



# E-NEWSLETTER

## 7930 GSE TOURS LONDON

### Governor's Notes

#### The District Governor's Top 10 Reasons to be Thankful:

- #10 – All 46 Official Club Visits are done.
- # 9 – We have 12 Outbound and 13 Inbound Youth Exchange students.
- # 8 - Our Group Study Exchange Team is home safely from D1130 London.

*(Continued on page 2)*

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Steve McKenzie, GSE Team Leader, and the four members of the Team; Amy Tetreault, Bruce Kaplan, Sarah Brett, and Raymond Wong, are back from their successfully completed Group Study Exchange mission to London, England District 1130. Steve proudly reports that the Team performed admirably and represented our District extremely well. The Team experienced "Rotary in London" to the fullest. The Rotarians of District 1130 extended their warm hospitality and the Team shared thoughts, ideas, and Rotary experiences with the entire London District. The Team put in long days seeing the sights of London, visiting numerous Rotary Club sponsored projects and making numerous presentations to Rotary Clubs in London. The Team made 11 presentations attended by approximately 55 Rotary Club representatives throughout the District. They also made a final presentation to approximately 350 Rotarians attending the District 1130 Conference in Eastbourne, England. At the Conference, Steve and the Team also presented the gift of a Chelsea Clock sent by Governor Ingrid Brown to District 1130 Governor Martin Goode.

These pictures are just a few of the places and Rotary sponsored club projects visited by the team. The Team will be available to all clubs to see and hear more of this incredible experience upon request.



**WOULD YOU MAKE A GOOD HOST FOR OUR**

**INCOMING GSE TEAM?**

**CONTACT FRED DENAPOLI @ [phred@earthlink.net](mailto:phred@earthlink.net) (see page 4)**

## Governor's Notes (Continued)

(Continued from page 1)

# 7 - Boston Rotary, #7 club in the world, is 100 years old this year.

# 6 - We have a phenomenal Ambassadorial Scholar, Nick Rizzo.

# 5 - We now have TWO Peace Fellows: Matt Sweeney and Meleana Spitzer.

# 4 - We are privileged to be literate.

# 3 - We are privileged to have plenty of food.

# 2 - We are privileged to have potable water.

# 1 - Being a Rotarian and your District Governor is a very humbling experience-

Thank you

As we approach the half year mark in our Rotary year, I am pleased to report that all clubs, though some are small, seem healthy and full of renewed energy. You are all doing such great community service projects, encompassing the three emphases for this year of water, health & hunger, and literacy – congratulations and keep up the good work. Eleven clubs have received District Simplified Grants, totaling about \$22,000, and we have three approved Matching Grants in place. PolioPlus community awareness events and club fundraisers are taking place throughout the district, so I am certain you will reach your goals, and then some.

I am delighted to report the formation of the fourth Early-Act club in our district, sponsored

by the Andover Rotary Club. Thanks to President Bill Buck and Chris Doktor, our district EarlyAct Chair, we now have about 25 more future Rotarians in the making! As the youth are definitely the Future of Rotary, I hope to start visiting the Interact clubs next, and Rotaract is really taking off in our district, as well.

Our Group Study Exchange Team is home from London, and they will be ready to start making some presentations shortly. If you are interested in having them do a program at your club, contact Grace Martins, our Outbound GSE coordinator ([mshsgrace@aol.com](mailto:mshsgrace@aol.com)) or Steve McKenzie, our Team Leader ([steve@1810pickeringhouse.com](mailto:steve@1810pickeringhouse.com)) to get on their agenda. Remember...these are your Foundation dollars at work.

### EREY

Your contribution to the Annual Programs Fund can literally be the bridge to a better life for people in need. Contributions by Every Rotarian, Every Year can make the difference in lives around the world. For example, a \$100 contribution can provide mosquito nets for 50 children in Tanzania; \$1000 = microcredit loans for 23 women in the Philippines; \$10,000 = two water wells to serve villages in Haiti; \$100,000 = 100 dairy cows and 50 flocks of chickens to farmers in Romania to produce milk and food for area orphanages. Have you made your gift yet? I encourage you to lead

by example and keep the Rotary Foundation in mind as you consider your year-end, tax-deductible donations.

### CALENDAR DATES

December 2<sup>nd</sup> - Polio survivor Itzhak Perlman and the New York Philharmonic present the Concert to End Polio – Lincoln Center, NYC

January 9<sup>th</sup> - RYLA Kick-Off meeting. Let's all help Andy and Evan make this the best one ever.

