy across the globe. We focus on teacher training, professional development, and improvements to student learning in classrooms.

In India last year, I worked with a Rotary club in Pune on education technology projects. Hearing students talk about how they can access curricula online and use Google to do their science projects made me proud of the work that we do.

Having traveled globally, I've settled down in the Midwestern United States and just got married. My husband, Korbey White, is a member of the Rotary Club of Madison, and we enjoy traveling the world together. I volunteer on the board of a local youth agency. We are tasked to find funding and ideas to support young people in and out of school.

Letters to the editor

WARMING EFFECTS

I was grateful to read the article "Climate therapy" [May]. The documented mental health impacts of the climate crisis are widespread across the globe, but especially among younger people. Rotary International's willingness to highlight this issue, including at last year's United Nations climate summit, COP28, and in stories like this one, is essential to destigmatizing this issue and encouraging much-needed support for local programs worldwide to address it. The social and physical impacts of climate change cannot be fully addressed without including the mental health consequences.

Sarah Newman, executive director, Climate Mental Health Network

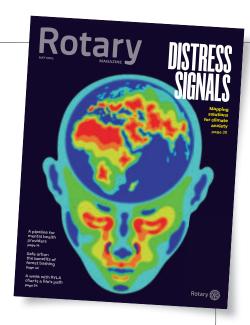
I'm pleased to see climate change covered in the magazine with a review of how climate anxiety affects people's lives. Rotary's model program of polio immunization focused on a solution, not just sympathizing with polio sufferers. With that as background, shouldn't Rotary shift to solutions to climate change? One solution, now a feature of most industrialized countries, involves a steadily increasing price on carbon emissions. Another, recommended by the Intergovernmental Panel on Climate Change, involves methods to remove greenhouse gases from Earth's atmosphere and oceans. Please feature these in future articles.

Peter Garrett, Winslow, Maine

PROUD OF PRIVACY POLICIES

Thank you for Rebekah Raleigh's wonderfully written article in the May issue ["The privacy of patient zero"]. I work in the field of long-term care, where any mention of a "mysterious new virus" is sure to grab one's attention. But the power of the article comes from the realization that the threat to a person's health posed by a new virus may be rivaled by the threat to their privacy posed by our culture's intrusive and insatiable desire to be "in the know."

I especially appreciated Raleigh's description of "the depth of commitment from Rotary to protect people's privacy"



as their stories are shared in *Rotary* magazine or through other Rotary media. It's one more reason I'm proud to be a Rotarian.

Glen Melin, Kingston, Washington

INVEST IN PEACE

I was inspired and challenged by [Past] RI President Gordon McInally's message, "The change within," in the April issue. As he wrote, "These are times that cry out for peace," and "Rotary needs to work toward peace as aggressively as those who wish to wage war." I would assert that to accomplish our work for peace we must begin to advocate for a greater investment in peacebuilding than what is spent on preparations for war and war itself. As reported by the Institute for Economics and Peace in the 2023 Global Peace Index, expenditures on peacebuilding and peacekeeping worldwide were \$34.1 billion in 2022, which is only 0.4 percent of the amount spent on the military!

To promote peace Rotary has identified four roles for its members: practitioners, educators, mediators, and advocates. As practitioners, we have fought disease, provided clean water, improved health, and supported education and economic development. As educators, we have established Rotary Peace Centers and trained scores of peace fellows. As mediators, we have helped

OVERHEARD ON SOCIAL MEDIA

In May, we wrote about a project led by the Rotary Club of Highlands Ranch, Colorado, that raised \$500,000 to establish an endowed fellowship to train new doctors on pediatric mental health.

Love seeing this initiative and positive outcome. Rotarians lead by example and can change the world one person at a time.

Shawn Braswell ▶ via LinkedIn

I really appreciate your dedication to supporting our youth and emphasizing how important it is to address mental health issues early on. ... Thank you for leading the way!

Nicholas Coleman

▶ via Facebook

negotiate humanitarian cease-fires to allow for vaccinators to reach vulnerable children. As advocates, we have worked to support peace processes and postconflict reconstruction.

We all have a role. Now is the time for all citizens of the world, especially Rotarians, to advocate for a greater investment in the peace system than in the war system.

Tom Baker, Arvada, Colorado

TRACK CHANGES

I was heartened to read "All aboard!" in the April issue about the need for more electric mass transit. The Earth's atmosphere and oceans are warming significantly, and the article clearly laid out the main reason: human-caused greenhouse gas emissions. Transportation is among the largest sources of these emissions, and electrifying this sector will help limit global temperature rise.

Addressing the problem of climate change will not be cheap, but delaying action will cost us billions of dollars down the road to mop up after floods, fires, and rising sea levels. And high-speed trains are a lot of fun to ride in! Kudos to author Rod Diridon for his many decades of climate action.

Chas Macquarie, Carson City, Nevada

Great article. Having lived several years in locations such as Korea, Germany, and England, I appreciate a well-developed passenger train system regardless of energy source and speed.

The big caveat is there is no one solution that fits all situations or locations. I live in the low-population Great Plains, where I am a small farmer. Even if government subsidies produced a coverage of electrified routes of [high-speed] passenger trains, we could not get the decision-makers in the cities to stop trains to pick us up. Serving the population of flyover country is not cost-effective or politically effective.

I suspect we in the country will need roads and petroleum-powered cars, buses, trucks, and agricultural equipment until there is a cheap, fast-charging, and reliable system with a 600-mile range and an 18-hour battery that is also light enough to not damage fields and country bridges.

James Ross, Goodland, Kansas

CLIMATE COVERAGE

I deeply appreciate the coverage in the April issue of Rotarians taking climate actions. The articles "Climate smarts," "Ripple effect," and "All aboard!" are solid examples of members supporting Rotary's newest area of focus, the environment.

In the Rotary Club of San Luis Obispo de Tolosa, we invite members to participate in climate actions. For example, we have a tree planting program called Plant It Forward. We don't make it political; we make it fun for everyone to participate. Some plant trees to beautify our community. Others do it primarily to capture carbon dioxide. This program has strengthened our ties with environmental groups and other service organizations and attracted new members.

As I speak at Rotary clubs about climate change and opportunities to make a difference through the Environmental Sustainability Rotary Action Group and other means, I see enthusiasm for taking action. With climate change affecting the health and well-being of us all, the challenge is tailor-made for Rotary.

Don Maruska, Los Osos, California

As a relatively new member of the Rotary Club of Bowen Island, I have been so impressed with, and grateful for, your thoughtful and strategic coverage of the climate crisis and what we as individuals and communities can do about it.

After a 32-year career with the United Nations, I have come to have the very same insights as Michaela Haas shared in

"Consider your carbon 'foodprint'" [December 2023] — that shifting our own diets to more plants and less meat has everything to do with the health of our planet and our own personal health too.

In fact, there is no viable way out of the dual crises of climate change and loss of nature without significant progress in this dietary shift — and Rotary is so well positioned to mobilize millions of influential people all over the world on this critical intervention.

Thank you for being on the cutting edge of this issue and thank you for many more informative and important articles on climate change in the April issue.

Charles McNeill, Bowen Island, British
Columbia

Thank you for the excellent articles, especially over the past few months, regarding how our climate is changing and what Rotarians all over the world are doing to adapt to these changes. I retired three years ago and devoted my life to working with Rotary (through my club and the Environmental Sustainability Rotary Action Group) to help mitigate the effects of climate change. I stayed with Rotary as my volunteer organization of choice precisely because it listened to the scientists around the world and made protecting the environment one of its areas of focus. Please keep publishing articles that show the growing problems and their solutions. Karin Tome, Hesston, Pennsylvania

There was a time that my world basically stopped when the new *Rotary* magazine arrived. As I write this letter, the latest issue [May] sits on my desk, largely untouched. The reason? Yet another climate change article. I am so tired of this topic, and I am not alone. There are so many more relevant topics for Rotary to address; let's give them the publicity they deserve.

John G. Hauck, Blairstown, New Jersey



ON THE PODPACT

Since its first music festival in 2012, Global Citizen has disbursed billions of dollars to further its advocacy and action on ending extreme poverty, addressing climate change, and dismantling systemic barriers. On the Rotary Voices podcast, co-founder Michael Sheldrick talks with Past Rotary President Jennifer Jones about the organization and its work with Rotary. Listen at on.rotary.org/podcast.





THE SPECIALIST

Content is king

A side hustle becomes a journalistic calling

y journalism career started as a side gig. In the mid-1990s, while working as an assistant accountant in Uganda's capital, Kampala, I contacted *The Crusader* for an opportunity to become a freelancer. Despite my lack of training in journalism, I had some letters and commentaries published in other newspapers. *The Crusader* took a chance on me and one of my articles even ended up on its front page. So, I quit my accounting job, joined the paper full time, and soon became its star reporter.

In 1998, I moved to the Vision Group, Uganda's largest state-run media company. Rising up the ranks, I became assistant news editor and later political and investigative editor. I covered the horrific armed conflicts in South Sudan and the Democratic Republic of Congo. There were fun moments too. While reporting on the 2003 Commonwealth Heads of Governments Meeting in Nigeria, I met Queen Elizabeth II.

In the UK, after completing a fellowship in 2006 with the Thomson Reuters Foundation, I earned a

Felix Osike Rotary Club of Muyenga, Uganda

News executive

master's in journalism at Cardiff University two years later. Between 2011 and 2014, I taught investigative reporting at Makerere University, the oldest in Uganda.

As the Vision Group transformed into a multimedia conglomerate, my responsibilities changed. In the integrated newsroom, I headed the news and current affairs hub before being promoted to deputy editor in chief in 2021. We operate six TV stations, seven radio stations, two dailies, and various websites. The company offers an app, publishes books and reports, and runs digital outdoor advertising. I'm the head of content generation for the platforms.

The media environment in Uganda is tough because, as in other parts of the world, the advertising-based revenue model has collapsed. So, we have diversified into unconventional areas, including hosting commercial agricultural expos and a farming competition.

The Vision Group controls 54 percent of Uganda's media market and 74 percent of the print market. We're actively engaging in digital transformation, including strategizing on how to introduce a paywall for premium content to balance the need for revenue generation and free access.

People predicted that newspapers would disappear, but there is still a demand for print as a record of history and a source for authoritative information. Regardless of the platform, engaging and compelling information will always win.

15

Literacy as a lifeline

12

The school technology challenge

20

A doctor brings home mental health care SUSTAINABLE COMMUNITIES

If it's broken, fix it

Repair cafes do more than bring your busted stuff back to life

show up to my first Dare to Repair Cafe with a notepad and a shopping tote full of holey sweaters.

The pad I need to take notes on the event — a roving ministry of sorts for broken household items. The sweaters, on the other hand, I bring as mea culpas: I had said I'd take a faulty Bluetooth speaker in the hopes a volunteer could make it play again. But my husband had already tossed the speaker in the trash. We were, in other words, part of the problem.

"You won't do that again," says Don Winkelman, 71, a longtime Dare to Repair volunteer. "We have people come in one time, with a lamp or something, and then we see them again and again."

Dare to Repair exists to reprogram wasteful consumers like my husband and me. Since 2017, the roving monthly cafe has traversed Buffalo, New York, and its environs, helping attendees repair broken electronics, household goods, and small appliances.

According to the Environmental Protection Agency, Americans throw away nearly 40 million tons of such items each year. Repair cafes — there are now more than 3,000 across the world — offer an economical and environmentally friendly solution: Fix your broken stuff instead.

In Buffalo, repair cafes represent part of a larger regional movement addressing sustainability, communal resource sharing, and mutual aid. The monthly events are organized by the Tool Library, a fast-growing, 13-yearold nonprofit group in the city that lends tools and other equipment to individuals, small businesses, and community organizations.

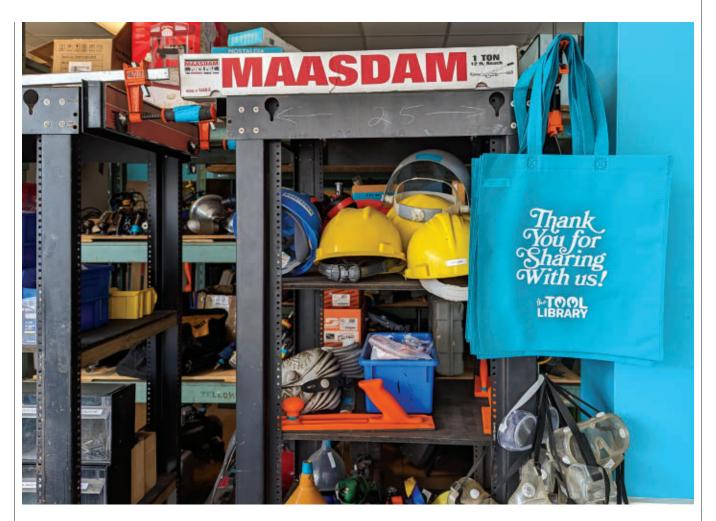
To date, the Tool Library has diverted 7,779 pounds of waste from landfills via its repair cafes and amassed a communal tool collection of nearly 5,000 items. It also serves as a model, a resource, and a centralized hub for a range of other community sharing projects, from Little Free Libraries to public gardens.

"We're part of a broader economic transition away from a system that really hasn't been serving most people, locally or around the world," says Darren Cotton, the Tool Library's founder and executive director. "We're shifting toward models that are more sustainable, more regenerative, and that rely more on people helping one another, as opposed to a market delivering services."

Cotton, 35, first dreamed up plans for the Tool Library while studying urban planning at the State University of New York at Buffalo. The university is an economic and cultural engine for the region, but its decision to open a suburban campus in the 1960s siphoned people and resources away from University Heights, the neighborhood surrounding its original campus.

By the late 2000s, absentee landlords had gobbled up entire blocks of University Heights, leasing their neglected properties to low-income renters and students. Residents wanted to fix up their homes and address wider neighborhood problems, such as street trash and insufficient tree coverage. But they frequently lacked access to basic tools and the knowledge required to use them. "It was a convergence of all

Repair cafes are part of a larger movement addressing sustainability, communal resource sharing, and mutual aid. Find one near you: repaircafe.org/en/visit.



The Tool Library has amassed a collection of almost 5.000 items, from hand tools to a cotton candy maker.

these different problems," Cotton says. "I realized, 'Wow, a library is such a great platform for addressing all of them."

The Tool Library launched in a tiny storefront in 2011 with roughly 40 tools and \$15,000 in federal community development funding. Cotton and an all-volunteer staff developed a membership model, where residents could pay a low annual fee for unlimited tool rentals, as well as a system for tracking a growing inventory of hand tools, power tools, and lawn and garden equipment.

In 2022, Cotton took on a fulltime role and hired Lissa Rhodes, a poet and trained carpenter, as the Tool Library's first operations manager. One year later, the Tool Library relocated to a larger space on the ground floor of an old neighborhood bank on Buffalo's Main Street.

