President’s Corner
Sheila Hart

Promote ITHF at Club, District or Zone Meetings by using our beautiful posters and brochures

Our beautiful ITHF posters have been spread around the world. There are still 38 posters available. These make ideal table top displays for use at District and Zone meetings. If you would like a poster or posters, please contact Sheila Hart at e-mail: sheilahart@shaw.ca. Administrator Rick Harned can be contacted for a supply of brochures at r.harned@ithf.org.

President’s Friendship Dinner in Hamburg at VLET Koch Schule
Sheila Hart, ITHF President, has found a rather unique setting for the President’s Friendship Dinner to be held on **Sunday June 2, 2019 from 6:30 pm-10:30 pm**. This CULINARY PARTY LIVE COOKING BUFFET, including beverage package, will be held at the VLET Culinary School, (VLet Koch Schule), Dammtorwall 15 Hamburg 20355, in the heart of Hamburg’s Gansemarkt. The space, rented entirely for our group, will provide lots of room to mingle during cocktails and the meal. Watch the culinary team at work and get tips about German cooking that you can use at home. The cost will be approximately Euros 60 including the buffet, beverage including ½ bottle of wine + beer+ water+ coffee or tea, 19% VAT, tips not included + applicable PayPal fees. Vegetarian and pescatarian items will be available. We await confirmation of prices and any menu revisions in January 2019.

Please reserve your space for this event and indicate any special dietary needs by contacting Rick Harned, Administrator at e-mail: rickharned@gmail.com

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**Tour Committee Appointments for 2018-19**

Thank you to all of the members who responded to the Tour Committee survey which was sent out prior to the RI Convention in Toronto. Based on the survey, members indicated that they want pre and post-convention tours, offerings of off-season tours and tours to be fellowship intensive and low cost. As a result of this mandate, it became important to appoint a Tour Committee of members who have experience with tours and travel and most importantly time and commitment to do the work of the committee. The Tour Committee will be developing a three year plan to meet what the membership would like for ITHF Tours. The Tour Committee for 2018-19 has now received Board approval and consists of:

- Steve Yoshida, Co-Chair
- John Steven, Co-Chair
- Noko Yoshida
- Kimberly Carroll
- Barbara Lafleur
- Marilyn Crow
- Betty Screpnek
- Sheila Hart (Ex-officio)

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**Call for volunteers to help at the ITHF Buth in Hamburg**

Thank you to the ITHFers who have already committed to help at the ITHF “Buth” at Hamburg. More help is required. Working in the “Buth” is a great way to make “Connections” and get to know some other ITHFers. Our “Buth” is one of the busiest in the House of Friendship. Volunteer and come join the fun. Contact Sheila at e-mail: sheilahart@shaw.ca
**Hamburg ITHF Tours UPDATE**

John Steven has notified us that reservations for the two tours will be accepted through the end of October! If you’re at all inclined to join either for the pre tour to Russia or the post tour through Germany, now’s the time to sign up...they promise to be awesome opportunities to travel with your fellow ITHF members, make great friends, and see some amazing parts of the world! Contact John Steven at johnsteven@bigpond.com

**2019 RI Convention**

Make sure you register for the 2019 RI Convention in Hamburg....it promises to be amazing...and it’s a fabulous opportunity to connect/reconnect with fellow ITHF members! Here’s the link: [2019 RI Convention Hamburg](#)

**Travels with Steve & Noko Yoshida**

We were visiting friends in New Jersey with a few days to spare. Why not ask Vicki Greenberg from Long Island to host us? Never met Vicki before but she showed interest in joining our ITHF Galapagos tour. Vicki said “sure” and we were off to an amazing adventure. Here we are at the Hicksville Rotary Club!

Vicki showed us the beautiful beaches and mansions near Glen Cove, took us to the friendly Hicksville South RC meeting, and visited with PDG Gabor and Eva Karsai. We told Gabor and Eva about ITHF and they immediately joined and offered to lead an ITHF group on a tour of Cambodia. See the promotion. Now we continue our friendships by traveling with Vicki, Gabor and Eva to a place they know best, Cambodia. Thank you ITHF!
Speaking of Cambodia, here’s some information about this ITHF travel opportunity:

ITHF Cambodia tour:

1. It is organized by Cambodian Rotary clubs partnering with US clubs under the NGO Sustainable Cambodia.
2. The tour is operated by Rotary volunteers as a not for profit activity.
3. The tour leaders are PDG Gabor and Eva, who have led the mission for a number of years.
4. Vicki has volunteered to be the coordinator and answer any member’s questions.
5. The tour has a service component with opportunities to partner with Cambodian clubs on many worthwhile projects.
6. The tour is 1-10 February 2019 (10 days) and costs $925 per person double occupancy.

See the separate attachment for full information about this fabulous opportunity!

