

Issue #2 | August 2023

PEOPLE OF HOPE

A monthly magazine of District 9142



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

In this Issue:

**INSTALLATION OF THE SEVENTH DISTRICT
GOVERNOR OF ROTARY DISTRICT 9142**

“MEMBERSHIP AND CLUB GROWTH”

With Kaycee

**GOOD CHOLESTEROL VS BAD
CHOLESTEROL; UNDERSTANDING THE
IMPACT ON HEART HEALTH**

AUGUST

MEMBERSHIP AND NEW CLUB DEVELOPMENT MONTH

“
*Let us give value to
the time our
members share
during Fellowships,
value, and treat each
other with
respect and dignity!*”
”



Edition 2 | August 23'

www.rotarydistrict9142n.org



EDITOR'S DESK

read and gift to your friends to share Rotary with us.

Let us continue to **Create Hope in the world.**

Best wishes from the Publications Committee.

Thank you.

Chinwe Ede

Dear Friends,

Welcome to Rotary Membership Development month, August. A month we identify potential leaders with skill, talent and Integrity who are also willing to give same in Service to humanity and help strengthen our clubs. It is a time to grow our Service, grow our partnerships and the impacts of our projects to achieve more for our Communities. A very special month it is in Rotary.

I heartily welcome us to the second Edition of our District Governor's Newsletter "People of Hope" and the Publications Team is particularly excited to keep telling our Rotary Club stories as always for enhanced Public Image visibility.

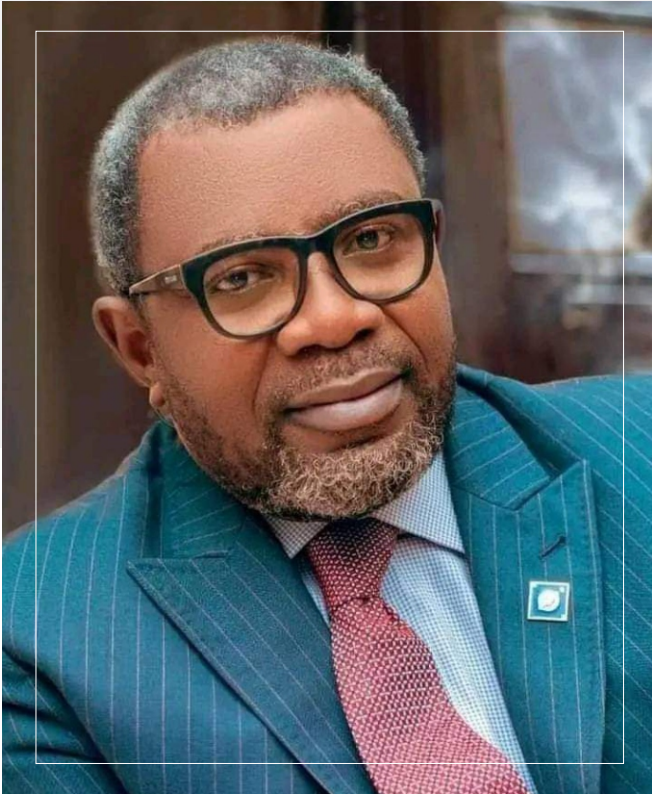
This Edition is fully loaded for us. From the report of our District Governor's Installation, Service projects across the District, life-enriching articles, to celebrating the Rotarian Star of the month!

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..We are always excited to share your Stories...



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The beauty of our Organisation is the fact that every month has its own designation and this becomes the catalyst for Clubs and Rotarians to adhere easily towards observing these Months.

AUGUST is here , the second month of the Rotary Year and the Membership & New Club Development Month. Incidentally, because of the premium we pay on Membership, Clubs and Rotarians do not only set aside this Month to increase it's membership but we ensure that we drive new members into our fold every time and every month. Beyond the recruitment of new members, we must also ensure that our Old Members are having satisfaction with our programmes and are involved in our day to day activities - so that they can continually subscribe to our membership by paying their dues . Above all, we are expected to develop and charter New Clubs to add to our fold !

So as we begin this month, the expectations are high despite the challenging times. Everyone of

us have a great part to play in the sustenance of our Clubs!

Club , Zonal and District Leaders must develop an inclusive, interesting Club Experience for our Clubs ! We must give value to the time our members share during Fellowships, we must value each other and treat each other with respect and dignity ! Above all , let's abolish the African Time syndrome in our Fellowships. These will greatly assist us in building a Strong , Big and Bolder Clubs.

Our Public Image & Membership Development Seminar will be holding on August 25th and 26th in Aba ; The Enyimba City. Registration for that Seminar is Twenty Five Thousand Naira (#25,000.00) for a CLUB and it covers the President, Chair Public Image and Chair Membership Development.

Individual Rotarians are to register with Ten Thousand Naira (#10,000.00) each.

So let's make this month count ! Let's be in Aba and listen to more interesting and exciting ways to enhance our Public Image and increase our Membership

I celebrate every Team Member and I thank you all for making Ibom Mega Experience - truly an Experience.

Together, we will change the narratives of our District.

Akan Emah
Team Lead



Dear friends,

It is the month of August widely recognized by Rotary International as the membership and new club development month.

It is in this month that we preach extensively the gospel of Rotary/Rotaract in our different communities.

Each One, Bring One!

As good Rotaractors, we should always remember the purposes and principles of Rotaract and portray that

image each time we carry out service projects, go for club fellowships and other events.

We're also expected to be very keen to any yardstick on the progress of clubs. We're people of action, let our actions speak for us.

Attract more people to Rotaract; when you induct them, report them to RI Portal, engage them and make them know what being a Rotaractor entails.

We THINK DIFFERENTLY!
We TRANSFORM LIVES!
We SOLVE PROBLEMS!
AND WE CREATE HOPE FOR THE HOPELESS!

Yours in service

Rotr. Okwuchukwu Okonkwo
PHF
District Rotaract Representative
2023/24

Rotary International President's Message



At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole,

authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this

effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

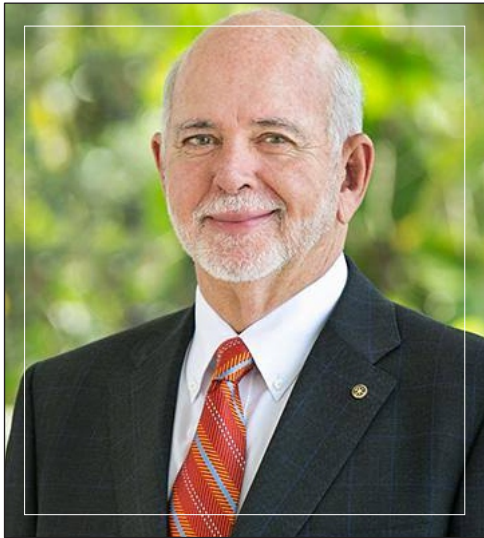
We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years — and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will Create Hope in the World.

R. Gordon R. McNally
President 2023-24



This year, I urge all of you to think big about The Rotary Foundation. To reach our goals and make the impact we know we can make, we must think outside the box and embrace innovation. We must make bold plans to expand our reach today, tomorrow, and in the future.

Start by thinking big about Foundation-supported projects. If your club hasn't engaged in a Rotary Foundation district grant or global grant, make this the year you do. Collaborating with your Rotary counterparts in another district on one of Rotary's seven areas of focus can make a lasting impact beyond your wildest dreams. Explore Rotary Showcase at rotary.org/showcase or arrange a meeting between your club and your district Rotary Foundation chair to start a

conversation.

Let's also think big about our polio fundraising this year. Begin planning your World Polio Day fundraiser now for 24 October if you haven't already. Let's see how Rotaract and Rotary clubs can make this year's fundraisers our best ever.

Thinking big about the Foundation also means remembering that through it, our impact goes beyond the current Rotary year. We see this through not only the emphasis on sustainability in our grant projects but also in initiatives such as Programs of Scale. The third Programs of Scale recipient will take on a big challenge: combating cervical cancer and enhancing women's health in Egypt through awareness-raising and improved access to preventive care.

The success of the Programs of Scale grant model lies in our approach of closely collaborating with partners to amplify proven methods. Each year, The Rotary Foundation awards \$2 million to a member-led program that has demonstrated success and has the potential to reach more people through scaling up over

a three- to five-year period.

Our Programs of Scale are the epitome of thinking big: Through them, we aim to establish sustainable partnerships and cost-effective programs that deliver tangible benefits beyond the funding period. This way, Rotary and its Foundation can reach and assist more people in more places.

Lastly, let's remember that our efforts to make the world a better place should extend beyond our time on earth. As we strive to reach \$2.025 billion by 2025 for Rotary's Endowment, consider how you can leave a legacy by making a gift or a commitment to a Rotary endowment. This will ensure that Rotary's future generations will have greater financial resources to create positive change, just as so many are doing now, in so many ways.

Barry Rassin
Trustee Chair 2023-24

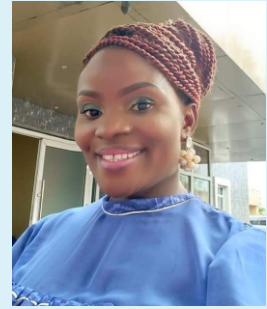
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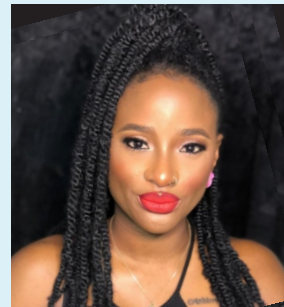
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I - INNOVATIVE C - COMMITTED E - EXCEPTIONAL

Inside



11 District Governor's Mega Experience; Welcome Cocktail

12 Installation Of The Seventh District Governor Of Rotary District 9142 *"Ibom Mega Experience"*



14 Keynote Address By Arch Nya-etok Ezekiel At The Installation Of The Akan Emah As The Governor Of District 9142.

15 "Membership And Club Growth" With Kaycee



23 Service Projects Across The District

53 Elon Musk's Five Golden Keys To Entrepreneurial Success

53 Good Cholesterol Vs Bad Cholesterol; Understanding The Impact On Heart Health



55 Know The Difference Between UK, Great Britain, Britain And England

56 Women-On-Fire

57 Table Breaking Corner

59 Directory for Rotary Club Meetings across the district.

Membership and New Club Development Month

— WELCOME TO **AUGUST**



Rotr. Okwuchukwu Okonkwo
DRR. 2023/2024

"Membership and New Club Development Month is a time to welcome fresh faces, foster new connections, and grow our community together. Embrace the spirit of inclusivity and open doors to opportunities that bring us closer as one"

Powered by: District Media Team

DISTRICT GOVERNOR'S MEGA EXPERIENCE: Welcome Cocktail

By Cyril Aquanfon PHF



The Seventh District Governor AKAN EMAH played host to his colleague DGs from other Districts, fellow Rotarians, Guests and Friends of Rotary to a Mega welcome



Installation Cocktail at EMMJIM HOTELS AND SUITES IN UYO.