Today, the organization boasts nearly 1,500 members and processes more than 14,000 loans a vear. Its wide east- and south-facing windows overlook a bright lending room, where tools are shelved in neat blocks of Ryobi green and DeWalt yellow: drills, jigsaws, sanders, lawn mowers and leaf blowers, hydraulic jacks, router tables. An entire wall is hung with coils of extension cords and hoses, while several shelves gather the library's growing collection of household miscellanea: a sewing machine, a projector screen, a boccie ball set, a cotton candy maker.

"A tool is anything you need to get a job done, whatever that job is," Rhodes says. "Is the job a presentation? Then your tools are a projector screen and a projector."

That community-minded, DIY ethos has gradually prodded the Tool Library into other initiatives, including tree plantings, park cleanups and, of course, repair cafes. In 2017, a director with Buffalo's recvcling department approached the Tool Library to collaborate on a series of repair events.

Since then, and despite a hiatus during the COVID-19 pandemic, the repair cafe has salvaged more than 500 items. Volunteers will happily tinker with lamps, furniture, small appliances, bikes, broken windows, and damaged clothes, though they don't currently accept computers, tablets, or phones.

For the March iteration, a team set up shop in the basement of a public library in Akron, a village 25 miles northeast of Buffalo by car. The room hummed with quiet chatter and the intermittent vrooms of faulty vacuums. Volunteer fixers puttered around a coffee station and traded stories between work on lamps, clocks, KitchenAid mixers, and old CD players.

The atmosphere is both studious and social; over time, fixers often become friends. They also teach attendees the skills needed to make their own repairs: "What I love is that you not only get your fixes for free but you get a lesson as well," says Antoinette McClain, a Tool Library board member who helps organize the events.

Many of those fixes are quite simple, which makes the impulse to junk these items seem all the more wasteful. Both of the broken vacuums at the March cafe simply needed a good cleaning, for instance. Jennifer and Rebecca Outten, who brought the vacuums, say they would have spent \$400 or more to replace each one.

"We love the Buy Nothing

groups," says Jennifer Outten, referring to a movement, mobilized on Facebook and through an app, that encourages people to reuse household items instead of buying new. "But this, the repair cafe, I had never heard of."

I left the Akron library with a newfound appreciation for repair: To fix the holes in two cashmere sweaters, Winkelman and another volunteer, Tom Guerra, coached me through the process of ironing on a fabric patch.

Of course, I am but one of the millions of consumers needlessly tossing and replacing my stuff — and the repair movement faces a long, uphill battle against the wider culture of throwaway consumerism. In Buffalo, the Tool Library faces the sorts of financial constraints common to many small community nonprofits. The organization will soon

have the option, for instance, to buy the building it moved into last year, but the cost to acquire and renovate the structure tops \$1 million.

The Tool Library launched a capital campaign this spring to raise the money and was pursuing a major regional foundation grant. With that funding, Cotton says, the Tool Library could build out new community space, seed mini-libraries across the region, and further champion communal resource sharing as a model for social and environmental innovation. "It's one thing to be cool and novel and niche," Cotton says. "But the question for us is: How do we make sharing and repairing ubiquitous?"

— CAITLIN DEWEY

This story was originally published in Reasons to be Cheerful, a non-profit solutions journalism outlet.

BY THE NUMBERS

Million tons of household items thrown away in the U.S. in 2018

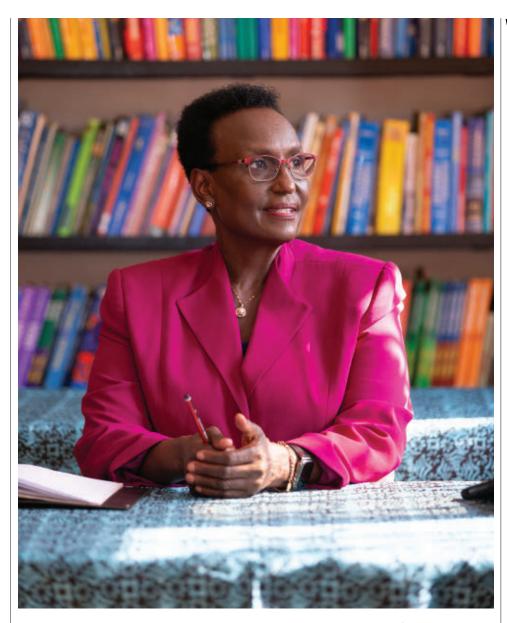
Repair cafes around the world

Pounds of waste diverted from landfills by the Tool Library in Buffalo, New York

Rotary member Martine Trunkenwald-Helle carried the Olympic torch through her town of Sarreguemines, France, in June.



A new immersive 360-degree video highlights polio vaccinators in Benin whose work is supported by Rotary and UNICEF. Watch at endpol.io/benin.



PROFILE

A community of readers

An educator expands literacy to help towns sustain themselves

Sophie Bamwoyeraki Rotary Club of Kasangati, Uganda

hen teacher Sophie Bamwoyeraki became president of the Rotary Club of Kasangati, Uganda, in 2016, her students guizzed her about what special thing she would do to help the community. Her answer came easily. Her club had helped create classrooms in the village of Makukuba after a child died making the 6-kilometer trek (nearly 4 miles) to the nearest school during heavy rain. She decided to scale up the effort. "From that time, every president who came would construct another classroom block," she says. "If you go to Makukuba today, it's a different place altogether."

Literacy has long been one of Bamwoyeraki's passions. She grew up in a family of 12 and was always reading to the children in her neighborhood. She's since earned her master's in education and become a school principal in Kampala, the capital. She represents the Basic Education and Literacy Rotary Action Group as its technical officer with The Rotary Foundation Cadre of Technical Advisers, and she's a Major Donor to the Foundation.

She says literacy can preserve a community's history and decide its future. Her parents don't know when they were born because their parents didn't know how to read or write. High literacy rates in adults lead to higher literacy rates in children. "If everyone can read and write, they can encourage the coming generation to read and write," she says. "It can affect their ability to grow their community."

That's why she starts an Interact club wherever she works. "I like exposing these children to the reality in our communities," she says. "They're going to learn something new and they're going to be hands on."

JP SWENSON

The annual Rotary-Peace Corps Week, a series of online events hosted by Partnering for Peace, will take place 16-20 September. Register at **partneringforpeace.org.**



Nominations for the Rotary Alumni Global Service Award, given to a Rotary program alumnus, are due 15 September. Learn more at **rotary.org/awards.**

The deadline to submit breakout session proposals for the 2025 Rotary Convention is 14 October. Learn more at on.rotary.org/breakout-sessions.

People of action around the globe

By Brad Webber



Canada

About 200 college students, faculty, and community members took turns swinging baseball bats at junkyard vehicles during a Car Smash for Charity event organized by the Rotaract Club of Vancouver-University of British Columbia. The fundraiser, held each of the past three years before final exams, "offers people a fun way to relieve stress or test their own strength, while supporting a wonderful cause," says Sara Lee, a past co-president of the club. The event, held on the campus quad in April, raised more than \$2,200 Canadian for education-related endeavors. A scrap car company delivered a Volkswagen and a Chevrolet and collected the remnants afterward for recycling. "Our team is continually amazed at the response the event receives," Lee says.









United States

The Rotary Club of Patchogue in New York has raised more than \$138,000 over the past dozen years by feting civic and business leaders in rollicking style. The most recent soiree, held in March to roughly coincide with St. Patrick's Day, attracted nearly 250 guests. Attendees paid \$125 each for food and drinks and to listen to friends and relatives roast local celebrities. "There were some slightly embarrassing stories of their childhood and baby pictures," says Paul Moran, a club member and organizer. A band featuring Moran and other Rotarians performed cover tunes to help lead the merriment. More than \$17,000 was donated to the Patchogue Community Service Foundation, principally for youth services, including Camp Pa-Qua-Tuck, a residential program for people with disabilities that is operated by Rotary District 7255.



Share of New York state residents of Irish descent

England

Christopher Hill was diagnosed with a heart condition at age 38. A past president of the Rotary Club of Bolton Lever in Greater Manchester, he has since become an advocate for automated external defibrillators. In 2022, Hill's club joined five other Bolton-area Rotary clubs to purchase a nearly \$1,900 defibrillator for the Bolton Steam Museum. "When you are out there in the countryside, you can be miles and even hours from one," but when needed, Hill says, "it is needed in minutes." Hill takes to area trails as leader of a walking group, prompting the Bolton Lever club to acquire a portable, single-use defibrillator that Hill carries on the treks. All 33 club members have attended training sessions and refresher courses on how to operate the machines.





die each day of cardiovascular disease



Italy

Brushes and rollers in hand, members of the Rotary Club of Torino Lagrange converged on a youth center to supply a fresh coat of paint. The club members spent a weekend in April and about \$1,500 sprucing up the facility, which offers counseling services and a gathering place for people ages 14 to 28. "The aim is to help young people overcome difficult moments and face changes in a welcoming, confidential, and judgementfree environment," says club member Raffaele Battaglini. The club partnered with students at an arts high school who made paintings for the center.





Portion of Italians ages 15 to 29 at risk of poverty or social exclusion



India

The Rotary Club of Bombay Seacoast staged a concert and high tea reception in May for about 150 veterans injured on duty and their families. Club members tapped their connections with local celebrities, among them the emcee, Neeta Mirchandani, the wife of club member and singer Vijay Mirchandani. "The jawans (soldiers) participated with full joy and excitement as several kept dancing and clapping to the music, with the families of many joining in toward the end," says Sampath Iyengar, a past club president. "Some of the jawans seated on chairs or in wheelchairs participated as a mark of solidarity, their chairs lifted by their fellow jawans who still had strength in their arms, love in their hearts, and deep empathy for their fellow



Year India established the Department of Ex-Servicemen Welfare



GOODWILL

It takes more than tech

Five tips for effective education technology programs

By Regina Fuller-White

an technology help solve the most important challenges in education? It's a question on the minds of many. Unfortunately, the answer is not a simple one. Technology has the potential to improve educational outcomes, many stakeholders believe, but so far there is limited research-based evidence on its impact on student learning and teaching.

During my time as Rotary's area of focus manager for basic education and literacy, I have often encountered this same question as I support members and clubs with their education technology projects. How can club-led service projects effectively use technology to improve learning in primary and secondary education? There is no single answer because students and teachers have diverse needs, country contexts are different, and there are many digital technology tools.

When designing a digital technology in education project, keep these five tips in mind:

1 Focus on learning outcomes instead of equipment inputs

The World Bank estimates that 70 percent of children from low- and middle-income countries were unable to read and understand a simple story in 2022. Around the world, children lost months to years of learning due to COVID-19 school closures, and some still struggle with basic literacy and numeracy skills. When designing your project, focus on how your technology tools can improve learning outcomes in areas such as reading comprehension, writing, mathematics, or science. Providing digital tools on their own will not improve students' learning or their teachers' ability to teach effectively. Think about the educational goal the community has prioritized and how technology can support that goal.

2 Integrate teacher professional development

Teachers are the backbone of the education system and are integral to student learning. Digital technology tools should not diminish teachers' role but should enhance their classroom instruction. Remember to talk with teachers during your community assessment. before designing a project, to learn about their professional development needs and how they imagine technology enhancing their classroom lessons. Learn from teachers about their digital skills and professional development experiences throughout the past school year. Well-designed teacher training improves their capacity to use digital tools effectively to improve student learning outcomes.

3 Consider gender equality and social inclusion in program design

Girls, marginalized students, and students with disabilities still struggle to access schooling and learning around the world. Digital technology tools in education can increase their participation rates and learning. When designing your educational project, consider how excluded students will have access to the tools and include software programs that provide personalized, targeted instruction for students with diverse learning needs.

4 Understand the education policy environment

Public schools across the world

September is
Rotary's Basic
Education and
Literacy Month.
Join the daily
webinar series
led by the Basic
Education and
Literacy Rotary
Action Group
to learn more
about education
projects across
Rotary. Visit
belrag.org.

are often part of regional, district, and national education systems overseen by a ministry of education. Often, policies from the ministry of education or regional ministry manage technology use in the classroom. Before beginning your project, research these policies and the systems in place that guide educational technology in the schools and communities you want to support. Your project can have a stronger effect for students if it complements or works with existing infrastructure.

5 Include youth voices when designing a program

Young people are the fastest growing population on Earth and bring a variety of perspectives and opinions on project design. Championing youth participation in project design ensures that your initiative reflects the needs of students in the communities you work with. Be sure to talk to students during the community assessment, project planning, and implementation stages to undertake projects that prioritize their educational needs and address their challenges.

By committing to these goals, Rotary members can pave the way for equitable and meaningful education technology initiatives.

Regina Fuller-White, Rotary's area of focus manager for basic education and literacy, holds a doctorate in comparative international education from the University of Wisconsin-Madison and was a Rotary Ambassadorial Scholar to the University of Ghana-Legon in 2011. This story originally appeared on the Rotary Service in Action blog, rotaryserviceblog.org.







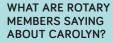
CAROLYN JOHNSONUnited States, District 7780

CADRE TITLE:

Cadre Chair and Adviser for Basic Education and Literacy

OCCUPATION:

Educator



"Carolyn really takes the time to look at a grant to make sure that Rotary's money will be well spent! Her comments are honest, thought-provoking, and spot-on in terms of writing an ethical, culturally sensitive, and sustainable grant as defined by Rotary. In our world, she is known to be the must-go-to before submitting."

— Temrah Okonski, Rotary Club of Ellicott City, District 7620 (USA) The Rotary Foundation Cadre of Technical Advisers is a network of hundreds of Rotary members who are experts from around the globe. These advisers use their professional skills and technical expertise to enhance Rotary members' grant projects in our areas of focus.

THE CADRE CAN SUPPORT YOU BY:

- Providing project planning advice and implementation guidance
- Helping with community assessment design
- Incorporating elements of sustainability into projects
- Answering questions about Rotary's areas of focus
- Providing financial management best practices

Connect with a Cadre member today by visiting the Cadre page on My Rotary, or email us at cadre@rotary.org.

There are hundreds of experts standing by to help you plan or enhance your Rotary project!



ESSAY

The first patient

A psychiatrist visits home and discovers the meaning of recovery By Geetha Jayaram



ashwaramma had not left her home in two years. She missed her daughter's wedding and couldn't help her husband with his agricultural work. People said prayers for her, consulted a priest, and visited the temple. When I met her 25 years ago, she told me the devil was sitting on her chest.

A psychiatrist, I was visiting the villages near where I grew up in southern India through a Rotary mental health project I initiated. Eashwaramma was my first patient. She was in the midst of a severe depressive episode. Our care team gave her medications and explained the diagnosis to her and her family.

I have treated both princes and paupers. Their sense of shame about mental illness is identical. The wife of a Saudi prince was successfully treated for bipolar illness at the Johns Hopkins Hospital in Baltimore, where I work as a professor. Her family had kept her hidden at home, not reaching out for care until she was brought to the U.S. Like Eashwaramma, she had suffered unnecessarily for years.

