

Issue #1 | Jul 2023

# PEOPLE OF HOPE

*A monthly magazine of District 9142*



**TO LIVE WITHOUT  
HOPE  
IS TO CEASE TO LIVE**

*In this Issue:*

- Rotary Public Image Coordinator and Assistants for Zone 22, Region 27
- Women and Polio
- Time and Chance
- Membership and Club Growth
- What makes up the Club Experience
- Herbal Teas For The Menstrual Phase



# JULY

MATERNAL AND CHILD HEALTH MONTH

Edition 1 | July 23'

www.rotarydistrict9142n.org



“Our Drive is to change the narrative by treating every Rotarian with Dignity and like Royalty.”

# ACCEPTANCE SPEECH BY DG Akan Emah

## OUR PLEDGE !!!

I feel very humble and privileged to stand before you today, in one of Rotary's finest tradition to address all of you as the District Governor-Elect for Dear District in this District Conference.

I can boastfully acknowledge the fact that standing here today, is made possible because of the foundation laid by our Past Leaders. So I celebrate all our Past Leaders, those that served in the 9140 era, and those that served in our present District 9142 from inception till date. Thank you so much for your passion, commitment and distinguished service to Rotary, our District and Humanity.

To our District Governor, I salute you.

To our District Governor Nominee, you're indeed a Team Player. Thank you so much for those valuable advice and for always bringing a superior argument to some of our decisions; in the interest of Rotary and our District.

Let me also commend our entire District Leaders and Rotarians who have been the bedrock which has kept our District, and the invaluable services to our communities in the respective Clubs. Our District is Stronger, Bolder and Greater because of all of you. I celebrate you.

By Providence I am standing before you today, addressing you as the District Governor-Elect, in a year's time, Prof. A.U Nnonyelu will also do same and in that order, many of you seated here will also be privileged to continue in this sweet Rotary Tradition, either for this same District or any other ones that our growth will birth.

As the Incoming District Governor, I have repeatedly emphasized through our Pre-Trainings and Master Classes; that in order to "Create Hope in the World", which is our Theme for the 2023-24 Service Year, as announced by our Incoming Rotary International President – Gordon McInally, our priority and emphasis in our District will be Adding Value to ourselves, Clubs and District.

In adding value to ourselves, we must begin to be Time Conscious in what we do! We must keep to Time in attending our Meetings and Programmes. We must change the narratives of attending



Events late! Time management make us more productive.

Our Dressings must count! It's usually said that people are addressed the way they dress! So we will encourage and implore Rotarians to dress well for Rotary Events and even to their places of work. Your dressing as a Rotarian, may become a good Public Image tool for you and Rotary. So we will be compelled to excuse some persons from some Rotary Events, if they are not well dressed! Rotarians are Global and Community Leaders.

We must give our Clubs an Inspiring Club Experience. This will inspire and make members to find love in our Clubs! There is absolute need to clamp down on the cliques in our Clubs but rather show love to each other! Remember, Rotary was founded on the principles of Friendship before the concept of Service was introduced

# ACCEPTANCE SPEECH BY DG Akan Emah

My Dear Team Members, - Leadership is not in a Title.

- Leadership is not in a Position.
- Leadership is a Responsibility.
- Leadership is a Burden.
- Leadership involves taking the Lead and leading by example to make a difference!

Additionally, we must Educate, Inform and Involve our Rotarians in Rotary's Programmes, Information and Best Practices. Thank God for the Rotary Leadership Institute, RLI.

An Individual that is not informed will be deformed in life. So ponder and ask yourself, how am I or will I be a Rotarian and I am not informed about Rotary best practices?

Being informed, attending training sessions will help us as Rotarians and will also help many of our Clubs grow to become Better, Bolder and Greater. This will add value to our District.

Rotary's Vision Statement says, "Together, we see a World where people Unite and take Action to Create Lasting Change – across the Globe, in our Communities and Ourselves".

As such, I invite you as a Team Member to join me in actualizing our Vision Statement, as we Create Hope in the World. TEAM simply means, Together Everyone Achieves More!!! So I will be privileged to be the Team Lead for the 2023-24 Service Year in our District, so that Together, we will achieve more for Ourselves, Clubs and District.

As your Team Lead, I will lead from the front.

WE will be accountable to Rotarians  
Your Opinion will count in our decisions!  
We will never see ourselves as knowing all!  
We will never go destroying others or engage others to help malign others!  
We will ensure that Rotarians are treated as Royalties.  
We will show respect to Elders, our Rotary Leaders and the entire Rotarians.  
We will give a listening ear at all times  
We will ensure that the welfare of Rotarians becomes a priority to us.  
Above all we will make Rotary more inspiring, enjoyable, and will help change the narratives of our Cub Culture to inspire growth in our membership and in contributions to the Rotary Foundation. We will increase our impact in Service Projects and mindful of Rotary's Public Image.

Finally, I need to reassure our Rotaractors that as a person, I was privileged to serve as an Interactor in my Secondary School days, a Rotaractor in my University days and early work life! I have been exposed to the challenges of Rotaractors, even though, today, they are now Partners in Service and we are celebrating the Elevate Rotaract Policy. But we will be mindful of what happens in our Rotaract Clubs and our Rotaractors.

My Dear Team Members, this is my PLEDGE to you and our District. So I therefore accept my nomination as the District Governor 2023-24 for our District.

Thank you so much.



# EDITOR'S DESK

Hurray..!

It is the month of July, our "Leadership Transition" Month! As always in our culture every Rotary Year, Districts and Clubs around the world say "Thank You" to one District Governor or President and "Welcome" to another.

At this same time, there are myriad of other changes in the Club and District Leaderships. It is also a time that New Members join us at our various Clubs especially during our Installations.

It is indeed the month when we Rotarians take-up new responsibilities in our Clubs and re-pledge our support to the Vision of Rotary in our Communities. Indeed the import of this month on us can not be over-emphasised.

Dear friends, this Maiden Edition simply welcomes Rotarians to the New Rotary Year! It equally echoes our DG's commitment to the emphasis he laid out for us in his Acceptance Speech during the last District Conference at Awka which includes: adding Value to ourselves as Rotarians, Supporting and giving our Club members an Inspiring Club Experience, becoming good Rotary Public Image

Ambassadors through our Actions and Inactions, following the stipulated Branding Principles in all our publication materials, among others.

Thankfully, to re-awaken our consciousness about Growth in our Clubs, Rtn Kelechi Eboh debuts in this Edition a Membership and Club Growth Series. There are also many reports of Clubs' activities from around our District showing that as **People of Hope**, we are already impacting lives in our communities. Are you a Tech lover? Then the tiny article in page 29 about **gemsbokGPT** on AI Platforms will surely interest you.

All these and many more are wonderfully put-together for your delight.

As we begin this Rotary year in high spirits, remember that we are open to your suggestions and contributions. Should you have an article for us to publish, kindly write to us on: [teamicepublications@gmail.com](mailto:teamicepublications@gmail.com)

Let's keep-up the good work as we Create Hope in the World this Rotary Year.!

Thank you.

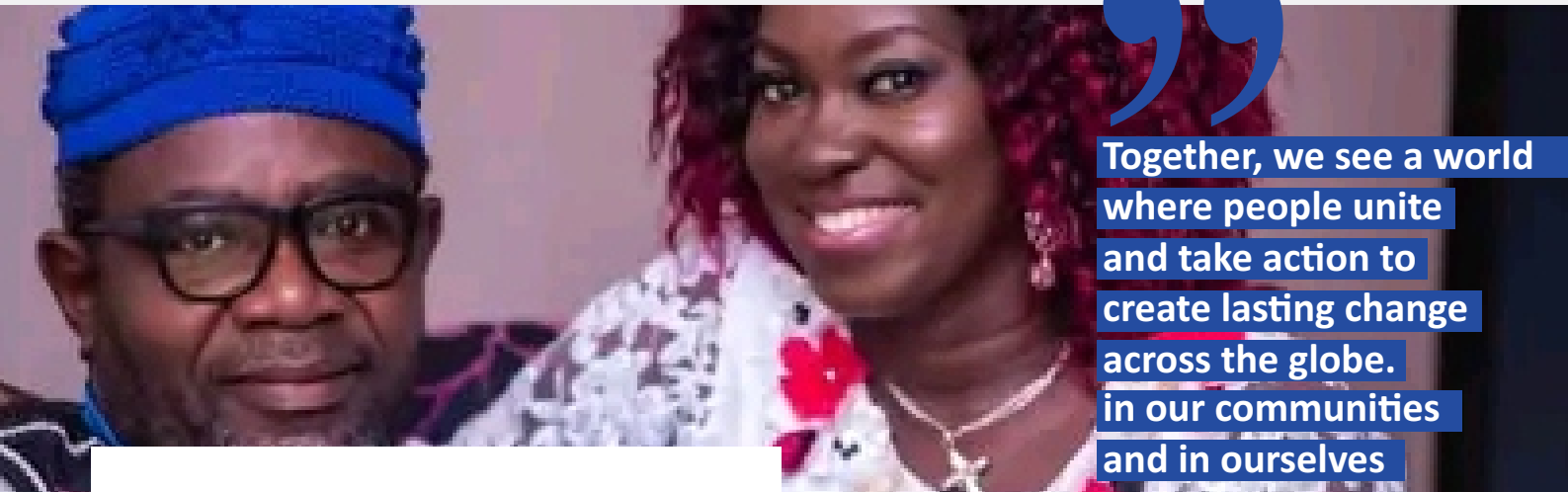
*Chinwe Ede*

A portrait of Akan Emah, a man with a beard and glasses, wearing a dark blue pinstriped suit, a blue tie, and a dark fedora hat. He is smiling slightly and looking towards the camera. The background is a plain, light-colored wall.

