



International Travel and
Hosting Fellowship



Connections May 2025

Important Notices

ITHF AGM—virtual AGM will be held on zoom on 12 June 2025 at 9am and 9pm EDT-USA . Committee Chairs, please send your reports to Madhu prior to this event.

Nominating Committee—PE Ligia is serving as Chair of the Nominating Committee. If you are interested in assisting Ligia, please contact her. If you are interested in serving on the Board, or on a Committee, please contact her right away at email: Lichalc3@me.com

Vice Presidents Needed:

1. East India/ Bangladesh
2. Great Britain and Ireland

Looking for Dedicated Members to Join Four Key Committees in ITHF

1. **Tour Committee**
 - Help guide planning of convention tours.
 - Review and approve exciting group tour ideas suggested by fellow members.
 - Help grow our community with engaging outreach strategies.
2. **Virtual Travel Committee**
 - Organize and host virtual sessions by ITHF members.
 - Provide opportunities for members to connect and share stories of their trip experiences in virtual get-togethers.
3. **Connections Editor** - Work with ITHF Committees and members to develop materials for our monthly newsletter
4. **Membership Committee** is planning to have two new subcommittees to Promote ITHF. If interested in volunteering contact: Membership Chair elect Andrew (Andy) Ullman. andyuco@gmail.com

If you're interested in contributing your skills, enthusiasm, and ideas, please contact Ligia Corredor at email: lichalic3@hotmail.com for further details.

Our New Members in April 2025

Abbas Zand, Rotary Club of Boca Raton Downtown in Boca Raton, Florida, USA
Diana Clements, Rotary Club of Hyde Park, Adelaide, South Australia
Gaspar Ojoro, Rotary Club of Dare es Salaam Oyster Bay, Dar es Salaam, Tanzania
Madhu Poomalil, Rotary Club of Banjara Hills, Hyderabad, Telangana, India
Marina Baisheva, Rotary Club of Yekaterinburg, Yekaterinburg, Sverdlovsk, Russia
Brigitta Stellani Sukanto, Rotary Club of Yogyakarta Malioboro, Kabupaten Sleman, Yogyakarta, Indonesia

ITHF President's Celebration Dinner at RICON Calgary

Friday June 20, 2025—Drinks and Social at 5 and Dinner at 6 p.m.

Venue: Toto Room at Villa Firenze, 610 First Street NE Calgary T2E 0B6.

At this venue family tradition meets culinary excellence! With over 30 years of experience in authentic Italian cuisine, we take pride in crafting dishes that are a true celebration of flavour and heritage. Indulge in our carefully curated menu, featuring homemade pastas, savoury entrees, and delectable desserts that are sure to delight your palate.

Our welcoming ambiance radiates elegance and warmth, creating unforgettable dining experiences for our guests. Make your dining experience even more special with our extensive and award-winning wine list, perfectly complementing every dish and enhancing your meal. Join us at Villa Firenze for a culinary journey that embraces tradition, taste and the spirit of family. Discover why our guests keep coming back for more, as we blend sophistication with heartfelt hospitality to create cherished dining memories.

Approximately 76/90 seats are already booked, so please register now as reservations cannot be made in Calgary.

A delicious 5-course meal with 3 choices for the main course and vegetarian and gluten-free options available. Please use the link to review the menu information, register and pay.

<https://www.ithf.org/ithf-dinner>

ITHF is Seeking Volunteers for the ITHF Booth at RICON Calgary

Hello ITHFers!

I trust this message finds you well. Exciting opportunities await us as we gear up for the House of Friendship at the Rotary International Convention 2025, taking place in Calgary from June 21 to 25. Your active participation is crucial in making our presence memorable.

We are seeking dedicated volunteers to represent ITHF at our booth during the convention. Time slots are likely to be from 9 AM to 12 PM, 12 PM to 3 PM, and 3PM to 6 PM each day, with booth setup on 20th.

Volunteers will play a vital role in explaining the essence of ITHF to visitors. To ensure that you are well-prepared for this role, training sessions will be provided to address any queries that may arise.

If you are planning to attend the Calgary Convention and are enthusiastic about volunteering at our ITHF booth, please express your interest by **sending an email to ithfzoom@gmail.com** with the following text:

"Yes, I am willing to volunteer in the ITHF booth." and provide your contact information.

Furthermore, we are in the process of creating a WhatsApp group for our volunteers to facilitate detailed discussions on the subject. Your active participation as an ITHF volunteer will not only contribute to the success of our booth but will also strengthen our collective presence at this convention of opportunities.