Across the world, mental health disorders often go unaddressed and are a major cause of disability. My home country, India, has fewer than one psychiatrist for every 100,000 people, and psychiatric care is not available in rural areas. This fact haunted me when I interviewed for my residency at Johns Hopkins. The department chair asked me what would happen if more doctors like me left the country. That bothered me a great deal and stuck in the back of my mind.

When I became chief resident in my department, I chose to train further in community psychiatry, which focuses on people with severe mental illness and those whose situations are made worse by poverty, illiteracy, lack of transportation, limited access to medical treatment, and other circumstances.

During my first 18 years, I treated people experiencing poverty in Baltimore. I remember Shameka, who witnessed the shooting of a neighbor's 5-year-old child. Another time, her house was broken into and she was attacked. She suffered from post-traumatic stress, but with medication and therapy, Shameka is doing well, serving as a spokesperson for the National Alliance on Mental Illness. She is proud of her job and is teaching others how to care for themselves.

But I never forgot my roots. I launched Project Maanasi to provide community mental health care in India's Karnataka state. It has become a joint initiative of the Rotary Club of Bangalore Midtown and my undergraduate alma mater there, St. John's Medical College. Maanasi means "of sound mind." Villagers of Mugalur, where I met Eashwaramma, chose the name. With support from a Rotary Foundation grant, we opened the project's first clinic in the village in 2002.

In establishing an integrated care model, we focused first on women. They have depression and anxiety at about twofold the rate of men globally. When we treat women, we essentially take care of the entire family, as women are primary caregivers and drivers of health care.

With help from St. John's medical students, residents, and nurses, we started with a door-to-door survey of 17,000 households to assess their mental health needs. We integrated psychiatric care into an existing primary care clinic. That way people receive care where they already go for routine health needs, eliminating obstacles to treatment and reducing stigma.

Today we treat people from 212 villages and several million households. Medications are offered at low or no cost. Female caseworkers with a high school education who live in the villages and speak the local languages perform outreach. Community health workers share information in village cooperatives, at village festivals, and elsewhere. Supervising physicians accompany caseworkers to see patients in their homes or evaluate them at the clinic.

One of those patients was Radha, a Mugalur resident, who was married in her teens to a stranger. After her first child, her husband disappeared with their infant while she was going through severe postpartum depression. With outreach by the village caseworkers and clinical care, Radha recovered. Educated by our clinic workers, her neighbors serve as Radha's support network. They have saved her life on more than one occasion.

Clinic doctors also screen village residents for hearing and vision loss. Other projects have included blanket distribution and the donation of an electrocardiogram machine, computers, cabinets, and so on. With the help of my husband, Jay Kumar, an engineer and a past district governor, we got four scooters for caseworkers. We

have started a tailoring school run by a patient, who has helped other women in the village become seamstresses. Rotarians donated the sewing machines.

We've introduced advanced technology, working with community medicine specialists to develop a cloud-based database for patient records and training caseworkers to enter data in the field on tablets. They've gathered data on more than 2,500 patients that can be analyzed for research and teaching.

Today, Project Maanasi has produced a model that we've been able to replicate, including in Kenya, where we established an integrated care clinic that the Ministry of Health has taken over, serving a population of half a million people. In Guatemala, we are setting up a similar care center for girls who endured child marriages, domestic violence, rape, and illiteracy.

In Lithuania, Jay and I worked with Rotary members to address an alarmingly high rate of youth suicide. With help from a Rotary Foundation global grant, and with the partnership of Past District Governor Vygintas Grinis and Vilnius University, we provided crisis hotlines and a workable system for treatment. This effort contributed to a significant decrease in suicide rates in 14 districts and helped save thousands of lives in just two years.

As part of this effort to improve mental health everywhere, I co-founded the Rotary Action Group on Mental Health Initiatives, which is now represented in about 50 countries across the globe.

Perhaps my proudest moment was when I met Eashwaramma again last year, more than two decades after she connected with Project Maanasi. I was happy to see that she is staying with her son in a spacious two-story house, no longer depressed. She has been weaned off medications for years. She welcomed us into their home with a smile and offered us tea. She was full of life.

A professor of psychiatry at Johns Hopkins University School of Medicine, Dr. Geetha Jayaram is a member of the Rotary Club of Howard West in Ellicott City, Maryland, and co-founder of the Rotary Action Group on Mental Health Initiatives.

To learn more and get involved, visit ragonmentalhealth.org.





I arrive expecting to see mountains.

What I get is sky, lots and lots of sky with muscular white clouds coursing across that vast blue expanse like a herd of wild horses galloping over the open range, unbridled and unbroken.

OK, maybe that's a bit much. Or not. Because when I get off the plane in Calgary, the first thing that greets me at the airport, after a mural of red maple leaves emblazoned *Bienvenue au Canada*, is a swirling maelstrom of bronze horses in full stride that their sculptor, Calgary native Robert Spaith, has said evokes the "strength, spirit, and maturity" of Calgary. So clouds as stampeding stallions it is.

These thoughts occur to me as I travel by taxi toward downtown Calgary. Three centuries ago, this was a traditional gathering site of the Siksika, Kainai, and Piikani nations, known collectively as the Siksikaitsitapi or Blackfoot Confederacy. They called this place Moh'kinstsis, which means "elbow" and references the big bend where today's Bow River abruptly changes course from east to south shortly after its confluence with the Elbow River. "In the old Blackfoot sign language, patting your elbow indicated you were going to Moh'kinstsis," explains the Piikani scholar and storyteller Eldon Yellowhorn. Even today, "the same sign means a trip to Calgary."

Following that ancient impulse to gather by the water, other First Nations people, among them the Tsuut'ina and the Nakoda, congregated at the junction of the two rivers, and when European settlers made their way into southwestern Alberta, they too made this place home. A great city arose, and today, with a population of 1.6 million people, Calgary is Canada's fourth-largest metro area, though one that retains a palpable sense of its place and its past.

And now here am I in late October 2023, come to get a close look at the city that will host the Rotary International Convention in June 2025. It's not Rotary's first rodeo (for once the tired cliché is apt): In 1996, 25,000 Rotarians from 126 countries and geographical areas traveled to Calgary for the 87th annual convention with its theme of *Rotary Family Roundup*. Pay attention to that second word, because when you come to Calgary for the 2025 convention, you will

want to bring your family (kids included), as well as your friends and any strangers you meet along the way. Because if you haven't experienced Calgary and the great North American West, this is the opportunity of a lifetime. It is a city and a country you must see for yourself.

First stop: an ascent into that crystalline cerulean canopy — this place provokes rhetorical excess — otherwise known as the sky.

And mountains? Rest easy. There will be mountains.

hen the Calgary Tower opened in 1968, it was not only the tallest structure in Calgary but the tallest in all of western Canada. Since then, in this city alone, it has been surpassed six times. Yet the tower remains the lofty symbol of Calgary and the lodestar by which visitors can orient themselves as they explore the city. It is also their stairway to heaven.

Make that elevator, which I take to the observation deck that stands near the tower's 626-foot summit. As you proceed around the deck, there are brief descriptions of everything you're observing from above and might want to see up close later; that includes the concaveroofed Scotiabank Saddledome, the arena that lies at the center of Stampede

Park, the venue for the 2025 convention. For the daring and the bold, there is a glass-floor platform onto which you can step and stare directly down onto distant Ninth Avenue. And finally, off to the west, a craggy apparition beckons: the Rocky Mountains, rising like a gray ghost on the western fringe of the Great Plains.

As the view from the tower suggests, Calgary has a lot to offer. "Anyone who grew up here will tell you that Calgary has all the big city amenities without the big city problems," says Craig Stokke, the co-chair of the Host Organization Committee. "And though we've grown to be a big city, we still have that small town mentality" — as evidenced last year when Condé Nast Traveller readers voted Calgary the friendliest city in the world.

The city of Calgary's story began in 1875 when the North-West Mounted Police established an outpost at what had been for centuries the traditional gathering place of Indigenous people; the commander's superior officer, Lieutenant Colonel James Farquharson Macleod, eventually dubbed it Fort Calgary after a castle in Scotland. By some accounts, "Calgary" means, in Gaelic, "clear running water," a fitting name for this place where the Elbow meets the Bow.

Today, Fort Calgary is a 40-acre campus devoted to the city's origins. In May, it was renamed the Conflu-



Above: Viewed in person at the Confluence Historic Site and Parkland, the wooden installation called *Marking* transforms into three-dimensional shadows of people and horses. Right: The Calgary Tower is reflected in one of the many pieces of public art in the city's downtown.



ence Historic Site and Parkland (or I'táámito'táaattsiiyio'pi — "harmonious meeting place" — in Blackfoot), aiming to present a broader and more comprehensive narrative of the area's history.

I already see that as I walk through the campus, reading the copious signage outside the replica of the military barracks and spending a few enlightening hours touring the interpretive center. Alongside and intertwined with the settlers' stories are the tales of those who were here first. There are some beautiful artifacts — such as the brightly beaded Métis octopus bag, named for the four pairs of decorative tabs that hang from its body — but what I primarily see is a progression of losses. The Great Slaughter, a threedimensional piece by the Saulteaux Métis archaeologist and artist Autumn Whiteway (Night Singing Woman), evokes the near-extermination of the bison and the decimation of the people who relied on and revered them. There's a reproduction and explanation of Treaty 7, by which the Blackfoot and other First Nations ceded their lands in southern Alberta. It's accompanied by an interactive exhibit that focuses on truth and reconciliation and their relationship to the treaty.

Before leaving the Confluence site, be sure to explore the grounds. Pay close attention to an unassuming assemblage of lumber that, on close inspection, turns out to be a remarkable optical illusion. Called Marking, the wooden framework delineates in part the outline of the original fort. Its vertical uprights are irregularly shaped and in some instances resemble the silhouette of a face or a body's curve. Ignore that, Instead, stand back from the structure and pace alongside it. Look at it without looking at it, and from behind the unfinished palisade wall emerge three-dimensional shadows of people and horses. Stare directly at those ephemeral figures and they vanish. And yet ...

Earlier, on my walk to the fort, I passed a theater whose exterior wall was draped in green artificial grass. From it, four words had been cut: THIS FEELS SO REAL. Exactly.





n the heart of Calgary's revitalized East Village, Studio Bell offers an irresistible array of euterpean delights (look it up). Home to the National Music Centre and the Canadian Music Hall of Fame, four of the five floors are devoted to different aspects of music, and there are endless opportunities to listen to it, learn how it's made, perform it, and comment on how it makes us feel, as scores of people have done in a variety of languages. Start on the top floor and work your way down, allotting yourself



From top: Studio Bell is home to the Canadian Music Hall of Fame; Mark Starratt and his son Alex enjoy the Calgary Zoo; a member of the Rotary Club of Calgary, Starratt is co-chair of the Host Organization Committee. Right: Charming Banff and the majestic Rocky Mountains are a short, astonishingly beautiful drive from Calgary.

Last year, *Condé Nast Traveller* readers voted Calgary the friendliest city in the world.



SADDLE UP

The Calgary convention ends on 25 June; stick around for the world famous **Calgary Stampede**, which begins 4 July. Those intervening days are the perfect opportunity to take advantage of the unparalleled opportunity to visit a few of Alberta's six **UNESCO World Heritage Sites**.

O------

Canadian Rocky Mountain Parks consists of seven contiguous national and provincial parks. One of them, Banff, is justly celebrated. but with their waterfalls and lakes, their snowcapped mountains and starlit nights, the other parks warrant a visit and perhaps an extended stay.

O

Over the years, Alberta's boundless Badlands have yielded a treasure trove of Cretaceous jewels. See for yourself at **Dinosaur Provincial Park,** followed by a swing up to the Royal Tyrrell Museum of Palaeontology in Drumheller.

O

A vivid insight into Plains culture, Head-Smashed-In Buffalo Jump is more than just the 33-foothigh cliff where, beginning more than 5,500 years ago, Indigenous people on the hunt drove bison to their deaths.

0

Straddling the border between Alberta and Montana and comprising Canada's Waterton Lakes National Park and the U.S. Glacier National Park, Waterton-Glacier International Peace Park is both a monument to global amity and a breathtakingly beautiful natural wonderland.

C

A sacred Blackfoot site, **Áísíai**'pi (meaning "it is written" or "it is pictured"), also known as **Writing-on-**Stone Provincial Park, is one of the largest aggregations of petroglyphs in North America, carved either by the Indigenous people who once lived here or by the spirits said to dwell among the adjacent hills.

0

A 14-hour drive from Calgary, the vast Wood **Buffalo National** Park is home to about 3,000 free-range bison, in addition to bears, moose, wolves, owls, and whooping cranes. Stargazers take note: It's also the world's largest dark sky preserve.





several hours to explore and experience.

The same holds true for the Calgary Zoo, which when I visit is a work in progress. There are signs announcing what is temporarily closed and what will be open when Rotary members arrive in 2025. Chief among these impending attractions is a new exhibit called Wild Canada, devoted to gray wolves, polar bears, and other wildlife that dwell in the country's untamed regions. Despite the closures, I stroll leisurely through lush gardens and see lots of animals, including zebras and giraffes, lions and lemurs, and a waterloving waddle of king penguins. And in Prehistoric Park, I encounter animatronic dinosaurs that disconcert and delight the enraptured children.

In this pedestrian- and bike-friendly city — with more miles of bike and walking trails than any other city in North America — I had walked to the zoo. With various stops along the way, that took a couple of hours. To return downtown, I hop on the CTrain light rail — part of Calgary's extensive public transportation system that will be free for full registrants for the 2025 convention — which

makes for a significantly shorter trip. I'm back at my hotel, the venerable Fairmont Palliser, with plenty of time to prepare for my dinner reservation. Just as Calgary has world-class architecture, bike trails, bonhomie, and nightlife, it is also a gastronomical paradise, with opportunities to sample every imaginable cuisine. But tonight I plan to dine on what I'm led to believe is the city's signature dish.

Calgary is a cattle town, and residents are proud of their beef, whose rich flavor is a result of the Alberta cows' barley-based diet. And so tonight I find myself at the convivial and cozily lit Vintage Chophouse & Tavern, where I enjoy a 24-ounce bone-in New York strip streak, dispatched with the aid of a knife masquerading as a small saber. The meal leaves me well fortified for what lies ahead.

t had snowed for much of the night and traffic was a mess. "If you don't have to drive today," advised the stern voice on the radio, "stay home."