According to the HOC Chairman, PAG Bassey Ekanem, 'this was just to show and make ROTARIANS worldwide feel the Uyo hospitality.

It was so good that attendees thought and mistook the welcome cocktail for the Real Mega Installation due to the way and manner the DJ performed, the

food was real A'la carte, plenty of Super choppings, plus assorted drinks. Nice interactions and Networking came on board. ROTARIANS enjoyed the New



African Dance party. **It was indeed a Mega Welcome Gbedu.** And all ROTARIANS went back to their hotel rooms feeling Happy and fulfilled. All attendees confessed to having Real



Fun in Uyo as the Hospitality is something to remember.

A confirmed Mega Experience, it is.!

INSTALLATION OF THE SEVENTH DISTRICT GOVERNOR OF ROTARY DISTRICT 9142
'IBOM MEGA EXPERIENCE'



It was a beautiful Saturday morning of 29th, July 2023, at the prestigious IBOM HALL, IBB way, Uyo, Akwa Ibom State.

Rotarians, Friends and Guests from across the District and beyond all gathered with great excitement for the



Installation of Rtn Akan Emah (MD). The atmosphere was filled with chilling music and Rotary euphoria. The hall

which was well decorated colourfully was fully seated inside-out with Rotarians who are poised to Create Hope this Rotary year, guests and friends of Rotary.

The highlights of the event includes; Fundraising for our Foundation and Service Projects for the Rotary year. People of great value for humanity raised funds cheerfully in support of **The Rotary Foundation.**

INSTALLATION OF THE SEVENTH DISTRICT GOVERNOR OF ROTARY DISTRICT 9142

'IBOM MEGA EXPERIENCE'



The District Governor (DG), Rtn Akan Emah MD, emphasized on adding value to Rotarians, the Clubs and the District. He made it clear that, he will ensure Rotarians are educated, informed and involved on Rotary's best practices. He stated his desires to build love, inspire Rotarians and collectively rekindle the Rotary spirit in every Rotarian. Our brand



new DG, noted four goals at the installation which are on four major issues: Membership, The Rotary Foundation, Public Image and Service Projects.

There was presentation of Awards to Special Guests as well as Appreciation and Recognitions to our members too. The awards categorised into two

are: Gold service Awards and Ambassadorial Recognitions given to outstanding Rotarians who have contributed immensely to the growth of our District.

The Event had the former Governor of Rivers State, who is the Minister of the



Federal Capital Territory - Chief Barr. Nyesom Wike as the Chairman and the Former Attorney General / Minister of Justice - Hon Muhammed Adoke as the Special Guest of Honour Both distinguished men were ably represented by Hon. Barr. TS Akper SAN. In the same vein, the Senator



representing Abia South, who is also the Chairman Senate Committee on Power in the Nigeria Senate, Senator Enyinnaya

'IBOM MEGA EXPERIENCE'



everyone to eat and drink to their satisfaction which made Rotarians to tag the installation "value-added"!

Rotary songs and anthems filled the air and it was a beautiful day. Indeed a great **IBOM MEGA EXPERIENCE** as

H. Abaribe was also in attendance among other Special Guests who came to support our District in this auspicious event.

The attendees were entertained by the Interacts who made a beautiful presentation to spice the day.



themed. It did live up to the name and even surpassed expectations in all class.

Vi ve lê Rotary..!!!

Rtn Ememobong Bob

Akwa Ibom State Rep.

Publications Committee



There was also Ekpe Cultural display as the DG is a proud Uruan man, the Ekpe community came to show solidarity and glamour to their illustrious son.

More than enough Akwa Ibom traditional cuisines, water and assorted drinks was available for



KEYNOTE ADDRESS BY ARC NYA-ETOK EEZKIEL AT THE INSTALLATION CEREMONY OF AKAN EMAH AS THE GOVERNOR OF DISTRICT 9142, AT IBOM HALL ON 29TH JULY, 2023.

GOOD GOVERNANCE: Juxtaposing Government Responsibility, and Citizen Responsibility.

PROTOCOLS.

It is my pleasure to be vested with this honour of being the Keynote Speaker at this very important event. There is so much that I could say as preambles, but for reason of time, kindly allow me to go into the presentation. I shall launch my presentation from the standpoint of what I will refer to as 'Network Governance'.

In contemporary times, the task of superintending over national affairs has become more complex and extremely challenging for so many reasons. The Network Governance approach which has gained international applicability, underscores the importance of coordinating governance through concerted efforts and inputs from relevant actors other than government.

The collective efforts from these non-governmental actors creates a network that provide external support for functional and effective governance process. In this governance network, you will find the private sector, international institutions, social networks, the office of the citizen, and community-based organizations. When we talk of community-

based organizations, a notable and internationally recognized actor is The Rotary Club. At this point before I proceed with my presentation, it is appropriate to commend the Rotary Club. The Rotary Club has evolved to become a global network of about 2million neighbors, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves. For more than 110 years, members of the Rotary Club have channeled their passion, energy and resources to implement sustainable projects and create positive change in critical areas of importance. The Rotary Club has contributed in no small measure to promoting peace, fighting disease, supporting education, providing clean water, sanitation and hygiene, growing local economies, protecting the environment, and more. The Rotary Club deserves great accolades. In recognition of the sterling achievements of Rotary Club around the world, please let us give resounding ovation to the Rotary Club and its dedicated members. Thank you.

As we proceed on this presentation, one thing that I find very fascinating about the Rotary Club is: Rotary members

have a shared sense of responsibility to take action on our world's most persistent issues. It is based on the Network Governance approach and the need for a shared sense of responsibility that I titled my presentation:

"GOOD GOVERNANCE: Juxtaposing Government Responsibility and Citizen's Responsibility".

Governance comes to the fore as a major issue.

20 Types of Governments (@Uberfacts)

1. Technocracy: Government ruled by technical experts
2. Autocracy: Government ruled by one individual with absolute power
3. Democracy: Government ruled by the people, typically via elected representatives
4. Monarchy: Government ruled by a single monarch (king or queen)
5. Oligarchy: Government ruled by a small, powerful group
6. Aristocracy: Government ruled by a privileged upper class, often often hereditary
7. Theocracy: Government ruled by religious leaders or based on

**KEYNOTE ADDRESS BY ARC NYA-ETOK EEZKIEL AT THE INSTALLATION CEREMONY OF
AKAN EMAH AS THE GOVERNOR OF DISTRICT 9142, AT IBOM HALL ON 29TH JULY, 2023.**

religious principles

8. Plutocracy: Government ruled by the wealthy

9. Meritocracy: Government ruled by individuals selected based on their abilities and qualifications

10. Kleptocracy: Government ruled by corrupt leaders who exploit national resources for personal gain

11. Matriarchy: Government ruled by women

12. Patriarchy: Government ruled by men

13. Timocracy: Government ruled by property owners and/or those with a love of honor

14. Bureaucracy: Government ruled by state officials in a hierarchical structure

15. Anarchy: A society without a government, or, violently enforced political authority

16. Military Dictatorship: Government ruled by military leaders

17. Totalitarianism: Government that is centralized and dictatorial, demanding complete subservience to the state

18. Socialism: Government ruled

by the community as a whole, regulating means of production, distribution, and exchange

19. Communism: Government ruled on a principle where property is publicly owned, and work and pay are based on abilities and needs.

20. Fascism: Government ruled by a dictatorial power, suppressing opposition, regimenting industry and commerce, and emphasizing aggressive nationalism and often racism

In Nigeria, we have adopted DEMOCRACY for our Governance type. Please permit me not to elaborate on this as it could distract from the essence of this address.

Governance comes to the fore as a major issue in human development globally. It has been said that after God, governance is the next most important influence in human development. Governance entails the systematic process of administering over the affairs of a country through established bureaucratic structures and managerial protocols. Governance in Nigeria seems to be losing its steam. Considering the myriads of anomalies that plague our country today, it is safe to

conclude that Nigeria is still many miles away from good governance.

As I discuss my perspectives on Nigeria's governance from a networking approach, I am speaking within the context of government responsibility on the one hand, and citizens responsibility on the other hand.

John F. Kennedy, in his inaugural address, was quoted to have said, "Ask not what your country can do for you – ask what you can do for your country.". Many people have misconstrued and misrepresented Kennedy's statement. Some people take it literally to mean that government owes the citizens nothing, implying that the citizens are responsible for themselves. What then would be the essence of government if government does not exist to carry out major functions geared towards the delivery of democratic dividends?

In Nigeria, the Constitution makes it extremely clear, and without any ambiguity, that "The security and welfare of the people, shall be the primary purpose of Government" Chapter 2, Section 14, Sub-section 2b.

KEYNOTE ADDRESS BY ARC NYA-ETOK EEZKIEL AT THE INSTALLATION CEREMONY OF AKAN EMAH AS THE GOVERNOR OF DISTRICT 9142, AT IBOM HALL ON 29TH JULY, 2023.

As a Patriot, a Democrat, and Progressive-minded Ideological Visioner, let me categorically state that both GOVERNMENT and CITIZENS have responsibilities. Having studied the democratic systems in many countries around the world, I can say authoritatively that achieving good governance comes from the effective interplay of: GOVERNMENT RESPONSIBILITY and CITIZEN RESPONSIBILITY.

The Reality: Why Governance has effectively failed.

There is a disconnect between the government and the people. Government, which consists of elected and appointed leaders and representatives of the people, has not really lived up to expectation. Since Nigeria has been reduced to a theatre of absurd political dramas, the citizens now regard the leaders as dramatists with little or no real value. So, when these people come bidding for patronage during elections, the people are readily disposed to taking whatever they can get from them, believing that they may not have the opportunity to receive any other benefit from government until after another 4 years. The people's disenchantment paves the way for the operation of a faulty leadership recruitment process that allows 'the worst of us to rule the best of us'.

As opposed to SERVICE, as I have

always posited, being the essence for seeking public office, the political actors' skewed understanding of this essence of seeking public office (government), results in 'state capture'. It explains why the ruling class in Nigeria is largely composed of people with egocentric postures and unbridled appetites for wealth accumulation. As government gets farther away from the reach of citizens, patriotism declines.

Unfortunately, PATRIOTISM CANNOT BE LEGISLATED.

AS AN IMPERATIVE, both the GOVERNMENT and the CITIZENS have important roles to play To Engender Good Governance. Even the social contract that forms the basis of democracy, presupposes that GOVERNMENT and THE OFFICE OF THE CITIZEN have a symbiotic relationship and each has functions that must be carried out to make the governance system, functional. On the part of citizens: Political Enlightenment and Citizens Involvement.

