

THE REPRESENTATIVE

newsletter

Rotaract
District 9110



SERVE TO CHANGE LIVES

A MONTHLY PUBLICATION OF ROTARACT DISTRICT 9110, NIGERIA

SEPTEMBER
EDITION



**ROTARACT DISTRICT 9110
AWAWARENESS TREK 2021 TO
CAMPAIGN AGAINST DEPRESSION**

A Special Time to Relax & Celebrate our Bond

10TH-12TH DEC., 2021
JUBILEE RESORT HOTEL
Epe, Lagos.



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Rotaract
District 9110.



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CHANGE LIVES

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Rotaract
District 9110



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Rotaract District 9110

First Bank of Nigeria

This scheme is in Partnership with **Ajo Cards** and over 700 hospitals all around Nigeria.



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THE **REPRESENTATIVE**

A MONTHLY PUBLICATION OF ROTARACT DISTRICT 9110, NIGERIA

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of things we think, say or do:

1. Is it the truth?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIP?
4. Will it be BENEFICIARY to all concerned?

PURPOSE AND GOALS OF ROTARACT

The purpose of Rotaract is to provide an opportunity for young men and women to enhance the knowledge and skills that will assist them in personal development, to address the physical and social needs of their communities, and to promote better relations between all people worldwide through a framework of friendship and service.

The Goals of Rotaract:

1. To develop professional and leadership skills;
2. To emphasize respect for the rights of others, and to promote ethical standards and the dignity of all useful occupations;
3. To provide opportunities for young people to address the needs and concerns of the community and our world;
4. To provide opportunities for working in cooperation with sponsoring Rotary clubs;
5. To motivate young people for eventual membership in Rotary.



It is the first quarter of the year and we are excited to bring you another interesting publication. It seemed like yesterday when the new Rotary year started, and now three months have gone down. This is a pointer for clubs that are yet to kick off their campaign on changing lives in their community. We need to start now. Once again, I would appreciate the ever-committed and selfless members of the editorial committee and everyone who in one way or the other contributed to the success of the previous publications.

The first quarter was packed with a lot of life changing and fun-filled activities from the district ranging from the Rotary International President's visit, to the membership development seminar, the District awareness trek, District polio activities with the highlight being the DRR'S Investiture. All these and more are well captured and reported in this month's publication

As we move into the second quarter, we are hopeful and optimistic for the best of all Rotaractors, Rotarians and friends as we continue making our different clubs strong and render selfless services to our various communities. Please take out time to read and digest each column and find inspiration in them.

Remember, there is always an opportunity to change lives while also making a difference.

Tiamiyu Adetayo
RAC Ijebu ode
Editor-in-Chief

DISTRICT ROTARACT REPRESENTATIVE'S MESSAGE

FOR THE MONTH OF SEPTEMBER
(Basic Education and Literacy Month)



I could remember at the inaugural meeting with them, one of them asked me a very direct question- what type of event do I want? I was stunned, briefly, confused couldn't really clear my head either to gaslight my desire or just give a simple reply. However, I answered with boldness that I want an event where everyone will enjoy, have fun and of course, memorable till eternity. I said I would love to change the narrative and raise the bar.

Dear Changemakers, obviously, the investiture of the 38th District Rotaract Representative was a colourful event with unprecedented success. Truly, it was evergreen and really standout (Oyato). I am officially reaching out to say a big thank you to all for the love and the believe.

DISTRICT UPDATES

The August month was quite a busy month for the District. On the back of the beautiful investiture, we also had a Membership seminar just two weeks after the investiture, precisely, 21st August, 2021.

An event that had 5 Clubs in partnership and induction of new Rotaractors. The event had so many highlights; we have been charged to grow Rotaract while Rotaract clubs to charter another Rotaract clubs.

Two clubs have actually promised to work towards chartering another Rotaract Clubs and I will gladly continue to emphasize it during my official visits to the Clubs. Let me also reiterate the charge by the District Governor that Rotaract Clubs to Charter at least 10 Rotaract Clubs while Rotary Clubs have been charged to charter at least 30 Rotaract Clubs.

At the beginning of July 1st 2021, the membership record in the Rotaract District started with 1,431 across 72 Clubs. As at now, the record has risen by net gain of 32 to a total of 1,463. I want to

urge that we should continue to grow Rotaract in quantity and quality.

DRR VISITS

As part of mandatory responsibilities of the District Rotaract Representative to visit all Rotaract Clubs. I have visited 7 Rotaract Clubs.

