



## 2023 - 2024

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### BOARD MEETINGS

11/14 Board Meeting 7 AM  
11/15 Charitable Fund 5:30 PM



# The “Soap is a Simple Solution” Project



## STUDENTS OF ACTION: TODAY'S SPEAKERS

**Meet Tineke and Torsten's grandchildren** are the force and inspiration behind the soap project in Uganda.

**Haakon Gaaserud**, their grandson, is a high school student who grew up and goes to school in Seattle. His favorite classes in school are Spanish and Chemistry. In his free time, he enjoys playing basketball and cooking.  
[Haakontgaaserud@gmail.com](mailto:Haakontgaaserud@gmail.com)

**Siri Gaaserud**, their granddaughter, who was in 4th grade during her visit to Uganda is now an 8th grader at the same K-8 school back in Seattle. Her favorite classes are math and history, and she keeps busy with soccer.

# MORNING RITUAL

JULIA KITAY



KEN NISHIMORI



JULIA KITAY



HUGH TOLOUI



*The Pledge*

*The 4-Way Test*

*Thought for the Day*

*Mystery Greeter*

*“Love can change a person  
the way a parent can change a baby  
awkwardly, and often with a great deal of mess.”  
— Lemony Snicket*

## *Guests*



*Tineke Jacobsen*



*Leo & Viri Larson are potential new members*



*Betty Kitay is Julia's  
mom-in-law*

# TODAY'S SPEAKERS: *Haakon & Siri*

## The “Soap is a Simple Solution” Project Fundraiser

In February 2020, **Haakon and Siri** visited a small village in Uganda called Nsawo and noticed not only did the clinic not have hand soap at any of the sinks but none of the other schools did either. This is a huge problem because diarrhea is one of the leading causes of mortality in small children in Africa and when people don't wash hands with soap it spreads fast. Also, it's essential that doctors and birthing moms are able to wash their hands to take care of themselves and for newborns safely. Through Rotary connections, they found someone who could teach them, the clinic staff, and the chemistry class how to make soap, taught the clinic staff how to make soap. Then together with several of those students, who are Retractors with the local Rotary chapter, they went to the younger schools (ages 5-12) to perform an educational skit and show them the importance of hand hygiene, and to deliver the soap and hand washing stations. The plan is to have the high school science department, along with the clinic, make hand soap for the community going forward.

Before they launched their “Soap is a Simple Solution” fundraiser and progressed with this project, they asked themselves if teaching students how to make soap passed the **Four-Way Test** and illustrates the value of this project for the young and old.

### 1. **Is it the truth?**

Yes, it is true that good hygiene can prevent serious illness. Dysentery is a life threatening disease in particular for children.

### 2. **Is it fair to all concerned?**

Yes, it is fair that from continent to continent young people both put in their time and grass roots effort to attain better hygiene. The students in Uganda are educated in the why and how to make the soap. They distribute it to their school and their local Hospital Clinic for all to use. They spread the word about why and they become the producers and the educators.

Haakon and Siri Gaaserud are now actively engaged in the production, marketing and selling homemade “boutique” soap. One hundred per cent of the proceeds will go to Uganda to purchase the ingredients needed for making soap in Uganda. This is progress from the previous support model, where Haakon and Siri's mother would just send the funds. Instead, from now on, she will donate the ingredients for the soap that Haakon and Siri produce and sell as a fundraiser.

### 3. **Will it build good will and better friendships?**

Yes, the fact that we are having a Rotary meeting with people present from two continents attests to that.

### 4. **Will it be beneficial for all concerned?**

Yes, the students in school, the public and patients in the hospital in Uganda, are healthier.

The students in the high school in Uganda learned a new skill, making liquid soap.

The Rotary Interact youth in Uganda get to practice leadership skills in humanitarian efforts in their own community. The Roto-act person found a purpose for his skills in education at the saponification lab. Haakon and Siri discovered a way to be actively involved in their home community by acting on the needs they witnessed firsthand in Uganda in the production, marketing and selling homemade soap as a fundraiser to sustain this project.

## TO MAKE A DONATION



## MOTHER OF HAAKON & SIRI: *A Perfect Example*

**Annelise Gaaserud:** Annelise is a Family Physician at Kaiser Permanente in Seattle and Medical Director of the Family Medicine- Obstetrics service line at KP Washington. She has an interest in cross-cultural medicine and graduated from Columbia University and Ben Gurion University Medical School for International Health. She also obtained a Master's in Public Health at the London School of Hygiene and Tropical Medicine. She is Torsten and Tineke Jacobsen's second daughter and inherited their wanderlust genes. This project found root during a year-long sabbatical traveling with her family.

You are welcome to read more about that at <https://www.atlasatlast.com>

# UGANDA: *Thankful for the Hygiene Kits*

**Deb Luyiima** reported that it was yet another busy day at Nsawo Clinic. We distributed 121 personal hygiene kits to children in Nsawo Village between the ages of 5-14 years both boys and girls. Nsawo primary school in particular were the beneficiaries of the kits.

It was such a fun day for them as some of them have never owned tooth brushes or even seen toothpaste and nail clippers. Majority have been using sticks to clean their teeth , and biting off their over grown nails, therefore, it was such a blessing for us to have the kits.