A Long Journey with Rich Rewards: Part 2
Rick (ITHF Administrator) and Mary Ellen Harned, Louisville KY, USA

In March 2018, following our stay in New Zealand, we traveled on to Australia and met more ITHF friends. Our first stop was in Glenelg, a suburb of Adelaide, at the home of Peter and Meredith Ochota (photo), who had first visited us in Louisville in April 2015. We enjoyed meals grilled on their balcony overlooking the waterfront, touring the old and the new in South Australia’s state capital, and visiting wineries in the McLaren Vale including the d’Arenberg, with its brand-new, ultramodern cellar door shaped like a Rubik’s Cube!

Three new ITHF members, all from the same club, welcomed us to Melbourne: Judy & Peter Pratt, Glenda & Rob Davies, and Denise & Jon Oppy. The Pratts not only put us up for the night, they hosted a dinner party for all of us and invited veteran ITHFers John and Audrey Steven too! The next day we lunched at the Oppy’s beach house. Happily we reconnected with all three couples in Toronto, as
they attended the CN Tower dinner and Annual Meeting breakfast!

After fulfilling our bucket-list wish to snorkel on the Great Barrier Reef and observe Aboriginal culture in the Kuranda Rainforest, we headed to Sydney. There we were met by our friend (and past ITHF President) Barry Philps. In addition to enjoying their suburban home, we were guided by Barry walking and then cruising around the iconic Sydney Harbor. The next day, his wife Jennifer toured us around the stunning Blue Mountains and stopped at unique spots, such as a delightful teapot museum! The Philps also arranged a reunion dinner with Anne & David Rands – all 3 couples had met on the ITHF Lisbon tour! Since turnabout is fair play, we’re delighted that Barry will visit us in Louisville in early September!

Our final stay was in Port Macquarie, a town of 45,000 along the Atlantic coast about an hour flight from Sydney. The visit occurred because our host, Ken Thompson, had written in Connections, “we want visitors!” and we were happy to oblige! With his wife Dahlis, we saw beautiful beaches one day, and mountains the next. Highlights included kangaroo spotting, a koala hospital, lunch at the remote Udder Cow Café, and visiting Ken’s Rotary Club.

Thanks to all our wonderful hosts Down Under, we had an unforgettable adventure!

**M and M host M and M through ITHF**

Martin & Mary Limbird, Colorado USA

When long-time ITHF members Martin and Mary Catherine Limbird (Colorado USA) were making their 2018 RI convention travel plans, they knew they wanted to see a part of Canada they had not visited before. The Limbirds had previously hosted ITHF members from the U.S. and Australia and been hosted twice in the U.S. as well as in Germany and as members of a post-convention ITHF tour in Thailand.

“What good fortune we had to find a potential ITHF host living on Lake Huron, in Grand Bend Ontario, current district 6330 governor Martin Ward and his wife Mary Ruston”, said Limbird. “What were the chances they were known as M and M, as we too sometimes are?” “Our hosts had just moved into a new home and had had a luncheon for a Friendship Exchange group from Croatia the day before, but they still happily agreed to welcome us as house guests...and on Father’s Day weekend!”

In addition to providing wonderful home hospitality and DG Martin’s signature brewed coffee, the hosts took their guests to nearby Goderich, Ontario to see the Rotary Cove pathway and exercise equipment recently installed by the Rotary club in that community. While in Grand
Bend, the Limbirds also saw that local club’s Rotary outdoor stage, new 10 km nature trail and historical signage.

DG Martin also shared inspired stories of his focus on promoting positive change in his 56 clubs through examples reinforced by RIBI executive Amanda Watkin, the RI rep at his May 4 district conference. During his term, DG Martin also successfully used internet-based communication technology to increase participation in district assemblies and events.

“It was such fun to be with Rotarians who had so many common interests and experiences”, said Mary Catherine. “We look forward to hosting our new ITHF friends when they visit the US Southwest in fall, 2019.”

ITHF members Martin and Mary Catherine Limbird, Mary Ruston and Martin Ward, visiting the Goderich ONT Rotary Club’s recent project on Lake Huron’s shore.

Travels with Madu Bishnu

ITHF Connection with Nancy Fleming & Robert Smallwood

Nancy had written to me in Nov 2017 for a 3Nights (June 16-19) trip on Lake Mckenie in Ontario province. Nancy & Bob and their dog Ella drove from Chicago to Lake Mckenie and I took a bus to Barrie from Toronto. The bonding between us was the essence of this meeting. No INTERNET, no watching TV and reading books, but only ‘we time’ of chatting, cooking together and availing a cruise to 1000 Islands.

ITHF Connection with Mark Barnes in Toronto during RICON

Mark lives in West India and I in East India and we did ITHF Connection of enjoying dinner at KEG’s Steakhouse on June 27 and had a reunion

Speaker at Breakout session on 'Fellowships - Hidden Gems of Rotary'

On June 25, 2018 I was Panelist and I spoke on ITHF at the Breakout session on 'Fellowships - Hidden Gems of Rotary' where 150 attendees attended the session and enjoyed the discussion.