# AKAN EMAH

Governor 2023-24  
Rotary International  
District 9142

**A**kan Emah is a Media & Public Relations Practitioner. He is one of those privileged Rotarians who was an Interactor, a Rotaractor and now a Rotarian. He is a Charter member of the Rotary Club of Uyo Metropolis and had served his Club as the President in the 2014/15 Rotary Year; where he won Presidential Citation and was also declared the 3rd Best President in the District then!



Together, we see a world where people unite and take action to create lasting change across the globe. in our communities and in ourselves

In 2013/14 Rotary Year , he was appointed to serve in the National Polio Plus Committee as the Akwa Ibom State Representative. A position he served for two years .

**Kanyst**, as he is popularly called is a Past Assistant Governor, who served with Past District Governor Akabom Enebong as the last District Governor for District 9140 in the 2016/17 Rotary Year.

At the birthing of District 9142, he was appointed an Assistant District Trainer, a position he served for 3 years (from 2017/2018 - 2019/2020). In 2018/2019, he was also appointed to serve as the District Chair - Public Image and he served for two consecutive years, ending in 2019/2020. In 2020/21, he was appointed to serve as the District Cordinator - Paul Harris Society. He is currently, the District Fund Raising Chair for the Rotary Foundation and the Vice President of Rotary District 9141 & 9142 Alumni Association.

He has also served in many Club and District Committees in the then District 9140 and currently 9142.

Beyond his Professional Practice, he is a Life Coach, a Public Analyst and a Motivational Speaker. He Speaks and Facilitates in Conferences and also Compere Events

Akan is happily married to his soul mate Nene and they are blessed with two covenant children ; Utibelma- Abasi Elliana and EduekMfon - Abasi Gabriel.

Akan is happily married to his soul mate Nene and they are blessed with two covenant children ; Utibelma- Abasi Elliana and EduekMfon - Abasi Gabriel.

Akan & Nene are Major Donors, Benefactors of the Rotary Foundation and Paul Harris Society Members, while their first child - Utibelma - Abasi Elliana is a Paul Harris Fellow.

Akan is a member of the Nigerian Institute of Public Relations, Nigerian Union of Journalists and many other professional bodies. He is also a Justice of Peace.

Akan is a member of the Nigerian Institute of Public Relations, Nigerian Union of Journalists and many other professional bodies. He is also a Justice of Peace.

His ideology in life hinges on Service! Service to GOD and Service to Humanity.

Kanyst is an avid reader whose other hobbies include: playing Squash, Tennis, Football, Swimming, Meeting friends and Meditating. His passion, faith and service to God are unconditional! He enjoys Worshiping and Praising God.

Kanyst is widely travelled; he has won several Awards and Honours locally and Internationally. A man of service and love, he truly is!

*Presenting your Rotary Public Image Coordinator (RPIC)  
and Assistants (ARPIC) for Zone 22, Region 27*



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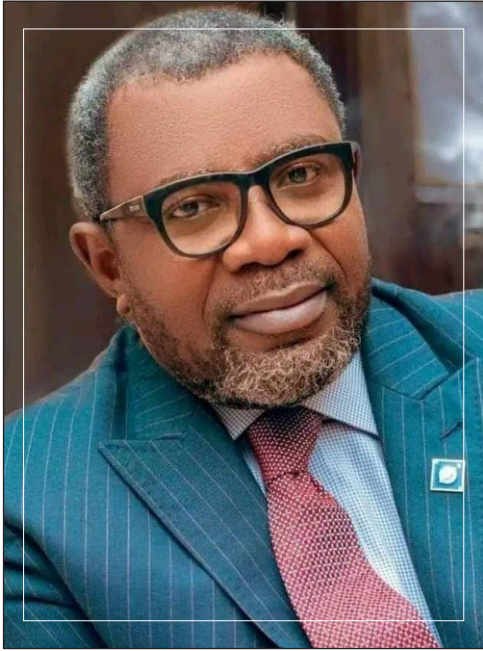


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Welcome to the 2023/24 Rotary Year!!!

**R**otarians all over the World, drew the curtains for the 2022/23 Rotary Year yesterday and behold, we are ushered into the 2023/24 Rotary year

I feel humbled and privileged to be addressing you from today as your District Governor. As your Team Lead, I will be doing this every month for the next twelve (12 ) calendar months. Thank you so much for the great opportunity to work with you in Leading our District with great support from our DGE - AU Nnonyelu and our DGN - Kelechi Anyanwu.

I celebrate all our Past Leaders who laid the foundation on which we are standing today. Let me also congratulate all our Club Leaders, District Leaders and the entire Rotarians in our District for always being there for our Clubs and District. Your

passion and commitment to getting things done, have increased our impact and expanded our reach in various communities in our District.

As we begin the 2023/24 Rotary year, we are conscious of the fact that Rotarians are Volunteers; Bosses in their offices and highfliers in their endeavours; as such, we are committed to respecting every Rotarian and listening to their views because the ultimate form of respect any leader can give to the members he or she is leading, is to listen to them.

We are also committed to leading by example, in order to add greater value to our Clubs and District. Our drive is to change the narrative by treating every Rotarian like Royalty and with Dignity. Rotarians must have value for the monies paid as either dues or registration for events.

We must give our members exceptional and exciting Club Experience; we must show love to our members; our attendance at meetings must be punctual and our dressings to meetings must enhance our Public Image. Always remember that members would rather follow a leader who cares and love them, than a Leader, whose preoccupation lies with a Title. Let our Clubs, our District, our Communities, our Colleagues and our Families experience

the positive impact of our membership in Rotary.

**As your Team Lead, I welcome you to this Service Year; together, we will Create Hope in the World**

Congratulations once again! The journey has truly begun. Let the members we attract, our contributions to The Rotary Foundation, our taking from The Rotary Foundation, our impactful Service Projects and our Public Image speak for us.

Let me also announce to you, we are beginning the Rotary Year with a **contribution of Seventeen Million Naira ; which is about Thirty Six Thousand, Eight Hundred and Seventy Dollars into the Rotary Foundation**. We are trusting God that more will be achieved in the days ahead and every Club shall be a Giving Club.

Finally , our District Governor Installation Ceremony is holding in Uyo , on the 29th of July. I look forward to welcoming all of you to the " Ibom Mega Experience ".

Thank you very much.

**Akan Emah**  
District Governor 2023-24

## District Rotaract Representative's Message



Dear Rotaractors,

As we embark on a new year filled with endless possibilities. I, as your Rotaract Representative, urge you to embrace the power within you and take action to Create Hope in the World.

"In every heart lies the power to create hope, and through the unity of our actions, we paint a masterpiece of optimism that illuminates the world."

These words resonate deeply as we reflect upon our collective purpose as Rotaractors.

We are young leaders, driven by the desire to make a positive impact and bring about meaningful change. The world needs our passion, dedication, and unwavering commitment more than ever.

In our hands, we hold the ability to transform lives, uplift communities, and inspire generations to come.

Let us not underestimate the strength of our

actions, for even the smallest act of kindness can ignite a flame of hope in someone's heart.

This month, let us rise as beacons of hope, spreading compassion, empathy, and understanding wherever we go.

Whether it be through service projects, community outreach, or advocating for causes close to our hearts, let our actions be a testament to the power of collective hope.

Remember, it is in unity that we find strength. Let us come together as Rotaractors, supporting and uplifting one another on this shared journey of Creating Hope where needed.

Together, we can amplify our impact and create a ripple effect of hope that reaches far and wide.

In times of adversity, it is our unwavering spirit that will guide us forward. Let us be the driving force behind positive change, reminding the world that there is always hope, even in the darkest of times.

May this month be a testament to our collective resolve and unwavering commitment to creating a better world.

With hope in our hearts and determination in our souls, let us embrace the challenges that lie ahead and show the world the incredible power of Rotaract.

Yours in Service,

**Rotr. Okwuchukwu Okonkwo**  
District Rotaract Representative  
District 9142

## Rotary International President's Message



**E**ven as we face new and serious challenges, Rotary takes care of its members and those we serve, works to build lasting peace, and embeds belonging and inclusion in everything we do. That is why I am asking everyone in Rotary to Create Hope in the World.

This year, we're prioritizing projects to support mental health. This effort is deeply personal to me. I know what it's like to see someone suffer in silence. I have also witnessed the power of personal connections, the value of discussing emotional and mental well-being, and the lifesaving impact of preventive care and treatment.