January 20<sup>th</sup> - Mid-Year presidents meeting – a time for current presidents to share successes and “war stories” with each other.

January 27<sup>th</sup> - Pre-PETS – required attendance for all Presidents-Elect.

February 9<sup>th</sup> - World Understanding and Peace Dinner, with the annual in-gathering of District 7930's PolioPlus funds.

### LOOKING AHEAD...

December is *Family Month*, and every Rotarian is part of the Rotary family, but our family is much larger than just our 1.2 million members. The family of Rotary includes every one of the men, women, and children who are involved in our work: the spouses and children of our members, our Rotary Foundation program participants and alumni, and all of those who are part of our programs, in the tens of thousands of Rotary communities around the world. As John Kenny states, “I believe that Rotary club membership can and should enhance our home

lives and family interactions. As we work to attract more and younger qualified members, we would do well to remember that today's young professionals are often balancing work and family responsibilities. Adding in a commitment to Rotary service should complement, never compete with, those responsibilities. By scheduling meetings outside of the workday, planning activities that involve family members, and welcoming family members whenever possible, we help to ensure that every Rotary family will feel a true part of the greater Rotary family. Every club should strive to achieve a balanced interaction between Rotarians and their families – and the family of Rotary.”

As a district, let us keep this in mind, as we start our holiday celebrations, and embrace the true feeling of *family*. Why not make your last club meeting in December family-friendly, by encouraging your parents, spouses, and children to join you in celebrating Rotary? Hot-dogs, macaroni & cheese, face painting, balloons, ice-cream sundaes, pancakes – the possibilities are endless! Remember...the Future of Rotary is in Your Hands.

I wish you a safe and joyous Holiday Season -

DG Ingrid

**DOES YOUR CLUB  
HAVE NEWS?  
LET US KNOW!**

## TIME FOR GSE LONDON TO COME TO 7930

Hello Fellow Rotarians!

Another exciting GSE visit is approaching, even though it seems that the South Africans were just here! The accents may not be close, but the fun-factor will be.

We need folks to help out with the team coming in from London on Friday, 30 April, 2010, until they wing it back home on Saturday, 30 May. Specifically we need host families, reserve host families, interesting vocational visit leads, cultural visit ideas, drivers for the team, and your fresh ideas.

A recurring theme I hear each year from the visiting team is how they want to spend time in Boston, often more than we typically schedule. As this coincides with the Boston Rotary's 100<sup>th</sup> anniversary I thought it was appropriate that we make an extra effort on making their week in Boston as special as we possibly can. Also, I'd like to have each of the Area Coordinators carve out one evening in each of their respective weeks to bring the team to Boston for some sort of activity, be it sports, arts, Southie libation, North End cuisine, you name it.

In response to recent RI guidelines, the London GSE team will be making a maximum of two club visits per week. Consequently, we'll need to make each and every one of them a multiple club visit. This will allow the team to meet as many of our District's members as possible. Now's the time for clubs to start identifying several clubs in their immediate area that they may want to partner with in hosting a GSE meeting. And most importantly, make it a fun event!

Please feel free to contact me for more information, and

hopefully, to put your name in for taking part in this sure-to-be-memorable month next spring.

Fred deNapoli  
[phredden@earthlink.net](mailto:phredden@earthlink.net)  
 617.240.1820 cell



## District Governor Elect's Corner

It is hard to believe that the Governor has completed her official visits to all 46 clubs with the final visit being in her home club at Rockport. We had a great time meeting all of the Rotarians in the District who were at the meetings. Now we start the planning for the Assembly, Pre-PETS, PETS and the other events leading up to the Installation in June. Presidents Elect will start receiving e-mails confirming dates, their contact information and registration information for these events very shortly. **WE ARE STILL WAITING FOR FOUR (4) CLUBS TO APPOINT THEIR PRESIDENTS ELECT. TIME IS RUNNING OUT. THE DEADLINE IS THE 15<sup>TH</sup> OF DECEMBER.**

Last month I left you with the fact that our new RI President Elect Ray Klingensmith had what he sees as his "Top Ten

New Ideas for Clubs and Districts." (In the interests of space here are the first five. Look ahead and into what he has said here and you will get a good idea of what your District Assembly will be about. *Next month five ideas for the Districts.*)

### New Ideas for Clubs

Please note that the following list of new ideas do not reflect changes in RI policies. They are merely ideas offered by Ray to be tried on a voluntary basis by a few clubs in each district, and by a few districts in each zone, as experiments during the 2010-11 Rotary year.