ITHF Connection with Andrew & Pronica Janikowski in Picton

I visited Andrew & Pronica between July 5-7 in their home in Picton. They had invited their Rotary Picton’s some club members for a dinner with me and took me to local site seeings to Fort Henry
Preconvention Tour Of Eastern Canada--June 2018
Sheena Spittles

Another fantastic ITHF Preconvention Tour is over ... and what an exciting tour it turned out to be! We met up in Montreal where we had a very interesting walking tour through the cobbled streets of the old city, learning about the influence of the native Americans on the local cuisine, and visiting some of the interesting buildings, one of which was the venue for our hosted dinner later that evening.

Then it was time to move onto Quebec City, where the old fortified city has been designated a UNESCO World heritage Site. A walking tour led us to the imposing Chateau Frontenac. What an amazing venue for the local Rotary Club to hold its meetings! We were hosted by the Rotary Club of Quebec City that evening, who gave us a guided tour of the castle before taking us to dinner. I had the pleasure of sitting with the President Dino Marzaro and his wife ... although they spoke little English and my French is limited, we had a really enjoyable, fun evening!

The next morning saw us sampling a “Lumberjack Breakfast” in a Sugar Shack in the countryside. Quite an experience, with lots of information about how the maple syrup is harvested, followed by country dancing and entertainment (where I learnt that my room mate Melvina Lube is an expert at playing the spoons!) The afternoon saw us at the amazing Montmorency Falls (considerably higher than the Niagara Falls) where the Montmorency River plunges off the Canadian Shield. The day was rounded off with a visit to a Copper Museum where we saw some beautiful examples of copperwork.

Next we were off to Ottawa, the ‘beautiful and cosmopolitan capital city of Canada’. A city tour took us to the local markets, and then on to the Rideau Canal (site of the world’s largest winter skating rink) and Houses of Parliament. Our evening saw us at the District Changeover Meeting at the Rotary Club of Ottawa West – a very impressive affair with almost two hundred present, and stories of some inspirational local award winners.

Our next stop was Rockport, on the St Lawrence River, between the United States and Canada, where we were treated to a memorable cruise around the very tranquil ‘thousand islands’. Who knew that an island there, once owned by the Waldorf Hotel owner, was the inspiration for the famous ‘thousand island dressing’?
We then moved on to beautiful Toronto and yet another highlight ... the Niagara Falls. Although we were all aware of the majesty of these falls, the experience of being on board as we approached the tumultuous wall of water has to be experienced to be believed. We were all amazed by the sheer power of the falls, and surprised by how wet we all got! A stroll around the local small town, Niagara-on-lake afterwards, brought us back down to earth as we admired the local shops and peaceful atmosphere.

And so with our final dinner atop the CN Tower in Toronto, our tour ended. Once again old friends had reunited, new friends had been made, and many of us left determined to join ITHF for another exciting tour next year!

**Hosting Rotarians From Chennai, India**
Rtn. Joseph Tinka (Uganda)

A group of 23 Rotarians from RID 3232, India, made a Rotary Friendship Tour of RID 9211 between 1 - 4 September 2018. The group was led by DG Babu Peram.

In Uganda, all the Rotarians were home-hosted by Uganda Rotarians. I hosted three of them - Rtn. Satish Ganesan (President of the RC Chennai Serenity) and his Ann Poonkuzhalie, and Rtn. Rajasekar of the RC Madras South.

I had an amazing time with my guests as we exchanged our Rotary experiences. It was their maiden visit to Uganda (and Africa) and they could not believe that it was far from their wild expectations. The trio visited the Rotary Hospital project, went shopping in the traffic-jammed city and attended fellowships and dinners with other Rotarians.
They generally had a good time and were saddened on their departure day that they actually had to leave! We promised to make a reciprocal visit to RID 3232 in the very near future.

Hosting people you have never met in life is amazing.

Thank you Rotary!

**Travels in British Columbia**

June Brown

In 2016, while traveling in B.C. we stopped in to visit Rotarian friends Carol and John Blessin in Chilliwack. We talked about the 2018 Toronto convention and invited them come and stay with us. They arrived on June 22nd. and for the next five days our condo in the Yorkville area of Toronto became their home. They quickly learned the subway system and were on their own much of the time as Alex and I were volunteers at the convention. They joined us for our Home Hospitality event on the Monday night and John and I who are members of the Fellowship of Musicians sang in the Sunday morning International Choir. When the convention ended, Carol and John along with 5 other Rotarians/guests Zulecia and Joao Nogueira, Maria Ofelia and Napoleao Jorge from Brazil and Karen Hilchey from Quebec City traveled with to our country home near Cobourg. For the next 3 days we toured the country side, played games like roving bocci, block head and the old Ontario game of crokinole.

The Brazilians were very competitive and we Canadians had to work hard to score any points. By coincidence on a tour of the historic Victoria Hall in Cobourg Ont. we met two
Rotarians from New Zealand, the very ones who had sat behind us at the closing ceremonies. What a small world! As we experienced summer nights on the deck with food and wine, the coyotes howled, the stars shone bright and ITHF friendships grew stronger.

Tell Us about your Next ITHF Adventure!

Email your story (and pictures) to kvcarroll@yahoo.com – the next issue of Connections will appear in mid-January, 2019!