Lets come together, showcase the spirit of ITHF, and make a lasting impression at the Rotary International Convention in Calgary. Respectfully, Sivaprasad, ITHF Administrator.



Tours Currently Being Discussed By the Tour Committee

Stay tuned for more news in the May Connections !!

Hiroshima Peace Tour—October 5-15, 2025—now full

Galapagos & Peru with Alonso—October 2025—see flyer below for the combined Galapagos/ Peru Tour or a tour only to the Galapagos or to Peru

Kerela and Southern India with Siva—January 2026 - see flyer below

Hiroshima Peace Tour—May 11-21, 2026—registration is now open; see flyer below

Post RICON Taipei Tour of Taiwan—June 18-22, 2026

Uganda and Kenya with Andy Ullman and Rosette Nabuuma—October 2026

My Wheelchair and I



I am pleased to have the opportunity to write about what it is like to travel internationally while using a wheelchair. I love to travel, and I was very afraid that it was going to end when I was hit by a car while riding my bicycle 13 years ago. With a spinal cord injury. I can no longer walk without help, and my hands are really almost useless. Happily, my mind is still sharp and I haven't lost my sense of humor.

I particularly enjoy visiting developing countries and learning about cultures that are different from ours. I especially like to meet the people and learn about their daily lives, their joys and their frustrations. Initially, after the accident I didn't travel much. But, five years later, I was invited to teach on Semester At Sea. In self-selected ports, professors taught field classes relevant to the material they were teaching on the ship. Going into those countries showed me that with the help of my husband I can do quite well.

First, I have a power wheelchair that folds up to fit into the trunk of a small car or taxi. When we are going to stay at an Airbnb or with a family, we always inquire whether their home is accessible. For me, accessible really means no stairs. Buses are a problem for me because of the steep steps to get into them. I have a sling with six handles. A small group of people can lift me into the bus with it. We have found bystanders in countries we have visited, to be very helpful in lifting me. If I can't get into the bus, we can rent a car to follow along. If my companions want to visit a place that is inaccessible, I can happily stay behind at the hotel or go along and wait while they explore.

My advice to others on including a wheelchair traveler on a trip, is to learn exactly what he or she can do. In my own case, as long as I have a helper to address, my needs like getting dressed and getting clean, I believe I would be very little problem on a tour. What is really most important to me is that I be invited to discuss my abilities and disabilities with the tour leader and for us to determine together whether the trip would be doable for me as well as for them.

Nancy Janus-Berry and Brian Berry, Bradenton, Florida, USA

*International Travel and Hosting Fellowship (ITHF)
announces Rotary ITHF Celebration Cruise*

Post RICON Calgary 2025 Cruise to ALASKA



Sapphire Princess

Departs: Vancouver June 28, 2025

Arrives: Anchorage July 5, 2025

Stops in Ketchikan, Juneau and Skagway, Alaska. Sails through Glacier Bay National Park and College Fjord.

Enroute, we will celebrate
CANADA DAY on July 1 and
USA INDEPENDENCE DAY on July 4.



- 700 balconies
- World-class gourmet dining
- Dazzling entertainment
- Guests 2670, Crew 1100

A deposit of US\$250 is required when booked and final payment is due March 30, 2025.

***NOTE:** both Canadian and American visas are required for this cruise for international travelers.*

MUST book directly with ELBERT BIZZLE

Contact: ebizzle@princesscruises.com
1-888-901-1172 Ext. 12072

Group Code: TNP

Group: H516

Group Name: Rotary ITHF Celebration

Team Conductor: PDG Alonso Campoi





BRAZILIAN TRAVEL



**Group limited in
25 participants**

A STUNNING JOURNEY TO PERU + GALAPAGOS 2025

Experience the Majesty of the Andes & the Wildlife in Galapagos

Starting: October 6th, 2025 (in Quito Airport - UIO)

Finish: October 27th, 2025 (from Lima Airport)

Duration: 22 Days / 21 Nights

Itinerary Overview:

Language: English

1	06-Oct	Mon		arriving in Quito	Quito	La Casona
2	07-Oct	Tue	B	Quito tour	Quito	La Casona
3	08-Oct	Wed	B	Flying to Baltra LA 1411 08:44 11:15	Puerto Ayora	Hotel La Isla
4	09-Oct	Thu	B	Santa Cruz Island tour	Puerto Ayora	Hotel La Isla
5	10-Oct	Fri	B	morning boat to Isabela and tour Island	Isabela Island	La Casita de la Playa
6	11-Oct	Sat	B	boat tour to Santa Cruz, Darwin Center	Puerto Ayora	Hotel La Isla
7	12-Oct	Sun	B	boat tour to Española and San Cristóbal	San Cristobal	Galapagos Sunset
8	13-Oct	Mon	B	San Cristóbal tour	San Cristobal	Galapagos Sunset
9	14-Oct	Tue	B	fly to Lima LA1418 - 12:08 22:35	Lima Airport	Wyndham C. del Sol
10	15-Oct	Wed	B, L	fly to Juliaca LA 2147 - 08:55 10:30	Puno	Titicaca Lodge Peru
11	16-Oct	Thu	B, L	Titicaca Lake tour	Puno	Titicaca Lodge Peru
12	17-Oct	Fri	B, L	driving to Ollantaytambo, tour in Písaq	Ollanta	Sol Natura Hotel
13	18-Oct	Sat	B, D	Ollanta tour + train to Aguascalientes	A.Calientes	Taypikala Boutique
14	19-Oct	Sun	B	hiking Machu Picchu and explore the	A.Calientes	Taypikala Boutique
15	20-Oct	Mon	B	train to Ollanta + Chinchero tour	Cusco	Wyndham C. del Sol
16	21-Oct	Tue	B, D	tour in the city of Cusco	Cusco	Wyndham C. del Sol
17	22-Oct	Wed	B	tour in the city of Cusco	Cusco	Wyndham C. del Sol
18	23-Oct	Thu	B	fly to Lima LA 2237 - 14:40 16:10	Lima	Javier Prado
19	24-Oct	Fri	B	driving to Paracas, boat tour Ballestas	Nasca	San Isidro G Hotel
20	25-Oct	Sat	B, L	fly over Nasca Lines	Lima	Best Western Plus
21	26-Oct	Sun	B	Miraflores Tour & Lima city tour	Lima	Best Western Plus
22	27-Oct	Mon	B	fly back home LA8040 09:30 16:20		



BRAZILIAN TRAVEL





BRAZILIAN TRAVEL

Program:

21 nights in Ecuador and Peru, visiting Titicaca Lake, Cusco, Machu Picchu, Nasca and much more.

Hotel program with personal assistance:

- 2 nights in Quito
- 6 nights Galapagos
- 1 night Lima Airport
- 2 nights in Puno at Titicaca Lake
- 6 nights at Sacred Valley, including Cusco and Machu Picchu
- 3 nights in Lima
- 1 Night in Nasca

Transfers by plane included:

- Flight ticket Quito/Isla Santa Cruz and return from Isla San Cristobal/Quito
- Flight Quito/Lima, next day Lima/Juliaca
- Flight Cusco/Lima

What's included:

- Boat – inside Galapagos (boat taxis aren't included)
- Transfers to attractions. Tickets to all mentioned attractions in the program.
- Local guide in Galapagos and Peru, speaking English.
- Hotel nights in Ecuador, Galapagos and Peru – 21 nights in total
- Flights Quito, Galapagos, Lima, Juliaca returning to Lima. Flight over Nasca lines.
- Tickets to all geological sites in Peru
- Train to Machu Picchu and Boat tour in Ballestas Islands (giant chandelier)

What's not included:

- food and beverages outside program
- anything not specified.

Price per person in a double or triple room:

Galapagos + Peru Program: starting from **US\$7.260,00** * (single supplement: 2,080.00)

* Ask for payment plans and method



ALONSO CAMPOI | Brazilian Travel

embratur SP.05.849.174/0001-47



R. Rodrigo Romeiro, 445

CEP 17015-420 – Bauru, SP BRAZIL



+55 14 8125 2817



alonso@brtraveltur.br



BRAZILIAN TRAVEL





BRAZILIAN TRAVEL



BRAZILIAN TRAVEL PRESENTS

AN AMAZING JOURNEY TO GALAPAGOS 2025

Discover the Enchanted Galápagos Islands, a Journey like no other

Imagine a place where nature reigns supreme, where wildlife approaches without fear, and each day feels like a new chapter of a living documentary. Welcome to the Galápagos Islands — one of the most extraordinary destinations on Earth!

Program:

8 nights in Equator, visiting Galapagos Archipelago.