In order to have good governance, Responsible and Competent individuals must be elected into governance offices. To achieve the above, there is need for citizens to have adequate political enlightenment.

Many citizens (ESPECIALLY THE SUPPOSED ELITE CLASS), are either ignorant of, or nonchalant about the implications and consequences of their actions of exhibiting apathetic attitude to politics. It is laughable that many people stop at pontificating on social media and radio. They do not go beyond that, even to the extent of not casting their votes during elections.

Citizens need political enlightenment in the right quality and quantity so they can engage robustly in the political space. As citizens, we cannot afford the risk of turning a blind eye to politics, especially during elections. We must be involved in the leadership recruitment process. Let me quote Socrates, an ancient Greek Philosopher who said, (I quote) "the consequence of not participating in politics is that you end up being governed by your inferiors" (end of quote).

At this point, having recognized and commended the good works of Rotary Club, may I urge the organization and its members to do more. Rotary Club should deploy measures aimed at capturing the youthful population in Nigeria, especially those of voting age. The people should be oriented on citizen responsibility, and on the importance of performing salient civic duties, one of which is voting.

In this regard, the National Orientation Agency also has a responsibility to perform.

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On the part of government: Ideological Consciousness, Institutional Reforms, Rule of Law
As the Visioner of the SOCIAL GOVERNANCE IDEOLOGY, I am unrelenting in advocating ideological direction in governance and political leadership.

Social Governance Ideology is my political ideology that rests on 7 Fundamentals as follows:

Fundamental 1: Social Governance is a bottom-to-top approach to governance and development with the primary objective of bringing the citizens out of poverty.

Fundamental 2: Social Governance seeks to recreate and expand the middle class; not by gringing the rich down, but by pulling the poor up through the provision of accessible and affordable Education, Healthcare, Housing, and other social infrastructure.

Fundamental 3: The driver of Social Governance must have passion for social justice, and work to reduce socio-economic inequality.

Fundamental 4: The focus of Social Governance is the welfare of the most vulnerable; being the poor, the physically challenged, the rural dwellers, students, workers, women, the elderly, and children.

Fundamental 5: Social Governance Ideology lays more emphasis on Micro, Small, and Medium scale enterprises above the big industries.

Fundamental 6: Social Governance manifests massive investments in the rural areas for their development and transformation.

Fundamental 7: Social Governance is therefore the effective actualization of the core mandate of government as clearly stated in the constitution that “the security and welfare of the people shall be the primary purpose of government” Chapter 2, section 14, subsection 2b.

Lack of ideological direction is one of the main reasons government functionaries and political leaders have failed to deliver on their responsibilities. Bad governance persists often because the drivers of governance are not led by any meaningful ideology. Government should not act like a ship without a rudder. Social Governance comes handy as an ideology that ensures government functions at its best; such that, the security and welfare of the people is the primary purpose of government. There is need for ideological consciousness in government.

Furthermore, we must look at the institutions of government. Institutions are vital facilitators of governmental functions. An example is the Independent National Electoral Commission. INEC is a very important institution not just because it conducts election, but also because its electioneering activities are responsible for leadership succession as well as democratic consolidation and progression. Most of the outcomes of INEC's electoral process have been met with condemnation, public outcry, and disapproval. It is time to change the music - our ears can no longer be serenaded by unpleasant melodies of rigged elections. It is high time Nigeria had an effective body driven by patriotism to conduct elections in an unbiased manner through an efficient process that produce credible results. To start with, INEC must undergo reforms. Reforms should apply to all institutions of government.

Again, I solicit the involvement of the Rotary Club. The Rotary Club should engage government in areas of reforms. From its pool of experts and problem solvers, Rotary Club should conscript members into a Think-tank. I will address this further in my closing submissions.

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Lastly, the rule of law should prevail in Nigeria. The rule of laws operates on two broad democratic doctrines:

(1) Supremacy of the constitution (2) Equality before the Law.

There should be an end to cases of infraction on the constitution. This applies both to government and the citizens. The supremacy of the constitution also means that government must obey judicial rulings. In addition, the law is binding on everyone; both the rich and the poor, the government and the governed. People who break the law, in spite of status, should be punished. The heavens will not fall.

MYCOMMAND

Bing a Keynote Speaker at a function of this magnitude, provides an awesome platform and opportunity not just to enlighten the people, but moreso, to drop major issues for National Discuss.

It is in the light of the above that I wish to make two major suggestions:

ROTARY CLUB:

Rotary Club should constitute a Political Think-Tank, Engagement And Enlightenment Unit.

This Unit will have, amongst others, an enlightenment wing that targets our Primary, and Secondary institutions particularly to enlighten them on Civic Responsibilities. One key target objective of this unit should be the production of the JUNIOR NIGERIAN CONSTITUTION. This will be the distilling of the major aspects of our Constitution to a

format that the Primary and Secondary students will understand. The unit will also interface with INEC to ensure that every political office seeker is availed proper knowledge and demands of the office they seek. Details are available.

Let me state here that being a Paul Harris Fellow, I am very aware of the position of Rotary Club with respect to being apolitical. The above suggestions need an extremely non partisan bodies to effectively coordinate. One can hardly think of a more non partisan body than Rotary Club.

Also, for Rotary Club to remain relevant, it must be willing to a d j u s t t o C O U N T R Y PERULIARITIES.

The number one problem of Nigeria today if POOR LEADERSHIP RECRUITMENT.

INEC:

INEC must, as a policy, register Leadership and Good Governance Institutes to provide TWO WEEKS INTENSIVE TRAININGS FOR ALL POLITICAL OFFICE SEEKERS.

At the end of satisfactory completion of the trainings, the certificates issued will be a requirement for clearance at screening, and one of the items that INEC will require at their documentations.

Bodies like SPPG, and GOTNI will be strategic development partners

with INEC on this.

IN CONCLUSION, Albert Einstein's Parable of Quantum Insanity posits that, "Insanity is doing the same thing, over and over again, but expecting different results". We have done things a certain way for long, and the results have been negative. Enough of doing things the wrong way. By this address, I seek to activate a paradigm shift as I hope that moving forward, both GOVERNMENT and CITIZENS will perform their responsibilities, and network closely to engender good governance in Nigeria.

As I said, political enlightenment, citizen participation, ideological consciousness, institutional reforms, and the rule of law are key requirements for the good governance that we envisage.

Finally, and once more, I salute the Rotary Club and its members for this privilege, and for a job well done. I enjoin members to forge on with the vision of this noble organization and do more for the society, for Nigeria, and for the world at large.

You have the assurances of my highest esteem.

GOD BLESS US ALL!!!

Thank You.

Arc NYA-ETOK.

“MEMBERSHIP AND CLUB GROWTH” With Kaycee



In continuation of what we started in the last edition, where we considered some tips for growing membership, we wish to give some more tested insights in club growth.

Emphasize on Rotary Projects in Meetings:

To attract new members, vibrant clubs put the emphasis on projects rather than mere meetings. For instance, planning new projects and evaluating past ones are more interesting and engaging for prospective members rather than simply serving refreshment and socializing. This doesn't imply that fun should not be part of our fellowships. Instead, there should be balance and directed fun.

A tech-savvy club can rely heavily on social media to promote itself, its projects, and Rotary. One post on a worthwhile project can notch thousands of views in a few hours to raise Club's profile. Club to club collaborations can provide the desired leverage for such high profile projects.

I know about a club that hosts a

family fun event that attracts hundreds of families and persons. Everything is Rotary branded so you make no mistake about who's organizing it and all participating members will have turns in selling sausage rolls, barbecue and the likes to the public as part of fund raising for a particular club's project. Such events beyond fun, create bonds and focus on what can be done coming together. This act alone has endeared that club to their community and has positively impacted membership. 'People connect with us when they identify purposeful fun activities tied to humanity'.

Celebrate when you get a new member

You have to make potential members feel wanted. Whatever it takes, blow them some air of importance; even if it means making their e-posters, sending same for them to notify their friends and kin of their decision to be international citizens through Rotary. The essence here is to have a well thought out and intriguing onboarding process for new members. Efforts should be made to Assign them to mentors and partners who can clear their questions and concerns as soon as possible.

Professionally and duly introduce them to club members promoting their career and business callings. While celebrating new members, don't forget that clubs also stay strong by retaining current members. If you ensure that they are having a good experience and realizing the full value of their membership, the club's current

members will be proud to invite a guest to a meeting – and those guests will want to join an attractive and welcoming club.

Be persistent

At times, it will take more than one or two requests to get someone to attend a meeting. Keep asking. “Some times it can take as much as a year to convince some persons to come to a meeting. Be persistent and never give up.

Be vibrant:

Being normal and ordinary is tempting. But being open to new ideas is golden. Understudy your members and create events and activities that connect with their habits. For instance, some persons can't stay without discussing national issues and polity. To glue their interest to the club, you can create 5-10 minutes updates and discussions on national happenings as part of your fun fellowship. This must not be allowed to override the main essence of the day's meeting. It's just a way to give members stuffs to talk about in the “meeting after fellowship”.

At other times, it may be a discussion on business trends, health concerns and even marriage. Just create a stack of activities from concerns and habits of your members. Be creative and be vibrant.

The rule is don't let any meeting look exactly like the previous; monotony kills interest.

RTN KELECHI EBOH
AG Zone 29

DISTRICT MEMBERSHIP COMMITTEE



CHIBUZO ASOGWA
Chair, District
Membership Committee



NNEKA EWENIKE
Chair, Membership
Engagement Sub Committee



UKO IGBOKWE
Chair, New Club
Development Sub Committee



KALU PETERS
Chair, Membership
Attraction Sub Committee



MERCY EDET
Chair, Diversity
Equity and Inclusion



SIMON ORIE
Chair, Membership
Retention Sub Committee



IKECHUKWU NWAKAMA
Chair, Rotary
Community Corps



ANULI OMEATA
Chair, Membership
Leads Sub Committee

Rotary



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Guinée

Visit the website and register or
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Funding on : rotarywapf.org

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GREAT CLUBS DON'T HAPPEN BY ACCIDENT

Be intentional about providing your members with a great club experience.

Our **MEMBERSHIP ASSESSMENT TOOLS** can help you get started.



Get to know new and prospective members with the **member interest survey**.



Identify groups in your community that are underrepresented in your club using the **diversity assessment**.



Create a plan to invite more people to visit or join your club with the **prospective member exercise**.



Meet members where they're at in their membership journey using the **retention assessment and analysis**.



Learn what your members want and keep your club relevant with the **member satisfaction survey**.