The visit avail the opportunity to richly remind the clubs about the vision of Rotary International President, Shekhar Mehta and also rub minds and acquaint the District to the Challenges of Clubs and proffer solutions or recommendations where necessary.

THE ROTARY FOUNDATION

The District through The Rotary Foundation committee is kickstarting a PHF Challenge from September through November. A well designed initiative for Rotaractors to be more responsible and be a key player by contributing as little as a 100 Dollars to become a PHF

SEPTEMBER ACTIVITIES

ROTARY INTERNATIONAL PRESIDENT'S VISIT

The Rotary International President Shekhar Mehta will be in Nigeria from Thursday 2nd to Tuesday 7th September, 2021. District 9110 will be hosting first. Rotary District has scheduled Rotaract session with the President as part of the itineraries. The in-person selected leaders with be having conversations with the President Shekhar Mehta. Meanwhile, the hashtag for the visit are # R I P r e s i d e n t V i s i t s D 9 1 1 0 and #D9110WelcomesRIPresident. We shall be adding #RotaractD9110MeetsShekharMehta to the two hashtags during the duration of the conversation with Rotary International President.

PROJECT

The month of September is designated for Basic Education and Literacy month. No doubt, education (in any form) is a legacy that stands the test of time and weather. Clubs are encouraged to impact households and communities through various initiatives and ideas. In tandem to the Adopt-a-School vision of the Changemaker District Governor Remi Bello FCA, we shall be coordinating partnership with Rotaract Clubs towards a school project. The project shall commence with site assessment by the Basic Education Project committee for a block of classroom identified for facelift.

GREAT TREK

Dear Changemakers, it is with utmost pleasure I invite you to join us at the District Great Trek holding on Friday 17th to Saturday 18th September, 2021. The trek is centred on creating awareness on DEPRESSION. Depression is a significant public health problem, and at a prevalence rate of 3.9%. Nigerians currently suffer from it according to online research.

This awareness would not have better suited now than ever; the news of the demise of a member of Rotaract Club of Ikoyi last year hit me so rudely. A promising young chap, cool, calm and cheerfully smiling always but discovered to have truncated his life with sniper. It is no more a news that passionate and very dedicate member of Rotary family who was also a Past Rotaractor died last week; the news in there is that his death was also attributed to Depression going by his recent social media before his death.

While we remember them in our prayers and also hold the great trek in their honour; we shall seize the opportunity to create awareness in Oto Awori and its environ.

Please register for this mega trek that will be full of fun, fellowship and service because we are LIFE CHANGER.

Dear humanitarian, your supports in just few months in the the Rotary year reinforce my believe that together we can move mountain. Let us continue in good stead!

As we enter the first "ember" month, kindly remain focus and be positive. You're sure closer to your goal.

Happy new month of September!

Ayodeji Ezekiel Sobowale

District Rotaract Representative Rotary International

District 9110

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08033699311

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ROTARY INTERNATIONAL PRESIDENT'S MESSAGE FOR THE MONTH OF SEPTEMBER



I am sure you are having an enriching experience as you Serve to Change Lives. One of the ways you can make the greatest change in a person's life is to help them learn to read. Literacy opens up the world to us. It makes us better informed about life in our own communities and opens vistas to other cultures. Reading and writing connects people and gives us another way to express our love for one another.

September is Basic Education and Literacy Month in Rotary. Enhancing literacy skills is critical in our pursuit of reducing poverty, improving health, and promoting peace. In fact, if all students in low-income countries left school with basic reading skills, it would result in a significant cut in global poverty rates.

Without education, illiterate children become illiterate adults. Today, 14 percent of the world's adult population — 762 million people — lack basic reading and writing skills. Two-thirds of that group are women. Literacy and numeracy skills are essential to obtaining better housing, health care, and jobs over a lifetime.

Especially for girls and women, literacy can be a life-or-death issue. If all girls completed their primary education, there would be far fewer maternal deaths. And a child is more likely to survive past age 5 if he or she is born to a mother who can read. Improving outcomes for more people worldwide is possible only if countries remove barriers to education for girls. The economic argument for doing so is clear: In some countries where schooling is geared toward boys, the cost of missed economic opportunity is more than \$1 billion per year.

Empowering people through education is among the boldest goals we have as Rotarians. We don't have to travel far from our homes to encounter those whose lives are being curtailed because they struggle with reading, rely on others to read for them, or cannot write anything more than their own name.