Hotel program with personal assistance:

- 2 nights in Quito
- 6 nights Galapagos

Transfers by plane included:

- Flight ticket Quito/Isla Santa Cruz and return from Isla San Cristobal/Guayaquil

What's included:

- Boat – inside Galapagos (boat taxis aren't included)
- Transfers to attractions. Tickets to all mentioned attractions in the program.
- Local guide in Galapagos

Dates:

Starting: October 6th, 2025 (in Quito UIO Airport)

Finish: October 14th, 2025 (from Guayaquil GYE Airport)

Duration: 9 Days / 8 Nights

Language: English



BRAZILIAN TRAVEL





BRAZILIAN TRAVEL

Program Overview:

1	06-Oct	Mon		arriving in Quito	Quito	La Casona
2	07-Oct	Tue	B	Quito tour	Quito	La Casona
3	08-Oct	Wed	B	Flying to Baltra LA 1411 08:44 11:15	Puerto Ayora	Hotel La Isla
4	09-Oct	Thu	B	Santa Cruz Island tour	Puerto Ayora	Hotel La Isla
5	10-Oct	Fri	B	morning boat to Isabela and tour Island	Isabela Island	La Casita de la Playa
6	11-Oct	Sat	B	boat tour to Santa Cruz, Darwing Center	Puerto Ayora	Hotel La Isla
7	12-Oct	Sun	B	boat tour to Española and San Cristóbal	San Cristobal	Galapagos Sunset
8	13-Oct	Mon	B	San Cristóbal tour	San Cristobal	Galapagos Sunset
9	14-Oct	Tue	B	fly to Lima LA1418 - 12:08 14:54		

Our service: complete assistance guide speaking Spanish and English

Price per person in a double room:

Whole Program: starting from US\$2.980,00* (only Equator trip)

Single supplement: USD1,050.00

* Ask for payment plans and method



ALONSO CAMPOI | Brazilian Travel

embratur SP.05.849.174/0001-47



R. Rodrigo Romeiro, 445

CEP 17015-420 – Bauru, SP BRAZIL



+55 14 8125 2817



alonso@brtravel.tur.br



BRAZILIAN TRAVEL



BRAZILIAN TRAVEL



BRAZILIAN TRAVEL PRESENTS
AN AMAZING JOURNEY TO PERU 2025
Experience the Majesty of the Andes & the Mystique of the Incas

Brought to you with the soul and flair of Brazil, and designed for discerning travelers seeking cultural depth, comfort, and unforgettable memories.

Dates:

Starting: October 14th, 2025 (in São Paulo GRU Airport)

Finish: October 27th, 2025 (from Lima, last stop GRU Airport)

Duration: 14 Days / 13 Nights

Language: English

Program:

13 nights in Perú, visiting Titicaca Lake, Cusco, Machu Picchu, Nasca and much more.

Itinerary Overview:

1	14-Oct	Tue	-	Leaving from São Paulo	Lima	Wyndham C. del Sol
2	15-Oct	Wed	B, L	fly to Juliaca LA 2147 - 08:55 10:30	Puno	Titicaca Lodge Peru
3	16-Oct	Thu	B, L	Titicaca Lake tour	Puno	Titicaca Lodge Peru
4	17-Oct	Fri	B, L	driving to Ollantaytambo, tour in Pisaq	Ollanta	Sol Natura Hotel
5	18-Oct	Sat	B, D	Ollanta tour + train to Aguacalientes	A.Calientes	Taaypikala Boutique
6	19-Oct	Sun	B	hiking Machu Picchu and explore the	A.Calientes	Taaypikala Boutique
7	20-Oct	Mon	B	train to Ollanta + Chinchero tour	Cusco	Wyndham C. del Sol
8	21-Oct	Tue	B, D	tour in the city of Cusco	Cusco	Wyndham C. del Sol
9	22-Oct	Wed	B	tour in the city of Cusco	Cusco	Wyndham C. del Sol
10	23-Oct	Thu	B	fly to Lima LA 2237 - 14:40 16:10	Lima	Javier Prado
11	24-Oct	Fri	B	driving to Paracas, boat tour Ballestas	Nasca	San Isidro G Hotel
12	25-Oct	Sat	B, L	fly over Nasca Lines	Lima	Best Western Plus
13	26-Oct	Sun	B	Miraflores Tour & Lima city tour	Lima	Best Western Plus
14	27-Oct	Mon	B	fly back home LA8040 09:30 16:20		