1. Develop a three-year planning cycle for 2010-11 through 2013-14 with new and higher goals for fellowship opportunities, promotion of high ethical standards and public values, focus on larger community projects, active involvement in

international service projects and membership to support the new goals.

*(This item is included in the 2010-11 Presidential Citation program, and it requires the participation of the Club President, Club President Elect and Club President Nominee.)*

2. More emphasis on significant and highly visible community service projects to create pride in club members and to attract new members. *(Also included in the 2010-11 Presidential Citation program.)*

3. Creation of new projects to promote high ethical standards and public values in local communities, - particularly through Rotary youth programs of Interact, RYLA, Youth Exchange and Rotaract. *(This too is also included in the 2010-11 Presidential Citation program.)*

4. Return to basics for membership growth and retention with the Five for One Plan for membership recruitment and the Star program for membership retention. *(More information about these membership tools will be provided at the international assembly in San Diego.)*

5. More attention to the organization of new Rotary clubs with innovative meeting times and formats. *(The topic of organizing new Rotary clubs will be discussed at the International Assembly.)*

Happy Thanksgiving!

Steve May

District Governor '10-'11

## THE ROTARY FOUNDATION: TWO NEEDS, TWO WAYS OF GIVING

Rotarians around the world give generously to their Foundation to accomplish a wide range of humanitarian, educational and cultural programs. These gifts ensure that the dream of a better life becomes a reality for hundreds of thousands of deserving people throughout the world each year.

The Annual Programs Fund is the cornerstone of The Rotary Foundation. Without the continuing annual gifts from Rotarians, there would be no Ambassadorial Scholars and no Group Study Exchange, to name a few. The Annual Programs Fund allows the Foundation to support a predictable level of recurring programming.

To ensure the Foundation's strong future, the Permanent Fund is invested in perpetuity. A portion of the fund is allocated to benefit Foundation programs every year, providing an extra stream of income to meet the increasing demand for the



Foundation's programs and to ensure the Foundation's ability to meet urgent human needs into the future. Rotarians already have contributed over US\$90 million and committed another \$250 million to this endowed fund. The target is to reach \$1 billion by 2025.

We invite you to invest in today's Rotary Foundation programs by making yearly gifts to the Annual Programs Fund. We also invite you to invest in tomorrow by designating a gift from your current assets or a portion of your estate to the Permanent Fund. For more information, please contact Anne Lewis, District Permanent Fund Chair, at [car4forever@yahoo.com](mailto:car4forever@yahoo.com).

## RACHEL THANKS THE CLUBS

In our district we have 3 Adopt-a-School Matching Grants. A school near Delhi in India will be the recipient of a grant with Belmont Rotary Club spearheaded by Kusum Jan. Another two projects are in Pakistan's North West Frontier Province. Greater Salem, NH and Ipswich Rotary Clubs have partnered to do a grant for Kalu Shah School which will bring improve the school, plus bring computers & introduce sanitation to the students as well as the nearby village. The second project, for Iqral School, is a collaboration of Ipswich, Salem, Peabody, Gloucester, Manchester/Essex and Winchester Rotary Clubs. Also contributing to this project are Salem Early Actors from Phoenix School. Iqral school will be able to double its capacity for students with a school bus and improved learning conditions. Our district Literacy Coordinator, Rachel Williams would like to thank all those who have worked hard to facilitate these projects. Sharing these Matching Grants is a great way to participate in international and literacy goals of Rotary without putting out too much cash in these trying economic times.

Rachel will be on her annual trip to Pakistan for 3 weeks in December to supervise development of the projects. If your club did not get a chance to take part in these grants, Peace Model School is looking to increase its capacity in order to educate Kashmiri children orphaned by the earthquake of 2005. She will come home with more information on this project.

## PEABODY AND SALEM ADOPT A SCHOOL



DG Ingrid, DGE Steve and AG Helene Anderson-Michel aid in presenting Rachel Williams a check from Peabody President Cathy Gravel and Martha Holden, Literacy Chair.