Research shows that performing acts of kindness is an effective step any of us can take to protect our well-being. And by building peace within, we become more capable of bringing peace to the world.

Building peace is the essence of

Rotary. Many of our service projects foster the conditions for Positive Peace. We work tirelessly to overcome barriers and create new connections. This year, we'll promote virtual international exchanges for members to strengthen those vital connections.

Peace isn't a dream, and it's not passive. It's the result of working hard, earning trust, and having open conversations that may be difficult. Peace must be waged persistently — and bravely. Everything we do across our areas of focus has the potential to foster the hope that can make peace possible.

The spirit of connection and purpose should inspire every Rotary member. When club leaders focus on offering an excellent club experience, we retain more members and attract more prospective members. We must make our clubs as welcoming and as engaging as we can.

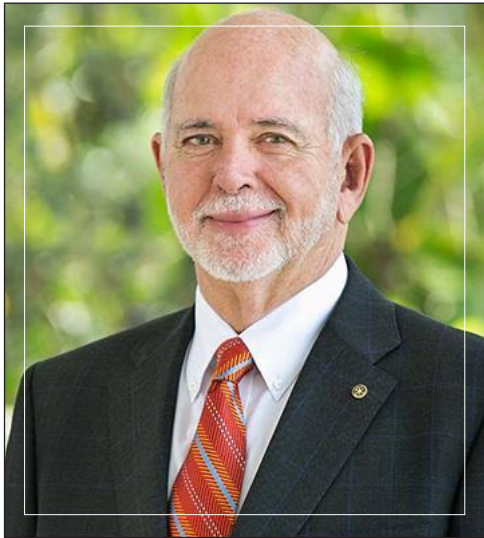
Our goal is to create a sense of belonging, from our club meetings to our service activities. We need to continue creating inclusive, welcoming environments where everyone can be their authentic selves. All people of action need to be able to imagine a place for themselves in Rotary — it's up to us to ensure they can do so.

Over the next year, I will be putting a focus on continuing our journey in diversity, equity, and inclusion — ensuring that Rotary reflects the communities we serve and continues to take significant steps toward accessing the full range of human talents and experiences, so that we can better serve humanity. And we will continue to empower women and girls by helping them unlock the potential already within them.

As we begin this journey together, I take inspiration from Scotland's national poet, Robert Burns, who in the 18th century spoke of all the world becoming kin, promoting “sense and worth, over all the earth.” This has long been my call to action, and I share it now with you.

Let us build peace within and spread it freely. Let us create belonging and imagine the future of Rotary afresh. Let us work together joyously and Create Hope in the World.

**R. Gordon R. McNally**  
President 2023-24



I love Rotary for many reasons, perhaps most of all for the impact we make when we work together. There is really no other group like us. In the last five years, The Rotary Foundation has helped 100 million beneficiaries. That is staggering.

But the need is great. There are countless more we could be reaching and supporting right now if we had the resources. We could reach twice as many in the next five years. And your fellow Rotaractors and Rotarians are ready to help. They're hungry for more grants to help more people who need us.

That's why, this year, The Rotary Foundation Trustees have set an ambitious goal for giving of \$500 million, our highest ever.

This breaks down to \$150 million for the Annual Fund to help fund grants and \$50 million for polio eradication, to be matched by \$100 million from the Bill & Melinda Gates Foundation. For the Endowment Fund and our future, we are targeting \$60 million in outright giving and \$80 million in commitments, totaling \$140 million. And we want to collect \$60 million in other contributions, such as direct giving, cash for global grants, and Disaster Response Fund donations.

To make this happen, we need all of you — each and every Rotarian and Rotaractor.

Did you know that over 80 percent of Rotary members make no contributions to PolioPlus, or that over 60 percent make no donation at all to The Rotary Foundation? For an organization of 1.4 million members, that means that nearly 1 million of us are not contributing each year.

Imagine the tremendous difference it would make if each of those 1 million could contribute just \$25 a year. That would be \$25 million we wouldn't need to raise from

our best donors.

We can all give something. That's why I am asking each of you to set a goal to give what you can to The Rotary Foundation this year.

Never have we set such an audacious goal, but I believe that you, who make up Rotary, always respond to a challenge, especially when you see the difference we can make with those funds. We are part of an audacious organization, one that dreams big and makes our dreams a reality.

Let's think bigger and differently this year, so we can meet our goal and do more to Create Hope in the World. In this way, we will make the Rotary year ahead an unforgettable one, not just for ourselves, but most importantly, for those whose lives we will soon touch.

**Barry Rassin**

Trustee Chair 2023-24

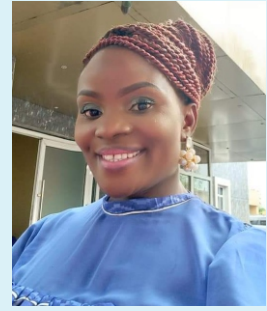
# DISTRICT PUBLICATIONS (ICE) TEAM



**Rtn. Onuorah Geraldine**  
Abia State Rep.



**Rtn. Chidi Obiudu**  
Anambra State Rep.



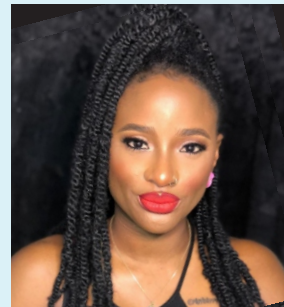
**Rtn. Ememobong Bob**  
Akwa-Ibom State Rep.



**Rtn. Eunice Samuel**  
Cross River State Rep.



**PAG Chinwe Ede**  
Chair, Publications



**Rtn. Nneka Orji**  
Imo State Rep.



**Rtn. Asomugha Lawrence**  
Enugu State Rep.



**Rtn. Dennis Nganya**  
Ebonyi State Rep.



**Rtr. Chidinma Nwokedi**  
Rotaract Publications Liason



**Rtn. Fortune Obieze**  
Secretary, Publications



**Rtr. Chidiebere Ezebuilo**  
Rotaract Publications Liason

**I - INNOVATIVE C - COMMITTED E - EXCEPTIONAL**

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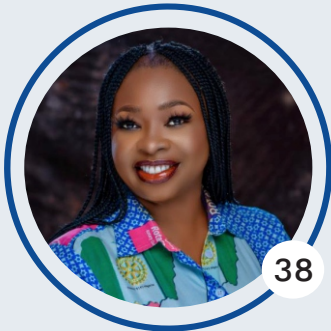
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Rotaract  
District 9142



CREATE HOPE  
in the WORLD

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In every heart lies the power to create hope, and through the unity of our actions, we paint a masterpiece of optimism that illuminates the world



 **Okwuchukwu  
Okonkwo PHF**  
District Rotaract  
Representative 2023-24

Powered by: District 9142 Public Image Team



# “MEMBERSHIP AND CLUB GROWTH” With Kaycee



With the arrival of a new Rotary year (2023/24), which is typically accompanied by much enthusiasm and a variety of events that promotes camaraderie among Rotarians and non-Rotarians alike, it is expected that Club Presidents who have succeeded their predecessors will be ready to take action after receiving at least two years of training and preparation while ascending the Rotary Club Leadership ladder, from President Nominees to President Elects and now, Presidents. Consequently, it is now time to begin working towards accomplishing the Club Membership growth targets, alongside other Rotary objectives established by the Clubs.

This column aims to offer support to Clubs and Presidents by providing tips and knowledge on how to attract and retain membership. I wish to discuss the practical steps I implemented to achieve an organic growth rate of almost 150% for my club - Rotary Club of Enugu GRA, during the 2021/22 Rotary year.

Here are some tips that were key for such reports.

## **1. Make a list of great things about your club:**

An understanding of your club's strengths and weaknesses surely helps you know the peculiarities about your

club that you can put forward to your prospects. The Quality and kind of club projects, Meeting Venue, Location, timing, membership quality, and distribution are some factors that can distinguish your club. Knowing your club

this much can inform your decisions on who should be on your Prospect list. On this, bear in mind that most things are strengths if you target the right audience. If your club meets in the morning, you're probably a good fit for someone working 9 to 5. Meet at noon and you're more likely to appeal to retirees or parents of schoolchildren. Not every club is right for every potential member, If someone doesn't fit your format, recommend them to another club. Also keep in mind that the point is not just growing your club, but boosting Rotary's capacity to make a difference in communities around the world. And with any luck, that other club will send you a potential member one day.

## **2. Keep a list of potential members:**

It doesn't matter if it's a paper list or if it's kept on the desktop of your computer. Either way, it makes you think about those people who might be fit for your club. Discuss the list at board meetings – not just the concept of bringing in new members, but the specific names and who's going to contact them and when. And don't overlook some obvious prospects, such as members' spouses, and even former members. Of course, the style of approaching each person on the list should equally be thought out and tactfully executed.

## **3. Make membership growth your club's top priority:**

Make sure every member understands that membership growth is a priority. A President or Membership Chair won't go wrong if he announces his membership intentions to the club and makes it clear, asking for collaboration. The best way to make a Rotary year

easier is to bring in more members. New members brings new energy to a club and mean more people to serve on committees, work on projects and events, and raise money for the Foundation.