The day began with sensitization from the medical personnel at the clinic then demonstrations on how and when to use the different items in the kit. Then the children demonstrated what they had learned as they received the kits. The kit contains a toothbrush, toothpaste, wash cloth, soap, comb and a nail clipper as you can see in the picture below. Nsawo Primary School management and children are very thankful for the donation courtesy of Julia Kitay. We have agreed to call it the Julia's Children Hygiene Kit and will be distributing more kits in due course. Thank you so much.



## NEVER FORGET



In 1945, World War II veteran Raymond Weeks from Birmingham, Alabama, had the idea to expand Armistice Day to celebrate all veterans, not just those who died in World War I. Weeks led a delegation to Gen. Dwight Eisenhower, who supported the idea of National Veterans Day. Weeks led the first national celebration in 1947 in Alabama and annually until his death in 1985. President Reagan honored Weeks at the White House with the Presidential Citizenship Medal in 1982 as the driving force for the national holiday and named him the Father of Veterans Day.

# CLUBNEWS

## *Community Services:* BOB HUCK



**Home Team:** Bob told us that he is still waiting for assignments, but the next home team will be on the 18<sup>th</sup> of this month. Tell Bob you will help, and everyone will meet in the State Farm parking lot at 8:30 am.

**White Pony Express** will meet on December 20<sup>th</sup> from 9 to 11 am. Those who attended the one last month were Clayton, Larry, Bob, and Susie. They all said it was a lot of fun. Sign up with Bob.

## *Charitable Board:* MARY KEMNITZ



Secretary Mary reported that the following donations were approved:

\$500 Meals on Wheels S Secretary: Seve Weir

\$1,000 Clayton Library for Annual Book Buy: Bill Selb

\$1,000 Clayton Valley Village for Pancake event: Bill Selb

\$1,500 Sewing machines

\$3,500 Monument Crisis Center food boxes: Monica Fraga

There will be a \$2,500 Food Bank match next month: Bob Hooy

## *Donation:* JULIA KITAY



Julia is putting these hygiene kits together for the Monument Crisis Center and the clinic in Uganda. Here is what they contain.

## CELEBRATIONS: *Happy Anniversary*



**Bob and Aleta Huck.** Yes, indeed, they did get married on Friday the 13<sup>th</sup>.—June 1971 in fact. This is their 52<sup>nd</sup> anniversary and they assure us that they have had nothing but a good life.

## *Happy Birthday*



**Frank Westphall** celebrated his birthday on Tuesday, the 7<sup>th</sup> of this month. He joined Rotary in 2004 making him a 19 year member. He was the **2017 Rotarian of the Year**, is a Paul Harris Fellow, and devoted many hour with the Home Team performing plumbing tasks.

# HAPPYBUCKS

BARBARA REIFSCHNEIDER



**BILL SELB** was 10 bucks happy. It seems Bill asked Emily if they were going to go see a movie that day, Emily said no we're going to look at new carpeting for two rooms. Bill gave in and thought it was gonna be much more money then what they paid 15 years ago. But to Bill's surprise it was about the same price. Yay!

**IRENE DAVIDS-BLAIRE** was five bucks happy this morning because she found out that two weeks ago South Africa won the World Cup in a soccer game.



**JULIA KITAY**, our new member, gave a happy 50 bucks. Julia said that her mom-in-law has always been there for her, and she really was happy about that.

## RAFFLE WINNER

*Congrats, Bill Selb*



# THE GALLERY

Rich Lueck snapped this stunning photo of the sun from his window seat on his way home from Hawaii.



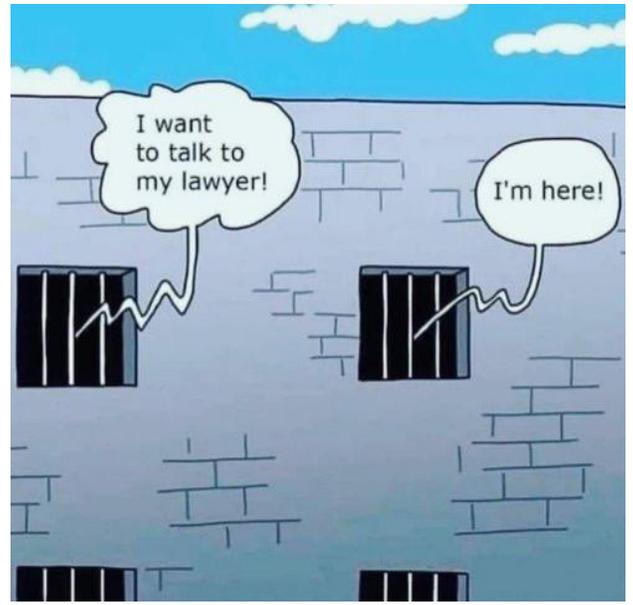
# FUNSTUFF

BILL SELB



Everybody knows somebody that has a car they don't need. Tell your friends about how we administer this vehicle donation program with volunteers so that the charity they choose gets the highest value. Donate online at [Cars2ndChance.org](http://Cars2ndChance.org) or call for more information: (925) 326-5868.

My teacher told me not to worry about spelling because in the future there will be autocorrect  
And for that I am eternally grapefruit.



*... That's all folks*