I ignore him. I must drive. Blame it on Cindy Walker, the central Texas girl who in 1950 composed a quintessential lyric of the Canadian West. It begins:

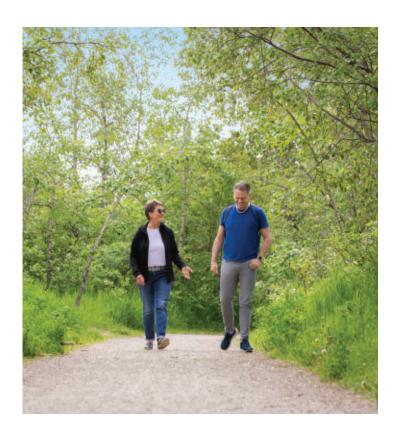
In the blue Canadian Rockies, Spring is sighing through the trees. And the golden poppies are blooming Round the banks of Lake Louise.

Because of that plaintive song, I had always wanted to visit Lake Louise, and now it was a mere 115 miles away. It was going to take more than an October blizzard to kibosh my quest.

I find my way to the Trans-Canada Highway and point the car toward Banff, where I plan to spend the night. The snow has let up, but the skies have not cleared and visibility is minimal. An hour or so into my journey I appear heading directly into a big, densely black thunderhead, which only at the last minute reveals itself to be the side of a mountain huddled close to the road.

I finally arrive in Banff, having accomplished the usual 90-minute drive in about three hours. It is a charming, little low-rise town. Because it's between seasons, the streets are relatively quiet. After





From left: Rotarians Craig Stokke, Corinne Wilkinson, and Luanne Whitmarsh visit the zoo; Calgary's light rail system is part of the city's public transportation network; Wilkinson and Stokke, a co-chair of the Host Organization Committee, stroll along the extensive Mattamy Greenway, created in part by Calgary's Rotarians.

checking into my room, I walk through the town, stopping into two or three shops before I make my way to Chuck's. There, I launch into an 8-ounce tenderloin, wielding the small cutlass that will be the second entry in my forthcoming treatise, The Steak Knives of Alberta.

The next day, in the moments before sunrise, I open the curtains on my firstfloor window and discover two towering lodgepole pines holding aloft an azure sky touched by gold. I'm soon back on the Trans-Canada, and in less than an hour I am a sigh among the trees of Lake Louise.

In the summer of 1882, Thomas Edmonds Wilson, a seasoned 23-year-old Alberta trailblazer, followed his Nakoda guide Edwin Hunter through the thick, virgin timber of the Rockies until they emerged on a pristine body of water. Wilson was astounded. "As God is my judge, I never in all my explorations saw such a matchless scene," he later recalled. "On the right and the left forests that had never known the axe came down to the shores, apparently growing out of the blue and green waters. The background. a mile and a half away, was divided into three tones of white, opal, and brown where the glacier ceased and merged with the shining water."

The Nakoda called this place Horâ Juthin Îmne, the "lake of the little fishes." Wilson changed it to Emerald Lake, and in 1884 it was changed again, this time to honor Princess Louise Caroline Alberta, the wife of the fourth governor general of Canada, the fourth daughter of Queen Victoria, and the woman who gave this province its name. The Canadian Pacific Railway arrived at about that time, and today's 539-room Chateau Lake Louise, a magnet for politicians, movie stars, and tourists from around the world, had its origins with a single-story building erected in 1894. Things would never be the same, and despite today's snow and cold weather, dozens of people jockey for position along the shoreline so that they might return home with a memorable photo.

Yet the scene remains exactly as Tom Wilson described it, with the aquamarine water, the white fields of snow, and the differently shaded green trees and brown mountainsides layered in a series of overlapping and magically integrated planes. Immutable, Lake Louise is still capable of instilling a sense of wonder.

I close my day serenely soaking in the mineral-rich waters of the Banff Upper Hot Springs. The vertical panorama is unsurpassed: a forest of snow-laden firs giving way to the summit of Mount Rundle, its jagged peaks flush with the rays of the setting sun. If there are any sighs this evening in the blue Canadian Rockies, they are only sighs of contentment.

Calgary has more miles of bike and walking trails than any other city in North America.

y last full day in Calgary is a day of welcomes. The first comes at the midday meeting of the Rotary Club of Calgary at Stampede Park, where I am the guest of Craig Stokke. As much as anyone, it was Stokke who ensured Calgary got the opportunity to host its second Rotary International Convention. He was not a member of Rotary 28 years ago, so did not attend the 1996 convention. But nine years ago, while in Rome, he met another member of Rotary. When he learned that Stokke was from Calgary, the Italian Rotarian described his marvelous experience at that '96 convention and vowed that, if Calgary ever hosted another convention, he would not fail to attend.

Working alongside Mark Starratt, the other co-chair of the Host Organization Committee and a member of the Rotary Club of Calgary, Stokke got to work at bringing another convention to his hometown. They were assisted by scores of enthusiastic Rotary members, by the city's civic leaders, and by its most prominent public face: the Stampede, the annual rodeo, parade, and 10-day festival that each year attracts more than 1 million visitors to Calgary. "The people at the Stampede are skilled at working with crowds," says Stokke. "We've

got thousands of volunteers who know what to do, and they're ready to go. Their participation helped make our case that Calgary deserved the convention."

In 2017, Rotary made it official: Calgary would host the 2025 convention. Stokke, Starratt, et al. quadrupled their efforts. "The '96 convention set the bar high," Stokke admits, "but we didn't want to do a redo." He doesn't provide any specifics, but he does make one promise. "We can put on a great party," he says. "People are going to know they've been in Calgary."

Stokke explains all this as we tour the Stampede grounds prior to the meeting. Situated on the perimeter of the park, the club's gathering space is a rustically modern cabin. Today it's packed, with roughly 125 people filling nine tables. After lunch, the meeting gets underway with an official welcome to visiting guests.

I meet many Rotary members, and even 18 months out, they share a mutual excitement for the upcoming convention. On more than one occasion I hear about one benefit of holding the convention in Calgary that these folks plan to press to maximum advantage. "There are a lot of things we hope to do by bringing people in from the community and letting them know about Rotary and the great things it's doing locally," Stokke says. "This is

our chance to show who Rotary is."

After the Stampede Park meeting, I dash to my lunch date with the folks from Tourism Calgary. My three hosts — Aviva Kohen, Shelley Zucht-Shorter, and Fraser Abbott — treat me to a delicious meal at Deane House, one of Calgary's finest restaurants. It's one of two, along with River Café, run by Sal Howell, a champion of locally sourced ingredients and sustainable dining.

But the highlight is the surprise premeal ceremony where Abbott officially welcomes me to Calgary. "It's not relevant where you come from or what you look like or how you worship or whom you love," says Abbott, quoting a former mayor. "What really matters is that you are welcome here and you belong here, and you've come to a place where you can be your best."

Abbott presents me with one of the city's signature white, red-beribboned Smithbilt cowboy hats. I don the chapeau as instructed and join Abbott in reciting the traditional white hat oath of hospitality, which concludes with a rousing "yahoo!" With that, I saunter into the dining room. And were I wearing spurs, they would undoubtedly be jingle-jangle-jingling as I go stridin' merrily along. All that's missing is a horse.



THE Tastes of Calgary

Calgary is cattle country, as attested by its world-class steakhouses. such as Caesar's, Chairman's, and Vintage Chophouse & Tavern. But the city also offers a wide variety of dining experiences that will tempt even the most discerning palates.

O Owned and operated by the gastronomically gifted Sal Howell, Deane House on the banks of the Elbow River and River Café on Prince's Island Park serve memorable meals in, respectively, historic and verdant settings.

A contemporary supper club, Fortuna's Row transports diners from the plains of Alberta to the climes, cultures, and cuisines of Central and South America.



Steve McDonough, past president of the Calgary Stampede, and Wilkinson, a member of the Rotary Club of Calgary at Stampede Park, stop by Smithbilt Hats, where one of the city's signature white hats is steamed.



O To discover fresh, coast-to-coast Canadian cuisine, travel to Klein/ **Harris** on the Stephen Avenue pedestrian mall.

Situated in the lively 17th Avenue neighborhood, yet with a Pacific Ocean vibe, Lulu **Bar** showcases fare influenced by the cuisines from nearby think California and British Columbia - and afar (Hawaii and Asia).

Situated on the 40th floor of Stephen Avenue Place, the lofty **Major Tom** accompanies its divine food with heavenly views.

Deemed one of Calgary's best new restaurants in 2022, Orchard dishes up Asian-Mediterranean cuisine in a casually elegant setting.

A great spot for lunch, Park by Sidewalk Citizen welcomes guests to its solarium-style space in Central Memorial Park (Calgary's oldest park) situated in the Beltline neighborhood.

Celebrity chef Darren MacLean's Shokunin, which offers Japaneseinfluenced dining, perennially lands on the list of Canada's 100 best restaurants.

The 2025 Rotary **International Convention** in Calgary, 21-25 June, is not to be missed. Register now at convention.rotary.org. **Register by 15 December** to receive a discount.









or almost four decades, Dorothy and Don Harms tethered their lives to the needs of their dairy cows. Twice daily milking. Seasonal races to plant and harvest corn and alfalfa for feed. The fourth generation in his family to run the

Reedsburg, Wisconsin, dairy farm, Don Harms knew each of their 130 cows by name. For many people who work in agriculture, Dorothy Harms says, farming is part of their identity. "It's not their job," she says. "It's who they are."

But the grueling schedule took a toll, so they gradually transitioned, launching a farm-stay tourism business, switching to beef cattle, and selling off their dairy herd little by little until they parted with the last 25 cows five years ago. In the weeks that followed, the couple grieved. Dorothy Harms' body, so used to hard but rewarding work, yearned to go to the barn. Her husband struggled with anxiety and self-medicated with alcohol. "It was not an easy year," she says.

Around the same time, another farmer in their community, a close friend of the Harmses, took his own life. As the community rallied around his family, another farmer shared candidly how he had struggled with suicidal thoughts. At one of those community gatherings, Dorothy Harms learned about an oppor-

tunity to try counseling with a voucher from the Wisconsin agriculture department, and the couple found the experience somewhat helpful for processing their emotions. In the agricultural town of Reedsburg, the subject of mental health, so often kept private, was suddenly in the spotlight.

The conversations led people in this area of south-central Wisconsin to start the Farmer Angel Network, an organization that connects farm industry professionals and their families with mental health resources. The group builds a sense of community through events like drive-in movie nights and trains health providers to better understand agriculture's unique pressures. Dorothy Harms, co-founder and board president, says the network is a resource that

people know they can turn to if they need help. "There's so much isolation, oftentimes, in farming," she says. "By having an opportunity for fellowship and people getting to share what's going on, it just opens the doors for possible further discussion, deeper discussion."

Farmers' livelihoods are shaped by many factors





beyond their control, from fluctuations in global markets to extreme weather that can derail an entire growing season. These stressors are contributing to a mental health crisis in agriculture. The suicide rate among male farmers and ranchers in the U.S. is about 60 percent higher than that of all workingage men, and farmers have higher rates of depression, anxiety, and suicide risk than the general population.

Amid this crisis, efforts are growing to break down stigma and improve access to mental health supports. Crisis hotlines and teletherapy are working alongside grassroots initiatives, like the

Farmer Angel Network, to open conversations about mental health among farmers and neighbors.

"What we're trying to do is acknowledge that there's a spectrum of need and comfort," says Josie Rudolphi, an assistant professor and extension specialist with the University of Illinois who has researched farm stress. "We're trying to provide a menu of resources along that spectrum."

FOR MANY FARMERS, BUSINESS IS PERSONAL.

On family-run farms, there's often no clear separation between work and home life, according to Rem-

"Having an opportunity for fellowship, it just opens the doors for deeper discussion."

ington Rice, who leads Michigan State University Extension's Managing Farm Stress project. He grew up on his family's cattle farm, where his dad can still see the cows from his bedroom window. "Agriculture can be more a way of life than a 9-to-5 job," he says.

This makes the unique stresses of farming difficult to compartmentalize, Rice says. Those uncertainties are significant: Anything from a late-season frost to a shift in global commodity markets can affect the farm's financial security.

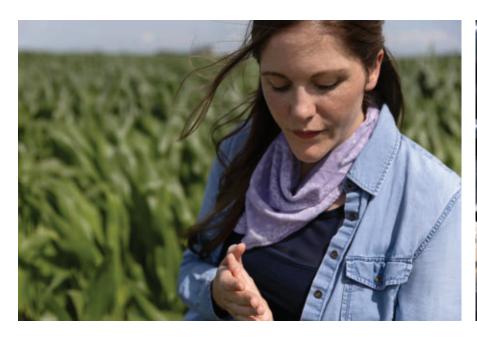
A 2018 survey of young farmers and ranchers in the Midwest found that more than half of respondents met cri-

teria for depression, and 71 percent showed signs of generalized anxiety disorder. The U.S. is not alone. In India, where climate change-driven weather extremes are diminishing harvests, about 30 farmers and farmworkers took their own lives every day in 2022.

But many farmers avoid talking about their struggles, a discomfort Rice attributes to a pull-yourselfup-by-your-bootstraps mentality. "I never heard my grandpa say that he was stressed or that he was sad," Rice says. "Even though it was apparent to all of us that he was struggling at times, he never vocalized that."

That may be changing. As awareness of rural men-

Previous pages: Kathy Fahy, a longtime Rotarian, at her farm in Bancroft, Iowa. Above: Scenes from Fahy's farm. Left: Dorothy and Don Harms with their dog Max in the pasture to move beef cattle.



Goody bags

offered a

quiet way to

get resources

directly into

the hands of

farmers.



tal health issues grows, so does the number of initiatives to confront them, including funding through the 2018 federal farm bill to build out a network to support farmers through regional centers. Rice is optimistic this mosaic of efforts is making a difference. In a 2021 Farm Bureau poll, a majority of rural adults said there was still stigma around mental health in the agriculture community, but 92 percent of farmers and farmworkers felt comfortable talking with a friend or family member about mental health, an increase of 22 percent over 2019.

WHEN FARMERS DELIVERED corn and soybean harvests to local cooperatives in Dickinson County, Iowa, in 2022, many left with something unexpected: a goody bag. Each bag contained a cookie, a granola bar, a bottle of water, and a small card that read: "Work in Agriculture Can be Stressful. It's Okay to Ask for Help." On the other side was a QR code to access a list of local mental health resources.

That fall, 760 of the goody bags were distributed by the Rotary Club of Iowa Great Lakes (Spirit Lake), which was part of a coalition including local health providers, school officials, and county resource officials aiming to connect residents with mental health supports.

Farmers seemed like an obvious place to start, says Kathy Fahy, a longtime Rotarian who helped lead the effort. Fahy grew up on her family's farm, about an hour's drive from Spirit Lake, during the 1980s agriculture crisis when high debt rates and low crop prices forced hundreds of thousands of farms to shut down. She now runs the 800-acre soy and corn operation with her brother. Each season requires big investments of time and money to get started. This spring, the wet

weather kept them waiting to get their crops in the ground. "The stresses of farming are real," she says.

One day in 2005, Fahy's mother — whom Fahy calls a "strong farm woman" — went missing. The next day, as community members gathered to help search the farm, Fahy's mother tried to climb out of the loft door high up on the huge barn.