## **4. Look for fresh perspectives:**

Club members especially newer members are known to be enthusiastic about their new Rotary experience and can be relied upon to bring in their circle to meetings. Beyond members, Clubs can appeal to their local community and attract them to join the fellowship. Social media is one other great avenue to promote club activities and harvest willing prospects. The idea is to keep talking about Rotary everywhere you go.

## **5. Realize there is no finish line**

Even if your club is the optimum size, it's no reason to stop recruiting. There are always reasons people leave. Of the 30 members who joined my club in 2021/2022, some eventually left the club: some had a job transfer, a few had family issues, and others had conflicts with work. A couple simply stopped participating. Among the greater number who remained, one is now the President and the other is our President-Elect. The rest are now very active in leadership roles and are on the Presidential track. What's more, the Club added many more members in the last Rotary year.

The truth is that “You're either growing or you're dying as a club.”

*To be continued....*

**RTN KELECHI EBOH**  
AG Zone 29





## "Why it's important to consider gender at all levels of Eradication work"

How do issues surrounding gender create barriers to polio eradication?

**O**ur ultimate objective is to reach every last child with a polio vaccine. The role of the mother and father in reaching those children is very important, and we must understand the dynamics between them in order to achieve our goal. For example, a mother may want to have her child vaccinated, but that would require her to spend a day walking to a health center or market — and she might not be able to do that unless she gets permission from her husband. Or if her child falls ill and experiences paralysis in the arm or leg, the mother might have to seek permission from her husband to take the child to the health center. There could be a delay of several days that would affect our ability to take stool samples and determine whether that child has polio or not.

## Do more boys than girls receive vaccines?

On a global level, there is very little discrepancy between reaching boys and girls. You also see a more or less equal distribution of cases of polio between boys and girls. But the global statistics can mask disparities at the local level. We know that we have communities that are not being reached; we need to understand why we're not reaching them. Gender plays a huge role in both supply of and demand for immunization. Who is providing the immunization — a man or a woman? Who is the decision-maker —

mom or dad? And how do the immunizer and the decision-maker work together?

## What are the key points in the gender strategy you helped develop for the Global Polio Eradication Initiative (GPEI)?

The polio program has typically engaged women as frontline health workers because in some cultures, mothers are more likely to open the door to a female vaccinator. But women should not just be part of the delivery of the program. They should also be part of its design; they should be supervisors and team leads, and hold positions at the district level to make sure we are meeting the needs of communities. We also need to understand why we have trouble retaining female vaccinators. We want them to keep working with us.

We must look at our data in a way that allows us to understand the program better and to see where there may be gaps. Collecting and analyzing sex-disaggregated data will help us to understand if gender-related barriers are preventing us from reaching zero-dose children — children who have not received any vaccines — and to refine the way we plan campaigns in those countries.

The GPEI's new strategy places a huge focus on community engagement. We're looking at the supply and demand sides in communities. How do we create a demand that ensures that parents want to take their children to be immunized? We need to make sure that the offered immunization services are acceptable to parents.

## Besides gender, are there strategies that focus on other types of diversity?

We're also looking at engaging people with disabilities. And gender also covers economic status: A lot of gender disparities are much more pronounced at different economic levels as well as in different ethnic and age groups. For example, the decision-making power of

women in developing countries who are not educated is more limited, which will impact their ability to make health care decisions for the family. All of those things interact.

In the last mile of eradication, we need to leave no stone unturned to understand which children we are missing and why. Looking at gender is one more way to make sure that we're reaching all children. Fathers have just as much of a role to play as mothers. How do we overcome barriers, so that men are engaged in the decision-making process and so that they allow their children to be immunized?

Rotary is so well-positioned to be a lead on gender. It isn't a women's issue — it's everybody's issue.

This story originally appeared in the December 2021 issue of Rotary magazine.



**@Heather Monnet,**  
External Relations Officer and Gender Focal Point for Polio Eradication, World Health Organization

## TIME AND CHANCE



**H**er name is Lethukhanya Mjaja. She is three years old. She was sent to buy bread. Her uncle who is a commercial photographer, saw her playing in muddy water with the bread in her hand. He took some photos of her and posted them online. The pictures went viral and became the talk of South Africa's



social media space. She caught the attention of the company that produces the bread. They decided to use the picture on their billboards and delivery trucks. This increased their sales massively, so they decided to reward the little girl in cash and kind.

From playing in a childlike, carefree manner in the mud, this little girl became the face of one of SA's leading bread brands. From going on an errand to buy bread for the family, she brought the



definition of when grace speaks for someone.



There is this thing about "time and chance." We never know when it will happen but when it happens, there is no stopping the flow. Lethukhanya and Jumoke were just doing their own thing and grace found them at the time it was meant to find them.

bread company home and has become a breadwinner.

Her story reminds me of our own Jumoke the breadseller. She was photographed albeit accidentally, carrying bread. Today, she graces our tv screens. She is hardly recognisable because her story has changed. Whenever I watch her in the Amstel Malta 'My time is now' commercial, I see the real

For LungJisNi Mjaji, Lethukhanya's uncle, I don't see his career remaining the same again. I won't be shocked if he becomes the Official photographer for many brands in SA. He was just being himself, doing something he enjoys doing. Little did he know that the pictures he took of his 3 year old niece, would catapult him to fame as well. The story of his niece is not told without mentioning his name.

What are you doing? Do it well. Do it joyfully. When it is your time, grace will find you. May grace find us all.

© #maysStories

# CLUB EXPERIENCE MATTERS THE MOST

Recent Rotary research confirms that the single most important factor in member satisfaction is the club experience.

**1 Meeting enjoyment** — When members have fun, and feel that they are included and belong

**2 Confidence in club leadership** — When members feel that they have input in the club, their club leaders are open to their ideas, and when they trust the leaders to make good decisions for the club

**3 Personal growth opportunities** — When members feel that their club and Rotary offer ways for them to develop skills and to grow

**4 Connections** — When members feel that they've formed valuable relationships through Rotary

**5 Meaningful service** — When members feel that the service their club does makes a difference in the world and in their community

## WHAT MAKES UP THE CLUB EXPERIENCE?

Using our [Membership Assessment Tools](#) guide, which includes the [Member Satisfaction Survey](#), can help you craft an experience that reflects your members' interests and needs.



# REPORTS FROM ABIA STATE

## JOINT MATERNAL AND CHILD HEALTH PROJECT

ROTARY CLUB OF ABA METROPOLITAN & ROTARACT CLUB OF ABA METROPOLITAN



**A** joint project between Rotary Club of Aba-Metropolitan and Rotaract Club of Aba-Metropolitan to mark the Maternal and Child Health Month.

Carried out on the 21st July 2023 at Oluebube Maternity home, Mgboko Obete in Obingwa Local Government Area of Abia state.

The essence of the project was to support the pregnant, nursing mothers, and also advise on the importance of healthy living.



The project featured Health talks, distribution of Health materials and baby items to all the expectant/ Nursing mothers.

### AREAS OF FOCUS:

- Maternal and Child Health

- Disease Prevention and Treatment.
- Economic and Community Development.



### HEALTH TALK

Our Resource person Rtn Martha educated the expectant/Nursing mothers on BREAST FEEDING, BENEFITS OF BREAST FEEDING, MATERNAL HEALTH , BIRTH/ POSTPARTUM PLAN and CHILD CARE.

After the health talk section, question and answer was taken.

### PRESENTATION OF PROJECT MATERIALS

The club provided the following items which were equally donated to the pregnant and nursing mothers:

# REPORTS FROM ABIA STATE

## JOINT MATERNAL AND CHILD HEALTH PROJECT

ROTARY CLUB OF ABA METROPOLITAN & ROTARACT CLUB OF ABA METROPOLITAN



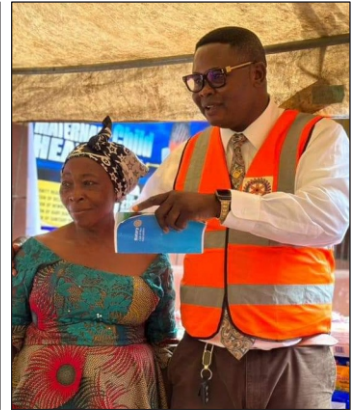
- 10 Nursing mother's
- 8 Nurses / Matron
- 10 Rotarians / Rotaractors.

*Together, let's create Hope in the World!*

1. Full set of Baby Care pack (Baby bath soap both liquid and tablet, baby cream, Dettol, towel, soap dish, powder, Hair oil and set of baby combs) for Child care.
2. Delivery matt for Birth
3. Sanitary Pad for postpartum plan
4. Baby Diapers.

**About 40 people participated in this project:**

- 12 expectant mothers



# REPORTS FROM ANAMBRA STATE

## ROTARY CLUB OF NNEWI URBAN IN-HOUSE HAND OVER



and experience the beauty of rotary in it's diversities .The new president and his team is expected to serve the club for the next one year with numerous projects to be executed across board.