Starting this month, consider how your club can Serve to Change Lives through literacy: Support local organizations that offer free programs to support adult literacy or local language learning, or that provide teachers with professional development centered around reading and writing. Become literacy mentors, or work with an organization like the Global Partnership for Education to increase learning opportunities for children around the world. Have conversations with local schools and libraries to see how your club can support their existing programs or help create needed ones in your community.

In India, the TEACH program, a successful collaboration between the country's Rotary clubs and its government, has demonstrated how to scale up literacy efforts to reach millions of children. And at a time when schools across India were closed due to the COVID-19 pandemic, the program's e-learning component reached more than 100 million children through national television.

Literacy is the first step out of poverty. As Nobel laureate Malala Yousafzai has noted, "One child, one teacher, one book, and one pen can change the world."

DISTRICT GOVERNOR'S MESSAGE

FOR THE MONTH OF SEPTEMBER

BEAT THE CLOCK...

It is my pleasure to welcome you to the month of 'knowledge sharing and acquisition'. September is the month of 'BASIC EDUCATION AND LITERACY' in the Rotary world.

In this address, may I relate with 'time' as I did in my last two releases. Since September is the third month in our 'Change Maker Year', we need to accelerate faster than we did in the last two months. It is time to 'beat the clock' because before you know it, the year will be over. Therefore, 'beat the clock' fellow Rotarians.

As scheduled in the District Governor's calendar for the year, 'DG Speaks' took place on 5th August, 2021. It was a virtual meeting where all Rotarians were given the opportunity to talk to the District Governor. The concept was widely received and it will continue on a monthly basis as planned in the calendar. Some naughty issues agitating the minds of Rotarians were discussed during the session.

OFFICIAL WORKING VISIT OF ROTARY INTERNATIONAL PRESIDENT SHEKHAR MEHTA AND SPOUSE TO NIGERIA

Interestingly, this is a month we are having an august visitor in September. Our Rotary International President, the Change Maker President, Shekhar Mehta and his spouse, Rashi Mehta, are both visiting our country to pursue his goal of making change in that magical figure from 1.2m to 1.3m in our global membership strength and promoting his pet project of empowering the 'girl-child'. During the visit, the RI President promised to throw more light on Rotary Days of Service.

MEMBERSHIP AND NEW CLUB DEVELOPMENT

I am pleased to report that in the month of August, Membership and New Club Development month can be said to be successful. The 'Each One Bring One (Retain All)' strategy is being vigorously pursued by the clubs and the District during the DG's visit to clubs. We have been able to grow our membership with a net gain of 248 new Rotarians during the first two months of the year.

We started the year with membership strength of 3,621 and now increased to 3,869 members.

Regrettably, seven clubs were terminated by Rotary International for failure to meet up with their RI dues obligation. The District has started engaging members of the terminated clubs that are still willing to serve through invitation to other clubs and some are being encouraged to join new club formation initiatives.

Two new Clubs have been formed since the beginning of the Rotary Year while the third club is awaiting charter from the Rotary International. The plan for the year is to form 36 new clubs and grow our membership by adding 1,600 new members at the end of the Rotary Year. The two new clubs are Rotary Club of Alakuko and Rotary Club of Ajao Estate. May I use this medium to once again congratulate the Rotary Club of Ikeja South and Rotary Club of Mushin Metropolitan respectively for the sponsorship of the new clubs. I also congratulate the charter members of our new clubs.

It is my hope that we shall cross the 4,000 band by the end of the first quarter of the year. The good news in the net gain is the spread across clubs in the District.

Meanwhile, Rotarians that sponsored the new members are to be presented and recognised by the Rotary International President Shekhar Mehta at a reception holding at The Rotary Centre, Ikeja, Lagos in commemoration of the President's visit to our District on Thursday 2nd September, 2021.

As at 31st August, 2021 the official District Governor's visit has been conducted in 33 clubs out of the 127 clubs in the District. It has been a worthy experience from the clubs visited so far. Dues are being paid; DEWEF pledges and payment are encouraging.

THE ROTARY FOUNDATION

The starting is slow but very promising with about four AKS pledges secured. One of the four is awaiting pledge form from TRF.