Understand why members are leaving your club with the **exit survey**.



rotary.org/membership

Rotary 

ROTARIAN STAR OF THE MONTH

ROTARIAN CHIBUZO IROADU, PHF



She is a banker by profession who joined Rotary in the year 2018 through her sponsor, Rtn. Ememabasi Bassey, PHF+8. Her willingness to join Rotary was to make impact in her community and bring hope to humanity.

She was appointed Treasurer of her Club under the leadership of Rtn. Mercy Edet PHF. Due to her diligence in financial management of her club's funds, she served the Rotary Club of Uyo Shelter Afrique as a three time Treasurer. Her leadership qualities led to her emergence as the 6th President (2022-2023) of her Club.

As president, her club witnessed several Service projects in the Rotary's seven areas of focus, which led to her emergence as the Best President in District 9142.

Thereafter, she was appointed District Financial Secretary by the District Governor, Rtn. Akan Emah to serve Rotary D-9142, a position she holds

to date

Rtn. Chibuzo Iroadu is very passionate about Membership Development as she takes sharing Rotary as a hobby. Recently, she trained Rotaract Zone 3, Akwa Ibom State at a seminar with focus on **Membership Retention and Engagement: Important Practices.**

At the training, she pointed out emphatically that the key to retaining Rotarians and Rotaractors lies in engagement. She disclosed that there are numerous other opportunities that are competing for Rotaractors and Rotarians' interests, time, and money; hence a great need for Club Leadership to help make all members feel connected by doing what is necessary, ensuring that Rotary/Rotaract remains a meaningful part of all members' lives.

At the seminar, she encouraged all Rotarians and Rotaractors alike to be proactive in Membership Retention rather than wait until several members submit their resignation before damage control is activated.

We celebrate her commitment and zeal towards growing rotary in the District through sheer hard work and proactiveness.

She is very active on Social media as Chibuzo Iroadu via her Facebook, Instagram and YouTube channel where her contents are mainly on her life as a Rotarian. She shares the Service Projects she did in her Service year as a President as well as other inspirational and motivational speeches on these channels.

Bravo, our Star Rotarian of the month.



Speaking shortly before distributing the treated mosquito nets and prenatal and postnatal care packs to the 50 beneficiaries, the Create Hope President of the Club, Rtn. SELINE ILOCHI urged the pregnant and nursing mothers to embrace personal hygiene for the well-being of their babies.

She said that babies could contract infections from mothers who fail to maintain good personal hygiene, hence the need for nursing mothers to always maintain good personal hygiene to safeguard their health and that of their babies.

She described the project as part of efforts to improve Maternal and Child Health Care in communities, in commemoration of the Rotary July month of Maternal and Child Health.

The Create Hope President also said the Club gave out



the items to help reduce the burden of malaria among babies as well as cushion the harsh economic effects of getting those items on the mothers.

In a brief lecture, a resource person who is also a Director, University Health Services, Michael Okpara

University of Agriculture, Umudike, Dr. Chikwendu Udenze pointed out that the well-being and wellness



of mothers has remained the top priority in world over, particularly for the sake of continuity.

Dr. Udenze who maintained that there is no reason for a woman to die while giving birth, encouraged the pregnant women to always take the routine drugs, avoid patronizing unqualified birth attendants and quacks and also fully embrace the Essential Family Practices, EFPs.

According to them Rotary humanitarian services which spanned over the years, have led to a near zero eradication of poliomyelitis in the global village, even as they enjoined the beneficiaries carry the message of Rotary and Maternal and Child Health to the doorsteps of their neighbours.

REPORTS FROM ABIA STATE

JOINT DISEASE PREVENTION AND TREATMENT PROJECT

ROTARACT CLUB OF IKWUANO CB AND ROTARACT CLUB OF UMUAHIA CB

The Rotaract Club of Ikwuano Community Base and the Rotaract Club of Umuahia CB. On Monday the 28th of August 2023 carried out a club development and membership project tagged Disease prevention and treatment.

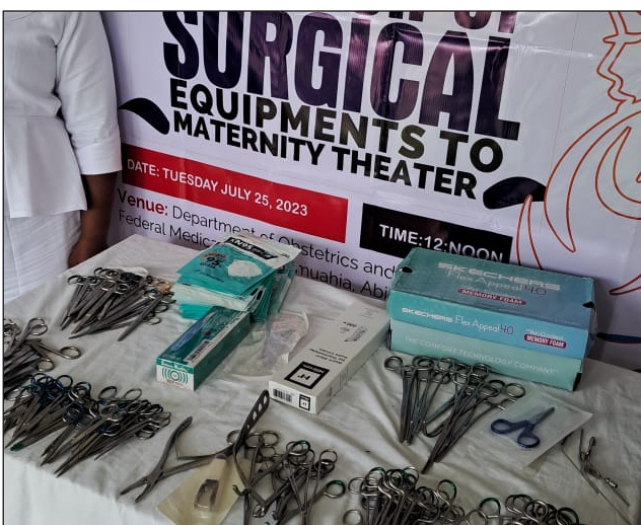
Where drugs were distributed and medical checkups were carried out against Hepatitis, and Hiv. Basic education was given about disease control, drug abuse, and prevention of diseases.



MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUB OF UMUAHIA NORTH



Donation of Surgical instruments by the Rotary club of Umuahia North to the department of obstetrics and gynaecology federal medical centre Umuahia on the 25th day of July 2023 in fulfilment of maternal and Child health area of Focus.





The President of Rotary Club of Umudike Central, District 9142, Rtn. Seline Ilochi has disclosed the preparedness of her administration to go the extra mile in blocking the exit door, building the Club and undertaking numerous worthwhile Projects for the betterment of the Society.

At the Membership and New Club Development Seminar organized by the Club, Rtn. Seline, also said that apart from blocking the exit door, she will fortify the foundation of the Club, to have members who wholeheartedly believe in the Rotary ideal of “Service above self”.

The Create Hope President who revealed that the month of August is Membership and New Club Development Month, when Rotary Clubs, around the world focus on membership growth in Rotary, reiterated her commitment to maintaining the spirit of fun and fellowship in the Club's meetings, projects and various fellowship events.

The resource person, Rtn Vincent Asor, who is also the Assistant Governor zone 6 of District 9142, encouraged the Club's leadership not to run a crisis-infested Club but a Club where confidence and friendship reign supreme.

He expounded the strategies of attracting and retaining members, further enjoined the Club to unite and take action, develop membership plan, have a vibrant club membership committee in place, create membership cell, carry out exit survey, make targeted

visits to professional associations and have a good public image among other strategies.

He tasked them to make Membership Development an internal priority of the club, stressing that “Membership Development must be an apostolate, a doctrine for Rotarians”.

In his remarks, the special guest of the event and Assistant Governor zone 5, Rtn. Martins Uchenna Kalu asserted that a standardized Rotary education remains one of the keys to Membership Development.

He further reminded the Club's leadership that the current economic situation in the nation is really



affecting everyone, hence the need to take the basic crucibles on Membership Development and also redefine ways of approaching the members of the Club, being also mindful of their mental health.

REPORTS FROM ABIA STATE

TREE PLANTING PROJECT - ROTARY CLUB OF UMUAHIA NORTH

Members of Rotary Club of Umuahia North in partnership with Rotaract club of Umuahia Community base planted trees in the premises of Madonna college of Health Technology Olokoro Umuahia on the 19th day of August 2023.

The purpose of this project was to save our Environment



MEMBERSHIP DEVELOPMENT SEMINAR- ROTARY CLUB OF ABA METROPOLITAN



Rotary Club of Aba Metropolitan held her Membership Development Seminar with the topic, *THE NEED TO IMPROVE CLUB MEMBERSHIP AND STEPS TO CLUB GROWTH*

During the lecture, the speaker highlighted the various steps to club growth viz;

- Create of cost of all great thing above about your club.
- Keep a List of Potential Members
- Know your club strength.
- Make membership growth your club's

top priority and make sure that everyone understands it.

- Look for Young Rotarians for Fresh Perspective.
- Appeal to Local Volunteers.
- Talk about Rotary wherever you go
- Make a List of Club Members' Responsibilities.



- Emphasize Service
- Celebrate When You Get a New Member.
- Be Persistent

REPORTS FROM ANAMBRA STATE

TREE PLANTING PROJECT - ROTARY CLUB OF NNEWI

In line with our area of focus, environmental protection, the Rotary Club Of Nnewi carried out a tree planting exercise in collaboration with her sister clubs in Zones 17 and 18 to secure Nnamdi Azikiwe University Teaching Hospital Community environment at Akamili Umudim Nnewi.

As we know, nothing beats greenery and nature. This project is well deserved for the hospital



project is erosion prone area of the permanent site of the hospital.

Also, the fruits will serve as a food and source of income for the hospital community when harvested and sold in the market.

Lastly, the area these trees were planted will serve as a park for recreational activities in the hospital as it is mapped out for it



JOINT MATERNAL AND CHILD HEALTH PROJECT



and methylated spirit. Every mother and child that came for immunization was sensitized on the role of the hospital in reducing the rate of maternal and child mortality rate.

Each mother went home with a gift pack of diapers, sanitary pads, baby stockings, tissue paper among other things. We had over 60 mothers attended to

It was a joint project of **Rotary Clubs of Onitsha East, Onitsha Royal, Onitsha Gateway, Onitsha Metropolis, Ogidi Kingdom and Rotaract club of Iyenu.**

The above mentioned Clubs visited Iyenu Mission hospital Ogidi and netted 2 maternal wards, gifted the hospital with delivery gloves



REPORTS FROM ANAMBRA STATE

INSTALLATION OF THE 39TH PRESIDENT - ROTARY CLUB OF NNEWI



It was an event filled with glitz, glamour and razzmatazz on Saturday the 19th of August 2023 at Classic Munic Hotel Nnewi, Anambra State, Nigeria, when the Rotary Club of Nnewi installed Rtn. Ifeoma Vera Ejefobiri PHF, as the 39th and 2nd Female President of the Club. A Canadian based Clergyman, Publisher and President of Rotary Club of Nnewi Central, Rtn. Don Kene Ifepe PHF praised her for her good qualities, saying "she loves humanity, hence the reason we gathered here today to celebrate her".

The event kicked off on a high definition note with the Living Ancestors, the Club Legends, the Awardees, the Host's Family and Friends, marched into the event hall majestically to the tune and music of Rotary Club. All these to the applause and admiration of all the



members and guests present. It was a ceremony laced with fun, funfair and fanfare. Speaking to Journalists after the event, Rtn. Vera Ifeoma Ejefobiri said: "Actually, charity has always been our business, that is what we are known for as Rotarians.