BRAZILIAN TRAVEL





BRAZILIAN TRAVEL

What's included:

- Flights from Lima to Juliaca and Cusco to Lima.
- Flight over Nasca lines.
- Tickets to archaeological sites surround Cuzco e Sacred valley
- Train to Machu Picchu
- Van making all transportation to attractions
- Boat tour in Ballestas Islands (giant chandelier)

Our service: complete assistance guide speaking Spanish and English

Price per person in a double or triple room:

Whole Program: starting from US\$3.540,00* (only Peru trip)

Single supplement: USD1,290.00

* Ask for payment plans and method

What's not included: food and beverages; tickets to the attractions, when not nominated; anything not specified



ALONSO CAMPOI | Brazilian Travel

embratur SP.05.849.174/0001-47

R. Rodrigo Romeiro, 445
CEP 17015-420 – Bauru, SP BRAZIL

+55 14 8125 2817

alonso@brtravel.tur.br



BRAZILIAN TRAVEL



KERALA - KANYAKUMARI SOUTH INDIA TOUR

A JOURNEY THROUGH 'GOD'S OWN COUNTRY'

TOUR HIGHLIGHTS

Cultural Immersion:

Visit iconic landmarks including Meenakshi Temple, Vivekananda Rock Memorial, and ancient churches of Kochi.

Backwater Bliss:

Experience a traditional houseboat cruise through the tranquil backwaters of Alleppey.

Hill Stations & Tea Estates:

Breathe in the fresh mountain air of Munnar and explore its lush green tea plantations.

Wildlife Adventure:

Boat safari at Periyar National Park with a chance to spot elephants and more.

Art & Performance:

Witness Kerala's classical arts like Kathakali and Kalaripayattu in their traditional setting.

Spiritual Serenity:

Enjoy sunrise and sunset at Kanyakumari – the confluence of three seas.

Rotary Fellowship:

Interact with local Rotary Clubs and participate in service project visits.

Local Flavours:

Relish traditional Kerala cuisine, including banana leaf meals and a curated cooking session.

Comfortable Stays:

Stay in premium resorts and hotels offering comfort, hospitality, and stunning views.

Comfortable Travel:

Private A/C coach with professional escort from arrival to departure.



Tour Dates: January 19 to January 30, 2026



Minimum Participants: 20 | Maximum Participants: 30



Registration Deadline: October 15, 2025



Accessibility: Transport for disabled individuals available with separate vehicles at extra cost.