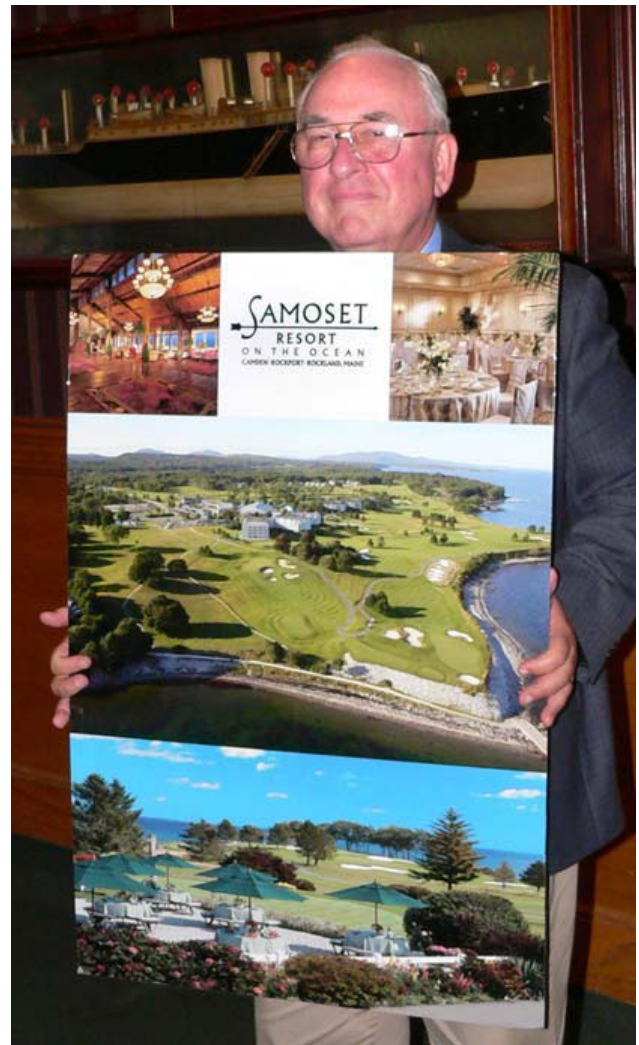


District Literacy Chair Rachel Williams accepts a check from Salem President John Hall to adopt a school.

## Governor Ingrid unveils the District Conference



*District Governor Ingrid Brown unveils her District Conference plans with the help of Assistant Governor Jack Donaldson at the Lynn Rotary Club meeting.*



**A Great District Conference** is in the making - a 3-day fun event for Rotarians and families at the beautiful Samoset Resort in Rockport/Camden Maine, May 21-22-23, Jack is holding a poster with some of the exciting views of the resort. Be sure to save the dates and come -

November 2009

# FROM CLUBS AROUND DISTRICT 7930



*Andover has founded an Early Act Club. It is pictured above at its charter meeting with Governor Ingrid and Chris Doktor, District Early Act Chair.*



*Rotarians and family members from Ipswich, England and Ipswich, MA join together at an event in 2008.*



*Salem Rotary President John Hall, Mark Leavitt, Mark Shaw, Team Captain, , Susan Berton and food donor Rich Blazo serve at the Salem Mission where Salem Rotary purchases, cooks and serves dinner to the less fortunate. Club members have stepped forward to pay for the food for this each month.*



*Governor Ingrid addresses her home club on her last official Governor's visit on November 12, 2009. This was an emotional experience for our governor, but she handled it with her usual style and class.*



*Home Club banner hangs with pride at the Rotary Club of Rockport, MA.*

## Lawrence Rotarians - Volunteer Bell-Ringers for the Salvation Army

Every holiday season, as if by magic, the Salvation Army’s bell-ringers and their familiar kettles reappear in numerous public locations. While most people accept their presence and purpose without questions, a few are moved to wonder what motivates the bell-ringers, who stand for hours in the chilled winter air, to solicit donations for this group.

Are they volunteers, selflessly giving of their time in an effort to raise money for a service they believe in? Or are they there to serve a more basic purpose, that of personal profit?

This line of thought is sometimes expressed in the form of a rumor that asserts those manning the kettles do so in exchange for a percentage of the donations, such as half the monies collected. That rumor is not the truth.

Volunteers from the Lawrence Rotary Club are examples of the men and women who selflessly brave the cold days and nights in front of Market Basket (Andover) and Stop & Shop (North Andover) during December. The Rotary Club does not benefit financially, rather there’s a tremendous spirit and devotion to the cause and purpose of the Salvation Army.