PREPAREDNESS FOR A NEW STRATEGIC PLAN - 2021-2024

A Strategic Planning Committee was inaugurated during the month of August



under the leadership of the District Troika led by the District Governor with DGE and DGN serving as Vice Chairman 1 and Vice Chairman 2 respectively. The committee is to review and update the District Strategic Plan 2018-2021 that expired on 30th June, 2021 for another 3-year period.

INAUGURATION OF DISTRICT FINANCE COMMITTEE

In line with the provision of RI Manual of Policies and our District MOP, the Finance Committee with PDG Jide Akeredolu as Chairman was also inaugurated.

1ST COUNCIL OF GOVERNORS' MEETING

A well-attended 1st Council of Governors meeting for the year was held on August 18, 2021. One of the major decisions of the Council is the following Resolution taken on procedure for appointment of Independent Auditor to audit District Accounts.

RESOLUTION ON APPOINTMENT OF INDEPENDENT AUDITOR FOR THE DISTRICT

The present system where the Auditors are appointed or sacked by the District Governor is not in the spirit of good corporate governance in line with RI Strategic objective of 'Increase our adaptability'.

RESOLUTION:

It is hereby RESOLVED that the District through the Finance Committee annually (September/October) invite expression of interest among Rotarians with practicing firms of Chartered Accountants to audit the year's financial report. The selection is to be made by the Finance Committee with the concurrence of the DG.

The Auditor will thereafter be presented to a District Assembly for ratification by a

DG message contd.

simple majority of attendance at the Assembly. The Auditor is to express an independent opinion on the true and fair view of the Financial Report as presented by the District. The Finance Committee is to negotiate the audit fee or honorarium with the Auditor. The Auditor shall not be re-appointed for more than three consecutive Rotary Years.

PUBLIC IMAGE ACTIVITIES

The District Governor appeared on Eko FM radio breakfast programme on August 18, 2021. I also made a TVC appearance was during the World Humanitarian Day on the 19th August,

2021. Inner Wheel team of District 912 led by their Chair, Mrs. Adefunke Shinaba, was received by the District Governor on 22nd August, 2021.

BASIC EDUCATION AND LITERACY

We are honouring this year's theme of Reading the Past, Writing the Future by looking back at education and literacy in Rotary through the years. We shall also be looking ahead to find innovative solutions to current challenges standing in the way of quality education and lifelong learning opportunities for all in our country.

As we are settling down in the new

Rotary Year, many clubs have done their investiture to raise funds for service projects. Clubs are encouraged once again to key into the 'Adopt-a-School' project of the District for the year. Let us now go to work as stated by our President: "Together we can, together we will".

Let us beat the clock and be the change makers as we Serve to Change Lives.

Remi Bello, FCA

DISTRICT GOVERNOR

Rotaract
District 9110



Happy
INDEPENDENCE

— *Day* —

NIGERIA
OCTOBER 1ST

THE ROTARY DISTRICT 9110 WELCOMES THE ROTARY INTERNATIONAL PRESIDENT TO NIGERIA ON THURSDAY 2ND SEPTEMBER, 2021



The event was graced by several dignitaries ranging from the Doyen of Past DGs, Rotarians, Rotaractors and other invited guests.

The RI President in his speech explained how overwhelmed he was. He emphasized on the need for every club to work on increasing their membership strength by adopting the line "Each one bring one, do more".

After his address speech, the District Rotaract Representative Ayodeji Sobowale was recognized to preside the Rotaract session with Rotary International President, Shekhar Mehta.

The Changemaker DRR shared update on the state of Rotaract District especially membership that has increased by over 32 in two months and also mentioned that the

Rotaractors that have introduced new members to join Rotaract are also invited in person to this session with RI President.

Immediately after the DRR short address, he called on the District Rotaract Representative-Elect and the Immediate Past District Rotaract Representative to join him on the stage for gift presentation to the Rotary International President and spouse, Shekhar and Rashi Mehta.

Also, the hard copy of July and August newsletters were presented to him to know more about activities of the District in the first two months of the Rotary year. The Changemaker DRR also urged the RI President Shekhar Mehta to position the gifts in a conspicuous location and put the newsletter in his archive to keep a significant

and refreshing memory of his time in Nigeria, specifically District 9110.

The session ended with general photograph session of the Rotary International President and spouse, Changemaker District Governor and spouse, Changemaker District Rotaract Representative and all Rotaractors present.



As part of the itineraries of the great trek, Rotaract District also organized novelty football match between Team Polio and Team Awareness Trek to mark the commencement of the Polio vaccination across the communities in Nigeria.