That day, we empowered two women with #50,000 each to boost their Businesses. One sells akara near Umuenem Hall, while the other is into petty trading. This Rotary Year, we have a lot of projects lined up." On whether she has any specific project, she answered: "We have done environmental protection projects by planting up to 40 trees around.

These are economic trees that will help the community when they start bearing fruits. The trees will also prevent the sun from ravaging the environment. We are also planning to carry out a



Childcare and Maternity project at Joint Hospital Ozubulu in collaboration with Nnewi Central, Nnewi Urban, Rotary Club of Ozubulu and Ihiala, all of us are coming together to do this project and it is going to be massive, as we are going to empower close to 100 women. You know that the mortality rate of pregnant women is very high.

We will also be doing other projects like giving out about 500 Dictionaries to two Girls Schools, Nnewi Girls Secondary School and Maria Regina Secondary School"



REPORTS FROM ANAMBRA STATE

DISEASE PREVENTION AND TREATMENT PROJECT - ROTARACT CLUB OF NAUTH



Disease Prevention and Treatment Project_Rotaract Club Of Nnamdi Azikiwe University Teaching Hospital at Civic center in Oraifite. A free joint medical outreach by the Rotary Club of Oraifite, proudly sponsored by Emeka Ofor Foundation. Rotaract Club Of NAUTH and Rotaract Club Of Nnewi Community Base actively participated.

The people of Oraifite were educated and given

- Vital sign checks



- Sugar Test
- Eye checks alongside glasses recommendations
- Consultant checks alongside medications for various findings

A sum total of 600+ and counting actively participated in this Outreach.

There was also Hepatitis Screening and Vaccination project conduct within the four walls of College of Health Sciences, Okofia jointly with Rotaract Club Of NAUTH.

This was to commemorate the World hepatitis day.



This is to encourage all faculties and departments that we are for all. Our Fellowships hold every 1st and 4th Sunday of the month, 3pm prompt.

A webinar was held as well on World hepatitis day to impact, inform and educate us all on all we need to know about Hepatitis.

How contagious and curable it can be. The statistics of the death it causes each year and things to avoid to get this virus.

REPORTS FROM ANAMBRA STATE

JOINT MEMBERSHIP DRIVE - ZONE 17, ANAMBRA



The rotarians led by the club presidents in zones 17 and 18 undertook a radio program at Blaze 91.5fm Oraifite to talk on the importance of rotary in Nigeria.

The topic is meant to give an average Nigerian, the key ideas and knowledge they need to enable us boost and foster high Rotary membership drive.

We believe the media is the fastest and safest means of disseminating information and reaching out to a wider audience within a short time



UPCOMING EVENT

Rotary District 9142

Rotaract District 9142

CREATE HOPE
in the WORLD

POLIO PLUS
SEMINAR 2023
The Smithcity Again

Saturday, 21st October, 2023
Awka, Anambra State

REPORTS FROM AKWA IBOM STATE

MATERNAL AND CHILD HEALTH PROJECT

Rotary Club Ikot Ekpene Metropolis and Rotaract Club CENSON Ikot Ekpene (Provisional)



Young people who were participates were encouraged to focus on their future and hopefully realization of their respective aspirations hence to say no to drugs/ poor lifestyle choices and yes to life.

A step further taken on by Rotary Club of Ikot Ekpene Metropolis to reach wider audience was engagement on mass media. Featuring a live presentation on Atlantic Radio, AKBC TV live show and also as news item on AKBC Radio.

Need assessment in Ikot Ekpene community revealed an alarming rate of morbidity and mortality amongst young mothers and children, leaving families devastated.

The cause of most illnesses and death were linked to preventable health issues resulting in needless losses on families which ends young mothers untimely and most children not alive beyond their fifth birthday.

Rotary Club of Ikot Ekpene Metropolis embarked on Awareness Seminar targeted at youths(both males



and females) of child bearing years with the Topic: "Protecting lives and saving our mothers and children through health education and promotion"

The topic was well handled by a Rotarian and an expert in the field; highlighting on consequences of unhealthy habits, lifestyles and practices especially the impact of early sex debut, drugs, addiction to alcohol and other substances on young mothers, their children and by extension the entire family/society.



Emphasis of the Awareness program was on the fact that " no mother deserves to die while bringing forth life" and "no child must suffer or die needlessly from preventable/ treatable ailments or it's complications"



REPORTS FROM AKWA IBOM STATE

MEMBERSHIP DEVELOPMENT SEMINAR - ROTARY CLUB OF IKOT EKPENE



Club were received in high spirit by the management and Staff of the Hospital.

The highpoint of the event was the donation of delivery kits to 35 Pregnant Women and presentation of Mental Health Talk by the President who is a trained Health educator.

Rotary Club of Uyo marked the Maternal and Child Health month on Thursday July 27 2023, at the St. Lukes Hospital, Anua - Uyo, the Akwa Ibom State capital.

Led by the Club President, Rotn. Comfort Udobang, members of the



MATERNAL AND CHILD HEALTH - ROTARY CLUB OF UYO



Rotary Club of Ikot Ekpene Metropolis featured Awareness Seminar on topic: why join Rotary Club?

This event had an expository seminar presentation by a Rotarian of great repute, who informed and addressed both members and guests present on the tools of rotary and issues bothering membership attraction, recruitment, retention and engagement

Participates were encouraged to have more rotary in them by visiting and making use of rotary learning centre



REPORTS FROM AKWA IBOM STATE

MATERNAL AND CHILD HEALTH - ROTARY CLUB OF UYO MUNICIPAL



Primarily Health Care Centre, Nnung Udoe in Ibesikpo Local Government Area was the recipient of the Project and the project executed includes;

- Presentation of a Delivery couch and Fetal Doppler to the Health Centre.
- Tiling, Painting and ceiling of the Maternity



ward.

- Fixing of Protectors, Nets and Window curtain in the Maternity ward.
- Presentation of Beddings to the Health Centre
- Roofing of the walkway from the Delivery room to the Toilet and Bathroom
- Renovation of the Bathroom through Full



tiling, ceiling, and fixing of new toilet seats, shower, wash hand basins in the four Toilets.

- Free Medical tests for Pregnant women in the Health Care on the day of Presentation.
- Health seminar on Post Natal Depression for the Pregnant women.
- Sharing of food packs for the Pregnant women



REPORTS FROM AKWA IBOM STATE

MATERNAL AND CHILD HEALTH - ROTARY CLUB OF UYO URBAN



A Needs Assessment revealed that the Primary Health Centre, Idoro Obio, Oku 1, which attended to 4,000 patients in 2022 (most of them women and children, who availed themselves of the antenatal, child birth, post natal and immunisation services of the facility), had no water and waiting area for patients.

On Friday, 28th July, the Chairman, Uyo Local Government Area, Dr. Uwemedimo Udoh, ably



represented by Council Secretary, Mr Ubong Udofia joined the Club President, Rtn Onyedikachukwu Nwagbala, DG 9142, Rtn Akan Emah and Village Head of Idoro Obio, Eteidung Edem Johnson Udosen to witness the handing over of a borehole, complete with stanchion and water tanks, a generator and a newly constructed waiting area for patients, to the management of the facility.



In addition, the exterior of the PHC was painted and a wash hand basin installed in the treatment room.

Rtn. Emeke Utebor, District Governor of District 9141 and other Rotarians were on ground to witness the event.



REPORTS FROM CROSS RIVER STATE

ORAL HYGIENE PROJECT - ROTARY CLUB OF CALABAR



led by the Club President, Rtn Okunola Olusola and accompanied by AG Mbang Andu, Club project Chair, PAG Samuel Bassey, board members as well as Club members. The team was received by the head teacher Mrs Enobong Ekpoabasi and other staff / pupils of the School.

Highpoint of the event was the donation of toothbrushes and toothpastes to the pupils, sensitization on how and when to brush.

The pupils expressed their gratitude to the club and encouraged them to do more.



INSTALLATION CEREMONY OF THE 6TH PRESIDENT - ROTARY CLUB OF UGEP URBAN

Rotary Club of Ugep Urban installs a clergyman Rev. fr. Hyacinth Smart Inyang as her 6th President on the 15/07/2023.

During the event, school bags, exercise books and other writing materials including cartons of chalk we're donated to 35 school children from four secondary schools and one primary school.



REPORTS FROM EBONYI STATE

MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUB OF ABAKALIKI

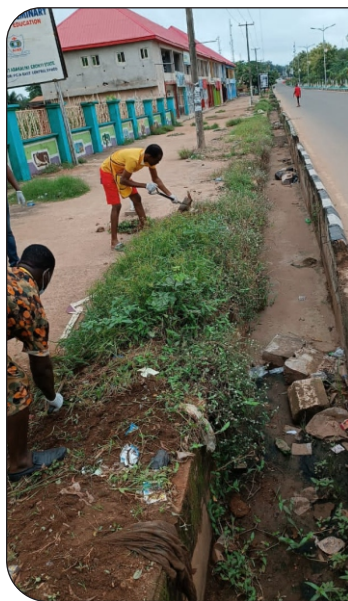
Rotary Club of Abakaliki in Collaboration with IHP USAID carried out a maternal and child health project in Akpe Amachi Health centre in Abakaliki LGA of Ebonyi state, **Tagged: Baby Shower for Great Mothers**

Services rendered includes: *Antenatal care for pregnant mothers, serology Screening, BP and Glucose estimation, uLtra sound scan, Deworming and malaria screening and treatment.* Other medical consultations were entertained.

This was climax by donation of delivery materials and pads to the women



MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUB OF ABAKALIKI



Rotary Club of Abakaliki kicked off the new Rotary year with a Sanitation Project in Abakaliki metropolis in collaboration with Ebonyi State Ministry of Environment, Innerwill Clubs and Rotaract Clubs.

This was Climaxed with Planting of Economic trees, with the Honourable commissioner for Environment, planting the first tree with the Club President



REPORTS FROM EBONYI STATE

MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUB OF ABAKALIKI



To wrap up the month of July, Rotary Club of Abakaliki-South carried out a project that was aimed at promoting Maternal and Child Health

Rotarians started with a visit to Maternal and Child Health Centre, Ikwo, where they had interactions with pregnant women and, thereafter, proceeded to give out medical supplies to them.

Rotary is Good!



REPORTS FROM ENUGU STATE

MEMBERSHIP DEVELOPMENT SEMINAR - ROTARY CLUB OF NEW HAVEN



It was very well attended by our guests/ intending Rotarians who paid serious attention to the interactive session.

The Membership.

Committee Chair PAG Tobenna Okpe did not leave any stone unturned to ensure that the program was a success.

Rotary Club of New Haven held their Membership Seminar on Tuesday 29th August 2023, under the leadership of its President, Rtn Ugochukwu Uchegbu.



