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International Travel and  
Hosting Fellowship

April 2026

## READY TO HOST IN ECUADOR!

My name is Andy Ullman. I am International Service Chair of Rotary Club of River Cities, Illinois, USA. I am also Membership Chair of ITHF. I live in Chicago, but we also have a residence in Quito, Ecuador. I am happy to host ITHF members in Quito, depending on schedule.

### Quito: A UNESCO World Heritage Site

Quito was founded in 1534 as a Spanish colonial city. Much of the original Spanish architecture remains, especially in the historic center of the city. It is located at approximately 2,800 meters (9,200 feet) altitude, and is surrounded by mountains.



Quito has a population of approximately 3 million, and has become more diverse over the years I have been traveling there, especially with respect to cuisine options. It is very easy to get around the city and see the sights, as a new subway system has recently become operational. As a side note, a Rotarian friend was manager of the subway design and construction!

### Nearby Activities

In addition to the Spanish colonial sights and museums within the city, there are quite a

few fun and interesting day trips available. There are a number of mountains with snowcaps nearby, including Mount Antisana which is shown in the photo below. In addition, there are excellent opportunities for viewing wildlife, such as the toucan which I photographed in Mindo.

Mindo is a cloud forest area located approximately two hours drive from Quito, and is one of the top bird watching areas in the world. Another fun activity is visiting thermal baths, which are heated by nearby volcanos.



One of the most famous is Papallacta, which is located just over an hour drive from the city. For those with a real sense of adventure, it is a short flight or about five hours drive to the Ecuadorian Amazon Basin.

If you have an interest in visiting Quito and particularly Ecuador, feel free to contact me.

**Contacts: Andy Ullman** USA/Ecuador at email: [andyuco@gmail.com](mailto:andyuco@gmail.com)  
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## Top News

- **READY TO HOST IN ECUADOR!**
- **IN LOVING MEMORY OF LONG-TIME ITHF MEMBER JOHN HENDERSON**
- **ITHF VIRTUAL TRAVEL COMMITTEE**
- **HELP NEEDED**



## IN LOVING MEMORY OF LONG-TIME ITHF MEMBER JOHN HENDERSON



John exemplified the very spirit of fellowship and service that defines both Rotary and ITHF. A dedicated Rotarian and valued ITHF Vice President, John was a tireless ambassador of friendship, always ready to welcome others with warmth, humor, and genuine interest.

From his home in Wisconsin, John and Jean opened their doors to countless ITHF members, not only hosting with generosity but also thoughtfully guiding visitors through the region and creating meaningful, lasting experiences. He had a special gift for turning acquaintances into lifelong friends, extending hospitality that went far beyond obligation—it was simply who he was.

John believed deeply in connection—whether across continents or just across state lines—and he lived that belief by bringing people together. His enthusiasm, kindness, and leadership enriched the lives of so many within our ITHF and Rotary communities.

He will be greatly missed, fondly remembered, and always appreciated for the friendships he inspired and the legacy of goodwill he leaves behind.

### ITHF VIRTUAL TRAVEL COMMITTEE

Become an active volunteer member of this Virtual Travel Committee and help us bring the pleasure of visiting and learning about other countries from the comfort of your home, as well as informing our ITHF members about the opportunities for in-person travel that ITHF provides.

#### UPCOMING VIRTUAL TOUR PRESENTATIONS

- April 24 and 25 - Mexico
- May 29 and 30 - Cambodia
- June - no session
- July 24 and 25 - Meet and Greet New ITHF members

Contact: *Simmy Ahluwalia*, – [simmyithf@gmail.com](mailto:simmyithf@gmail.com)

## Upcoming Tours and Events

- **ITHF Japan Tour, May 11-21, 2026.**

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More info at

<https://www.ithf.org/events/ithf-japan-tour>

- **Traveling to the Rotary Convention in Taipei?**

Register for the ITHF Dinner at United Hotel Taipei, June 12, 2026. More info at

<https://www.ithf.org/events/ithf-dinner-at-united-hotel-taipei>

- **Post Convention Taiwan Cultural Discovery Tour, June 18-22, 2026.**

More info and a link to registration at

<https://www.ithf.org/events/taiwan-cultural-discovery-tour>

- **Uganda Safari Tour, September 26-October 8, 2026**

Details coming soon. Will include gorilla tracking and chimpanzee tracking!

Contact: Rosette Nabuuma at [rosettenabuuma3@gmail.com](mailto:rosettenabuuma3@gmail.com) or Andy Ullman at [andyuco@gmail.com](mailto:andyuco@gmail.com) for more info.

## February New Members

- **Anne Kwamie**  
Oshawa, ON, Canada
- **Neal Lassila**  
Ventura, CA, USA
- **Henry Katongole**  
Kampala Dist., Uganda
- **Patricia Dutchak**  
Niverville, MN, Canada
- **Paul Paslay**  
Anchorage, AL, USA
- **Kirby Vadalkar**  
Thane, Maharashtra, India
- **Lorna Johnson**  
Victoria, BC, Canada
- **Beatty Raymond**  
Lakeland, FL, USA
- **Gary Merchant**  
Claremont, NH, USA
- **April Bair**  
Farmville, VA, USA

## March New Members

- **Maciej Sumara**  
Recz, West Pomeranian Voivodeship, Poland
- **Traci Siegel**  
Berkeley, CA, USA
- **Adam Stanley**  
Richmond, KY, USA

## HELP NEEDED-ITHF CONNECTIONS NEWSLETTER

We are seeking help from the ITHF members on these two items:

1. **ITHF travel experiences:** Please send us stories and photos from your most memorable ITHF hosting/travel experiences. We would like to publish at least one story per month to encourage ITHF members to engage with other members in hosting experiences.
2. **ITHF members "Ready to Host":** If you are interested in hosting other ITHF members, please send a brief description and photos of a unique attraction or experience available in your area/region. We hope to post at least one "Ready to Host" listing for each newsletter issue.

As before, any ITHF member who submits material which is published in one of these categories will receive an additional year of ITHF membership as thanks for their assistance.

Please send your submissions to Andy Ullman, ITHF Membership Chair at [andyuco@gmail.com](mailto:andyuco@gmail.com)

Thanks in advance for your contribution to the ITHF Connections newsletter!

Your ITHF Connections Newsletter Team:

Andy Ullman, Chicago, USA  
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Gizem Bastas, Ankara, Turkey  
Olurotimi (Sam) Adeleye, Lagos, Nigeria  
Nma Onuigbo, Abuja, Nigeria  
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03/03

ITHF now has 1132 members