



THE DELEGATION NEWS

SUMMER 2020

www.friendshipamongwomen.org

MISSION STATEMENT

"The Delegation for Friendship Among Women is a non-political organization that nurtures friendship between women from the U.S. and other countries and seeks nuanced understanding of women's work and lives throughout the world.

The Delegation accomplishes its mission primarily by self-funded study trips to countries where formal relations with the U.S. are often in transition. Delegates meet with a variety of notable women with whom we exchange ideas and solutions, as well as links to relevant resources. Upon returning to the United States, Delegation members continue the purposeful dialogue with the women abroad and share knowledge and insights with other U.S. citizens through speeches and articles."

IN THIS ISSUE

Page	Item
1	Title/Mission
2	In This Issue
3	President's Letter
4-5	Delegate Profiles
6-8	Delegation Board News: First Webinar A Success!
8-14	PERU
9-11	<ul style="list-style-type: none"> • Books and Films
12-13	<ul style="list-style-type: none"> • Covid-19 Case Overview
13-14	<ul style="list-style-type: none"> • Economy sinks 40% in April amid lockdown
14	On The Web: Accessing Delegation Facebook and Web Page
14	Donation Opportunities
15-28	Delegation Trip Updates
15-16	<ul style="list-style-type: none"> • Armenia
15	<ul style="list-style-type: none"> ○ Covid 19 Case Overview
16	<ul style="list-style-type: none"> ○ Armenian kanoon player Marianna Gevorgyan wins main prize of World Folk Vision
17-19	<ul style="list-style-type: none"> • Republic of Georgia
17	<ul style="list-style-type: none"> ○ Covid 19 Case Overview
17-18	<ul style="list-style-type: none"> ○ Georgia offers Armenia help to fight COVID-19
18-19	<ul style="list-style-type: none"> ○ "THE ROUTE THAT MADE THE WORLD: On the enduring romance and eternal influence of the Silk Road"
20-23	<ul style="list-style-type: none"> • Mongolia
20	<ul style="list-style-type: none"> ○ Covid 19 Case Overview
20-23	<ul style="list-style-type: none"> ○ 'Be still': images to evoke silence, peace and calm reflection
23-28	<ul style="list-style-type: none"> • Rwanda
23	<ul style="list-style-type: none"> ○ Covid 19 Case Overview
24-25	<ul style="list-style-type: none"> ○ Why Rwanda Is Doing Better Than Ohio When It Comes To Controlling COVID-19
26-28	<ul style="list-style-type: none"> ○ Kim Harms' account of her visit to Rwanda 2020
28	Editor's Sign-Off

FROM THE PRESIDENT'S DESK



Kim Harms, President

Dear Delegates,

On July 21st, The Delegation for Friendship Among Women's Board member and entrepreneur extraordinaire, Darlene Miller, hosted our first global webinar, *Women Entrepreneurs*. Our panelists, representing five continents, described the triumphs and challenges they faced while developing businesses. Tuya Baigal-Erdene founded a vegetable juice company in Mongolia. Rose Muhumuza, a mentee of former Board Member Holly Jobe from the Akilah Institute in Kigali, Rwanda, is the first female tour guide in her country. Meghan Stevenson-Krausz, reporting from Peru, focuses on facilitating financing for women entrepreneurs as the founder of INCA Ventures. Nino Kvavilashvili, the Owner of Gallery 27, which the Delegation visited on our last trip, and the co-founder of Women of Tomorrow, represented the Republic of Georgia. Irene Manley, co-founder of Mary and Martha Mongolia, described efforts necessary to keep sustainable financing for local artisans. Last, but certainly not least, was panelist Malia Everette, Founder and CEO of Altru Vistas. Malia is an old friend of The Delegation, having helped in the planning process of several trips including our future trip to Peru. Malia shared information from her close ties and numerous experiences in Latin America.

Our plan is to host several webinars each year. Future topics in the works include domestic violence, global ecology and the arts. We hope to use these webinars (which will be posted on our website) as a way to engage our Delegates, particularly those who are unable to travel, with Delegation friends from around the world. If you have a topic that would make a great webinar or if you would like to host a particular topic, please email me at drkim@pinelakelawfirm.com.

As our panelists described, the current COVID-19 pandemic is still with us. We are not sure when we will begin our travel schedule and set a date for Peru. We will, however, use what resources we have to increase our understanding and promote friendship with women from around the world. We will do so electronically until we are able, once again, to meet with them personally.

Have a safe Summer!

Kimberly Harms
President, Delegation for Friendship Among Women

DELEGATE PROFILES



***Barbara Pritchard Baker,
Delegate, Rio Verde, Arizona
and Cos Cob, Connecticut***

Barbara became a member in 2013 after talking to Rio Verde, AZ neighbor, Mary Pomeroy. She had heard Mary speak and was so impressed -- not just with Mary but also with the work of The Delegation for Friendship Among Women.