There was advocacy visit to the Monarchs of Oto Awori, Ijanikin and Alhaji Adamu Abubakar , The Sarki of Arewa community Ajeromi Ifelodun LGA.

These important figures were decorated with End Polio vests and Polio magazine as a nod for their supports to Eradicate Polio virus in the world.

We Discuss on the need and importance of polio vaccination , The Sariki promise to send the message to all Arewa community to ensure they vaccinate their children while the Onijanikin of Ijanikin and Olotu of Oto Awori also showed supports to keep Polio at Zero in Nigeria.

Still on the Public Awareness of Polio vaccination , Rotaract District 9110 Polio



ROTARACT DISTRICT 9110 TEAM POLIO AND TEAM AWARENESS TREK NOVELTY MATCH; POLIO ADVOCACY VISIT AND VACCINATION MONITORING

Plus Committee, paid Advocacy visits to Arewa Community Forum President Ajeromi Ifelodun Alhaji Maikudi Babakar, and B.O.T Chairman Alhaji Tanko Ibrahim, to seek for synergy in ensuring we maintain the milestone of zero polio Nigeria.

Also, the District Polio team was involved in the monitoring of the vaccination activities in some communities in Ajegunle where some pluses were donated as logistics aid to continually keep Polio at zero.

ROTARACT DISTRICT 9110 AWARENESS TREK 2021 TO CAMPAIGN AGAINST DEPRESSION



Rotaractors from Lagos and Ogun state converge on 17th September, 2021 for the 2021 Awareness Trek promoting good mental health.

The trek activities started with a novelty match between team awareness Trek and team Polio.

The awareness Trek started at about 11am at kinnmono hotel in Iyana Era where the District Rotaract Representative Ayodeji Sobowale led hundreds of Rotaractors in

the awareness Trek, campaigning against Depression and suicide and advising the residents of Oto awori and ijanikin on good Mental Health.

The trek was taken to the palace of the two monarchs; Onijanikin of Ijanikin kingdom HRM King Momodu Afolabi Ashafa and Olotu of Oto Awori HRM King Josiah Illemobade Aina amidst funfair to attract commuters.

The two monarchs thanked the organization for the initiative to reduce

suicide and depression in the community knowing well that the trek was organized out of the limited resources as young adult.

After the speech, the DRR presented the picture frame of 4-way test

The visit ended with group photographs in the palace of Olotu of Oto Awori Kingdom and erection of awareness billboard at the Expressway of Ijanikin for the awareness of the community and travelers.



ROTARACT DISTRICT 9110 STEP UP POLIO AWARENESS AND ADVOCACY IN SEPTEMBER

As part of the itineraries of the great trek, Rotaract District also organized novelty football match between Team Polio and Team Awareness Trek to mark the commencement of the Polio vaccination across the communities in Nigeria. The Monarchs of Oto Awori and Ijanikin were decorated with End Polio vests and Polio magazine as a nod for their supports to Eradicate Polio virus in the world.

The Rotaract Polio Plus team led the advocacy team to The Sarki Arewa



Community of Ajeromi Ifelodun, Alhaji Adamu Abubakar and President of Arewa Community Forum, Alhaji Maikudi Babakar as well aa B.O.T Chairman, Alhaji Tanko Ibrahim.

The team discussed the need and importance of Polio Vaccination. The Hausa leaders promised to relay the message to all Arewa communities and ensure children are vaccinated.

Also, the District Polio team was involved



in the monitoring of the vaccination in



some communities in Ajegunle where some pluses were donated as logistics said to continually keep Polio at Zero.



PHOTO SPLASH

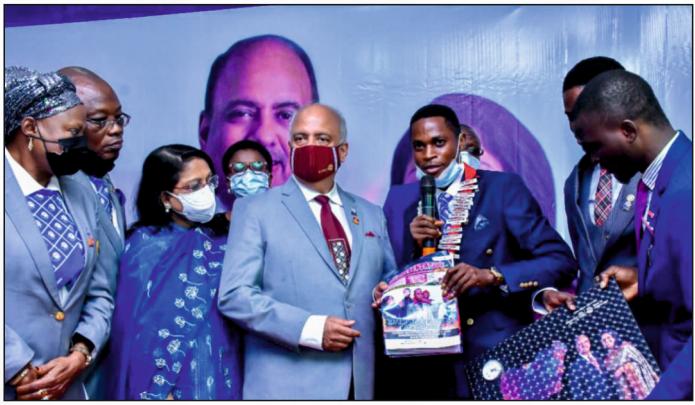


PHOTO SPLASH



DISTRICT ROTARACT REPRESENTATIVE, DRR AYODEJI SHOBOWALE OFFICIAL VISIT TO ROTARACT CLUB OF AGEGE.