The Speaker was the Charter President, Past District Governor, Emma Nwankpa who took us down memory lane on Rotary International recruitment, retention and extension.

The occasion was also used to celebrate the birthday of our Speaker cum Charter President PAG Emma Nwankpa who turned 79 years and our very committed PAG Princewill Okoro who added another year to his life.



The program ended very nice with the hope of gaining new members in the shortest time.

MEMBERSHIP DEVELOPMENT SEMINAR - ROTARACT CLUB OF MARYLAND ENUGU

Exploring the Significance of Membership Enhancement and Relations, The Rotaract Club of Maryland Enugu Club of Maryland Enugu on August 20th, 2023 organized her August Membership Month seminar aimed at enhancing membership and fostering positive relationships within the Rotaract community.



The event, themed 'Building Positive Relationships in Rotaract Membership,' gathered Rotaractors, aspiring Rotaractors, and esteemed guests. Distinguished speakers included Rtr. Ezech Kenechukwu, the Rotaract Zone 8 Advisor, and Rtr. Omeh Onyedikachi Smith, the Ethics and Membership Chair of the Rotaract Club of New Haven.

These speakers shared their insightful experiences within the Rotaract sphere, shedding light on the benefits of joining Rotaract and outlining the key focus areas of Rotary. The seminar's success was evidenced by subsequent events, including the induction of a new Rotaractor and the warm welcome extended to four individuals expressing interest in becoming Rotaractors themselves. Among the notable attendees were Rtn. Innocent Asonya, President of Rotary Club of Maryland Enugu, and Rtr. Chibuzo Asogwa, the Rotary District Ethics and Membership Chair.



REPORTS FROM ENUGU STATE

MENTAL HEALTH AWARENESS PROJECT - ROTARY CLUB OF ENUGU GRA



AG Favour Ononukwe, PAG's Chijioke Ufondu, Anayo Onwukwe PHF++, IPP Ifeoma Nwachukwu PHF, PP Chinyere Onyia, PE Asomugha Lawrence Chijioke PHF and other Rotarians present.

The Club President-Rtn Dr Arinze Udechukwu thanked members for showing up and reiterated the importance and impacts of the billboard in this critical time in our country where a lot of people are passing through depression as a result of stress and hard time

The Rotary Club of Enugu GRA in conjunction with Rotary Club of Wyndham yesterday being 18th day of August, 2023 raised a billboard along Enugu/Abakiliki Expressway GRA Enugu with the bold theme "Make your Mental Health a Priority" to back up previous child and maternal projects she has done in the past.

The commissioning of the billboard was done by Past District Governor Dan Ajawara assisted by the Club



JOINT MATERNAL AND CHILD HEALTH PROJECT



the theme "R H E S U S A N D C O M P A T I B I L I T Y T E S T" at Umuenwene Health Centre Abakpa Nike, Enugu.

Pregnant and Nursing Mother's at the Health Centre facility where lectured on the need to consider genotype, blood



The Rotary Club of Enugu GRA today being Wednesday 26th of July, 2023 in conjunction with sister Club's in Enugu (Rotary Clubs of Enugu, Enugu City Centre, Enugu Metropolis, Ekulu, Enugu Government House, Trans Ekulu and Enugu City Layout) carried out maternal and Child Health Project with the



group etc when getting married in order not to give birth to Children with Sickle Cell Anaemia.

PP Oge Okezie stressed on the

need to go for test before marriage in order to check Hiv, Hepatitis, Genotype etc of the partners.. materials shared to the over 100 Pregnant and Nursing Mother's include mosquito nets and cash donations.

The smiles on the recipients faces knew no boundary as they prayed to God to continue blessing Rotarians all over the world

REPORTS FROM ENUGU STATE

MEMBERSHIP DEVELOPMENT SEMINAR - ROTARY CLUB OF ENUGU INDEPENDENCE LAYOUT



The Rotary Club of Independence Layout, Enugu, organized a Membership Development Seminar with the theme "Membership Retention and Attraction in Rotary." The event aimed to address the challenges and strategies related to maintaining and attracting members within the Rotary community.

The keynote speaker for the seminar was Prof. AU Nnonnyelu, a distinguished authority in the field. Prof. Nnonnyelu brought his wealth of experience and expertise to the forefront, shedding light on the critical aspects of member retention and attraction. During the seminar, Prof. Nnonnyelu emphasized the significance of a strong and engaged membership base in driving Rotary's humanitarian initiatives and community impact. He delved into the various dynamics that influence member engagement and participation in Rotary activities.



He discussed innovative methods to retain existing members, such as creating a sense of belonging, offering meaningful projects, and fostering a supportive environment. Additionally, Prof. Nnonnyelu highlighted strategies for attracting new members, including leveraging social media, collaborating with local institutions, and

emphasizing the personal and professional benefits of Rotary membership.

Throughout the seminar, real-world examples and success stories were shared, showcasing how other Rotary clubs had effectively enhanced their membership engagement and growth through practical approaches. Prof. Nnonnyelu stressed the importance of adapting these strategies to the specific context of the Rotary Club of Independence Layout and Enugu as a whole.



The event provided an opportunity for Rotary members to interact, share their challenges, and brainstorm ideas for implementing the insights gained from the seminar. Attendees left with a renewed sense of purpose and actionable strategies to improve membership retention and attraction within their club.

In conclusion, the Membership Development Seminar organized by the Rotary Club of Independence Layout, Enugu, and featuring Prof. Au Nnonnyelu as the speaker, was a pivotal gathering focused on addressing the crucial topic of membership retention and attraction in Rotary. Prof. Nnonnyelu's expertise illuminated practical ways to strengthen the club's membership base, ultimately enhancing its ability to make a positive impact on the community.

REPORTS FROM ENUGU STATE

MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUB OF ENUGU INDEPENDENCE LAYOUT



Maternal and child health is a crucial issue that affects the well-being and development of communities in Enugu. According to the Nigeria Demographic and Health Survey 2018, the maternal mortality ratio in Enugu is 512 deaths per 100,000 live births, while the under-five mortality rate is 132 deaths per 1,000 live births.

These figures are higher than the national averages and the Sustainable Development Goals targets. To address this challenge, various stakeholders have been working together to champion maternal and child health in Enugu. Some of the interventions include improving access to quality antenatal care, skilled birth attendance, emergency obstetric care, family planning, immunization, nutrition, and health education.

These interventions aim to reduce the preventable causes



of maternal and child deaths, such as hemorrhage, infection, hypertensive disorders, malaria, malnutrition, and vaccine-preventable diseases. By championing maternal and child health in Enugu, we can ensure that mothers and children survive and thrive in a healthy environment.

In a remarkable display of community-driven compassion and dedication, the Rotary Club of Independence Layout, Enugu, has once again proven its commitment to improving

maternal and child health by organizing a transformative health outreach program in Ugbo Lawrence. The event, which brought together healthcare professionals, volunteers, and residents, showcased the club's resolute efforts to make a tangible impact on the lives of mothers and children in need.

The distribution of treated mosquito nets was a preventive measure to combat malaria, a disease that disproportionately affects vulnerable populations, especially pregnant women and children. By providing these nets, the club demonstrated its understanding of the importance of safeguarding families from preventable



illnesses.

In addition to the mosquito nets, the club also offered free medical consultations to attendees. This element of the program not only provided immediate medical assistance but also served as an opportunity for individuals to receive professional advice on their health concerns. Whether it was routine check-ups, addressing minor illnesses, or seeking guidance on maternal and child health, the medical consultations played a vital role in promoting well-being within the community.



REPORTS FROM ENUGU STATE

MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUB OF ENUGU METROPOLIS



Rotary International dedicated the month of July to maternal and child health, consequently, Rotary Club of Enugu Metropolis led by the president, Rtn Onyeka Orji, carried out a project on maternal and child health in July in line with the theme of the month.

The Club sponsored a presentation on the "Importance of Rheseus Factor and Compatibility test in Marriage" Many marriages give pains and regret due to lack of knowledge on rhesus factor and Compatibility test before choosing a

partner. When they lack this information, they may end up giving birth to Sickle cell child or maybe faced with problems of not being able to give birth. Our survey shows that many were belief of this information. After the presentation they were happy that they had a better information on the Importance of these tests. In addition, We shared over 100 mosquito nets to pregnant and nursing mothers. This was to enhance the health of the mothers against the mosquito bites which results in the death of mothers



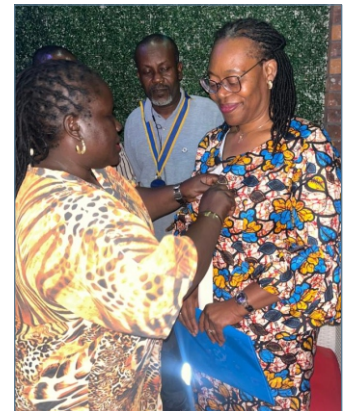
MEMBERSHIP DEVELOPMENT SEMINAR - ROTARY CLUB OF MARYLAND ENUGU



This was an in-house interaction with Club members, Guests and Friends of Rotary. Abla delivered by the District Membership Chair, PAG Chibuzo Asogwa who highlighted the benefits of Rotary Membership. It was a refreshing time of bonding with

Club members, guests, and friends from other Clubs.

Highlights of the Seminar was the Induction of two (2) new members into the Club.



REPORTS FROM IMO STATE

MEGA JOINT MATERNAL AND CHILD HEALTH PROJECT

Rotary Clubs of Owerri Metropolitan, Owerri North, Owerri Cosmopolitan, Owerri Sunrise, Owerri UpTown, Owerri Royals, Owerri Government House and Owerri Newtown



Nurses Station at Imo Specialist Hospital Owerri.

After delivering lectures by health experts to antenatal mothers on "Post Partum Disorders : what every woman should know"

Maternal and Child Health Project; Renovation of Labour Rooms with Nurses Station, provision of 22no. Treated mosquito nets and Provision of 2no. Visual screen stainless steel panels at



The MD of IMO Specialist Hospital and the Consultant Gynaecologist incharge commissioned the renovated labour rooms

Also donated were 22no treated mosquito nets and 2no visual screen stainless panels

Imo Specialist Hospital Owerri
On Thursday 26th July 2023, the Rotary Clubs of Owerri UpTown, Owerri North, Owerri Cosmopolitan, Owerri Metropolitan, Owerri Sunrise, Owerri Royals, Owerri Government House and Owerri Newtown saw the need to renovate the labour rooms with the



REPORTS FROM IMO STATE

MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUB OF OWERRI ROYALS



Helping A Newborn Breathe - Training the Trainer

Rotary Club of Owerri Royals has taken it upon themselves to "Help A Newborn Breathe". In the first phase of this project, a Midwife from our adopted primary healthcare facility was enrolled



in "a 2-day intensive workshop in invasive and non invasive respiratory support for newborns". This training with certification took place from 13 to 15th of July, 2023.