Day	Date & Weekday	Meals	Daytime Activities	Night Stay/(Hotel)
1	19-Jan-2026 (Monday)	Nan	Arriving Trivandrum/ Transfer to Hotel Trivandrum,	Meet and Greet (Vivantha)
2	20-Jan-2026 (Tuesday)	B, L, D	Exploring Thiruvananthapuram (Trivandrum): Discover the highlights of the capital city, including visits related to Rotary projects, showcasing their community impact.	Trivandrum South Rotary club (Vivantha)
3	21-Jan-2026 (Wednesday)	B, L	Engaging Experiences: Participate in a special Ministers' visit (subject to confirmation) and immerse yourself in the captivating illusions and entertainment at Magic Planet.	Trivandrum (Vivanta)
4	22-Jan-2026 (Thursday)	B, L	Journey to the Misty Hills of Ponmudi: Embark on a scenic day trip to Ponmudi, a charming hill station known for its winding roads and breathtaking views that truly capture your heart.	Trivandrum (Vivanta)
5	23-Jan-2026 (Friday)	B, L	Art, History, and Compassion: Experience the awe-inspiring Jadayu Earth Center, home to the world's largest bird sculpture, and visit Gandhi Bhavan, a sanctuary where over 1,200 individuals have found rehabilitation and hope.	Alleppy (Sterling Lake Palace, Alleppy)
6	24-Jan-2026 (Saturday)	B, L	Enchanting Backwater Cruise in Alapppy: Glide along the serene backwaters of Alapppy on a traditional houseboat. Witness the unique lifestyle of the region and enjoy views of lush paddy fields stretching along the waterways.	Kochi (Radisson Blu)
7	25-Jan-2026 (Sunday)	B, L	Exploring the Historic Charm of Kochi: Discover the cultural tapestry of Kochi with visits to the historic Mattancherry Palace (Dutch Palace), the ancient Jewish Synagogue, the iconic St. Francis Church, and conclude your day with a captivating Kathakali performance at a local theatre, showcasing Kerala's vibrant classical dance form.	Kochi (Radisson Blu)
8	26-Jan-2026 (Monday)	B, L	Scenic Drive to Munnar's Tea Hills: Enjoy a picturesque drive from Kochi to Munnar, passing through stunning landscapes, cascading waterfalls at Cheeyapara and Valara, and the scenic beauty of Neriamangalam.	Munnar (Nature Zone Jungle Resort)
9	27-Jan-2026 (Tuesday)	B, L	Immersed in Munnar's Greenery: Explore the sprawling tea plantations that carpet the hills of Munnar. Visit the Eravikulam National Park, home to the Nilgiri Tahr, and experience the scenic beauty of Mattupetty Dam and its surroundings.	Munnar (Nature Zone Jungle Resort)
10	28-Jan-2026 (Wednesday)	B, L	Adventure and Culinary Delights in Munnar: Embark on a refreshing trekking experience through the hills. Later, delve into the art of tea making with a visit to a Tea Museum and participate in an engaging cooking demonstration showcasing local flavors.	Munnar (Nature Zone Jungle Resort)
11	29-Jan-2026 (Thursday)	B, L	Journey to Thekkady's Wildlife Haven: Travel from Munnar to Thekkady via the scenic Gap Road, stopping at viewpoints to capture the beauty of the region, including glimpses of dams and plantations.	Thekkady (Green Woods)
12	30-Jan-2026 (Friday)	B, L	Wildlife Encounters in Thekkady: Experience the renowned Periyar National Park with a boat safari (subject to availability). Enjoy an opportunity to witness elephants in their natural habitat (if available), followed by a visit to a spice plantation and a captivating Kalarippayattu (traditional martial art) performance.	Thekkady (Green Woods)
13	31-Jan-2026 (Saturday)	B, L	Transition to Kanyakumari via Madurai: Begin your journey towards Kanyakumari, with a stop in Madurai to meet local Rotarians and visit the magnificent Meenakshi Temple, a vibrant example of Dravidian architecture.	Kanyakumari (Sparsa)
14	01-Feb-2026 (Sunday) B, L		Witnessing the Confluence in Kanyakumari: Experience the breathtaking sunrise at Kanyakumari Beach, visit the Vivekananda Rock Memorial and the Thiruvalluvar Statue by boat, reflect at the Our Lady of Ransom Church, enjoy a leisurely beach walk, and witness the mesmerizing sunset at the confluence of three seas.	Kanyakumari (Sparsa)
15	02-Feb-2026 (Monday)	B, L, D	Cultural Exchange and Farewell in Kovalam: Travel back towards Trivandrum, with a meaningful interaction with students at the NVKS School in Attoor. Enjoy a traditional lunch served on banana leaves, followed by a relaxing evening and a farewell dinner at the exquisite Taj Green Cove Resort Trivandrum.	(Taj Green Cove Resort Kovalam)
16	03-Feb-2026 (Tuesday)	B	Departure: After breakfast, you will be transferred to Trivandrum International Airport for your onward journey, filled with cherished memories of your Kerala and Kanyakumari exploration.	

Tour Package Rate:

USD 2,997 per participant sharing a double room.
USD 3,988 per person, based on single occupancy.

Contact for Registration and Queries

Sivaprasad S Pillai Administrator, International Travel and Hosting Fellowship (ITHF)
Email: pillai.sivaprasad@gmail.com Telephone: +91 96330 69336

Notes:

1.Meals:B- Breakfast, L,-Lunch, D-Dinner

2 Inclusions:

- Accommodation for 15 nights
- Daily Breakfasts on Day 02 to Day 16
- Lunch on Day 02 to 15(Lunch on Day 06 will be in the Houseboat).
- Dinner on Day 02 and Day 09. Farewell Dinner on day 15 at Taj Green Cove Resort, Kovalam
- An enchanting Day Cruise with Lunch aboard a traditional Houseboat in Alleppey.
- Services of a professional English-speaking Escort throughout your journey, from arrival to departure.
- All transportation and sightseeing as per this itinerary in a comfortable AC 35-seater Coach.
- All applicable toll charges, parking fees, driver's allowance (bata), fuel costs etc..

3 Exclusions:

- Any meals not explicitly mentioned in the inclusions.
- International or domestic airfare.
- Any items or services not specifically listed under "Inclusions."
- Porterage at hotels and airports, personal tips, insurance, laundry services, alcoholic beverages..
- All expenses of a personal nature.
- Any additional costs incurred due to unforeseen natural calamities or events beyond our control.
- Any increase in government taxes/fuel costs that may lead to a rise in surface transportation costs.