The Visit was held on Sunday 5th of September 2021 at Decent Hotel, 10 Arigbanla Street Abekoko Busstop Agege.

The Meeting between the Board members and DRR Entourage was called to order at exactly 4:00pm. The DRR introduced his entourage and also the President of Rotaract club of Agege also introduced all the board members Present.

Documents needed for the visit was presented to the DRR which he scrutinized and make observation where needed. The president take notes of all the observation raised by the DRR and promise to make necessary corrections ASAP.

The DRR also requested for the payment of DISCON 2022. The president on behalf of the club promise to make payment for those that have not yet paid very soon as we have some members that has paid theirs

already.

Immediately after the Board members meeting with the District Rotaract Representative, Club Fellowship was also held with members, Friends and Guest of Rotaract Club of Agege which was Presided over by the club President Rotaractor Agoro Oluwatomisin.

The Fellowship came to an end by 8:00pm.

The President Appreciate the DRR and his Entourage for the visit and a gift was presented to the District Rotaract Representative on behalf of the club by the District Secretary, Rotaractor Raheem Rashidat who happen to be a past president of the club.

The DRR appreciates the Club for the gift and also admonished all the club members to let go of the past wrongs and imbibe the spirit of love which will help in making the club to continue to wax stronger.



DRR VISITATION TO RAC AKOWONJO

It was indeed a wonderful visit of the DRR to the ROTARACT CLUB OF AKOWONJO as not just the club felt his presence but the people at iyana ipaja did.

The visit which was held on the 19th of September, 2021 spanned 1:30pm to 6:10pm.

The visit was dual packed. Operation feed the beggars project was launched at iyana-

ipaja which was followed by the BOD meeting and concluded with a fellowship with the club members.

The highlights of the visit was the DRR addressing club issues and advising the club on measures to solve its one problem which is membership. Also the DRR was awarded the auction pack and presented by Rotarian Dapo and also presented with a special gift by the youth chair in person of Rotarian Adeosun.



DISTRICT ACTIVITIES UPDATE:

MINUTES OF THE ROTARACT BOARD MEETING HELD ON THE 17TH OF SEPT. 2021

Raheem Rashidat Abiola

Vocational service project

Rotaract District 9110NG In partnership with Lagos State Government to provide Vocational training to people in three different geographical locations. The centers include Agege, Yaba and Ikorodu. Forms have been designed for distribution and information would be sent out to the public in no time. Rotaractors can contribute to the project although, the district is funding the project. The training is scheduled for 3days per week.

Family of Rotary celebrations 2021/22

According to the board chair, this year's family of Rotary would be celebrated in collaboration with Interact, Rotary and Rotakids. The program would be for three days- Friday to Sunday- and Registration is currently 2500 till the end of October. It Covers feeding and souvenirs except accommodation.

The board chair called for questions and clarifications and Rtr E bunoluwa asked about the medical outreach project which was to hold this month, the board chair responded that the funding is from Rotary action group and they're still trying to get funding for the materials. The new Proposed date for the project is November.

Rtr. Mujib Abisogun asked if provisions are being made for Rotaractors from Ogun state to benefit from the Vocational project, the chair clarified that the committee is considering Partnering with Ogun State Government on Digital training since no vocational centre built by government in Ogun state, however, they're allowed to join the training at any of the convenient centres.

Reports

Membership Chair: Rtr Mujib Abisogun. The membership seminar held on the 21st August 2021 was a success despite the weather conditions. About 58-60 Rotaractors were in

attendance. Speakers spoke on Rotaract Elevation and Professional life. It also featured Induction of two Rotaractors from RAC Ota and Induction packs were given to them. certificates of partnership were given to Rotaract clubs that supported the event to show that the district is open to partnerships. 5 clubs supported the seminar namely:

RAC Maryland

RAC Gbagada South

Rac Lagos

RAC Lagos Mainland

RAC Orile Iganmu

The income for the project was a sum of 80,000 which were donated by Rotarians and Rotaractors. The expenditure was 60,000, leaving a sum of 20,000 in the district account. Souvenirs were donated by RevolutionPlus and given to members who arrived early to the project venue. And lastly, the project featured online presence of members who were unable to attend the program physically.