Congratulations as we prepare to create hope in the society.

**Rtn. Prince Ifekanachi Okeke**  
Public Image Chair

It was a gathering of who is who in the Rotary family for the In-house handover ceremony of the synergizer president Rtn. Alex Chukwuemeka to the create hope team led by Rtn. Okafor Mentor Valentine

The ceremony which took place at the upper session of the smart stores Nnewi saw the gathering of Rotary leaders, Rotaractors and other friends of the family who came to witness



# REPORTS FROM ANAMBRA STATE

## IN-HOUSE HAND OVER - ROTARY CLUB OF NNEWI



The Rotary year started out on a good note for the Rotary Club of Nnewi as we were not left out in the Handover activities. We had our in-house handover on the 30th of June with our members, family and friends in attendance.

It witnessed the presidential address read by the outgoing Synergizer president, the vote of thanks by the incoming creative president, decorating the creative president with the the insignia, handing over club materials and sensitive documents to the incoming president. It also had the outgoing president reward a few Rotarians who had been outstanding in their service to the club within the Rotary year.



### Installation:

After meeting with the BOD of the Club, putting into consideration other Clubs within our Zone, the Club installation is scheduled to take place on the 19th August, 2023 at Classic Munich Hotel Nnewi. In this programme, we will Carry out our third project for the year, Empowering three indigent women in Nnewi with the sum of #50,000 each to start up a business. This falls under our area of focus "Economic Empowerment".

We are also planning to raise funds for the Rotary Foundation to the tune of 2000 dollars outside other individuals contribution.

**Projects:** As we prepare to Create Hope in the World through our service projects, we plan to carry out a good number of impactful ones this Rotary year. We will do projects under Protecting and Beautifying our Environment which we are carrying out this month end along side our Maternal and Child Care project. Other areas we will be working on are: Basic Education and Literacy (Spelling Bee Quiz for students), Disease prevention and treatment (target is the Girl Child), Social and Economic Empowerment (our installation project), vocational and youth service(empowering our young ones to go to RYLA and acquire new skills) Our first fellowship for the Rotary year had a great number of our members and friends in attendance as we had a scintillating lecture on



**PROSTATE HEALTH Benefits for both sexes** by Rtn. Dr Iloduba Nnaemeka Aghanya who opened the eyes of many to prostate diseases, possible causes, prevention and treatment.

Please, keep a date with us, more is coming from Rc Nnewi as we Create Hope in the World this Rotary Year.

Thank you.

### Ejefobiri Ifeoma Vera

President Rotary Club of Nnewi



## REPORTS FROM ANAMBRA STATE

### INSTALLATION OF THE 7TH DISTRICT ROTARACT REPRESENTATIVE



Anyanwu. Amidst enjoyable music, the Imagine Rotary DRR, Nnabude Valentine, delivered a heartfelt valedictory speech.

Subsequently, the formal installation proceedings commenced, accompanied by refreshments, recognitions, and the presentation of awards to individuals making notable contributions to society.

The Installation Ceremony of the 7th District Rotaract Representative, Rotr. Okwuchukwu Okonkwo, PHF, took place on June 24, 2023, at the ASUU Secretariat Complex, Nnamdi Azikiwe University, Awka, Anambra State.

The event garnered over 500 participants,



The event also featured the launch of district service projects and the induction of the Create Hope in the World district team.

The ceremony concluded with the departure of attendees, marking the successful culmination of this memorable occasion.



including Rotarians, Rotaractors, guests, and distinguished dignitaries from across Nigeria. Commencing around 1pm, the event was officially called to order with Rotaract reminders.

The District Governor, Akan Emah, delivered the opening remarks, followed by an enlightening lecture by Rotn Kelechi



# REPORTS FROM ANAMBRA STATE

## INSTALLATION OF RTN VALENTINE CHIDIEBERE OKAUDU PHF

### AS 8TH PRESIDENT OF ROTARY CLUB OF AWKA-SMITHTOWN



PRESIDENT took place and was proceeded by Award presentation to distinguished individuals as well as induction of two new members. Indeed it was a great event. Together, we Create Hope in the World.!

**O**n Thursday 22nd June 2023, Rotary Leaders, Rotarians and Guests converged in the SMITHCITY (Awka) to witness the grand Investiture of the 8th President of Rotary Club of Awka-Smithtown. The event which was a dinner event, commenced with the Rotary songs, recitation of preambles, serving of dinner as well as valedictory speech of the outgoing President Rtn Helen Onwudiwe.

It was a glamorous moment for the Smithtowners as the Investiture of Rtn Valentine Okaudu PHF as the 8th





# REPORTS FROM AKWA IBOM STATE

## ROTARY CLUB OF UYO INSTALLS HER 40TH PRESIDENT IN A GRAND STYLE



The 15th of July 2023 was agog with activities to mark the successful installation of the 40th President of the Rotary Club of Uyo Rotn Comfort Udobang Phd and the 40th anniversary of the 'Mother Club'.

Invited guests and friends of Rotary observed with awe the Rotary formalities, flag parade, timbrel display, American auction of a live goat, cutting of the anniversary cake, special rendition of 'Heal the world' alongside many Rotary songs.

The Chairman of the Installation Planning Committee PAG Idongesit Domingoinyang cheerfully welcomed all to the event and urged all to support the President and members of the Rotary Club of Uyo to 'Create Hope in the World' this Rotary year.

The Chairman of the event Rear Admiral Uduak Essien in his special remarks thanked everyone for honouring the invitation and in the same vein led a special fundraiser to support the Club's projects. The Chairman's friends and other dignitaries followed



suit. The Immediate Past President Rotn Tiemah Akpabio PHF gave her valedictory speech, handed over to the new President Rotn Comfort Udobang PHD and joined the college of Past Presidents.

The camaraderie and funfare to introduce the new

President dispersed while she took the podium to give her remarks. She outlined the plans for the Rotary year including the Club's star project which is the Rotary House/Skill Acquisition Centre. She then gave awards to deserving members of society and also named the Club Ambassadors in the different areas of focus of the Rotary International. The Rotary Club of Uyo was honoured to host the Governor of Akwa Ibom State HE Pastor Umo Eno through his



representative, the Secretary to the State Government, Prince Enobong Uwah. He gave his remarks and pledged his support for the Club projects especially in the area of Water and Sanitation which he stated as one of the key areas the Government is interested in improving throughout the state. The President remarked that we were pleased as a club to



receive the support of His Excellency and in turn gave an award to HE Pastor Umo Eno for Creativity and Industry.

The event continued with the induction of six new members to the Club and the inauguration of the 2023 - 2024 Board of Directors before climaxing in the vote of thanks by the Secretary Rotn Saviour Udoh.

### Rtn. Tiemah Akpabio

Chair, Public Image Committee  
Rotary Club of Uyo

# REPORTS FROM AKWA IBOM STATE

## JOINT MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUBS OF UYO CAPITAL CITY & UYO METROPOLIS



**P**ostnatal depression (PND) is one of women's most often neglected disorders after giving birth. Conversely, PND is one of the most frequent delivery complications globally, occurring between 10% and 15% of the time (Verinder and Priya, 2012). PND, often known as postpartum depression, is an illness that arises after delivery.

It is produced by distorted mother's emotions and social connection with the child; consequently, the woman feels guilty, overexcited, sleep-deprived, hopeless, loses her appetite, and is terrified.

Furthermore, it leads to insecure attachment and negative cognition, which may harm the newborn and the whole



family. In Nigeria, the Edinburgh Postnatal Depression Scale (EDPS) was used to examine the prevalence of PND. PND prevalence varies throughout Nigeria, with 44.5% and 21.8% in Northern Nigeria, 23% and 14.6% in Western Nigeria, and 30% and 10.7% in Southeast Nigeria (Adeyemo et al., 2020).

It is for this reason that, the Rotary Club of Uyo Capital City, in partnership with Rotary Club of Uyo Metropolis, embarked on the "Maternal and Child Health Project" on "Postnatal Depression", having done a feasibility study on the need for the programme.

The project aimed at, awareness talks on Postnatal

depression to pregnant women and nursing mothers at Health Centre, Wellington Bassey Way (Barracks Road) Uyo, Akwa Ibom State, on 19th July, 2023. The women were later presented with gifts items (sanitary packs) for the newborn babies.

The women were happy and shared testimony on how the programme benefitted them and that; as they are informed, they will always seek help early if they experience any of the symptoms they were taught.

### References:

Adeyemo E., O., Oluwole E., O., Kanma-Okafor O., J., Izuka O., M. and Odeyemi K., A. (2020) 'Prevalence and predictors of postpartum depression among



Postnatal women in Lagos, Nigeria', *African Health Sciences*, 20(4) pp. 54-1943.

DOI: 10.4314/AHS.v20i4.53. Verinder Sharma and Priya Sharma (2012) 'Postpartum depression: diagnostic and treatment issues', *Journal of Obstetric and Gynaecological Canada*, 34(5), pp. 436-442.