Barbara has always been inspired by her mother, a strong role model and a woman who had traveled to many parts of the world before it was commonplace; she shares her mother's love and curiosity for travel. Barbara received her Master's Degree while living in Europe and has since had the opportunity to travel for business and pleasure throughout South America, Europe and Asia.

Barbara was drawn to The Delegation by her own life-long commitment to mentoring women – women who have worked for her, women in her industry, as well as women in federal prisons. Her mentorship continued when she was Global President (2005) of the Healthcare Businesswomen's Association, an international organization with 10,000 members. She mentored six of their chapters over the years and was given many leadership awards.

After a twenty-year career in medical communications for healthcare providers, she left the Medical Economics Co. as Executive Vice President and started her own consulting company. Currently, Barbara is Managing Principal of WentzMiller Global Services, a consulting company that advises clients (medical societies, pharmaceutical companies, medical institutions) on expanding their continuing education endeavors for physicians. She was honored as an inductee to the Medical Advertising Hall of Fame in 2014.

In Arizona for half of the year, she is on the board and on the executive committee for the Rio Verde 980 member home-owners' association. Barbara also serves as a Stephen Minister with care receivers in Arizona and in Connecticut, where she and her husband spend their summers.

Barbara plans on joining the Delegation to Peru when it is rescheduled.



Terri Bond, Delegate

Terri founded the largest court reporting firm in Texas at the age of 22, with 3 separate offices and over 60 employees. Twenty-four years later, she sold it to go on to work with two separate Fortune 500 company families and build businesses for them, including branding , building infrastructure, assembling teams of the most nationally recognized accountants and financial managers from around the country, and was involved with all the management of their trusts and portfolios.

Terri then took a hiatus to live out her dream to inspire and empower others. She has taken these international mission trips to Morocco, Egypt and Burma, to name a few.

Terri has traveled to more than 94 countries now for business, pleasure, and many humanitarian mission trips. She is a member of the Travelers' Century Club.

Terri recently lost her husband -- the love of her life! They were married for 1 ½ years after reuniting from 30 years apart. She is now engaged in writing a book to help other widows navigate the twists and turns of cancer -- the diagnosis, the emotions, and giving them the tools to come out stronger on the other side.

In her spare time, Terri models, golfs and stays fit with Aerial Fitness.



DELEGATION BOARD NEWS

DELEGATION for FRIENDSHIP AMONG WOMEN presented our 1st GLOBAL WEBINAR on Women Entrepreneurs JULY 21ST 2020.

By Darlene Miller



The webinar proved to be a great success and was attended live by women across the world via Zoom!

A little background -- the webinar idea came to fruition from an idea of Kimberly Harms. After approval from the Delegation's Board of Directors, she engaged Board members Holly Jobe and Darlene Miller to form a committee to kick this off! One small idea generated so much engagement! Huge kiddos to Kimberly Harms.

The webinar started promptly at 8:00 am US Central time with Kimberly Harms, the Delegations President, kicking off the webinar by sharing our mission and goals from our Delegation. She then introduced Darlene Miller, Board member and CEO/Owner of Permac Industries based in Burnsville, Minnesota USA. Darlene shared a small portion on her entrepreneurial journey and then each of the panelists give a brief profile of themselves. Panelists included:



Meghan Stevenson-Krausz
INCA Ventures
Lima, Peru



Tuya Baigal-Erdene
Founder, Nogoodoi (Organic Vegetable Juice)
Ulaanbaatar, Mongolia



Nino Kvavilashvili
Owner/Director Gallery 27
Co-Founder, Women of Tomorrow
Tblisi, Georgia



Lilit Asatryan
Central Asia Commissioner
World Association of Women Entrepreneurs
Yerevan, Armenia



Rose Muhumuza
Eco-Safaris Rwanda
Kigali, Rwanda



MaliaEverette
Founder and CEO Altru Vistas (Travel)
Hawaii, United States



Irene Manley
Mary and Martha Mongolia
Ulaanbaatar, Mongolia

We would like to give a huge thank you to each of these women for participating and sharing so much wonderful entrepreneurial information. Despite the time zone difference, all the women were very engaging and enthusiastic.

These amazing women shared their journeys and answered questions in regards to:

- How Covid-19 has affected their businesses
- Benefits of being of woman business owner
- How it was to work with Shark Tank Mongolia
- Gender Equality and how we as women help create equality
- How to encourage other women to follow their dreams

And they also took questions from the chat room! We concluded with words of “wisdom” from each of the panelists. Tune in to hear each of them.