The Board chair requested for a quarterly report of the Number of new Rotaractors and those who have quitted in order to know the membership strength.

Zonal and Area Report

ADRR Ogun East, Moses Jacob reported that he has visited clubs under his jurisdiction except two clubs which he intends to visit soon.

ZRR Zone L Elizabeth Adoga Reported that she has visited the clubs under her jurisdiction except one which she intends to visit at the next fellowship. The most visible challenge is that of membership aside some in-house issues. Rotaractor Mujib added that membership is a general issue because there is no form of creativity when clubs organize programs and fellowships. Other members reacted to this.

The Board Chair said that creativity is relative and clubs should choose what works for them. He also reported that he has been able

to visit 10 clubs in the district. He also added that Zonal Representatives and ADRRs should endeavor to assist clubs under them to check the requirements prior to the submission to office of the District Rotaract Representative.

Polio plus committee

Rtr. Patrick Onyedimma (Chair)

There was a Novelty match between team polio and team great trek. The Scores were 3:1 in favor of team great Trek. The proposed date for the poliowalk is 30th of October and Venue is Ajeromi Ifelodun Local Government. He said Vaccination is 18th-21st of September and called for donations.

ADRR Lagos Central Reported that he has visited all clubs under his jurisdiction and noted that, aside from a few internal issues, they are doing well.

Conference committee

The chairman Encouraged members to register for the conference. He gave a brief rundown of activities, thus:

Thursday night: Accreditation, Press conference, Asun night (8-10pm)

Friday: training, seminar, wazobia night

Saturday: Conference- the CEO. Dinner night. Currently, there are 60 registered participants. There will be a Football league on Thursday, Friday, Saturday. He also Requested for support. Accommodation is 7,000 per head for three persons in a room.

AOB

The board chairman announced the next council meeting comes up on the 23rd of October at Abeokuta while Board meeting holds on the 22nd of October. Accommodation will be provided for members traveling down to Abeokuta on Friday night.

Adjournment: the meeting was adjourned by Rtr. Afolabi Abiola, seconded by Rtr. Adenekan AbdulAzeez.

The meeting came to a close at 10:00pm.

ROTARACT DISTRICT 9110 HOSTS SEMINAR ON GIRL CHILD EDUCATION IN RURAL AREAS

The Basic Education and Literacy Project Committee organized a webinar on Girl Child Education in Rural Areas. The seminar is in response to the call by Rotary International President, Shekhar Mehta who has charged Rotary and Rotaract members to do more of service projects on Girl Child empowerment.

The event was hosted to create insight on girl child education in rural areas to enable Rotaract clubs plan impactful projects that

compliments the vision of Rotary International President.

The online event started at 5pm on Friday 25th September, 2021 having over 30 participants including Rotarians and Rotaractor from within and beyond the District.

The first speaker, Educationist doubled as the District Governor-Elect Omotunde Lawson spoke extensively on state of girl child education in rural areas, the

inadequacies and possible ways to promote rural girl child education.

The second speaker, a Regent of Ibulesoro Kingdom, Princess Moyinoluwa Falowo shared cases of education in her local communities and discussed efforts of humanitarian organizations in promoting education in rural areas.

The event lasted 2hours and e-certificate of Appreciation was sent to the participants.

DEPRESSION: FIVE FACTS NIGERIANS SHOULD KNOW

Globally, 322 million people are suffering from depression; a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. It also leads to impairment of an individuals' ability to function and carry out everyday tasks and responsibilities, and could lead to suicide.

Today, as we celebrate World Health Day, with the theme "Depression: Let's talk", HealthThink hereby presents you with five important facts about Depression in Nigeria.

Fact 1: Depression in Nigeria is more common than we think.

Depression is a significant public health problem, and at a prevalence rate of 3.9%, 7 million Nigerians currently suffer from it. Several studies conducted among different populations have however reported a much higher prevalence. Studies conducted in Nigeria have reported the prevalence of depression among young adults, elderly and IDPs as 25%, 26.2% and 17% respectively. According to research conducted in various parts of the country, about 20% - 59% of people living with HIV/AIDS are depressed, with the highest prevalence reported in North - Central Nigeria. A study conducted in Western Nigeria in 2013 also reported that as high as 44.5% of clinical patients are depressed.