The Red Kettle Christmas Campaign enables the Salvation Army of Lawrence to help over 2000 individuals on a monthly basis with food, emergency rent, gas & electric, clothing, winter jackets, summer programs, summer camp, back to school supplies, Thanksgiving, and will assist nearly 1000 for this coming Christmas alone. Also, for every dollar that is collected in the kettle, \$.83 is returned to the community to support those ongoing programs on a yearly basis. And that is what the Army calls "Doing the Most Good."

There is a competition however, within the fold of the Rotary Club and a certificate of recognition of sorts, to those who raise the most money during their shift. Those musically inclined may bring their instruments and “perform”. You may also find those less talented simply entertaining the kids with a “Christmas Goose” - not really sure if it’s really real.

So if you happen to shop at either location in Andover or North Andover, offer a warm smile and a “Happy Holiday” greeting to the bell-ringer and a donation if you can . . . it’s a sure way to keep the holiday spirit warm and glowing brightly for all.

*Happy Holidays to all from the Lawrence Rotary Club  
and the Salvation Army!*

For more information about the Lawrence Rotary Club, please go to [www.LawrenceRotary.org](http://www.LawrenceRotary.org).



Lawrence President Mark Engleberg wishes one and all a Happy Thanksgiving.



### The Best Poem of 2008

This poem was nominated by UN as the best poem of 2008,  
Written by an African Kid

When I born, I black  
When I grow up, I black  
When I go in Sun, I black  
When I scared, I black  
When I sick, I black  
And when I die, I still black

And you white fellow  
When you born, you pink  
When you grow up, you white  
When you go in sun, you red  
When you cold, you blue  
When you scared, you yellow  
When you sick, you green  
And when you die, you gray  
And you calling me colored?





## 2010 RI Convention in Montréal, Québec, Canada, 20-23 June

Sophisticated yet friendly, Montréal offers an ideal setting for Rotarians to gather at the 2010 RI Convention. More than 80 nationalities and ethnic groups reside in Montréal. In addition, it is also the largest francophone city outside of Paris, making it the most bilingual metropolis in North America. Register early now for "An International Experience" and to receive the best rates and accommodations. To go to the convention and experience the fellowship and Rotary at an international level

- [Register for the convention and ticketed events](#)

- [Reserve your hotel](#)

### [Purchase host event tickets](#) 2010 registration

Registration for one preconvention event is included in the price of your convention registration. Find out about [preconvention events](#).

There are several ways to register for the 2010 convention:

- [Online registration](#)
- [Download the registration form](#)
- [E-mail](#) for special tour group forms and other information

For questions, [e-mail RI](#).

**Note:** You must be a registered Member Access user to register online for the convention. (Read more about

becoming a [Member Access](#) user.)

User registration for Member Access may take longer than one business day. You will receive e-mails with step-by-step instructions to complete set up of your user account. Then, [log in](#) to Member Access, go to the left hand navigation bar and, under services, select "Register for Meetings" and on the next screen, "2010 RI Convention." To complete your convention registration, enter your credit card information to pay your fees.

An alternative method is to fax or e-mail your [registration form](#). Register by 15 December to save money!

### 2010 housing

Reservations are taken on a first-come, first-served basis, so book early to secure your preferred hotel. Booking for RI Convention housing begins 20 June 2009. Confirmations will be issued from Tourisme Montréal's Housing Bureau beginning in July.

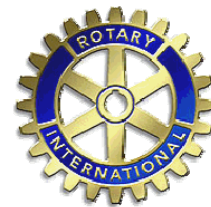
- [Online reservation](#) through Tourisme Montréal's Housing Bureau
- [Download the housing form](#). For a block of rooms of 15 or more, download the [group housing form](#).
- E-mail: [reservation@tourismemontreal.org](mailto:reservation@tourismemontreal.org)
- Phone: +1-514-844-0848 / 1-888-722-2220 (toll-free North America)
- Fax: +1-514-844-6771

The Rotary Club of Hamilton-Wenham will be holding its Annual Comedy Night on Thursday December 3rd, 2009 at 6:30 PM at Prince Pizzeria (Giggles Comedy Club) in Saugus, MA. All Proceeds from this event will benefit the club's Educational Programs which include Annual Scholarships, the 3rd Grade Dictionary Project, and the Rotary Youth Exchange Program.