The meeting could have lasted hours and was hard to bring to a close at 9:00 am. We sincerely look forward to individual interviews from each of the panelists which will be presented on the website along with their contact information. Lots of positive feedback has been received already and we will be providing a link so you too can listen to our Entrepreneurship webinar!

We are looking forward to adding 3 additional webinars throughout the year. Feel free to share your comments – ideas and suggestions on today’s webinar and any future topics.

The Board is anxious for The Delegation to remain active in the world. We have for some time discussed additional ways in which we can meaningfully interact with our friends and counterparts in other countries. We are furthering that effort through “virtual outreach”. This is meant to be a worldwide effort, involving all Delegates and the amazingly talented women we have met on our travels. All suggestions for future webinars are welcome.

PERU



As you all know by now, The Delegation’s to Peru has been indefinitely postponed. We are not planning to travel for at least a year. The trip was completely planned out thanks to the herculean efforts of Cathi Smith. There were no names taken, no list compiled of Delegates who wanted to go to Peru. So when the time does come, the Board will send out notices once again and all Delegates will have an equal chance to participate. Thank you to all of you who expressed such interest in the trip and offered so many wonderful suggestions of resources and contacts. We sincerely hope to take advantage of those suggestions whenever we do go.

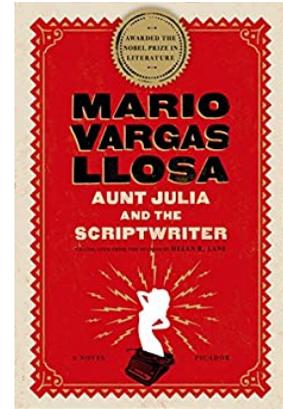
Books and Films

(Those that I have already mentioned appear below)

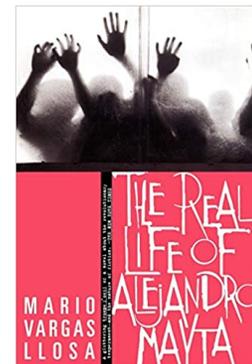
An excerpt from Frommers' Website:

The towering figure in contemporary Peruvian fiction is Mario Vargas Llosa, Peru's most famous novelist and a perennial candidate for the Nobel Prize, who was nearly elected the country's president back in 1990. It's difficult to choose from among his oeuvre of thoroughly praised works.

Aunt Julia and the Scriptwriter (Penguin, 1995) is one of his most popular works, but it's without the heft of others. From Amazon, "Mario Vargas Llosa's brilliant, multilayered novel is set in the Lima, Peru, of the author's youth, where a young student named Marito is toiling away in the news department of a local radio station. His young life is disrupted by two arrivals. The first is his aunt Julia, recently divorced and thirteen years older, with whom he begins a secret affair. The second is a manic radio scriptwriter named Pedro Camacho, whose racy, vituperative soap operas are holding the city's listeners in thrall. Pedro chooses young Marito to be his confidant as he slowly goes insane. Interweaving the story of Marito's life with the ever-more-fevered tales of Pedro Camacho, Vargas Llosa's novel is hilarious, mischievous, and masterful, a classic named one of the best books of the year by the *New York Times Book Review*."

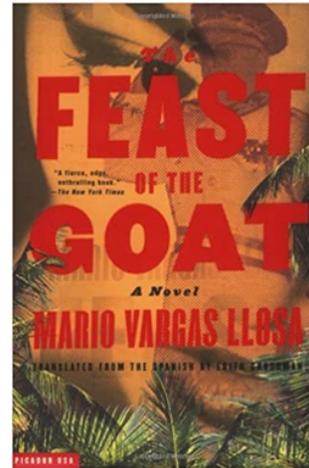


The Real Life of Alejandro Mayta (Noonday Press, 1998), a dense meditation on Peruvian and South American revolutionary politics that blurs the lines between truth and fiction. From Amazon, "*The Real Life of Alejandro Mayta* is an astute psychological portrait of a modern revolutionary and a searching account of an old friend's struggle to understand him. First published in English in 1986, the novel probes the long and checkered history of radical politics in Latin America."