Fahy dashed into the barn and scrambled up hay bales to pull her mother back from the edge. When Fahy asked what she was doing, she responded she wanted to be with her mother, who had died months earlier. Fahy had no idea what a hard time her mother was having.

There is a culture of keeping quiet about emotional struggles among many farm families, Fahy says. "We had to get through to her that it's OK to talk."

Fahy's mother got mental health treatment, which helped her process her grief and led the entire family to adopt a more open approach to emotional health. Those experiences helped inform the discreet approach the Iowa Great Lakes club took when reaching out to farmers. The club has since worked on other initiatives to connect people with mental health services, including events through schools. By starting conversations with young people, they hope the effects will ripple

through families to reduce stigma. In the meantime, distributing goody bags from grain coops and farm machinery dealers offered a quiet way to get resources directly into the hands of farmers and farmworkers. "We didn't want to scare people away," says Fahy.

The QR code from the goody bags has been scanned about 200 times, connecting people with a website (letstalkdickinson.org) with information about symptoms of farm stress, links to resources like hotlines, and a guide to finding a mental health care provider.











Clockwise from top left: Katy Carey of the Rotary Club of Iowa Great Lakes (Spirit Lake); Rotarians Tim and Carole Bernhard with Fahy and Carey; Fahy at her farm; goody bags with mental health resources; a scene from Fahy's farm.

GROWING ACCESS TO MENTAL HEALTH SERVICES

has emerged as a priority for rural areas. Some states offer programs that make services free for farmers. Even so, finding providers can be a challenge. As of 2019, 70 percent of nonmetropolitan U.S. counties did not have a psychiatrist, and almost half did not have a psychologist.

Teletherapy is helping, according to Rice of MSU, which connects Michigan farmers to free online mental health services. The online sessions also help overcome stigma because they make meeting privately easy and don't require taking time off to leave the farm.

Demand in Michigan has grown since the program started in 2020, when 20 people reached out. That climbed to 53 by 2022 and has held steady.

Another approach has been telephone hotlines, an effort funded by the U.S. Department of Agriculture. In recent years, the Iowa Concern hotline has been expanded to serve 12 Midwestern states with aroundthe-clock support, as well as legal and financial resources, for farmers dealing with stress.

Relationships with family and neighbors are also important. Farm stress initiatives have focused on training community members in basic mental health awareness.

Norlan Hinke, a financial specialist at Iowa State University Extension and Outreach, has distributed thousands of mental health pamphlets throughout Iowa. A Rotarian since 2004 and the District 6000 governor-elect, Hinke has spoken with Rotary clubs and incorporated the agriculture-focused campaign into the work of the district's chapter of the Rotary Action Group on Mental Health Initiatives.

He has passed out information to people with jobs linked to agriculture, like veterinarians, bankers, and machinery suppliers because they are well-positioned to hear when farmers are struggling. One equipment dealer Hinke spoke with was enthusiastic to share the pamphlets about farm stress with his staff. "His salespeople told him they were spending as much time just listening and counseling as they did selling merchandising equipment," Hinke says.

A YOUNG FARMER WAS GETTING READY to inherit the family farm. The person had been involved with farming and invested in farm equipment. But the parents, in their 70s, simply wouldn't talk about a plan for the future.

The young farmer shared the stress caused by this precarious situation at an online "resiliency circle" event to help people in agriculture navigate farm transitions. Led by a counselor, 20 participants each month share their experiences and worries in writing and by speaking anonymously, without using video or identifying details. The sessions help people manage the practicalities of farm transitions and the complex accompanying emotions, like loss and grief.

While therapy appointments and crisis hotlines are important mental health options, says Monica Mc-Conkey, a Minnesota-based counselor who specializes in agriculture and leads the circles, these online support-group-like spaces can be more approachable. People listen in while driving a tractor or doing farm chores. "It's a no-barrier option," she says. "You don't have to say anything. You don't have to pay anything."

These resiliency circles are run by the Cultivating Resiliency for Women in Farming project of the Upper Midwest Agricultural Safety and Health Center. The project launched virtual "coffee chats" in 2019 to give farmers an outlet to talk among peers about problems. The resiliency circles — focused on farm transitions and the particular pressures facing women in farming — started in 2022. These programs have grown to reach nearly 900 participants, most of them women, from almost

every U.S. state, five Canadian provinces, and multiple other countries. "There's just not enough support in rural areas," says Doris Mold, a Wisconsin dairy farmer who co-leads the Cultivating Resiliency project. "So we're just trying to offer additional services."

Peer support can also be more comfortable for farmers than speaking with mental health providers, who don't always understand the pressures and lifestyle of farmers. Mold has heard of counselors advising dairy farmers that they should take a few weeks off work, a near impossibility for a farm operator. Cultivating Resiliency programs fill the gaps. One woman told Mold the program had "saved her life."

Efforts to support farmers are also looking beyond symptoms of stress to address root causes. Another organization that focuses on women in farming, Annie's Project, offers courses that teach skills in managing farm finances and marketing. The program has proven particularly valuable for the networks it builds among women farmers, according to Karisha Devlin, who co-leads Annie's Project with Mold.

Devlin, a longtime member of the Rotary Club of Knox County in Missouri, says those relationships help farmers navigate stressful situations. "Being able to make those connections and have that peer group is really powerful for women," Devlin says.

MSU Extension also aims to address the deeper causes of stress, offering links to teletherapy alongside guides to farm budgeting and strategies to manage aspects of extreme weather, like harvesting frost-damaged soybeans. Rice often gives suicide prevention presentations at more general gatherings, like farm succession planning events or Farm Bureau meetings. Intertwining mental health and farm resources makes people more likely to engage.

For some farmers, addressing the root causes of stress can mean finding other ways of bringing in income. The expansion of renewable energy across the Midwest has offered some farmers opportunities to establish a steady cash flow by siting wind turbines on their land.

Around 2009, when the Michigan utility Consumers Energy was looking for wind turbine locations in Mason County, Ralph Lundberg signed up his family's farm, which he had run since 1980.

"We're not gamblers," Lundberg says. "But this

spring between the seed corn and the herbicide and the fertilizer, we're going to put \$150,000 in the ground and then sit back and wait and hope we get enough rain, enough sunshine for the crops to be raised.

"So in that sense, we are gamblers." But Lundberg also has five turbines on his land that generate an annual royalty of \$10,000 to \$25,000. The income just about covers the property tax bills.

Diversifying income is not always easy or cheap for farmers, says Rudolphi

If you or someone you know is experiencing a mental health emergency, contact the 988 Suicide & Crisis Lifeline in the U.S. by calling or texting 988 or going to 988lifeline.org. If you are outside the U.S., visit findahelpline. com to get connected with a service in your country.









Clockwise from top: Wind turbines near Bancroft, lowa; a postcard promoting resources; farmers Tim Bernhard (left) and Tony Heldorfer, Fahy's brother. of the University of Illinois. But such opportunities for stable cash flow can reduce the pressures. "It's providing some consistent income that a lot of farm families have never known," she says.

The Harmses, in Wisconsin, have settled into life without their dairy cows. The beef cattle they raise now are less labor intensive, and they sell the meat directly from their farm, giving them more financial control than they had in the milk commodity market. Their oldest daughter and her husband are preparing to take over the farm.

And Farmer Angel Network's influence has grown.

Not only is the group reaching farm families across the county through events including ice cream socials and county farm breakfasts but it's also inspiring mental health networks in other places. Another chapter launched recently in northwest Wisconsin. These grassroots networks build connections and a sense of belonging. "There's room for everybody in this," says Rudolphi, "and we need everybody in this."

This story is a collaboration between Rotary magazine and Reasons to be Cheerful, a nonprofit solutions journalism outlet.







eople in Gig Harbor, Washington, had long complained about the embarrassing mess along a highway interchange in their town. It was a neglected, overgrown 3-acre plot of

grass and invasive plants that did not reflect well on this handsome community of 12,000, south of Seattle on Puget Sound. So members of the Rotary Club of Gig Harbor volunteered to bring in their tractors and brush cutters to mow it down. Again, and again, and again. For years.

To club members Gary and Chris Pellett, this didn't make much sense. Chris Pellett is a lifelong gardener who has worked with conservation groups, and her husband, Gary, had been in the plant business for 50 years. They knew that mown grass does nothing for birds, bees, or the pollinators our planet depends on, and it is arguably the most unnatural, expensive, carbon-intensive, and time-consuming ground cover available.

So the Pelletts suggested "rewilding." Rather than mow those 3 acres eternally, they proposed planting trees and shrubs native to the area. Because native flora have evolved over millions of years to thrive in a particular spot, they tend to be far easier to grow and far better for the natural world. Once they're planted and established, you can just walk away and relax, just as you might strolling through your local nature preserve.

And how was their idea received? Well, says Gary Pellett, a kind and mild-mannered person, "there's a lot of resistance to change in our species."

The Pelletts and many other Rotary members who work to protect the environment point to the research of people like Douglas Tallamy, an entomologist and ecologist at the University of Delaware. Tallamy has sounded the alarm about the dangers of ignoring the needs of the planet when managing our land, from backyards to the sides of highways to city parks. He believes that many of us have an antagonistic relationship with the natural world we depend upon and irrational fears about wildlife — especially insects. "We must abandon our age-old notion ... that humans are here and nature is somewhere else," Tallamy writes in his book Nature's Best Hope.

Without pollinating insects, we would lose about 90 percent of the flowering plant species on Earth. The lack of native bumblebees in Australia, for instance, has pushed some commercial tomato growers to try robot bees, which cost \$10,000 apiece to make. Insects are so essential to our survival that the biologist E.O. Wilson once said: "If all mankind were to disappear ... the world would regenerate back to the rich state of equilibrium that existed 10,000 years ago. But if insects were to vanish, the terrestrial environment would collapse into chaos."

Plants and animals are declining at an alarming rate — it's been called the sixth extinction — in large part because they are losing habitat to human development. That's happening primarily through the expansion of cities, roads, farms, and ranches, but the replacement of native flora with mown grass in our yards also has a cumulative effect. In the United States, one study of suburban developments built between 1990 and 2005 found that 92 percent of the area available for landscaping was planted in lawn. Lawn covers about 45 million acres in the country today, almost as much as its national parks. Lawn is not only arguably the most expensive and high-maintenance ground cover, but it is what Tallamy calls a "biological wasteland."

Tallamy has proposed that we manage our land in a way that considers not just neatness or convention, but also the natural world on which we depend. He points out that backyards in the United States collectively make up an ecosystem the size of New England, so a few simple changes could have a hugely beneficial impact on the planet. And one of the biggest things that has to change, he says, is our relationship to lawns.

Tallamy says that "lawns are terrible at delivering the essential ecosystem services we all depend on." They produce less oxygen, cleanse less water, trap less carbon, provide no food to us or most other living things, and cost more time and money to maintain than other plantings. In the United States, lawn irrigation and other residential outdoor uses account for an average of more than 7 billion gallons of water daily. In arid parts of the Western U.S., up to 60 percent of household water use goes to irrigate lawns. Some cities and states, like Nevada, have placed restrictions on grass lawns, even requiring their removal from some properties in favor of less water intensive desert landscaping.

Half of the nitrogen fertilizer applied to lawns runs off and contaminates our streams, rivers, and groundwater. Those big-box store bags of lawn chemicals are bad for the planet, and very possibly bad for you: About 40 percent of the chemicals used by the lawn care industry in the United States are banned in other countries as carcinogens, and scores of studies show a connection between lawn pesticides and lymphoma, with pets and children most at risk.

Why our obsession with the greensward? There isn't a single definitive answer. Tallamy suggests that maybe a lawn planted feels like dangerous wilderness tamed. Others claim that fields of green appeal to our ancient heritage evolving on grassy African savannahs, where open vistas made us feel safe from threats. Some point out that in the early years of the U.S., wealthy tastemakers on their estates tried to display their sophistication by mimicking English manors and creating not only massive lawns, which were prohibitively expensive to maintain for most, but by planting shrubs and

[→] Left to right: Chris Pellett (pictured) and her husband, Gary, proposed rewilding land along a highway interchange; members and friends of the Rotary Club of Gig Harbor at the planting.







→ 1. A colorful garden greets apartment dwellers in Shanghai. 2. Weijie Gai (left) spearheaded the project. 3. Restoring wetlands along the Boise River in Idaho. 4. A pollinator garden in Shoreview, Minnesota. 5, 6. Rotary members traveled between Windsor, Canada, and Michoacán, Mexico, to educate people on monarch butterflies.

trees from Europe and Asia. Two centuries later, we still equate a yard of clipped grass and nonnative shrubs trimmed to resemble green meatballs as signs of wealth and success. It could also be the lawn chemical and machinery companies busily telling us that grubs or clover reveal our moral failure. Or maybe it's just ignorance: One of the simplest things you can do to a yard is mow it. And this isn't just an American thing; in 2022, 65 percent of the revenue from lawn mower sales came from outside North America.

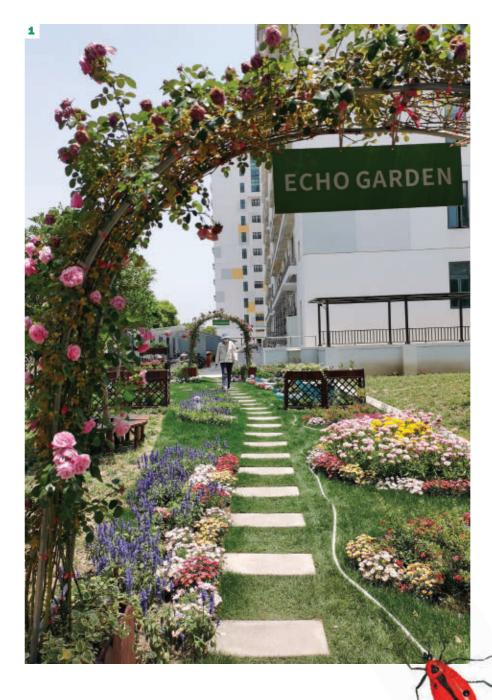
Whatever the reason, experts today point out that the lawn, riding mower, weed killers, bug killers, annual mulching, and leaf removal are all busywork, expensive and harmful to the natural world on which we depend. We could all save money, carbon, wildlife, and our own time if we simply did less lawn care. The winwin, in other words, is rewilding, which we could also call lazy gardening.

embers of Chris and Gary Pellett's club in Gig Harbor were concerned about what kind of garden they should plant off the highway interchange, its ongoing maintenance, and whether enough volunteers would even show up to do the project. In the end, they agreed to plant a portion with plants carefully selected not only because they are native to the area but are particularly good for pollinators. Experts have compiled lists of what Tallamy calls keystone plants, which provide extra benefit to beneficial insects. According to the

National Wildlife Federation's Native Plant Finder, for instance, a willow tree in Gig Harbor supports 339 species of butterflies and moths, whereas a horse chestnut supports just 13 — and a non-native tree like a ginkgo might support nothing at all.