The night includes a pizza dinner, cash bar, and a great compliment of professional comedians. We will also be holding an auction that includes some great items including a trip to Bermuda in a private oceanfront villa! This is a great opportunity

## HAMILTON-WENHAM INVITES YOU

gifts and benefit a very worthy cause. Tickets for this event are \$25 and can be purchased in a number of ways. They are available at Nazir's Fine Jewelry on Main Street in Wenham (Route 1A), via our website [www.hwrotaryclub.org](http://www.hwrotaryclub.org) or at the door. You must be 21 to attend. Our website will be listing all of the details and have a list of the auction items. Please join us and help make this event a success so that we may continue our educational endeavors. Thank You!



# THE VIRTUE OF SMALL CHANGE

Everyone remembers the horrifying December 2004 tsunami. But what few people know – because almost no media reported this fact – is that nearly half of total relief donations worldwide, \$2.78 billion, came from ordinary U.S. citizens. Celebrities and big corporations got press, but not these individual small donors, most of whom gave less than \$50.

Wendy Smith describes this unprecedented burst of generosity in *Give a Little: How Your Small Donations Can Transform Our World*, published this month. Smith, who profiled a bridge-building project funded by The Rotary Foundation, adds that giving a lot of money does not guarantee success. “What matters,” she says, “is the outcome.” Rotarians know this firsthand, whether they are among the Foundation’s top donors, bequeathing multimillion-dollar fortunes, or the many club members who steadily contribute smaller amounts every year.

We surveyed the landscape of recent projects funded by the Foundation and came up with these eight ways to change the world on the cheap. All of them fall into at least one of the six areas of focus outlined in the Future Vision Plan. And all have price-to-impact ratios that would delight any executive. For the cost of a candy bar, you can save a child from HIV infection. Give up a couple of lattes, and you can restore someone’s eyesight. And your next dinner at a restaurant? Buy some chickens instead – you could feed a family and provide enough income to send the children to school.

## Rapid HIV test: 70 cents

The remote border towns of China’s Yunnan Province are a virtual petri dish for HIV, with a thriving sex trade, cheap heroin from the neighboring Golden Triangle, plenty of migrant workers to spread the virus, and a lack of education about safe sex practices. (In 2003, about 6 percent of Chinese villagers knew that condoms could protect against AIDS.) Yunnan is also a place of mythic beauty; it inspired the legend of Shangri-La. The Rotary clubs of Shanghai and Fremont, Calif., USA, teamed up with pioneering virologist David Ho in 2006 to prevent mother-to-child transmission of the virus in Yunnan, which accounts for a third of China’s reported AIDS cases – by far the highest of all provinces. Ho, named *Time* magazine’s Person of the Year in 1996 for inventing the cocktail of drugs so successful in treating AIDS patients, is also credited with helping to convince the Chinese government to confront the AIDS epidemic with a huge commitment of resources.

In rural Yunnan, an HIV-positive pregnant woman has 33 percent chance of passing on the virus in utero, during delivery, and while breast-feeding. A 70-cent test, funded by a Matching Grant from The Rotary Foundation, lowered the risk to less than 2 percent among those tested. The rapid HIV test allows for early detection so the mother can be treated, preventing transmission and saving two lives. Armed with Foundation funds,

## *The virtue of small change*

By John Conroy

*The Rotarian* - November 2009

the Rotarians and Ho’s China AIDS Initiative launched a massive drive to perform rapid HIV tests on 30,000 newlywed and pregnant women.

The China AIDS Initiative, a public-private partnership, is coordinated by the Aaron Diamond AIDS Research Center in New York, where Ho is chief executive officer. Ho recruited basketball stars Magic Johnson (Ho’s retroviral drugs are keeping him alive) and Yao Ming to publicize the drive. “A photo of Yao showing Magic how to eat with chopsticks – that carried a message that HIV is not transmitted casually,” says Fremont club member Lena Zee. The Rotarians and the initiative also organized 270 educational events for the public, reaching 120,000 people, and trained 1,800 health workers.

More than 160 of the women in Yunnan tested positive. China AIDS Initiative clinics treated the women and provided drug therapy to prevent HIV transmission. Of the children born to the women, only two had the virus. “The rate is on par with standards achieved in developed Western nations,” Zee says. Recently, a second Matching Grant funded another drive. Only one child tested positive.