With every new born baby , a little star rises. Sadly some newborns need help

to breathe. How then can their stars shine brightly? Inability to breathe at birth is one of the leading cause of neonatal deaths and morbidity. Unfortunately Nigeria is among the top 10 countries with the highest number of newborn deaths. The goals includes reduction in morbidity and mortality associated with birth asphyxia,



improving the mental health of mother's in the community by eliminating the stress and guilt associated with nursing an ill newborn and a child with a preventable disability. Next Phase: stepdown training of other healthcare workers



REPORTS FROM IMO STATE

PEACE SEMINAR - ROTARY CLUB OF OWERRI UPTOWN



The engagement recorded partnership of stakeholders as the INEC , reps of Print media , radio stations , Orientation Agency etc. The need for Peace building , efforts at preventing conflicts , fostering equity , fairness & transparency during & after the forth coming gubernatorial elections in Imo state was innundated. This is in promotion of our Peace Building & Conflict Prevention area of focus

The Rotary Club of Owerri UpTown in collaboration with the National Broadcasting Commission, held a 1 day sensitisation /awareness Campaign tagged: Achieving a Credible Election: The Need to uphold Fairness, Transparency & Equity in broadcasting coverage on Friday 18th August 2023 @ Protea Owerri Select.



JOINT MATERNAL AND CHILD HEALTH PROJECT

ROTARY CLUBS OF IKENEGBU OWERRI AND OGWA



Rotary Club of Ikenegbu and Rotary Club of Ogwa held a project on maternal and child health featuring; Health Outreach, Hepatitis test and Mental health awareness. These project where carried out from the 13th to 15th day of July 2023. It was carried out at Ogwa general hospital in Mbaitoli local Government Area, Imo state.



REPORTS FROM IMO STATE

MEMBERSHIP DEVELOPMENT SEMINAR - ROTARY CLUB OF OWERRI GOVERNMENT HOUSE



Rotary Club of Owerri Government House on 21st July held her Membership development seminar

The guest speaker and Assistant Governor, Tony Nwanyaka led the discussion on the topic: **Rotary Core Values: A Panacea For Membership Development.**

While speaking, He emphasized on the



need for Rotarians to firstly understand the core values as a basis of membership recruitment. 'Members join Rotary because of the values they get and any Rotarian who does not understand

these values will find it difficult recruiting new members' he summarized

We also had in our midst Membership Engagement Committee members led



my CP Vivian Obasi and assisted by Rtn. Onyi Okafor who is also the President Elect of Rotary Club of Owerri Metropolitan

The event also featured induction of a



new member by name, *Rtn Emmanuel Iheukwumere*, a fashion designer who has made his commitment to join to create hope in world

REPORTS FROM IMO STATE

ROTARY CLUBS OF OWERRI ROYALS AND OWERRI GOVERNMENT HOUSE

COMMEMORATES WORLD BREASTFEEDING WEEK 2023



breastfeeding – maternity leave for a minimum of 18 weeks, ideally more than 6 months, and workplace accommodations after this point. This is to ensure women can breastfeed as long as they wish to do so. More than half a billion working

Rotary Clubs of Owerri Royals and Owerri Government House partnered with Rotaract Clubs of Alvan Ikoku Federal College of Education, Owerri and Amakohia/Akwakuma CB to commemorate the week with an Awareness Walk along the Streets of



women are not given basic maternity provisions and many more find themselves unsupported when they go back to work.

TODAY...LET'S MAKE BREASTFEEDING AND WORK, WORK

Owerri accompanied with a sensitization lecture at Amakohia Market Square

This year, we focused on breastfeeding and work, providing a strategic opportunity to advocate for essential maternity rights that support



REPORTS FROM IMO STATE

JOINT WORLD HEPATITIS DAY PROJECT

ROTARY CLUBS OF OWERRI METROPOLITAN, OWERRI UPTOWN & OWERRI SUNRISE



Rotary Club of Owerri UpTown and partners were at the Heritage FM 88.7 to commemorate the 2023 edition of World Hepatitis day with theme : One Liver One Life.

This was on the heels of advocacy, sensitisation & creation of awareness on the killer disease .The radio interaction addressed major concerns like the signs,

symptoms, variants, prevention & treatment of the hepatitis disease.

It informed of the major & minor causes. Collaborating in this advocacy were the Rotary clubs of Owerri Metropolitan, Owerri Cosmopolitan & Owerri Sunrise under our Diseases Prevention & Treatment area of focus.



MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUB OF OBOWO



Visit & Sharing Of Gifts, To The Patients At Holy Cross Hospital, Alike Obowo

In continuation of the projects for the month of July, on the theme, MATERNAL & CHILD HEALTH, Rotary Club of Obowo went to one of the oldest hospitals in Obowo Local Government Area, Holy Cross Hospital, had interactions with the patients there, prayed for them & gave them so many gifts; viz,

diapers for new born babies, rolls of toilet tissues, different types of detergents, including bathing and washing soaps, beverages, fruits in big sizes, blankets for babies, food flasks & water flasks, uncooked foods, including noodles, enough wipes for the babies, and what have you



REPORTS FROM IMO STATE

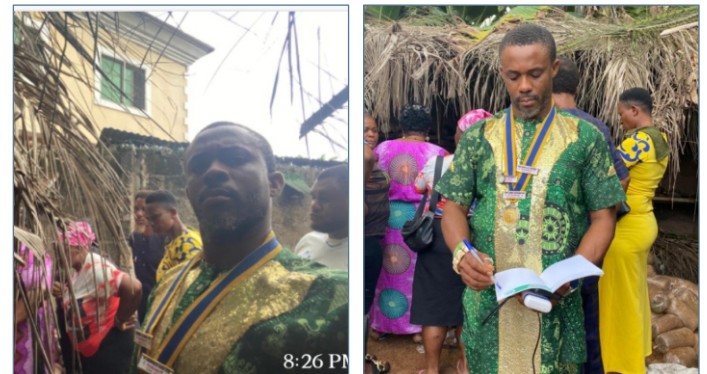
MEMBERSHIP DEVELOPMENT SEMINAR - ROTARY CLUB OF OBOWO



Guests (Villagers), left with a bundle/bunch of sample for their own farms in their various homes

Rotary Club of Obowo, embarked on Membership Project, as we carried out farming training titled, USING FARMING SYSTEM & FARM PRODUCTS TO ATTRACT MEMBERS TO ROTARY (WITH PRACTICALS).

Here, all trainees, both Rotarians &



STEP DOWN TRAINING ON FAMILY PLANNING - ROTARY CLUB OF OWERRI



It was carried out in collaboration with PAC Net, Imo state, the Medical Women Association of Nigeria Imo state, Society of Obstetrics and Gynecology, Imo State and the Family Planning Unit of FUTH Owerri.

This project is a two day step down training on Family planning. The second Maternal and Child Health Project of our Club. This basically consists of didactic lectures and hands-on training for the women. In attendance were about 109 nurses, midwives, doctors and also students.



REPORTS FROM IMO STATE

MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUB OF OWERRI ROYALS



Rotary Club of Owerri Royals distributed Maternity Kits to indigent women at Nwaorieubi Primary Healthcare Center, Mbaitoli, Imo State Nigeria on July 25, 2023. 30 Community Health Workers (CHEW) were trained too on Baby Blues, Postpartum Depression and Psychosis. Lectures on Infant and Young Child Feeding. The economic hardship in Nigeria has made it difficult for families to prepare adequately for the arrival of their newborns. This has led to Nigeria having one of the worst Maternal and Neonatal Mortality rates in the world. Pregnant mothers at Nwaorieubi Primary Healthcare Center Imo State received Maternity Kits containing Newborn clothings, delivery mat, Maternity pads,

Surgical gloves, Bottle of methylated spirit, mucus extractor, cord clamps, surgical blade, cotton wool. These will help reduce the burden of birth asphyxia, peripartum and Neonatal infection, which are the major contributors to maternal & infant mortality. The mothers were also prepared for life after delivery by awareness lectures on Baby Blues, Postpartum Depression and Psychosis. Lectures on Infant and Young Child Feeding; focusing on Affordability, Sustainability, Availability and Acceptability. The importance of the first 1000days of life was emphasized



WASTE TO WEALTH PROJECT - ROTARY CLUBS OF ALADINMA-OWERRI AND OWERRI UPTOWN



This was our environmental health and sustainability project. Step 2, a joint project Rotary Club of Aladinma Owerri and Owerri Uptown.

It was a radio program at Boss fm featuring 3 environmental practitioners in the person of Rtn Mike Ndinechi, professor of Engineering, Engr Chidozie Okereke (AG) Dr Mrs Chinyere Ozumba a Rtd environmentalist with Shell development petroleum company. Also in attendance were Dr Iheaturu, Rtn arc Ben Ohuabunwa president of RC Owerri uptown and the

president Dr Emily Nzeribe.

The people were informed of the menace of plastics and how each one can make money from picking and selling plastic waste to business persons who can use it as raw materials!

This is just the beginning. Step 3 loading!!!!



REPORTS FROM IMO STATE

INSTALLATION OF THE 38TH PRESIDENT - ROTARY CLUB OF ALADINMA-OWERRI



It was a very grand event on the 6th of August 2023 at the Golden Tulip hotel as the 38th President of Rotary club of Aladinma Owerri , Rtn Emily Akuabia Nzeribe, a Consultant Obstetrician Gynecologist, a Paul Harris Fellow and the winner of the



Rotary international ‘Service Above Self Award’ was installed. Very distinguished friends and family from far and near were in attendance.

The Labour Party governorship aspirant, Distinguished Senator Athan Achonu was in attendance with his

entourage. The event featured unveiling of the Club's Signature projects for the Rotary year such as the "Waste to Wealth" project, the Life is for Living project series (a mental health project), prevention of



Maternal Mortality as a result of bleeding after delivery to mention but a few.

There was also Induction of Four new members into the Rotary family and Swearing - in of Board of Directors of the Club.



REPORTS FROM IMO STATE

SPECIAL CLUB FELLOWSHIP - ROTARY CLUB OF ALADINMA-OWERRI



projects while maintaining a positive Public Image of Rotary.

The same fellowship hosted an Economic Empowerment Project where in ten (10) women got soft loans of twenty thousand naira each to add to their businesses.



The exciting fellowship of this Club was heralded by a Peace and Conflict Resolution Seminar, captioned: Building a Vibrant Club where Past Assistant Governor Okey Okere in his very stylish way of impacting knowledge went through the different ways we can build our club and keep it peaceful and friendly for all, contribute to The Rotary Foundation and carry out our service

It was a memorable event just watching these women's joy as they received the token to beef-up their petty trading. Visiting Rotarians present at the Event equally contributed to the joy of the women.