The Pelletts and their club started designing their project in 2022, working with the state transportation department that owns the land. Then, Gary says, "being good Rotarians, we bought the plants and got her done."

About 30 people and a post-hole digger showed up on a cold day in February 2023 to plant about 175 trees and shrubs, including fir, pine, oak, Indian plum, red-twig dogwood, and Oregon grape. Environmental projects typically appeal to younger generations, and this was no exception. Chris Pellett says that the project enticed several younger, newer club members to volunteer. And the reaction from the local community and press was so enthusiastic that the club is planning to plant more.



This is just one of many Rotary rewilding projects around the world. Chris Stein, a National Park Service ranger, the chair of the Environmental Sustainability Rotary Action Group's pollinator task force, and a leader of Operation Pollination, says some 200 Rotary clubs on six continents have already signed a "pollinator pledge" and started projects to expand habitat for beneficial insects. Weijie Gai, for instance, a former Rotaractor and ESRAG member in Shanghai, rallied the residents of his apartment block to plant the space outside their building. Rotary clubs in Mexico and the U.S.







raised money and began planting 60,000 oyamel (sacred fir) trees, the winter habitat for threatened monarch butterflies, at a sanctuary in the Mexican state of Michoacán. Ten Rotary clubs in southwest Idaho are working together to restore 18 acres of wetlands along the Boise River.

And many Rotary members, like Chris and Gary Pellett, are also changing their own backyards. They have "not been lawn fans for a very long time," Chris Pellett says. They transformed their yard into a pollinator oasis by removing grass and adding native plants, ornamental stones, and other





low-maintenance features. The result has been smaller water bills, more butterflies, more birds both in number and diversity than their neighbors, and a lot more free time to relax and enjoy the outdoors.

"I have people say to me, 'That is so much work," Chris says. She admits that the upfront effort to plant natives is greater than just mowing. But five years in, "I think I spend a tenth of the time as someone with a lawn. I have to do some trimming in the spring and a little raking in the fall, and that's about it. Whereas a lawn takes up a lot of time, money, fertilizer, and mowing every week. Think of all those hours."

And isn't that the real reason to have a yard? To enjoy the movements, sounds, and scents of the natural world? As Rachel Carson once said, "Those who dwell ... among the beauties and mysteries of the earth are never alone or weary of life." ■

pollination.



Let go a little

Let nature have more say. The perfectly manicured yard might actually be an ecological disaster. Those weeds you've been pulling or spraying might be pollinators — and beautiful. Goldenrod, for instance, supports many species of insects, and the misnamed milkweed is not only more fragrant than many types of rose, but vital to the survival of monarch butterflies.

The urge to tidy up is bad for beneficial creatures in many ways. Perennial stems left over the winter provide habitat for the insects that nest in them, and the seed pods provide food and interest. Dead leaves, branches, and trees provide habitat for all kinds of good things.

Don't spray or fertilize

Americans use about 13 million tons of inorganic nitrogen fertilizers each year, which releases six times that amount of carbon dioxide and equivalent greenhouse gas emissions into the atmosphere. Inorganic fertilizers, herbicides, and pesticides are not necessary, and they're bad for us. You know those little yellow flags the lawn-care companies put out saying "Danger! Keep off! Toxins!" Well birds, bees, and young children can't read them.

And Tallamy says that "most North American native plants are adapted to the low nitrogen soils they encountered after the last glaciation and do not require high doses of synthetic fertilizers." In fact, fertilizing encourages invasive non-native plants, which bully out the natives.

Electrify

A residential-grade, gas-powered leaf blower generates more air pollution than a truck — and often more noise too. Gas-powered lawn and garden equipment produces about 4 percent of all volatile organic compounds emitted in the United States. Think of the cost, effort, and infrastructure you need to buy and maintain a riding mower, or the cost of the hearing aids you may need after using a gas-powered leaf blower. With your lawn shrunk to the size you actually use, your yard will be easy to maintain with an electric walk-behind mower and leaf blower. which are less expensive, longer lasting, and don't emit noxious exhaust.

Begin a long journey with small steps

"I know everyone is busy. and the idea of changing your yard or ripping up vour turf might be scarv. So start small," advises Rotarian and pollinator advocate Chris Stein. "It can be as simple as planting a native oak tree, since we know they attract the most pollinators." The tree's leaves will drop and smother the lawn so you're mowing less, and they'll break down over a few years into excellent soil for native shrubs and flowers. An outdoor wall of trees and shrubs will screen out traffic, neighbors, or nosy homeowners associations, giving you privacy, quiet, shade, cooling in summer and windbreak in the winter. "Even some native plants on a balcony helps," Stein says. "It's scientifically proven to enhance



OUR CLUBS

VIRTUAL VISIT

An antidote to troubled times

Rotary Club of Springboro, Ohio

It was 2020 and the world was, as Sarah Garrette puts it, "a dumpster fire," roiled by the global pandemic, unrest over police violence against Black Americans, and a divisive election in the United States. "I felt pretty isolated and wanted to give back, but I felt out of control with things happening in the culture and with the pandemic," she says. "I thought, I can't change the big things, but if I start on the microlevel — in the community — those little impacts add up."

She hopped on Facebook and typed "volunteer opportunities" into the search bar. The Rotary Club of Springboro popped up.

Her dad had been a Rotary member, so Garrette reached out over Facebook. Because of the pandemic, meetings were held over videoconference, and she dropped in to check a few out. She found a dynamic group of people of all ages, about 50/50 women and men, who want to strengthen their community.

This thriving membership wasn't always the case for the club. It chartered with 25 members in 2004, but by 2007, that number had shrunk, perilously, to 13. Doug Buchy, a member of the Rotary Club of Dayton, was asked to transfer his membership to help bring the Springboro club back to life. While he was Springboro club president in 2009-10, it grew to 17 members. "We stopped the bleed," he says. "We kept growing and growing." Today club membership stands at almost 40.

The club made adjustments to attract new members. It switched from a lunch club to a breakfast club, which offered more convenience in a suburb where residents often work in the larger cities of Dayton or Cincinnati. "People couldn't come back to Springboro for lunch from where they were working," explains Buchy. "That's why we were losing membership."

To lower costs, a concern especially of younger members, the club decided to meet for coffee instead of breakfast. Occasionally, someone brings doughnuts. "We try to make things really simple," says Past President April Walker.

A highlight of meetings, members say, is the monthly "get to know a Rotarian" presentation, in which club members take the floor to talk about themselves. One member told about how his dad was a clown; another showed a senior photo from high school in the '80s in which he sported a mullet and gold chain. "You think you know people in the hour you spend with them, but you don't," says Walker, who instituted the club favorite when she was president in 2021-22. "It really added a level of fellowship." At many

meetings, the club also asks "get to know you" questions, such as "Which is your favorite Muppet and why?" and "Did you name your family car when you were a child and what was its name?"

"I know fun is a plain, boring word, but I can't think of a better way to sum up this club," says member Scott Marshall. "No person in their right mind wants to be up and at a meeting at 7:30 in the morning. But I really look forward to these things. It's just a blast."

In another change, the club increased the number of service opportunities and is involved in more than 20 fundraisers and projects each year. On a sunny day in April, the club hosted a "build a bed" project in partnership with the nonprofit Sleep in Heavenly Peace. The group collaborated with nearby Rotary clubs to raise \$22,000 to purchase materials and bedding. More than 100 volunteers - club members and their families, high school students, and other community members - gathered at the county fairgrounds in Cincinnati to work assembly-line style to build 150 beds in less than six hours. "These aren't Ikea ready-to-assemble beds," Marshall says. "There was wood coming off the truck. We were measuring it, cutting it, drilling holes, branding with the logo."

To quickly bring new members into the fold, the club surveys them about which committees, projects, and fundraisers they'd like to be involved with. They're put to work on their choices. "You have to get them involved right away," says Buchy, the 2023-24 governor for District 6670. (All club members receive the same survey annually.)



Members of the Rotary Club of Springboro, Ohio (from left): Doug Buchy, Sarah Garrette, April Walker, and Scott Marshall.

When Walker joined the club in 2019, she was "voluntold" to lead its nascent social media efforts. She started taking pictures and livestreaming videos of service projects to put the club out there. "I think people are inherently good; they want to do things in the community but don't know how," she says. "We give them an opportunity."

The club continued to gain members even during the pandemic. When Walker became club president, she made recruiting women and elevating them to leadership positions a centerpiece.

One of them was Garrette, who within six months became club treasurer. And as she tallies what she's given through Rotary

versus what she's received, the value of her membership becomes clear. "I joined the club in a very polarized time. I was looking for something to ground me, make me more open-minded to others," she says. "If we can find common ground through giving back to our community and surrounding area, it gives me a lot of hope that people aren't all that different after all. I've gotten back tenfold."

And she's able to lead by example for her two young children. "Now my kids think Rotary is super cool," she says. "They always ask if they can go to meetings, probably because it's before school and they can get a doughnut."

— DIANA SCHOBERG

CLUB HEALTH CHECK

When its membership dipped, the Rotary Club of Springboro, Ohio, introduced changes: a new meeting time, more service opportunities, and a focus on fun and friendship. The group soon made up its membership losses and then some.

To see how your club is doing and find remedies to any problems, check out Rotary's club health check. The online checklist assesses club wellbeing in several areas:

Club experience

Members who have a positive experience are more likely to stay, and their enthusiasm is contagious.

Service and social events
 Service and fun with fellow
 members are the main
 reasons people join and stick
 with a club.

Members

A healthy club is one that is growing and changing; having members with diverse perspectives and experiences fuels innovation and gives your club a broader understanding of your community's needs.

· Image

A positive public image improves your club's relationship with the community and prospective members.

Business and operations

Leadership development, strategic planning, and succession planning are ways to fortify your club.

Assess how your club is doing at on.rotary.org/club-health-check.

WHERE ARE THEY NOW?

The drink of life

When the UN wanted a clean water partner, an employee thought of the passionate Rotary members she met as a scholar



Few people could have been more thrilled than Lis Bernhardt, a former Rotary Ambassadorial Scholar, when Rotary and the UN Environment Programme announced a joint initiative this year to empower Rotary members to protect, restore, and sustain local bodies of water with technical guidance from UNEP experts.

A program officer for UNEP, Bernhardt spent five years moving the idea for Community Action for Fresh Water forward through leadership changes at both organizations. After the agreement was revealed during Rotary's International Assembly in January, she posted on her LinkedIn page: "A professional dream has come true."

"Rotary has been a huge part of my working for the United Nations," she later explained. "To be able to give back to Rotary, close that loop, and connect in a global partnership is super exciting."

Bernhardt has held multiple positions in international development since her Rotary-supported studies at the Geneva Graduate Institute in Switzerland in 2000-02. Her work has often focused on the overlap between development and the environment. As a program officer for UN-Water in New York in 2015, she essentially "held the pen" for the UN's sustainable development goal 6, which is to ensure the availability and management of clean water and sanitation systems. Many of her roles have had one thing in common: water.

That may have something to do with a chance encounter midway through her Rotary scholarship that altered her career trajectory.

Bernhardt arrived in Geneva sponsored by the Rotary Club of Valparaiso, Indiana, in her hometown. With her undergraduate degree in international studies from Northwestern University near Chicago, she intended to focus on conflict resolution and the rights of minorities.

As an intern with UN Volunteers during the summer between her first and second year, she was part of a program where nongov-

ernmental organizations and other civil society groups in developing countries could apply for online volunteer assistance for projects like building a website, translating documents, or writing a funding proposal. Her job was to vet applications, including one from the Navajo Nation in the United States.

"Their request met all of our qualifications," she recalls. "They clearly needed access to education. They had issues with drinking water and sanitation. They were a disadvantaged group and a minority. They met all the criteria, except that they were in the U.S.," which disqualified the group.

Though the group's application was rejected, its plight stuck with her. She remained in contact and visited the Navajo Nation. The example became the basis for her master's thesis that explored the disconnect between the environmental and socioeconomic tracks of development.

"In the end, all of their issues were environmental. I saw how conditions in the environment underpin all other development issues," she says. "That's where I shifted my thinking. Every job I have had since has been in the environmental sphere."

After short stints with Amnesty International and as a consultant for UN Volunteers, Bernhardt joined the International Human Dimensions Programme on Global Environmental Change in Bonn, Germany, serving as a program officer and head of external relations. In 2009, she took a job with a UN-Water program in Bonn and later moved to UN-Water's office in New York where she contributed to writing the sustainable development goals on water and sanitation.

As influential as that work was, she began to get an itch for the implementation side "to help make these sustainable goals a reality." Moving to Kenya in 2016, she joined the Freshwater Ecosystems Unit at UNEP. It was there in 2018 that she was part of the reception for a Rotary International delegation, including incoming President Barry Rassin, that was exploring a partnership. Wheels were already in motion for the environment to become one of Rotary's areas of focus.

"A couple of us, including Dan Cooney, our head of communications who was a Rotary Peace Fellow, were largely responsible for driving the idea of a partnership on our end forward," Bernhardt recalls. "We had both been involved with Rotary and knew what a relationship could look like."

After many conversations, Bernhardt's bosses at UNEP wanted to collect data before ironing out an agreement. Bernhardt got together with Joe Otin, then Rotary's representative to UNEP, and together they launched a pilot project, called Adopt a River for Sustainable DeEritrea, Ethiopia, Kenya, and South Sudan. Bernhardt and her colleagues worked with Rotary members in 20 clubs as they "adopted" nine rivers to collect garbage, catalog pollution information, hold community engagement events, and meet with responsible parties to discuss solutions. They performed a type of research known as citizen science, driving the creation of a long-range plan for each river. Looking back, Bernhardt credits

velopment, in District 9212 covering

her scholarship year with her desire to work with Rotary members. "That year, I met with Rotarians in a lot of clubs, and it was just like talking with the club back in Valparaiso. I was always impressed with the passion Rotarians have, the fact that they are all over the world and that they want to do good for their communities."

She remains enthusiastic about the partnership's potential.

"Water is so valuable to everything we do," she says. "Not a day goes by that we don't use fresh water in some way. We drink it to live. It is embedded in the food we grow. It makes our industry go. It is essential for every kind of energy we use. Water is so present and so essential in all these processes."

— ARNOLD R. GRAHL

Read about Lis Bernhardt's experience in her own words on Rotary's blog at on.rotary.org/Bernhardt.

Learn more about Community Action for Fresh Water and the Rotary-**UNEP strategic** partnership at rotary.org/ rotary-uneppartnership.





Lis Bernhardt

- Rotary Ambassadorial Scholar, 2000-01
- Master's in international affairs, Geneva Graduate Institute, Switzerland, 2002
- MBA, Henley Business School, England, 2012

From left: Bernhardt at Lake Geneva, Switzerland, and crossing the Congo River with a colleague from Brazzaville to Kinshasa for a project to preserve the carbon stores in basin peatlands.