## Mosquito net: \$5

“Give me \$10-\$20,” Terry Youlton says, “and we can save a family.” Youlton, 73, is directing the delivery of 110,000 mosquito nets to boarding schools across Tanzania. “There are over 16 million cases of malaria a year in Tanzania,” he observes. “And 100,000 people die. Most susceptible are pregnant women and small children.”

Youlton’s club, the Rotary Club of Ridgetown, Ont., Canada, and the Rotary Club of Moshi, Tanzania, with 18 Canadian districts, secured a Matching Grant from the Foundation and another grant from the Canadian government. The Rotarians purchased the nets through the Against Malaria Foundation, which guarantees that they’re distributed where promised. On the group’s Web site, donors can track the nets through photos and videos. “This was the kind of proof I wanted for Rotary,” Youlton says.

The Against Malaria Foundation provides long-lasting insecticidal nets. The mosquitoes are drawn by the odor of the sleeping person and killed on contact with the nets. Even with holes, a treated net remains 90 to 95 percent effective for about five years. The insecticide also is safe for all: A mosquito is a million times smaller than an infant. Population Services International, a global health non-profit based in Washington, D.C., will install the nets. “It’s a hot and dirty job,” Youlton says. “I know, because I’ve been there and done that. You’re climbing around on the top of double and triple bunks. They’re doing it all for free.”

## THE VIRTUE OF SMALL CHANGE (CONTINUED)

### Cataract surgery: \$25

When Pennsylvania Rotarian Robert Walton talks to Rotary clubs, he doesn't plead for thousands of dollars. Instead, he asks, "How many eyes do you want to restore?" Then he tells them that for \$6.75 – when combined with contributions from Rotarians in Karachi, Pakistan, and Matching Grants from the Foundation – each person in the audience could save someone from blindness.

Cataracts, the clouding of the eye lens, have many causes, among them aging, diabetes, hypertension, eye trauma, and long-term exposure to ultraviolet light. According to the World Health Organization, age-related cataracts account for nearly half of the world's blindness, and as people live longer, the numbers are rising. In the United States, cataract surgery to replace the existing crystalline lens with an intraocular lens (IOL) costs about \$3,000. Two small Rotary clubs – Spring Township Centennial, Pa., and Karachi South, Pakistan – found a group to do it for \$25 at a state-of-the-art hospital in Karachi. With a Matching Grant, they funded IOL implants for 2,000 impoverished patients, teaming up with the Layton Rahmatulla Benevolent Trust, a nonprofit operating 16 eye care hospitals in Pakistan.

### Concentrated language encounter: \$8.56

Where conventional literacy techniques have failed, hundreds of thousands of children and adults have learned to read through the concentrated language encounter (CLE) method. Schools in more than 30 countries have adopted the approach, developed by Rotarian Richard Walker more than 30 years ago, and the literacy booklets have been translated into a multitude of languages, among them Afrikaans, Arabic, Bangla, and Turkish. And it's cheap. The basic supplies are paper, cardboard, crayons, and twine, to create books that the classes write together. The Rotary clubs of Pasig North, Philippines, and Petaling Jaya, Malaysia, recently completed a two-year CLE program for four elementary schools in Pasig City, Philippines. With \$10,000 raised by the two clubs and a Matching Grant of equal size from The Rotary Foundation, the program reached 2,337 students, at a cost of \$8.56 each. And that's just the first class: The grant also funded training for 51 teachers.

### Vitamin A: 2 cents

Consider this the next time you walk past a penny on the ground: The leading cause of preventable blindness in children, vitamin A deficiency, can be eliminated for 2 cents a dose. Up to half a million children a year lose their sight because they lack the vitamin, abundant in the diet of children in developed nations. (Eggs, fortified milk and cereal, carrots, and spinach are all good sources.) Children with vitamin A deficiency are also more likely die from common childhood illnesses such as diarrhea and measles. Administering 200,000 IU (international units) of the vitamin for two days cuts blindness and mortality rates. Matching Grants have funded many vitamin A drives. Supplements also are often delivered with polio vaccines during National Immunization Days, averting 1.5 million childhood deaths since 1998.