MATERNAL AND CHILD HEALTH PROJECT - ROTARY CLUB OF OWERRI



health workers during childbirth. The lecture was handled by Mrs Deborah Damilola, a registered nurse. The pregnant women were gifted with delivery materials like mat, mosquito treated nets, pads, tissue papers and some routine drug

The members of Rotary Club of Owerri on Tuesday 18th July 2023 embarked on Maternal and Childhealth project executed at American Cancer Hospital Iho Ikeduru.

The pregnant women on Ante natal visit were lectured on the Benefits of Anse natal and post natal care with emphasis on utilization of skilled



REPORTS FROM IMO STATE

SPECIAL CLUB FELLOWSHIP - ROTARY CLUB OF ALADINMA-OWERRI



President of Rotary Club of Aladinma Owerri on the prevention of Maternal to Child transmission of Hepatitis.

Hepatitis B Screening was done. It was also an opportunity to discuss Rotary Membership with the public health students of Imo state University who were on posting at the health centers in Okwu Uratta Owerri North, Imo State.



To celebrate the world hepatitis day and as a Maternal and Child Health project, the Rotary club of Aladinma Owerri in collaboration with the Rotaract Clubs of FUTO, Metropolitan and the S.O Solidarieta Onlus organized a medical health outreach.

Health awareness talk was delivered by the

MEMBERSHIP DEVELOPMENT SEMINAR - ROTARY CLUB OF OWERRI UPTOWN



topic " Best Practices for Engaging and Retaining Members. It was a well attended hybrid fellowship where Rotarians and Non Rotarians participated in their numbers

As part of our resolve to achieve our membership goals, Rotary Club of Owerri UpTown had the DGE Prof Au. Nnonyelu and Our District membership Engagement Guru PAG Nneka Goratti Ewenike speak on the



ELON MUSK 5 GOLDEN KEYS TO ENTREPRENEURIAL SUCCESS



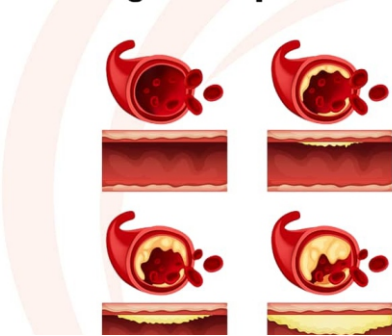
- 1) Chase societal impact, Not just profit.
" Do things useful to your fellow human beings".
- 2) Be the Ripple of positivity
"Stand out, give back anyway as yours contributions come full circle to uplift you.

- 3) Unearth wisdom from books.
Reading is gateway to passion and mastery.
- 4) Converse widely, learn widely.
" Engage, interact and let diverse perspective be the wind beneath your innovative wings".
- 5) Master the arts of knowledge mosaic
" Dive deep, explore wide and let the intricate mosaic of knowledge guide your entrepreneurship journey".

Rotr. Chigbo Maureen Ujunwa
(Jummylove A.K.A Spineljummy)
Rotaract Club of Nkpor CB

HEALTH CORNER

Good Cholesterol vs Bad Cholesterol: Understanding the Impact on Heart Health



CHOLESTEROL, WHAT IS IT?

Before we dive into the comparison between good and bad cholesterol, let us demystify cholesterol.

Cholesterol is a fatty substance present in our blood, playing a pivotal role in various bodily functions. Essential for cell membrane formation, vitamin D synthesis, and hormone production. Cholesterol is transported in the

bloodstream by lipoproteins, categorized into two main types: low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

Low-Density Lipoprotein (LDL) – The “Bad” Cholesterol: LDL cholesterol, often referred to as “bad” cholesterol, can build up on artery walls, forming plaques that narrow and block blood flow. This raises the risk of cardiovascular diseases, such as heart attacks and strokes.

High-Density Lipoprotein (HDL) – The “Good” Cholesterol

On the other hand, HDL cholesterol is known as “good” cholesterol due to its protective effects on the heart. HDL carries cholesterol away from arteries

back to the liver for disposal or recycling, reducing plaque buildup and lowering the risk of heart disease.

Cholesterol Ratios – Decoding the Numbers

Understanding cholesterol levels goes beyond knowing absolute numbers.

The cholesterol ratio, calculated by dividing total cholesterol by HDL cholesterol, is an essential indicator of heart health. A lower ratio indicates a lower risk of heart disease.

The Impact of Diet and Lifestyle:

Diet and lifestyle significantly influence cholesterol levels. Consuming a diet high in saturated and trans fats can increase LDL cholesterol, while healthy fats in nuts and avocados can boost HDL cholesterol.

Regular exercise, maintaining a healthy weight, and not smoking are vital lifestyle factors that positively influence cholesterol levels.

Managing Cholesterol Levels:

Lifestyle changes may not always be sufficient for individuals with high LDL cholesterol. Medication, such as statins, may be prescribed to manage cholesterol levels effectively. Statins lower LDL cholesterol levels and reduce the risk of cardiovascular events.

Conclusion

Understanding the distinction between good cholesterol (HDL) and bad cholesterol (LDL) is essential for maintaining heart health. While LDL cholesterol can pose risks to cardiovascular health, HDL cholesterol acts as a protector. Striving for a balanced cholesterol ratio and adopting a heart-healthy lifestyle are key components of maintaining optimal cholesterol levels.

© *Aha! Trybe*



KNOW THE DIFFERENCE BETWEEN UK, GREAT BRITAIN, BRITAIN, ENGLAND

A lot of people in Nigeria and indeed all over the world, including well traveled, elite class people often confuse England, United Kingdom, Britain and Great Britain. Well, here's the way to differentiate them:

England is a country just as Nigeria, and its capital is **London** just like Abuja is the capital of Nigeria.

Great Britain is a collection of 3 countries which came together as one country and has its capital as **London**. Those 3 countries are:

1. **England,**
2. **Scotland and**
3. **Wales**

When you include **Northern Ireland** to these 3 countries, they become **United Kingdom** (union of four nations) Viz:

1. **England,**
2. **Scotland,**
3. **Wales, and**
4. **Northern Ireland.**

Note however that these four individual nations all have their own respective capitals.

Accordingly, the capital of Scotland is **Edinburgh**,
Wales is **Cardiff**;
Northern Ireland is **Belfast**;
England is **London**.

PS: Northern Ireland is not to be mistaken for the **Republic of Ireland**. The latter is a separate country and its capital is **Dublin**



Welcome to August!

A month of exploits in exercising self-leadership.

Growth happens outside comfort zones. If you always wait until you're 'ready' or 'qualified', opportunities will simply pass by and you'll be stuck in a place. You can't just sit back and wait for things to happen, you have to take action.

You need to practice **self-leadership**.

Self-Leadership is the foundation that enables you to effectively express all your other knowledge, skills, abilities, passions, and values.

To assess how well you are demonstrating Self-Leadership you can ask yourself, "Are my daily actions aligned to my values, and are those actions helping me make progress towards my core purpose?"

May God cause His light to shine upon you and grant you clarity in all areas. Amen.

Love and Light to us all.

#toofocusedtogiveup

Prof. Joy Onyesoh (Iyom)



'DM' FOR THE PRICE.

My knowledge/experience in advertising and sales is yet to figure out the rationale or more precisely, advantage behind 'DM me for the price'.

A seller post an item for sale in a public forum, prospective buyers indicate interest and ask questions for clarity. The seller employs different appeals to convince the prospective buyer that the product is 'to die for'. Answers to all of the questions are provided for public consumption except for the price.

'DM me for the price'

The above statement is often credited to the seller especially those who sell online. In my opinion, there are possibly more prospective buyers who are following the conversation silently and hope to see the price on the thread/comment section. Looks like sellers have forgotten that 'price' could also be used as an appeal

On the Internet where so many things are competing for our attention and sellers of similar products are a dime a dozen, it takes an unusual dose of patience to **DM a seller for the price'**. This may however make more sense where the seller enjoys a monopoly or provide an exclusive

product, service or brand and have probably made an indispensable name for himself/herself.

For example, if you need a particular Nike shoe and was asked to 'DM for the price' by the manufacturer, you sure know you cannot out of impatience, go to Adidas to produce that same shoe for you.

Under the popular circumstance 'DM me for the price' suggest that the **seller intends to sell at different prices to different buyers** with possible tendencies to exploit the ignorance of any prospective buyer who does not have an idea how much the item is sold elsewhere.

This in my opinion presents the seller as unserious and probably deceitful or having a propensity to be so should the need arise.

I am of the opinion that "DM me for the price is counter productive.

Share the details as requested and make that sale you desire.

Bringing this home to Rotary **August** is all about membership and new club development. How many people have you unintentionally turned down with the word **DM ME.?**

Learn to pass every information that will attract new Rotarians on the platform for all to see as some persons might be following the conversation silently. Let us not lose membership while doing the **DM** thing.

Truth is people will always be interested in something Good and **ROTARY IS GOOD**

Ogara George Angel (PHF)

**President Rotary Club of Enugu City Layout
2023/2024**

#Angelspeaks

#Westoppedbreakingtables

#Teamiceonthemove

DOING GOOD IN THE WORLD

IS MADE POSSIBLE BECAUSE OF
ROTARY MEMBERS LIKE US
PLEASE JOIN US AND LET'S
CREATE HOPE IN THE WORLD

Rotary
District 9142



UPCOMING EVENT



ROTARY LEADERSHIP INSTITUTE

TRAINING

ANNOUNCED AS FOLLOWS:
FACULTY ORIENTATION
(FRIDAY 29 SEPTEMBER, 2023)
TIME: 1:00PM

FEE
N30,000



PARTS 1-3 (SATURDAY 30 SEPTEMBER, 2023)

FEES

Part 1 – N26,000

Part 2 – N28,000

Part 3 – N30,000



HAVILAH TOWERS HOTEL,
#39 Apostolic Road, Asongama, Uyo

Pay to: UBA
Account No: 1022127362
Account Name: Rotary Leadership Institute
Please forward evidence of payment to Ping Osaji on 08035505380.

Note:

1. Registration closes as classes are fully paid up; but not later than Friday September 22nd 2023.
3. Lateness not entertained: NO ENTRY once class starts. Defaulters may lose registration fee.
4. Faculty class starts 1.00pm;
Parts 1 -3 starts by 8.30am
5. Refund may be granted should a cancellation notice be received by closing date of 22nd September, 2023.

Chance to improve your leadership quality!

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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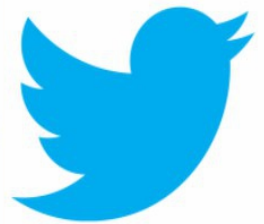
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