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Newsletter of the

Rotary Club of Atenas







"I don't plan on sitting on my butt for the next 18 months."

--Chris Toal

Meeting Highlights

With only seven members, it was a small meeting. Even the cook was late. But loads of information and discussion. You missed a good one if you weren't there.

Chris spoke on the possibilities of our club being able to raise larger amounts of money through grants. He reviewed several types of these grants.

- **Rotary International Foundation** is our best option. However, to access these funds we need to be a club for three years. That leaves us 18 months to look into and apply for other grants. Once we're able, applications need to be completed. This is Chris's superpower. We're lucky to have him.
- **Rotary District Grants** are occasionally available, and we needn't wait the three years before applying.

Then there are other opportunities that are available outside of Rotary International. These may prove quite lucrative and afford us opportunities in addition to the Rotary International grants.

- **United States Government Grants** are awarded through the U.S. embassy in Costa Rica. Awards are for *tens of thousands of dollars* (imagine what we could do with that).
- There are also other US federal grants to be investigated.
- There are **private foundation and corporate grants**, often specific to certain endeavors like *environmental protection*. This would allow us to work with Everett's group planting trees, for example. These awards can also run into the tens of thousands of dollars.
- Finally, there are **innovations sustainability grants** which focus on environmental and sustainability projects.

A software program by subscription provides access to thousands more various grants and may be worth exploring with some of the club's funds.

In short, Rotary Atenas may have serendipitously found itself in a niche. We live and work in a country known for its environmental focus. And we have Chris and his superpowers to hunt down funds that 99% of clubs worldwide will overlook.

More Meeting Highlights

Our guest speaker this week was **Judy Duboff** who spoke to us about her long career and work as an art therapist. Judy was fortunate to learn under one of the pioneers of art therapy. Though she has and continues to work with groups, she shared her



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own personal healing through her projects (pictured) following her husband's cancer diagnosis and subsequent passing. It was a moving presentation.

Judy continues to work, having recently offered a successful class for 14 people where others were able to focus on their inner angst and turmoil without caring about the quality of the finished product (in other words, it's not important if you're talented. Only if working with art materials like paint and clay make you feel better).

She hopes to do more of these classes in the future. The group followed Judy's presentation with a lively discussion on how we might be able to help Judy obtain clay from local sources, like the volleyball courts currently being renovated, and then process it to make it usable for firing. Even if nothing ever comes of it, the discussion was insightful as to how we can use our varied resources and contacts to build on bigger community projects.

Member News & Happy Dollars

We're all happy that Rosie became a grandmother!

Upcoming Events

We will start planning the Changing of the Guards gathering, when we will celebrate accomplishments of the Rotary year, and welcomes in the new officers.

Next Meeting

Next meeting will be **June 4th at 9:00**. Same place, **Cafetales y Orchideas** café on Calle Plancillo. Um. Maybe we'll have a guest. (whispers to Everett, "Did I miss who our guest is going to be?")

June 18 – Asdrubal Zamora from DUO (Give Me a Chance) will be talking to us about the non-profit organization dedicated to education, awareness, training and prevention of suicide and mental health in Costa Rica.

August 13 – our own Everett Janssen will talk about his personal environmental outreach experiences.

August 27 – Garuda will be introducing us to chair yoga. He has had extensive yoga training since the mid-70s and teaches all levels of hatha yoga.

And finally…

If all of that wasn't enough of a reason to regret missing the meeting, Everett came with herb seedlings for everyone to take home! Turmeric, oregano, sage, rosemary, and others.

Some of us then had a great after-meeting meeting talking about Everett's friend in the south who has planted *hundreds of thousands* of trees. Though she'll never be able to come present to us, we did discuss a **road trip!** to see some of her efforts. Imagine a grant of several thousands of dollars to help teach local Costa Rican children the importance of planting trees.