### Bio-sand filter: \$32

The numbers are astonishing: One in three people worldwide lacks access to clean water, 3.5 million people die each year from drinking it, and one child dies every 15 seconds from waterborne illnesses. Recently, 19,000 bio-sand filters – simple, cost-effective tools for purifying water – were installed in homes in the Dominican Republic, funded by 30 Foundation Matching Grants to clubs in Canada, the Dominican Republic, and the United States. The HydrAid bio-sand filter removes all parasites and 95 percent of bacteria and viruses. It uses gravity as a power source, has no moving parts, and lasts for at least 10 years. Made of plastic, it weighs just 8 pounds. For \$32, you can buy yourself two bottles of water a day for about two weeks, or you can buy one bio-sand filter and deliver pure water for a decade to an entire family.

### Polio vaccine: 60 cents

Unless you joined Rotary yesterday, you've heard this before: Drops of the oral polio vaccine in the hands of Rotarians have changed the world. But we're not done yet. Without dusting off your passport, you could help eradicate the disease from the four nations where the wild poliovirus persists. And it's a bargain: 60 cents will protect a child from polio for life. Since the PolioPlus program was launched in 1985, Rotarians have contributed more than \$800 million to the cause and immunized two billion children.

### Flock of chickens: \$20

The Rotary Foundation has awarded many grants over the years to clubs that team up with Heifer International, providing farm animals to impoverished families. The stipulation: Recipients must pass on the good fortune, by way of animal offspring. With a Matching Grant, the Rotary clubs of Kololo-Kampala, Uganda, and Hayle, England, recently provided 22 Ugandan families with heifers for \$500 apiece. About 58 gallons of milk are now flowing each day into the local economy. If that's too pricey, Heifer International also can provide a starter flock of 10 to 50 chicks for \$20. The birds can thrive on small plots and survive on table scraps and insects, making them ideal for impoverished communities.

A good hen can lay 200 eggs a year. Ray White, Heifer International spokesman, says that with 25 roosters and 25 hens, a family starts eating a lot better. "Suddenly there's protein in the diet," he says, "and if there is space for a garden, the homegrown vegetables do better with the application of the manure." With a flock this size, White says, a family can bring both eggs and meat to market and still increase the overall number by allowing some eggs to hatch. A family in Burkina Faso, for example, could triple its annual income, sometimes in a matter of months. "Now they can afford the \$3 to send a child to school for a year. They can afford what they call 'iron sheets' for the roof, so the home is dry for the first time. They can afford a little medical care, and a little goes a long way when children are dying of measles, dysentery, and malaria.

Find out how your [donation to The Rotary Foundation](#) can help make a difference

## MONTHLY ATTENDANCE REPORT

OCTOBER 2009	October	10-31-09 Total	Membership Change Since
Club	% Attended	Members	Last Reported by Club
Amesbury	82	42	+1
Andover	64	49	+2
Arlington	70	30	No change
Belmont	70	16	+1
Beverly	60	99	- 4
Boston	31	33	-1
Burlington	77	45	No change
Burlington Breakfast	77	15	No change
Cambridge	53	55	No change
Chelsea	49	51	No change
Danvers	66	64	+1
East Boston/Revere	Not reported	19	Last reported in September
Everett	73	33	No change
Gloucester	75	68	+1
Gr. Salem/NH	87	33	No change
Hamilton/Wenham	58	52	No change
Haverhill	64	85	-1
Ipswich	Not reported	69	Last reported in September
Lawrence	Not reported	67	Last reported in September
Lexington	71	42	-2
Lynn	69	33	-1
Lynnfield	67	34	No change
Malden	48	45	-4
Manchester/Essex	79	22	-1
Marblehead	73	74	-1
Marblehead Harbor	Not reported	50	Last reported in September
Medford	47	64	No change
Melrose	93	80	+1
Methuen/Salem	67	34	No change
No. Andover	80	21	-1
No. Reading	57	18	No change
Peabody	89	23	No change
Reading	88	36	No change
Rockport	72	87	No change
Salem, MA	Not reported	73	-1
Saugus	61	28	No change
Somerville	73	26	+2
Stoneham	52	38	No change
Swampscott	67	30	+1
Topsfield/Boxford/Middleton	89	26	No change
Wakefield	84	34	-1
West Roxbury	54	23	No change
Wilmington	84	42	No change
Winchester	Not reported	60	Last reported in September
Winthrop	61	24	No change
Woburn	72	48	-1
<b>TOTAL DISTRICT MEMBERS</b>		<b>2040</b>	