**Rtn. Ememobong Bob.**

Akwa-Ibom State Rep.



# REPORTS FROM AKWA IBOM STATE

## MENTAL HEALTH AND WELL-BEING



This Rotary Year, Rotarians are charged to **Create Hope in the World** and the Presidential Initiative is prioritizing Mental Health and Well-Being.

In response to this call, the President of Rotary Club of Uyo, Rtn Comfort Udobang, alongside her Vice and Chair, Installation Planning Committee, Rtn. Idongesit Domingo-Inyang,



had a call-in media chat on Live Inspiration FM, Uyo, Akwa Ibom State today, July 11, 2023 to sensitize the public on the need to pay attention to their mental health and Well-Being.

The Radio Program ably anchored by IMADEM, on health matters, sensitized the public on the need to speak out, educate and seek medical help for people with mental health challenges.

The program ended with an invitation to people of goodwill to join Rotary in her efforts to create lasting impact in our communities by attending the upcoming 40th Installation Ceremony of the Rotary Club of Uyo on Saturday, July 15, 2023 at Helemah Event Center by 12 noon.

### PAG Idongesit Domingoinyang



## REPORTS FROM EBONYI STATE

### TREE PLANTING - TO PROTECT THE ENVIRONMENT



Rotary club of Abakaliki-South, in its way of celebrating the new Rotary year, carried out a project which was aimed at protecting our environment.

The Club in collaboration with the Directorate of Campus-Green Initiative, Alex Ekwueme Federal



University Ndufu-Alike, Ebonyi State established a Green Village to preserve and promote the cultural and environmental heritage in the University. The event took place on 6th July 2023, during the AE-FUNAI 2023 Green Day celebration which highlighted the benefits of tree planting to include

combating desertification, drought, and global warming by absorbing carbon dioxide, removing and storing carbon and releasing oxygen back into the air, as well as providing a conducive eco-friendly and beautiful environment.

The event featured presentation of over 100 different species of trees, induction of new members into the Green-Campus Initiative Club, cutting of the AE-FUNAI Green Day cake, performance by students of the Theatre Art Department, cutting of ribbon for the establishment of AE-FUNAI Green Village and official kick-off of the 2023 tree planting campaign by the Vice-Chancellor.

It was indeed an interesting outing.

**PP Denis Nganya**  
Ebonyi State Rep.



## REPORTS FROM ENUGU STATE

### IN-HOUSE HAND OVER - ROTARY CLUB OF ENUGU GRA



Appreciation to Rotarians, friends and well-wishers who supported the Club during the year.

Highlight of the event was the induction of two new members namely-Ogechukwu Nnenna Kingsley- Ibe and Ajah Kingsley Nnamdi into the Rotary family

Coincidentally the two new members were sponsored by Rtn Chukwuma Maduka.



**R**otary Club of Enugu GRA had her change of baton from Synergizer President, Rtn Juliet Ifeoma Nwachukwu to our Create Hope President Rtn Arinze Udechukwu on 30th June, 2023 @ Allen Suite independent layout Enugu. It was an evening of Merryment, Awards and



### MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUB OF NEW HAVEN, ENUGU

**L**ed by her Club President Rtn Ugochukwu Uchegbu, Rotary Club of New Haven Enugu in partnership with **Odera Ugo foundation** and the Rotaract Club of New Haven CB, held her Maternal Health and Child Care Project at New Haven Health Center.

The event featured Health talks and distribution of Mosquito Nets and other health materials to Nursing mothers.



## REPORTS FROM ENUGU STATE

### IN-HOUSE HAND OVER - ROTARY CLUB OF ENUGU CITY LAYOUT



**O**n 6th July, 2023, the Rotary Club of Enugu City Layout held her handover Fellowship where Rtn Angel George Ogara officially took the baton of leadership as the President of the



Club for the 2023/24 Create Hope in the World Rotary Year.

She took over from Rtn. Ikechukwu Owoh Okeke.

The Handover Fellowship which was held at Cordial Hotel Enugu had in attendance lots of Rotarians, Rotaractors, friends and well-wishers.



### INSTALLATION CEREMONY OF ROTARY CLUB OF MARYLAND ENUGU

**O**n Sunday the 2nd of July, 2023, Rotary Club of Maryland Enugu had the Installation of her 18th President.

This event featured a Change of Baton from the SYNERGIZER President Rtn Patience Umeubosika to the Hope President, Rtn Innocent Asonye.

Rotarians, Friends and well-wishers graced the occasion to support the Club.



# REPORTS FROM ENUGU STATE

## THANK YOU FELLOWSHIP - ROTARY CLUB OF ENUGU CITY LAYOUT



In appreciation of the Rotarians and friends' attendance to her handover fellowship, the Rotary Club of Enugu City Layout organized a Thank-You Fellowship.

The fellowship was held on Thursday, 13th July, 2023 at Cordial Hotel Enugu.

It featured free medical checkup, raffle draw

and games.

**Angel Ogara**  
Club President



## WHAT IS FRIENDSHIP EXCHANGE?

Friendship Exchange is an international exchange program for Rotary members and friends that allows participants to take turns hosting one another in their homes and clubs. Participants may travel as individuals, couples, families, or groups, and may be Rotary members or not.

### Benefits Of An Exchange:

1. Broaden international understanding
2. Explore a profession or job in a different context
3. Build enduring friendships
4. Establish a foundation for peace and service
5. Gain opportunities for active project involvement and support.
6. Learn about a region's people, food, languages, customs, and history

7. Find partners for grants

### Define Your Purpose

Friendship exchanges are organized around at least one of three themes: Culture, Service and Vocation.

### Fund Your Exchange

All exchanges are paid for by the participants or their Districts. Hosts are not expected to assume a significant financial burden. Club or District funds may be available to offset



**PAG EKA ETUK**  
District Chair,  
Rotary Friendship Exchange



**Speaker: PDG Ndukwe Chukwu**

### **RIGHTS:**

- The Right to access banking services.
- The Right to privacy or confidentiality - your bank is not to divulge your account information to a third party; the bank must also protect your information from unauthorized access by a third party.
- Exemption - when ordered by court, case of public good.
- The Right to nondiscrimination.
- The Right to be informed - your bank must explain to your understanding all contractual terms and charges prior to the consummation of any agreement or contract.
- The Right to choose - you have a right to select from the range of products and services made available by your Bank at competitive prices.
- The Right to transparent and fair practices. It must be clear and readily understandable
- The Right to seek redress and complain. A bank must provide its customer a redress mechanism to express their displeasure or grievance. Your complain should be resolved; where you are not not satisfied with the decision of your bank, you have the right of review either by your bank, the Central Bank of Nigeria (CBN) or the court.

- The Right to safety - this right requires a bank to guarantee all its customer a secure and conducive banking environment devoid of threats to their safety and health.
- The Right to withdraw consent.
- Right to close your account.
- The Right to access your account information.
- The Right to opt-out of unsolicited marketing.
- The Right to interest rate disclosure.
- The Right to information on complaint handling.
- The Right to security of funds.
- The Right to cancel transaction within specific period.
- The Right to consumer education. There's a need for sustained information and education.
- The Right to good service - the right to be treated with respect and dignity by banks and their representatives.
- The Right to protection against fraud.
- The Right to joint account.
- The Right to equality - it is wrong for a bank to offer preferential treatment to some customers at the expense of other similar kind of customers. However, banks may decide to differentiate customers on account of the nature of products customers purchase or subscribe to.
- The Right to regulatory enforcement.
- The Right to free monthly statement of account - the provision of the Revised Guide to Bank Charges is that banks are required to provide their customers free 2 statement of account on monthly basis.

### **How Can You Resolve A Complaint?**

✓ Contact the bank and lodge complaint. Document it and the bank should acknowledge it.



# REPORTS FROM IMO STATE

## BUSINESS DEVELOPMENT FELLOWSHIP - ROTARY CLUB OF OWERRI CENTRAL

- ✓ Document all complaints. Always ask for an acknowledgement copy. Know the date, time and person you spoke with.
- ✓ Get denial slip from POS if transaction failed.
- ✓ Allow reasonable time - 10 working days.
- ✓ Be bold when not properly handled. Ask for the supervisor. Escalate to higher authority
- ✓ Utilize the bank complaint channel.
- ✓ Keep reference number of complaint. Ask for when you should follow up for feedback.
- ✓ You can write to consumer protection department of Central Bank when all have failed.
- ✓ For very big cases CBN cannot resolve, you can go to court.
- ✓ Use power of Social Media.

### Note:

° You can negotiate the maintenance charges and management fees

### Customer Duties

- Duty of knowledge and understanding. Anything you are doing, you must understand it.
- Duty of financial obligation. You must pay your obligation to the bank.
- Duty to protect instruments and information. It is important to stress that your bank cannot bear responsibility for any loss you incur as a result of your negligence in protecting vital instruments or information.
- Duty to provide factual information and not mislead the bank.
- Duty to report suspected fraud or error.
- Duty to personal safety and safety of assets. It is your duty to protect your assets against theft while on the premises of your bank.