4. Other guidelines

- Airport pick-up and drop-off services during non-standard hours may attract additional charges.
- Sightseeing schedules are subject to adjustments based on time constraints and weather conditions.
- The content of this plan is subject to change, if unforeseen circumstances demand adjustments

Virtual Tour Committee Update

Anyone who would like to volunteer to be on this Committee should contact Chair Ligia Corredor at lichalic3@me.com and Co-Chair Simmy Ahluwalia at simmy.ithf@gmail.com.

May 30 and 31 - Galapagos /Peru

July 25 and 26 - Newcomer orientation post convention

Sep 26 and 27 - Cambodia (to be confirmed)

Oct 24 and 25 - Coffee/ Connections

Dec 5 and 6 - Holiday session

Update Your Photos on ITHF web portal

Dear ITHF Members,

Many profile photos on our **ithf.org** portal appear to be corrupted. Please take a moment to update your profile picture by following these steps:

How to Upload Your Profile Photo:

Log in to ithf.org using your ID and password.

1. Navigate to **Profile** → **My Profile** → **Edit Profile**.
2. On the next screen, select **Profile Picture**.
3. Click '**Choose File**' and select your profile photo from your device.

Press **Update** to save the changes.

This will successfully update your profile photo.

Updating Your Canvas/Gallery Photo:

To update the **Canvas** or **Gallery** photo, follow the same steps but select '**Canvas**' or '**Gallery**' in Step 3 instead of **Profile Picture**.

Thank you for taking the time to keep your profile up to date!

Contact me on ithfzoom@gmail.com if you need further assistance.

Best regards, Sivaprasad S Pillai, Administrator

Windmills and Other Adventures by Rosalie Lampone

We were staying in Amsterdam taking several day trips from the city. I had contacted Hilde Bos-Hagens (fellow ITHF member) prior to leaving the States and she wanted to know what I would like to do. We could not come to the Netherlands without seeing windmills. We were met at the train station in Leiden by Hilde and Ludo. Ludo had planned a route through the area where we saw a dozen different styles of windmills not like the typical windmills you see pictured in magazines. We learned that windmills are used to take water out of the ground to enable people to have crops and cattle. There were windmills converted to homes. There was an area that had at least ten windmills in a row. We stopped at a windmill restaurant for lunch. Along the way there was field upon field of tulip farms though most of the color was gone. On the way back we stopped in Delft. We walked amongst the canals and wandered in the city center. That evening we had dinner at Hilde and Ludo's home with their son, daughter-in-law and granddaughter. Ludo's homemade soup was delicious. We went back to the train station and to our base in Amsterdam.



A few days later we met Hilde again at the train station in Leiden. On this trip we started in The Hague. The Binnenhof (Dutch Parliament) was unfortunately closed for the day. The



Binnenhof is a stately, beautiful, historic complex originally built as a Gothic castle. A walk down the path from the gated entrance is the Mauritshuis Art Museum. The art museum is a 17th century palace that houses a collection of Dutch 17th century paintings. This art museum was not on my itinerary but thanks to Hilde we got to stand and stare at "Girl with the Pearl Earring." It is one of the most beautiful paintings I have had the pleasure of beholding. We left history behind and got in the car to go to Madurodam. Madurodam is a theme park that is a small city full of miniature buildings, trains, planes, people, etc., etc. It was very intricate, exact and interesting.

Hilde drove us back to her home where we then walked across the street to a local restaurant for refreshments before Ludo was ready for dinner. The wind from the North Sea was blowing and the sun was blinding. Even though it was cold there were wind surfers taking advantage of the gales of wind. You could see ships off the distance. It was a beautiful day. We thank Hilde and Ludo for their time and hospitality. It was such a pleasure having them for company.



Rosalie Lampone, Hilde Bos-Hagens & Rick Spearin

Rosalie and Rick belong to the Little Rock Rotary After Hours Club in Little Rock, Arkansas. They live in Little Rock in the summer and New Orleans in the winter. Hilde Bos-Hagens & Ludo belong to the Rotary Club of Lise-Bollenstreek

Steve and Noko Yoshida's 10 Day Hiroshima Peace Tours May 11-21, 2026

Please view this lovely video about the forthcoming tour https://youtube/ErR_XTLVLDOQ



“OHO” ITHF Japan tour, 11-21 May 2026 with Noko and Steve Yoshida.