DISPATCHES FROM OUR SISTER MAGAZINES ROTARY AFRICA SOUTH

Rolling with Rotary

Clubs team up to ease transport of water in resource-scarce regions



Two engineers in South Africa invented a product in 1991 to transform the way water is transported in some of the world's most resourcescarce regions. The Hippo Roller, a rolling barrel with a handle, is a tool designed to alleviate the daily burden of millions who trek long distances to fetch water. More than 70,000 units have been distributed globally, particularly in Africa, helping more than 700,000 people.

The Hippo Roller initiative's success can be attributed to a network of groups committed to solving water portability challenges. Among these are more than 100 Rotary clubs that have played a pivotal role, bringing together community leaders and volunteers.

The collaboration between the Hippo Roller initiative and Rotary members began in earnest in 2004 with a partnership that would grow to include Rotary clubs across continents. It started with the Rotary Club of Kyalami, South Africa, located 12 kilometers (7 miles) from the Hippo Roller organization's headquarters in South Africa.

The club's decision to order a Hippo Roller marked the beginning of an alliance and symbolized a commitment to serving the community, a sentiment aptly reflected in the club's name. Kyalami, when broadly translated, means "my home" in Zulu. This initial engagement laid the groundwork for what would grow to become a widespread movement to address water access challenges.

On the other side of the world, the purchase of four Hippo Rollers by the Rotary Club of Gibsons, British Columbia, to distribute in Africa soon evolved into a larger mission to fund 50 of them. This long-standing project has been the passion of club member Luke Vorstermans and his partner, Linda Ryan, and they went on to establish the Roll a Hippo Foundation.

The project led to a global effort to provide 1,000 survival garden kits — each with a Hippo Roller and other vegetable garden tools - in South Africa, uniting more than 100 Rotary, Rotaract, and Interact clubs. The coalition extended the reach In many countries, collecting water for the household is a task that falls mostly on the shoulders - or heads - of women and girls. This chore results in missed school, health problems, and fewer opportunities to generate additional household income. The Hippo Roller initiative is streamlining water collection with a simple solution, a rolling barrel with a handle.

and impact of the Hippo Rollers, demonstrating the collective capacity of Rotary to drive meaningful change worldwide.

Scott Westgaard, a member of the Rotary Club of Santa Barbara, California, has been championing the Hippo Roller initiative in the United States. He is the person behind a partnership with the company Esri to use geographic information systems to map the footprint of Rotary clubs' collaboration with the Hippo Roller initiative.

The creation of a massive GIS story map by a team of Rotary members and Hippo Roller representatives is set to transform how the impact of water distribution projects is tracked and visualized. This map will provide a vivid, interactive narrative of the collaboration's success in improving water access. "This is only the beginning," Westgaard says. "Imagine if we were able to visually map the impact footprint of every Rotary water project."

Cultivating hope

The project aiming to provide 1,000 survival garden kits was orchestrated by a network of clubs that spans 26 districts in Africa, North America, and Europe, along with the Roll a Hippo Foundation. The goal is to equip people with essential farming tools along with the

roller, including fertilizer, seeds, and seedlings. This comprehensive approach helps foster self-sufficiency and promote food security, with the project benefiting about 8,000 people.

In Roosboom, South Africa, the garden kits have done more than just provide the means for sustainable agriculture. They also have restored the dignity of local women. Women's traditional headwear. once replaced by water buckets, is now worn with pride. Nelly Nkosi, among 150 recipients of the kits, provides an example of their transformative power, saying the tools enable her to dedicate her energy to nurturing her garden and securing her family's food source.

- The Rotary Club of Port Alfred, South Africa, which is in an economically challenged area, introduced a vegetable garden at Qhayiya Primary School. The garden gave students hands-on experience to learn about agriculture, sustainability, and nutrition.
- A collaborative effort between the Rotary Club of Calgary Chinook, Alberta, and the Hillcrest AIDS Centre Trust in Hillcrest, South Africa, distributed 38 garden kits in the Valley of 1,000 Hills in South Africa. The effort has empow-

- To learn more about Hippo Rollers, visit the Hippo Hub at hipporollerusa. org or write to hope@ hipporollerusa. org. To find educational resources, click on the "learning" tab.
- ered women to sustain their families, offering a solution to combat food insecurity.
- In Inchanga, a community within the Valley of 1.000 Hills, the joint efforts of the Rotary Club of Hillcrest and the East Coast Lions Club of Durban, South Africa, have underscored the reach of the garden kits. The distribution here not only addresses water portability challenges but also strengthens community resilience.
- Fundraising by the Rotary Club of Chilliwack/Fraser, British Columbia, has contributed to quality-of-life improvements in the villages of Mophela and Driefontein in South Africa. The Hippo Rollers and garden kits have streamlined water transportation and bolstered food security, paving the way for enhanced economic opportunities through agriculture.

Where innovation meets service

With women and children collectively spending more than 200 million hours daily fetching water, the need for efficient solutions has never been more urgent. The Hippo Roller's design addresses this challenge head-on, and distinctive features, such as a large opening for easy cleaning, highlight a commitment to hygiene and practicality, when compared with traditional water containers.

Parallel to the efforts of the Hippo Roller initiative, Bob Ashley, a member of the Rotary Club of Summit County (Frisco), Colorado, has made strides in access to clean water through his invention, the Village Water Filter. The VF100 model, a portable water filter, is an efficient option that uses highquality hollow-fiber membranes. It removes bacteria and protozoa to meet the U.S. Environmental Protection Agency's standards for drinking water, with the filter's efficacy validated by a World Health Organization evaluation.

— SARAH VAN HEERDEN



Women and children collectively spend more than 200 million hours daily fetching water, highlighting the need for efficient solutions. The Hippo Roller's design, including a large opening for easy cleaning, addresses this challenge.

HANDBOOK

Mind your p's and q's

A Rotary alphabet soup SOS

If you've been part of the Rotary family for any amount of time, you've probably had a taste of Rotary loves its acronyms and abbreviations — a glossary for staff so use them wisely and think twice



If the RIP* was RIPE last year, what will they be next year?

A PRIP

B compost

*An acronym recently retired by Rotary. Rest in peace, RIP.



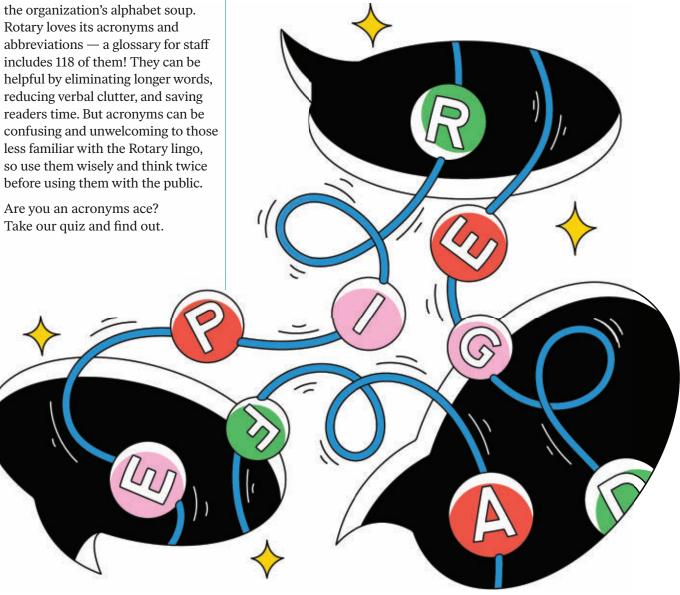
Where are you likely to find a DGE?

A GETS

B GELS

C IA

D the hotel bar





Which of the following acronyms is not related to The Rotary Foundation?

- A PPP
- **B** MD
- C AF
- **D** FOMO



GPS stands for:

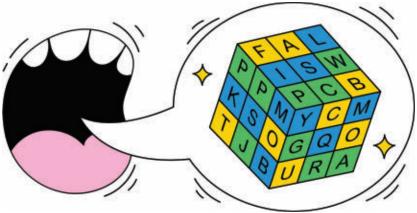
- A Global Positioning System
- **B** Global Polio Sector
- **C** Global Philanthropy Seminar
- D Giant Panda Species



An RC, DMC, and RRFC bump into their DGN at the airport and wonder if she is going to the COL. Which city is she traveling to?

- A Huh?
- **B** Calgary
- C Chicago
- **D** This trip has nothing to do with Rotary — let her take a vacation already!





Rotary lingo do's and don'ts



DO

remember who your audience is when deciding if an acronym is appropriate



overuse acronyms or abbreviations



DO

use the shorter version of a term instead of the acronym (for example, use "governor" instead of DG)



use an acronym for a term mentioned only a few times in your text



provide the full phrase at first reference with the abbreviation in parentheses



include periods, except for "U.S."

1: A The Rotary International president was Rotary International president-elect last year and will be past Rotary International president next year.

2: B and C The governors-elect learning seminar is the new name for what was formerly known as the governors-elect training seminar.

Additional sessions for incoming governors take place at the International Assembly. (Though you might find some at the hotel bar too!) 3: D Fear of missing out. The others are PolioPlus Partners, Major Donor, and Annual Fund. 4: C Global Philanthropy Seminar

5: D District governors-nominee are not eligible

to represent their district at the Council on Legislation, which is held in Chicago every three years. Representatives must have served a full term as district governor at the time of their election. (The other abbreviations stand for Rotary coordinator, district membership chair, and regional Rotary Foundation coordinator.)





TRUSTEE CHAIR'S MESSAGE

A legacy for future generations

"The great use of a life," wrote American philosopher William James in 1900, "is to spend it for something that outlasts it."

Some leave a legacy through family and friendships, others through faith or principles, and still others through their professions. The Rotary Foundation offers another powerful option.

As a believer in the power of passing down a legacy through The Rotary Foundation Endowment, I was humbled that my wife, Gay, and I were able recently to help others in Rotary leave their legacy.

Our district (6860 in northern Alabama) had never organized a fundraising dinner focused on the Foundation's Endowment before, but we knew it was time. We called it a legacy dinner, emphasizing giving's long-term impact.

Progress was slow at first, and there were skeptics who doubted we could raise \$1 million, our initial goal. However, we remained optimistic, setting a date for 23 February 2024, Rotary's anniversary.

During this campaign, committee members traveled throughout northern Alabama, meeting with small groups in fireside chats about contributing to the Endowment. Then, significant gifts began coming in. One Rotarian made a \$25,000 commitment, handing over

a check for \$10,000. Soon, other members followed suit, and we had more than \$200,000 in gifts and commitments.

We still had far to go but if there is one thing I know about Rotary, it is this: If you present the opportunity to members, they will respond. Topping off the district's generosity were two surprises. One was a bequest commitment of \$500,000, and then another of \$560,000.

By the end of the campaign, our committee had exceeded our greatest expectations: We had raised \$2,729,863.14 for the Endowment, nearly triple our goal. The impact of those gifts will create a legacy that will keep on giving forever.

No single club or district alone will achieve our goal of fortifying The Rotary Foundation Endowment to \$2.025 billion by 2025. Not all of us can give \$25,000 now or as part of an estate plan. But I also know many of us can.

Please help us reach that Endowment goal and in doing so leave behind a legacy and further the work of future generations of Rotary members by visiting rotary.org/legacy. On behalf of the Foundation Trustees, I am grateful for your Rotary legacy.

MARK DANIEL MALONEY

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:

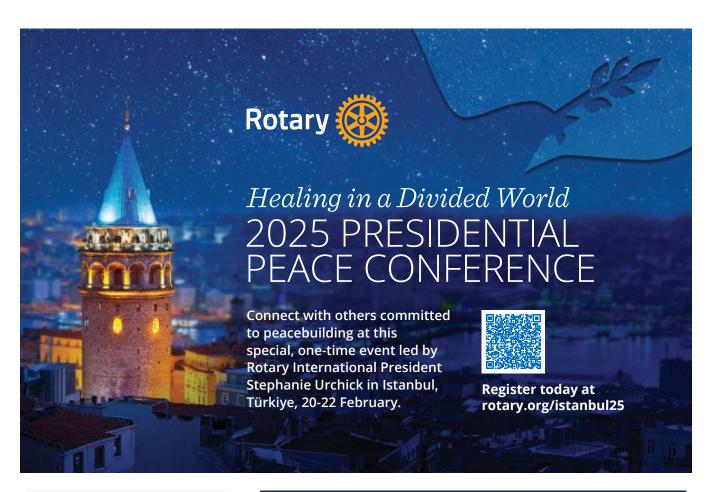
- 1. Is it the **truth**?
- 2. Is it fair to all concerned?
- 3. Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

ROTARIAN CODE OF CONDUCT

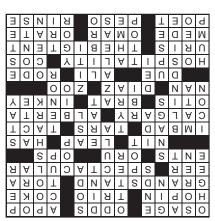
The following code of conduct has been adopted for the use of Rotarians:

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 harassmentfree environment in Rotary meetings, events, and activities, report any suspected harassment, and help ensure non-retaliation to those individuals that report harassment.











CALENDAR

September events

SIMPLY SCRUMPTIOUS

Event: Taste of White Bear Lake Host: Rotary Club of White Bear Lake, Minnesota

What it benefits: International projects, local schools, and a nature reserve

Date: 7 September

At the club's main annual fundraiser, people sample food and drinks from local restaurants, specialty shops, breweries, and distilleries. Tents and tables are set up on the grounds of Jacobson's Pine Tree Apple Orchard, a picturesque 300-acre family farm. A cork pull raffle and live music add to the merriment.

A DAY ON THE GREEN

Event: Addison Rotary Club Open Host: Rotary Club of Addison, Texas What it benefits: Ronald McDonald House of Dallas

Date: 9 September

Golfers are invited to the Gleneagles Country Club in Plano to play in this annual tournament. Afterward, participants retire to the clubhouse for appetizers and drinks, as well as an awards presentation and a raffle. Over the past 34 years, the tournament has raised more than \$4 million for local charities.

UP ALL NIGHT TO GET LUCKY

Event: Casino Night

Host: Rotary Club of Bloomingdale-

Roselle, Illinois

What it benefits: Local projects and

nonprofits

Date: 14 September

For the second year, Rotary members and friends will gather at the Medinah Shrine Center to play their favorite casino games while enjoying food and drinks. There will also be a silent auction. Organizers hope to exceed the nearly \$10,000 raised in 2023. A portion



SMOOTH SAILING

Event: Sailfest NJ Host: Rotary Club of Toms River, New Jersey What it benefits: Local

nonprofits

Date: 7 September

This nautically themed event has been a late summer tradition on the Jersev Shore since 1991. drawing up to 20,000 people each year. Attendees can watch sailboat races, listen to live music, and shop at the booths of about 150 vendors along the boardwalk. There will also be activities for kids, food trucks, and beer and wine for sale. A 9/11 memorial ceremony is held at noon.

of this year's proceeds will benefit the Roselle Community Food Pantry.

