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Newsletter of the

Rotary Club of Atenas

Look for a way to lift someone up. If that's all you do, that's enough.

A Busy Meeting!

At our August 21 meeting we had a great showing of guests and visitors. Some of these included Nolan, (our guest speaker), local residents Dina, Cynthia, Charlie & Gloria, and Marjorie and Walter from Nashville.

Eric let us know that he and Russ met earlier this week with the mayor, deputy mayor, town attorney, and the director of social services. They explored the needs of Atenas and identified those with which we may be able to assist. For our next meeting we hope to get a report from the Outreach Committee on their suggestions on how to proceed. Also, we are hoping that the deputy mayor will be joining us for our meeting on September 4.



Lynn announced that the Fundraising Committee has firmed up details for the dinner/music event at the venue in Lomas del Paraiso. This will be on November 15. We only have 40 seats and they are 30,000 colones per person. If you'd like to reserve a spot, please let Nancy or Lynn know. We will be extending invitations to people outside of the club soon.

The date and location for our "big fundraising event" in February or March is still to be determined. The event committee is visiting several potential venues. The plan is to have multiple events that day, such as: bingo, wine/beer tasting, auctions, baking contest, etc.



Guest Speaker

Nolan Zamara, from the Rotary Club in San Jose, told us about his upcoming goal to cycle through Central America - over ten days and 5 countries - to promote Polio Awareness. The name of the event is Mas Millas Menos Polio. Nolan has been a member of Rotary since 2006. His ride will begin in Antigua, Guatemala - the first city to gain its independence from Spain. He'll end in Cartago, which was formally the capital of Costa Rica.



Over the 10 days, Nolan will cycle about 1,100 miles. His goal is to raise money and awareness about ending polio around the world. Rotary has worked with the World Health Organization for over 40 years to provide polio vaccines to children worldwide. Currently, there are only two countries, Pakistan and Afghanistan, in which polio is endemic.

His travel dates are September 26 to October 5. On October 5 he'll come through Atenas. Club members are inviting anyone who would like to cheer him on to meet at El Fogon around 9am. He'll need hydration and fruit for the rest of the ride. We can support him by sharing time with him, bringing him hydration and fruit, accompanying him along the way, contacting local bike shops and cycling groups that could assist him, and of course donating to end polio.

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More information about this can be found on his website masmillasmenospolio.org. You can donate, follow his progress on this website, view his bio stats, weather at his current location, and even integrate his route on your smart device. As a fun bonus, you can create a virtual jersey on the website.

Crossing the borders can be difficult. Rotary clubs along the way are supporting him with housing, food, and storage of personal items. We wish him good luck!

Club News

We're still working on the design for our club banner. Our banner should represent Atenas Rotary, and it will be used to exchange with other clubs during visits. Please share any design ideas you have with Lynn.

We've been offered a domain and web page for free. What we now need is someone willing to design and maintain it! If you are interested or have an idea of someone who might be, please let us know. We also need someone to assist with social media (Facebook, Instagram, etc.)

Upcoming Events

Consider making plans to attend the District Conference on April 23 – 25, 2026.

Member News & Happy $$$

Leslie is happy to be back from her cataract surgery. David and Karen are happy to be back in Costa Rica after being in London to help family move and visiting the US. Lynn announced that she's happy to be offering a self-defense class this Thursday, August 28 at 11:00am. Charlie is happy to be a granddad again.

Next Meetings

Our next formal meeting is September 4 at Guanacaste Restaurant at 12:20.