We call this our “OHO” (pleasant surprise) tour, ie., Oishi (delicious), Heiwa (peace) and Onsen (Japanese hot springs). In other words, you will delight in Japanese cuisine, relax at Japanese hot springs, and be inspired by the message of peace in Hiroshima and sustainable living on Osakikamijima Island. And there is more.

Steve Yoshida states “Hiroshima is the home of my ancestors. So it was natural that I would visit. But what I found changed my life. Such a beautiful city, lots of trees and greenery, the inspiring peace museum, 7 rivers flowing through it, friendly and kind people, we decided to spend time in Hiroshima every year. Then we made a discovery. An island called Osakikamijima nearby in Japan’s Inland Sea. It is one the most beautiful spots in Japan.

We met many interesting people on the island, who taught us about sustainable living from the land and sea. About working and sharing together in harmony with nature.

We want to share what we learned with our ITHF friends. So this is not just a sightseeing tour, although we will visit temples, historical sights and stay at Japanese inns with onsen (spa). It is engaging a peaceful, happy way of life that is unique and inspiring.”

Tour dates: 11-21 May 2026

1. 11-15 May 2026. Four nights. Hiroshima City. Visit Peace Museum. Be inspired by A-bomb survivor. Tour the Miyajima Shrine. Bus and ferry to Osakikamijima.
2. 15-20 May. Five nights Seifukan Onsen. Culture and people tours of Osakikamijima.
3. 20-21 May. One night. Hiroshima Airport Hotel. Beautiful Japanese garden and Koi fish lake. Farewell dinner.

Price: US\$4,450 per person, double occupancy. Single supplement, add \$1,200. US\$500 per person to reserve your space. \$500 refund deadline and full price due February 1, 2026. Space priority in order of deposit received. Group limited to 12 persons.

Included: Accommodations, breakfast and dinner, transportation, English speaking guide, all taxes and fees.

For more information and to reserve your space contact: Carol Cartier, cartierca@hotmail.com 1-613-453-8884

Carol states: I participated in the October 2024 tour and found it to be educational, inspiring and lifechanging. I am happy to answer any questions you might have and give you advice on how to prepare for the tour.

The 2024 Nobel Peace Prize went to the organization of Hiroshima A-bomb survivors. You will meet one of them.

Important Profile Updates & Volunteering Opportunity in Calgary

Dear Members, Greetings! We kindly request all members to review their profiles and ensure the following details are updated:

Profile & Gallery Photos:

Please check if your profile picture and gallery photos (if uploaded) are displaying correctly.

If any updates are needed, follow these steps:

Log in and navigate to **Profile > My Profile > Edit Profile > Profile Picture** to update your profile photo.

Log in and go to **Profile > My Profile > Edit Profile > Gallery** to update or add photos to your gallery.

Membership Expiry Date:

Ensure that your membership expiry date is correctly updated after renewal. If you notice any discrepancies, please contact me at ithfzoo@gmail.com.

We also extend our gratitude to all members who have recently renewed their membership.

A special thank you to those who have volunteered at our booth in Calgary! However, we still need more volunteers to make this event a success. As we did last year, we will be organizing an **orientation session in early June** for all volunteers.

We look forward to seeing you in Calgary—let's make it a grand event! Thank you for your support.

Best regards, **Sivaprasad S Pillai**, Administrator

DO YOU HAVE AN OPPORTUNITY TO HAVE A TABLE TOP DISPLAY IN A HOUSE OF FRIENDSHIP AT YOUR DISTRICT CONFERENCE? CONSIDER THIS...

Please contact Sheila Hart at email: sheilahart@shaw.ca. Sheila will bring copies to RICON Calgary



INTERNATIONAL TRAVEL & HOSTING FELLOWSHIP

VISIT AND HOST ROTARY FRIENDS AROUND THE WORLD FOR TRAVEL AND ADVENTURE.

Rotary

- WORLD-WIDE ON-LINE MEMBERSHIP DIRECTORY
- PRE AND POST-CONVENTION TOURS
- SPECIAL INTEREST TOURS
- NEARLY TWO DECADES OF HISTORY... NEARLY 800 MEMBERS STRONG

FOR MORE INFORMATION:
Visit our website: ithf.org
or email: ithfzoo@gmail.com

SHARE CULTURES WHILE VISITING OR HOSTING ROTARY FRIENDS

QR CODE