© **Rtn Kaycee Anyanwu (DGN)**

## ROTARY CLUB OF OWERRI GOVERNMENT HOUSE INSTALLS HER CHARTER PRESIDENT



History was made on Sat 15th July, 2023 at the Charter Installation ceremony of the Rotary club of Owerri Government House.

The event brought together various men and women of goodwill from across the district to witness the epoch making event as **Rtn Fortune Obieze PHF** was installed as the Charter President of the vibrant Club

### The event featured:

Launching of Service Projects

### Presentation of Awards and Induction of New Members

Among the dignitaries were District Governor Nominee, Serving Club Presidents, Assistant Governors, District Officers, Past Presidents and Past Assistant Governors,



## REPORTS FROM IMO STATE

### “A ROTARY DAY OF SERVICE”



**D**ear friends, I most sincerely thank and appreciate the efforts of the President and members, Rotary Club of Aladinma-Owerri and Rotary Club of Ikenegbu-Owerri for making today a Rotary Day of Service to me with the impactful projects executed this day.

First, I was privileged to witness the donation of surgical equipment for a safe



child delivery towards improving maternal and child health at the Federal University Teaching Hospital, Owerri, executed by the Rotary Club of Aladinma-Owerri. To receive the delegation and the

equipment was the Chief Medical Director of the Hospital who expressed joy and appreciation to Rotary for the good they do.

From there, I joined the Rotary Club of



Ikenegbu-Owerri on their ongoing 3 Day Medical Outreach taking place at the Anglican Mission Hospital, Ogwa; a project in partnership with the Rotary Club of Ogwa and the Ogwa Stakeholders Forum and Chijan International Inc USA.

The project covered different Medical concerns like Maternal and Child Health,

# REPORTS FROM IMO STATE

## “A ROTARY DAY OF SERVICE”



free Hepatitis screening, eye test and general medical diagnosis. As a Rotarian, our fulfilment is the joy we bring to others and the good deeds they talk about Rotary.

I am indeed fulfilled today seeing the joy

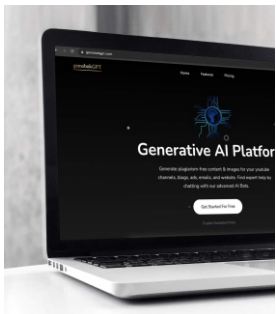
expressed by the beneficiaries of these projects.

**Let the ACTION CONTINUE!**

**AG George Clifford**  
Zone 36



## FOR TECH LOVERS ONLY



Are you a blogger, use **gemsbokGPT** to generate unique content, catchy titles etc for your blog.

The most successful bloggers are those who use AI platforms like gemsbokGPT.

If you are a Skit maker, use gemsbokGPT Viral video script generator to generate unique video scripts with a potential to go Viral.

If you are looking for an Immigration consultant, look no further. Our Jakpa AI Chatbot is programmed to give you accurate information about your visa application.

Are you selling on Jumia or Amazon, use gemsbokGPT to generate unique content about

your products.

Entrepreneurs also have a tool to create company mission and profiles etc in seconds.

Need medical information about your sickness? You have a medical assistant in your pocket.

Looking for a legal adviser? gemsbokGPT has an advanced AI legal bot

Are you an entrepreneur and always wanted a Business Coach, we have trained Aliko DangoBot to lead you to business success

**g e m s b o k G P T** is loaded with very useful AI Chatbots

**Charles Awuzie - Facebook**



## Meet Venus Stargazer. The hypersonic jet that could fly across the world in one hour.

A US startup wants to use a new kind of plane engine to propel a jet carrying 12 passengers from LA to Tokyo in an hour

The last time humans witnessed supersonic travel was the legendary Concorde, which operated from 1973 to 2003. The super-speedy plane was equipped with four powerful engines and could journey from New York to London in less than four hours — a tremendous feat for the era.

\* Venus Aerospace is a US startup developing a Mach 9 hypersonic jet known as Stargazer.

\* The ultra-speedy plane would carry up to 12 people and fly some 5,000 miles in just one hour.

\* Insider spoke with Venus' cofounders to learn about the recent developments and the obstacles ahead.

©TAYLOR RAINS:

[Africa.businessinsider.com](http://Africa.businessinsider.com)



A story is told of baboons and monkeys who heard that the man who used to chase them away from the maize field had died, they hysterically celebrated.

The following year there was no Maize, that's when they painfully realized the dead man was the farmer!

Not all enemies are enemies.

Some came to teach us lessons.

Stay focused.

Keep following  
**Niceman Agrochemicals and Farm**



### **What is stopping you from stepping into your light ?**

Mistakes and failures are all part of the process. It is time to let go of fear . Do not allow fear to paralyze you !!!

You are not alone.

**STEP OUT in faith.** It is in doing that you become your best version.

***A journey of a thousand miles begins with a step***

*It is time to put that business plan into action. Do not be ashamed to start small. Every big business or*

*successful individuals started small.*

*Work at being consistent in your efforts. Be determined to rise when you fall and to keep moving.*

*You have to practice being your own cheerleader.*

Have you wondered why big businesses are still advertising? The day you stop showing up, you start your journey to being irrelevant.

Do not place your trust or hope in anyone to push your business. You can do it !!

I love you, celebrate and honor your struggle. We win together.

Welcome to a beautiful day in July.

#toofocusedtogiveup  
#bbrwomenonfire

**Prof. Joy Onyesoh (Iyom)**



## THE COLOUR OF LIFE

In life there are seasons and times, we all must pass through. Sometimes we'll scratch the surface and find gold, other times we'd have to dig very deep to.

In some seasons, things will work for us in a way it won't work for others. Let us not be tempted to assume we are better than them. Principles, commitments and skills are critical to achieving our goals but we must remember that there are folks who having more skills, have worked harder than us but without commensurate results.

There is this popular saying '**do not mock the cross you have not been given to carry**'.  
**#FACT#**

I read somewhere also that those who had their palm kernel cracked for them by benevolent spirits should not consider others lazy.

Truth is, there is an unseen hand that makes

the difference for each and everyone of us.

Life is like a military parade with many battalions in different locations. While some may be at attention, others may remain at ease. While some may be on quick march, others may be on slow march. Remember that some soldiers weren't even selected for the parade but they remain soldiers.

We want to Create Hope in the world this Rotary year. My dear Rotarians, let us do this with all diligence and love. Learn to be a support system to your Club and its leadership. It is never easy to lead. **#FACT#**. Be the agent of Change you desire to see.

We are not competing to win against each other, we are and should be working to achieve same goal

We must be careful never to be the challenge others need to resolve as they do their bit this Rotary year.

Tables may look immobile but they turn. I see a world where everyone unites to do good for humanity. This is the only way we can **CREATE HOPE**.

Peace.

#angelspeaks  
#angelgeoreis  
#thetablefixer  
#letusfixthetable

**Rtn Angel George-Ogara**  
President,  
Rotary Club of Enugu City Layout

**Rotary**  
District 9142



The 5th All Africa  
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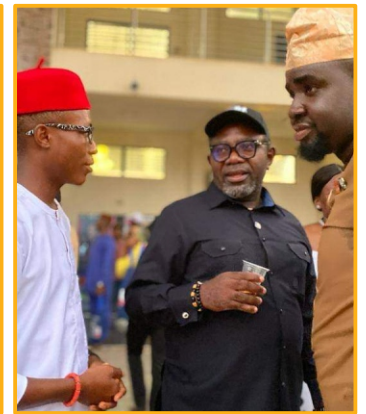


# ROTARIAN AKAN EMAH [MD] - PIC STORY





# ROTARIAN AKAN EMAH [MD] - PIC STORY



# HERBAL TEAS FOR THE MENSTRUAL PHASE



There are five(5) main teas that you should have on rotation during your menstrual phase (aka the days of your bleed/ period) in order to support a healthy menstruation, whether you suffer from period pain or not: Cramp Bark, Red Raspberry Leaf, Nettle Leaf, Chamomile, and Peppermint.

**Cramp Bark** – Exactly as the name suggests, cramp bark has been used to address cramps. It contains methyl salicylate which is a weaker and less irritating precursor to the salicylic acid used in aspirin.

**Nettle Leaf** – Nettle Leaf is known for its anti-inflammatory properties which may be helpful in alleviating pain. In addition to that, it is known for boosting the immune system!

**Red Raspberry Leaf** – Tasting similar to black tea, red raspberry leaf is a classic period tea. It contains vitamins such as vitamin A, vitamin C, and vitamin E and has antioxidant properties. Anecdotal evidence suggests that it may help to reduce menstrual cramps and support a healthy flow.

**Chamomile** – Chamomile is often used as a “sleepy” tea, but those relaxing benefits can also translate to the uterus. It has been used to help reduce menstrual pain by relaxing the body and decreasing the production of prostaglandins.

**Peppermint** – I could drink peppermint tea every day because I just love it. This can be super helpful for bloat and digestion issues that some people may notice during menstruation. It also is known to act as a relaxant so may be helpful for things like headaches and muscle cramps.

Let's start early to teach our girls that nature heals!