FRIED AND TRUE

Event: Wings of Freedom Fish Fry and Classic Car Cruise-In

Host: Rotary Club of Smyrna, Tennessee What it benefits: Local nonprofits

Date: 21 September

Since 2003, the club has raised more than \$2 million through this annual fundraiser, drawing thousands of people each year for a fried fish dinner and a tribute to local heroes. This year's event, held at a Smyrna Airport hangar, honors K-9 officers, who receive complimentary tickets (as do active and retired members of the military). A display of classic cars outside the venue will greet attendees.

TAKE FLIGHT

Event: Wings of Change

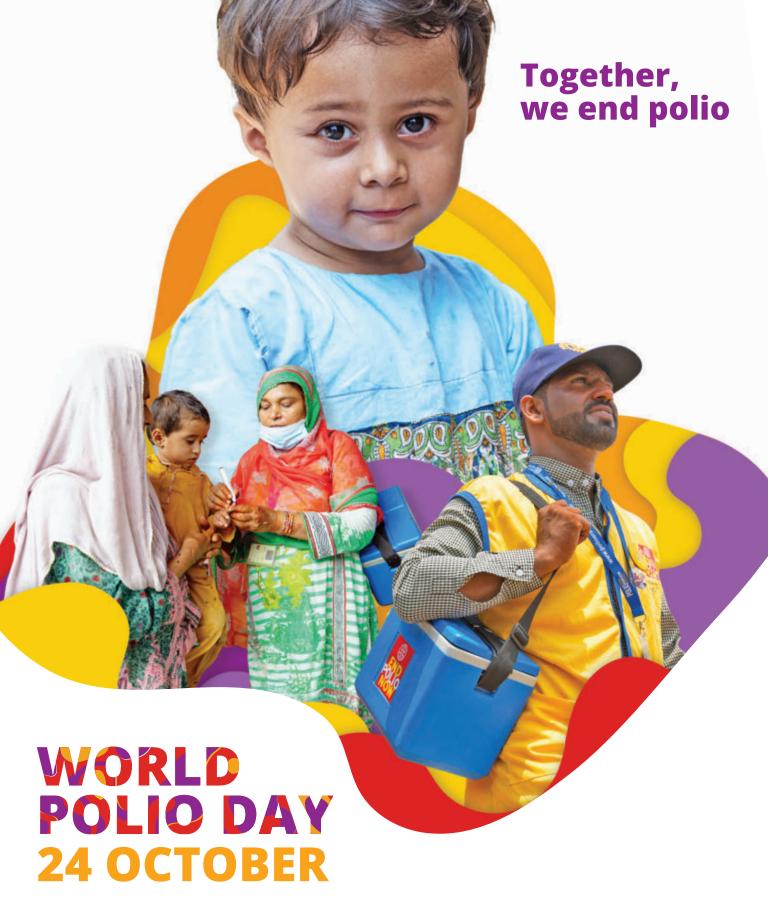
Host: Rotary Club of Colorado Springs, Colorado

What it benefits: Local and international projects

Date: 28 September

The club is celebrating the 17th year of its annual auction of butterfly and dragonfly sculptures, which are made of metal in two sizes ("petite" and "garden-sized") and painted by local artists. The works of art are revealed to the public 6 September at the Colorado Springs Pioneers Museum. The auction is three weeks later at COS City Hub, where attendees can enjoy cocktails and appetizers before they place their bids. Online bids will be accepted through the event website.

Tell us about your event. Write to magazine@rotary.org and put "calendar" in the subject line. Submissions must be received at least five months before the event to be considered for inclusion.











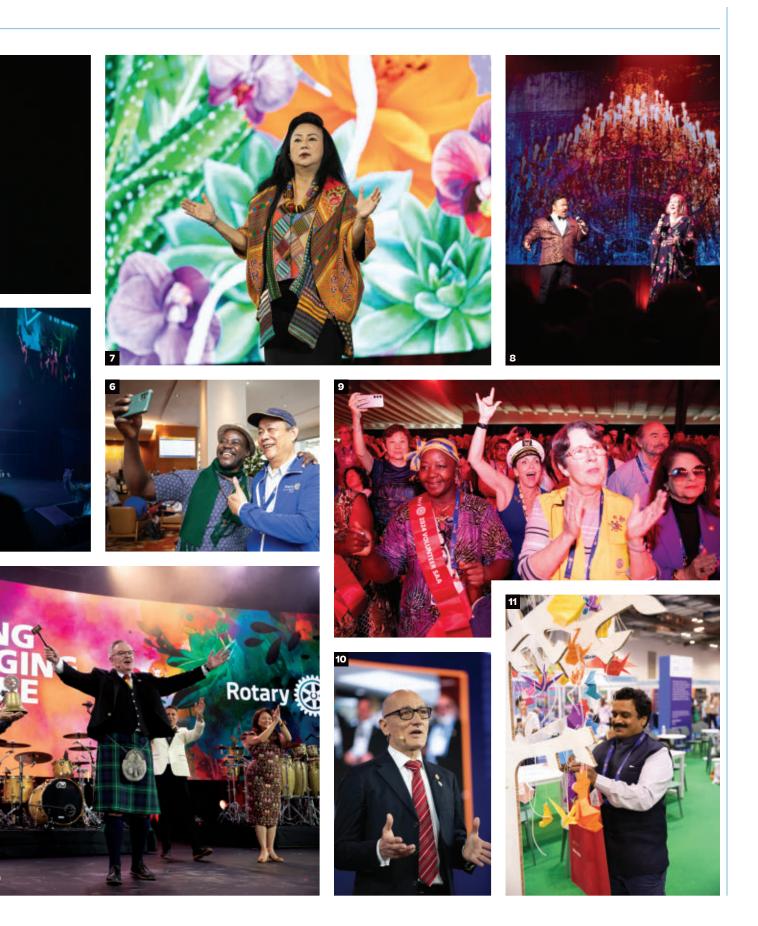
2024 CONVENTION RECAP

Rotary shares hope with the world

Members come together in May at the Rotary International Convention in Singapore

1. In a general session address, 2024-25 RI President Stephanie Urchick challenges Rotary members to make their clubs irresistible. 2. Dr. Obinna Onyekwena, a deputy director at the Gates Foundation, talks about the Rotary Healthy Communities Challenge, a new grant program to fight disease in four African countries, supported by Rotary's strategic partnership with the Gates Foundation and World Vision. 3. The Red Hot Chilli Pipers, a Scottish rock band that includes bagpipes, command the stage at the closing session. 4. RI General Secretary John Hewko encourages members to embrace change and "revolutionize Rotary." 5. Gordon R. McInally, 2023-24 RI president, officially brings the five-day convention to a close. 6. Rotary members from different parts of the world connect and share smiles. 7. Singapore entrepreneur Claire Chiang, co-founder of the Banyan Group, speaks about the importance of corporate responsibility. 8. Rotary members Michael Lapiña and Heather McInally (Gordon's spouse) perform the vocal duet "All I Ask of You," from the musical The Phantom of the Opera. 9. Cheers break out at a general session. 10. Gaetano Scamarcio, an Italian professor of physics and former Rotary Ambassadorial Scholar, accepts the 2023-24 Rotary Alumni Global Service Award. 11. A Rotarian from India visits the Peace Park, an interactive exhibit in the House of Friendship hosted by the Rotary Action Group for Peace.





New friends, old friends



This magazine labeled the 1953 convention in Paris "an exciting adventure in friendship." That description fits every convention before and since. At the Rotary International Convention in Calgary 21-25 June, jump wholeheartedly into your chance to renew old friendships and find "instant friends" among strangers, as one Rotaractor puts it. Those friendships are among the top reasons members give for why they go to the convention.

Consider a few reflections from over the years on convention friends:

"You don't need an introduction to talk to anyone at the convention, so go ahead and make new friends."

"A new best friend awaits your arrival, and I can promise it because it's happened to me often over the years."

"Where else but the Rotary Convention

could you make new friends from Brazil, Taiwan, and Kenya?"

Who couldn't use a friend these days when adults report fewer close friends and more loneliness? Rotary encourages members to support each other's mental well-being, but even in 1914, a magazine article said that valued convention friends "smooth the rugged path of life."

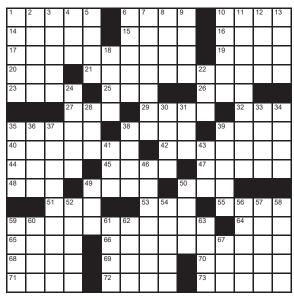
At the core, Rotary's good works emanate from friendships, new or old. Founder Paul Harris was looking for true friends, not just acquaintances, when he started Rotary. Past President Frank Devlyn addressed the topic in a 2001 convention speech in San Antonio: "We make new friends because that is the basis for everything we do." You'll find those people at the convention in Canada. Years later, there will be a good chance you're still connected.

Learn more and register at convention.rotary.org.

CROSSWORD

Canadian convention

By Victor Fleming Rotary Club of Little Rock, Arkansas



Solution on page 57

ACROSS

- 1 __ orange6 __ and 5-Down
- 10 Each
- 14 Cabbie's directive
- 15 Group of three
- **16** Word after Diet or Cherry
- 17 With 21-Across, 2025 convention signature event with entertainment at GMC Stadium
- 19 One-third of a war film title
- 20 Always, in some poems
- 21 See 17-Across23 The Lord of the Rings creatures
- 25 Tulsa sch. named for a televangelist
- **26** Chances to get photos
- 27 Start to pick?29 "... one giant ___ for mankind"
- 32 Is in possession of
- 35 Michael Jackson claim, in a 1987 hit
- 38 Coal products
- 39 Diplomat's talent40 With 42-Across, locale for the
- 2025 convention
- **42** See 40-Across **44** Big name in elevators
- **45** Annoying child
- 47 How one should sing
- **48** Bert Bobbsey's sister

- **49** Cameron of Vanilla Sky
- 50 If I Ran the ___ (Seuss book)
- **51** Word with care or date
- 53 Aladdin prince
- 55 Took a cart, as on the links
- 59 Host __ night (convention tradition involving local members)
- **64** Some businesses, briefly
- **65** Battle Cry author Leon
- 66 Rockin' __ (2025 convention signature event with country music under a canopy)
- **68** Ancient Iranian
- 69 Poet Khayyam
- **70** Deliver addresses
- 71 Mary Oliver or Billy Collins
- 72 Coin in Cancún
- **73** Dental hygienist's directive

DOWN

- 1 "Wow" alternative
- 2 Philosopher Kierkegaard
- 3 Not together
- 4 Tonic go-with
- 5 6-Across and
- 6 Fur source
- 7 Vampire of stories
- **8** By __ of (owing to)
- 9 Cocktail mixer

- 10 Misbehave
- 11 Hustler at a billiards table
- 12 Creole vegetable
- 13 Anjou or Bosc
- 18 Catch sight of
- 22 NYPD Blue extra
- 24 Catches with a hook
- 28 Lupino of movies
- **30** Middle of QED
- 31 Nonverbal communication syst.
- **33** Entr'_
- **34** "Don't budge," to Fido
- 35 Touchable image
- 36 Hari of spydom
- **37** With "The," book or movie about Michael Oher
- 38 Banks of modeling
- **39** Kind of sax
- 41 Abbr. on a baseball card
- 43 Brief life story?
- 46 Shade-loving shrubs
- **49** Agnus ___
- **50** Alternative to elbows
- **52** Unexpected victory
- **54** Book, to Blanca
- **56** Atlantic or Indian
- **57** Forbidden actions
- 58 Lauder of cosmetics
- **59** Camel feature
- **60** Cookie brand
- 61 Certain auto roof
- 62 "Δlas" alternative
- **63** Son of Frankenstein role
- 67 __-state area

Rotary

Podcast

Insightful interviews

Magazine audio

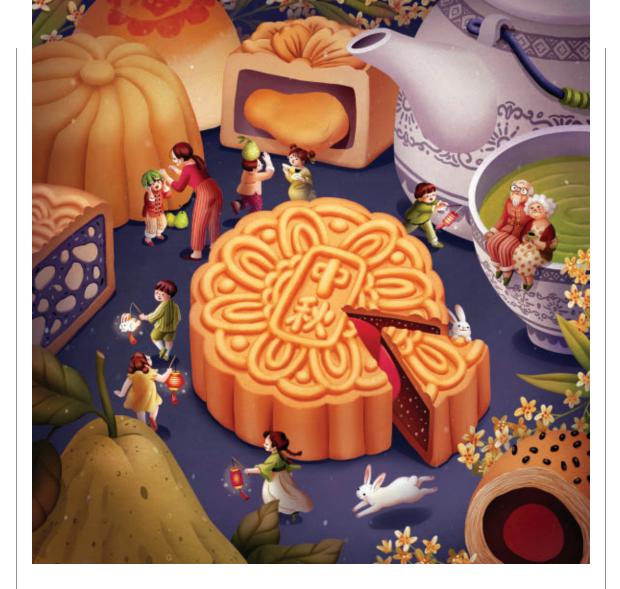
Immersive stories

News roundup

Available everywhere podcasts are found







Fly me to the moon

In China, families reunite over mooncakes

A Chinese legend has it that 10 suns took turns in the sky. One day, they all appeared at once, scorching the earth and making it uninhabitable for humans. The Jade Emperor who ruled heaven sent Hou Yi, a skilled archer, to conquer these blazing orbs, leaving only one. As a reward, the archer received an elixir of immortality. While he was out hunting, his wife, Chang'e, secretly swallowed the elixir, floating into the sky and ascending to the moon.

Hou Yi missed his wife. He could only hope to get a glimpse of her on the 15th day of the eighth lunar month each year, when the moon is brightest. That day became the Mid-Autumn Festival, a harvest festival celebrated across Asia in September or early October. A pastry called a mooncake commemorates the offerings Hou Yi would leave for Chang'e.

A CHILDHOOD DELIGHT: Growing up in northern China, my siblings and I would wait anxiously for our mother to bring mooncakes — round or square pastries filled with red bean or lotus paste. Some contain salted egg yolks in the fillings to represent the moon. My father would remind us that a full moon symbolizes family reunion: "No matter where you are in the world, you look at the sky and share the same moon."

REGIONAL DIFFERENCES: Cantonese-style mooncakes have a thick crust filled with anything from lotus or melon seed paste to ham, poultry, or roast pork and egg yolks. In Taiwan, the pastries are filled with mung bean, taro, or pineapple paste or minced meat, while the Teochew-style mooncakes in Singapore have a deep-fried puff pastry crust filled with yam paste.

Wen Huang Editor in chief, Rotary magazine

What food is your region famous for? Tell us at magazine@rotary.org and you may see it in an upcoming issue.



Global Malaria
Eradication Congress

JUNE 19-20, 2025, CALGARY, CANADA | WWW.GMEC.ORG

BROUGHT TO YOU BY:









ROTARY INTERNATIONAL CONVENTION

MAGIC ALL AROUND

21-25 JUNE 2025 • CALGARY, CANADA