Other studies conducted among patients with chronic illnesses like stroke, leprosy, and epilepsy have reported a prevalence rate ranging from 27.5% to 46%.

The high prevalence of depression frequently reported among these populations suggests that it is a very common occurrence among people who face social adversity, and difficulties.

Fact 2: Gender disparities exist in the prevalence of depression.

Although depression is a common mental disorder globally, there exists a disproportionate prevalence among genders. According to WHO, the burden of depression is 50% higher in females than in males. In Africa, 5.95% of females suffer from depression, compared to 4.9% among males. Studies in Nigeria have also reported that being female is a significant risk factor of depression.

This disparity however comes as no

surprise. Low socio-economic status, and intimate partner violence have also been reported as important risk factors of depression, and these factors are predominantly common among females. In Nigeria, over 50% of women are illiterates, and not in the labour force, and 28% and 7% of females reported experiencing physical and sexual violence in their lifetime respectively.

Many new mothers also experience a form of depression called postpartum depression. Studies have reported a prevalence of 14% to 20% among new mothers in Nigeria. Being a single mother and having a female baby are important risk factors for postpartum depression in Nigeria. This emphasizes the role that culture and society play in the prevalence of health problems in the country.

Research has also begun to focus on antenatal depression, a form of depression among pregnant women. In a study conducted in Abeokuta, 24.5% of the



pregnant women were depressed. About half of the pregnant women who were single were reported to have antenatal depression, and more than one-third of the women with unplanned pregnancies were depressed. This buttresses the need for strengthened advocacy and behavioral communications on access and use of family planning methods.

Fact 3: People who are depressed usually do not get the help they need.

Despite the availability of evidence based treatment, patients usually do not get the help they need to manage depression. In a study by Gureje et al, only 37% of elderly people with depression received any form of treatment.

Often times, people suffering from a mental illness or disorder experience feelings of shame, stigma and discrimination. Furthermore, majority of Nigerians lack awareness about mental health, and

available mental health services. With the abysmal lack of mental health services in the country, particularly in rural areas, financial difficulties pose an additional barrier to accessing health services. These barriers have long lasting consequences, as depressed patients who are untreated are more vulnerable to suicidal thoughts, and suicide. Depression is also linked to morbidity, poor child health outcomes, and mortality.

Fact 4: Tackling depression in Nigeria will be challenging

Financial difficulties and social adversity have been associated with depression. With the high poverty rate of the country, and the difficulties faced by Nigerians every day, it is likely that the prevalence of depression among Nigerians will continue to increase. Stigma and lack of mental health services are some of the other various challenges usually faced in seeking and utilizing mental health services. A study reported that majority of health practitioners in a health care center in Benin City have limited knowledge of depression, with 78% of them facing difficulties in working with depressed patients.

It is time we address these challenges and recognize that depression is a real problem to avert the consequences that are sure to follow.

Fact 5: Every Nigerian has a part to play in tackling depression

Mental health services should become an integral and functional part of primary health care, to ensure universal access. There is also a need for more mental health practitioners in the country in order to meet the needs of the ever growing number of people who will need to be treated. It is important that health workers actively seek to diagnose depression among patients and provide the appropriate health services to ensure they get optimum treatment. This implies that general practitioners and other health care workers need to be properly and regularly sensitized about depression and other mental health disorders. There is also a dearth of data on depression and other mental health disorders, emphasizing the need for more research in this area, especially in the community, as data is needed for appropriate health planning.

The first step towards tackling these issues however, is raising awareness and talking about it.

Rotaract
District 9110



Collegiate Conference 2021-22

Date:
21-23
JANUARY
2022

Venue:
Ogun State
College Of Health
Technology Ilese
Ijebu



Registration #1000

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THEME:

**THE YOUTH,
THE SOCIAL QUEST,
THE CHANGE.**

DATE: MARCH 31ST – APRIL 3RD 2022

VENUE: DIGITAL BRIDGE INSTITUTE
1, Nitel Rd, Cappa, Oshodi, Lagos, Nigeria

REGISTRATION DETAILS:

1ST STREAM
APR. 4TH - JUL. 1ST
N2500

2ND STREAM
JUL. 2ND-DEC., 31ST
N3000

3RD STREAM
JAN 1ST-MAR. 15TH
N3,500

ACCOMMODATION: N5000 (PER PARTICIPANT)

For Further Enquiries

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Owolabi Fehintola
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