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**DIRECTORY FOR CLUB MEETING DAYS IN IMO STATE. DISTRICT 9142.**

S/NO	CLUBS NAME	MEETING DAYS AND TIME	MEETING VENUE	CONTACT NUMBER
1.	ROTARY CLUB OF OWERRI	TUESDAYS 6PM	IMMACULATE ROYAL HOTEL PORT HARCOURT ROAD.	08037596442
2.	ROTARY CLUB OF ALADINMA OWERRI	WEDNESDAYS 6:00PM	GOLDEN TULIP ESSENTIALS, OKIGWE ROAD OWERRI	08037882711
3.	ROTARY CLUB OF OKIGWE	WEDNESDAYS 5PM	PEGO HOTELS, NO 1 ISIBA LANE, OKIGWE	09028351669
4.	ROTARY CLUB OF OWERRI CENTRAL	THURSDAYS 6PM	IMMACULATE ROYAL HOTEL PORT HARCOURT ROAD.	08037373007
5.	ROTARY CLUB OF IKENEGBU-OWERRI	TUESDAYS 6:30PM	PINEWOOD HOTEL ORLU ROAD.	08021234568
6.	ROTARY CLUB OF OWERRI METROPOLITAN	WEDNESDAYS 5:30PM	VANESSA PARIS HOTEL ORLU ROAD OWERRI.	08033582611
7.	ROTARY CLUB OF OWERRI NORTH	TUESDAYS 5:30PM	GOLDEN TULIP ESSENTIALS, OKIGWE ROAD OWERRI.	08030729866
8.	ROTARY CLUB OF OBOWO	WEDNESDAYS 4:30PM	J.C SUITES/HOTEL, UMULOGHO OBOWO.	08036603662
9.	ROTARY CLUB OF OWERRI COSMOPOLITAN	FRIDAYS 6PM	CITY OF ANGELS HOTEL SPIBAT ROAD, AMAKOHIA	08172670394
10.	ROTARY CLUB OF MBAISE	TUESDAYS 4PM	NODBELLE GUEST HOUSE AHIARA JUNCTION, MBAISE.	08037239251
11.	ROTARY CLUB OF OGWA	2ND SUNDAY PER MONTH 1:30PM FOR 2PM	NDIKPA HALL OPPOSITE ST PETER'S (ANG) CHURCH ALAENYI - OGWA	08163449470/09163027875
12.	ROTARY CLUB OF OWERRI SUNRISE	SUNDAYS 3PM	GOLD CROWN HOTEL PORTHARCOURT ROAD BY CONCORDE JUNCTION.	08033508315
13.	ROTARY CLUB OF OWERRI UPTOWN	MONDAYS 5:30PM	RENTO HOTELS AND TOWERS BY 40/40 JUNCTION.	08033393115
14.	ROTARY CLUB OF OWERRI ROYALS	THURSDAYS 5:30PM	CITY OF ANGELS HOTEL SPIBAT ROAD, OWERRI	08036752635
15.	ROTARY CLUB OF OWERRI GOVERNMENT HOUSE	MONDAYS 5PM	VANESSA PARIS HOTEL ORLU ROAD OWERRI.	07061569603
16.	ROTARY CLUB OF OWERRI NEWTOWN	TUESDAYS 5:30PM	GREATWOOD HOTEL PORTHARCOURT ROAD.	08146637381

COME LET US SHARE FELLOWSHIP...ROTARY FOR YOU AND FOR ME.



## DIRECTORY FOR CLUB MEETING DAYS IN AKWA IBOM STATE, NIGERIA

S/N	CLUB NAME	CHARTERED	MEETING DAYS / TIME	VENUE
1	ROTARY CLUB OF UYO METROPOLIS	26TH FEBRUARY, 2008	EVERY SUNDAY BY 5:30PM	EMJIMM HOTEL, UYO
2	ROTARY CLUB OF UYO MUNICIPAL	22 JANUARY, 2021	EVERY SUNDAY BY 5:30PM	NEW POINT HOTEL, ATIKU ABUBAKAR WAY, UYO
3	ROTARY CLUB OF UYO	10TH JUNE, 1983	EVERY FRIDAY BY 4:30PM	UM-NEAK HOTELS, OSONGAMA ESTATE, UYO
4	ROTARY CLUB OF ABAK METROPOLIS	17TH JUNE, 2011	EVERY THURSDAY BY 5:00PM	TILAPIA RESORT, ABAK L.G.A BY THE VIP BAR
5	ROTARY CLUB OF EKET	2ND NOVEMBER, 1984	EVERY SUNDAY BY 5:00PM	ROYALTY HOTEL, EKET - ORON ROAD, EKET L.G.A.
6	ROTARY CLUB OF EKET GROOVE	15TH MARCH, 2019	EVERY TUESDAY BY 6:00PM	DHREMO HOTEL, IBEKWE STREET, OFF IDUA.
7	ROTARY CLUB OF UYO SHELTER AFRIQUE	16TH MAY, 2018	EVERY MONDAY BY 6:00PM	VENUS HOTEL, SHELTER AFRIQUE, UYO, AKWA IBOM STATE.
8	ROTARY CLUB OF UYO URBAN	12TH FEBRUARY, 2021	EVERY 2ND & LAST THURSDAY OF THE MONTH BY 6:00PM	LUTON PARK HOTEL; UYO AKWA IBOM STATE BY UDO UDOMA AVENUE
9	ROTARY CLUB OF UYO CAPITAL CITY	19TH MAY, 2021	EVERY 2ND & 4TH MONDAYS BY 5:30PM	UM-NEAK HOTELS, OSONGAMA ESTATE, UYO
10	ROTARY CLUB OF IKOT EKPENE METRO.	21ST JUNE, 2021	EVERY SUNDAY EXCEPT 1ST SUNDAY OF THE MONTH BY 4:30PM	ANIBETO HOTELS, EPHRIAM ESSIEN STREET, GRA, IKOT EKPENE



## DIRECTORY FOR CLUB MEETING DAYS IN ENUGU STATE, NIGERIA

S/N	CLUBS IN ENUGU	MEETING DAYS/TIME	MEETING VENUE	PHONE NUMBER
01	RC ENUGU	MONDAYS 5PM	MODOTELS, GARDEN AVENUE, ENUGU	08038686108
02	RC EKULU	MONDAYS 6PM	DE CASTLE HOTEL, EKULU GRA ENUGU	07015456392
03	RC ENUGU CITY LAYOUT	THURSDAYS 5PM (BI-WEEKLY)	HOTEL CORDIAL, NEW HAVEN ENUGU	08036255882
04	RC ENUGU MUNICIPAL	MONDAYS 5PM	PREDIA HOTEL, OTIGBA JUNCTION, ENUGU	08068445368
05	RC ENUGU INDEPENDENCE LAYOUT	THURSDAYS 6PM	TOP RANK HOTELS, ESBS JUNCTION, IND. LAYOUT ENUGU	08037727366
06	RC ENUGU GRA	THURSDAYS 6PM	SILICON VALLEY RESORT, GOLF ESTATE, GRA ENUGU	07031647100
07	RC ENUGU NORTH	THURSDAYS 5PM	PREDIA HOTELS, OTIGBA JUNCTION, ENUGU	08035959796
08	RC EMENE	THURSDAYS 7PM	THE CLUB HOUSE, FOREST CRESCENT, GRA ENUGU	08064048658
09	RC ENUGU CITY CENTRE	THURSDAYS 5PM (BI-WEEKLY)	HOTEL SUNSHINE (ERIC MEETING ROOM) PRESIDENTIAL RD. ENUGU	08033132636
10	RC NEW HAVEN	TUESDAYS 5PM	HOTEL CORDIAL, NEW HAVEN, ENUGU	08033170240
11	RC MARYLAND ENUGU	WEDNESDAYS 5PM (BI-WEEKLY)	CORDIAL HOTELS, NEW HAVEN, ENUGU	08050209709
12	RC ENUGU GOVT HOUSE	WEDNESDAYS 5:30PM	UNIVERSAL HOTEL, ENUGU	08037627489
13	RC ABAKPA NIKE COMM	MONDAYS 6PM	BOARD ROOM 3, NIKE LAKE RESORT HOTEL, ENUGU	08025335456
14	RC ENUGU METROPOLIS	MONDAYS 5PM	HOTEL SUNSHINE, ENUGU PRESIDENTIAL RD. ENUGU	08035566222
15	RC TRANS EKULU	THURSDAYS 5PM	CITIZEN CENTRE, HILLVIEW ST. TRANS EKULU	08036767635
16	RC NSUKKA	MEETS EVERY 1ST AND 3RD WEDNESDAYS	NIGER HALL UNIVERSITY OF NIGERIA, NSUKKA	08138605952
17	ROTARACT ZONE 8 ENUGU	CALL THE A.D.R.R ☎	ROTR AFOMA OKIDE	08136346164



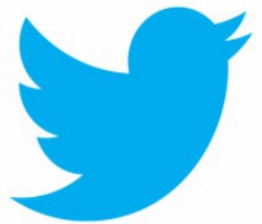
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