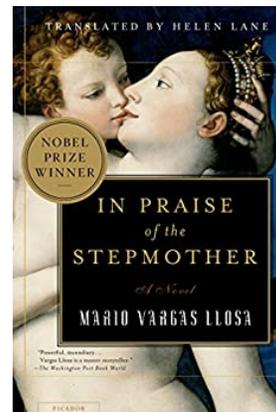


Death in the Andes (Penguin, 1997), a deep penetration into the contemporary psyche and politics of Peru. (See below)

The Feast of the Goat (Farrar Straus & Giroux, 2001), about the Dominican dictator Rafael Trujillo, made the year-end best lists of many critics in 2001. From Amazon, "Haunted all her life by feelings of terror and emptiness, forty-nine-year-old Urania Cabral returns to her native Dominican Republic - and finds herself reliving the events of 1961, when the capital was still called Trujillo City and one old man terrorized a nation of three million. Rafael Trujillo, the depraved ailing dictator whom Dominicans call the Goat, controls his inner circle with a combination of violence and blackmail. In Trujillo's gaudy palace, treachery and cowardice have become a way of life. But Trujillo's grasp is slipping. There is a conspiracy against him, and a Machiavellian revolution already underway that will have bloody consequences of its own. In this 'masterpiece of Latin American and world literature, and one of the finest political novels ever written' (*Bookforum*), Mario Vargas Llosa recounts the end of a regime and the birth of a terrible democracy, giving voice to the historical Trujillo and the victims, both innocent and complicit, drawn into his deadly orbit."



Another side of the author is evident in the small erotic gem ***In Praise of the Stepmother*** (Penguin, 1991), a surprising and beautifully illustrated book. From Amazon, "With meticulous observation and the seductive skill of a great storyteller, Vargas Llosa lures the reader into the shadow of perversion that, little by little, darkens the extraordinary happiness and harmony of his characters. The mysterious nature of happiness and above all, the corrupting power of innocence are the themes that underlie these pages, and the author has perfectly met the demands of the erotic novel, never dimming for an instant the fine poetic polish of his writing."

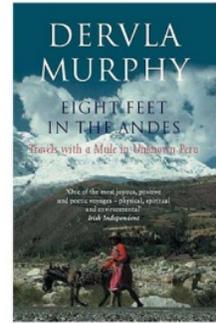


Vargas Llosa might be a difficult and "heavy" writer, but he is an unusually engaging one. All of the books listed above plus others are available from Amazon.

Previously listed:

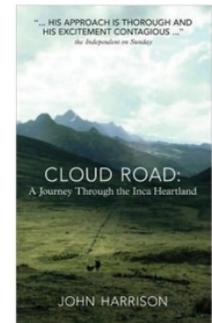
Eight Feet in the Andes: Travels with a Mule in Unknown Peru **by Dervla Murphy**

Dervla Murphy travels the length of Peru with her 9-year-old daughter and a mule named Juana, from Cajamaraca, in the north, over 1,300 miles to Cuzco. The stunning mountain scenery is described in vivid detail, and this is a humours and generous-spirited book containing plenty of nuggets of Peruvian culture, as well as the indomitable spirit of this slightly mad Irish woman and her adaptable and enthusiastic daughter.



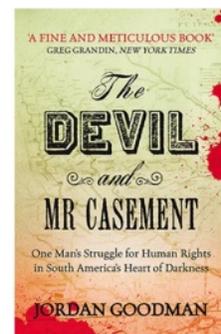
Cloud Road: A Journey Through the Inca Heartland **by John Harrison**

Author John Harrison spent 5 months walking through a country you won't find on any map - the Andean nation. Living at over 10,000 feet for most of the trip, Harrison travels along the Camino Real, or Royal Road, hand built by the Incas over 500 years ago. Following some of the most difficult and dangerous terrain in South America, his journey brings him to the most magical Inca site of all; Machu Picchu. This is great travel writing, full of interesting facts about Peru and the Incas.



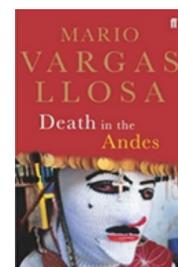
The Devil and Mr Casement: One Man's Struggle for Human Rights in South America's Heart of Darkness **by Jordan Goodman**

Fresh from documenting the terrible atrocities committed by King Leopold in the Congo, human rights activist and anti-imperialist, Roger Casement, travelled to Peru in 1910 to investigate reports of human rights abuse in the rubber industry. Casement's findings, of tens of thousands of Indians dying to produce rubber, sent shockwaves around the world in 1912, but were soon overshadowed by World War One and largely forgotten. Jordan Goodman brings to light this story of corporate greed and colonial exploitation in this shameful episode of history.



Death in the Andes **by Mario Vargas Llosa**

Hailed by many as Peru's best novelist, this story by Vargas Llosa centers on a series of disappearances of workers in a remote part of the Peruvian Andes. The story takes in themes of worker exploitation, supernatural myths and the Shining Path guerrilla group.



Film: When Two Worlds Collide

Based on the revolutionary theme, Netflix is currently showing the excellent documentary *When Two Worlds Collide*. This chronicles the bitter fight between indigenous tribes and government-supported business interests in the Peruvian Amazon, as the government seeks to open the region up to mining, drilling and logging interests. Much of the film features on the ground footage taken by both sides of the violent conflict.



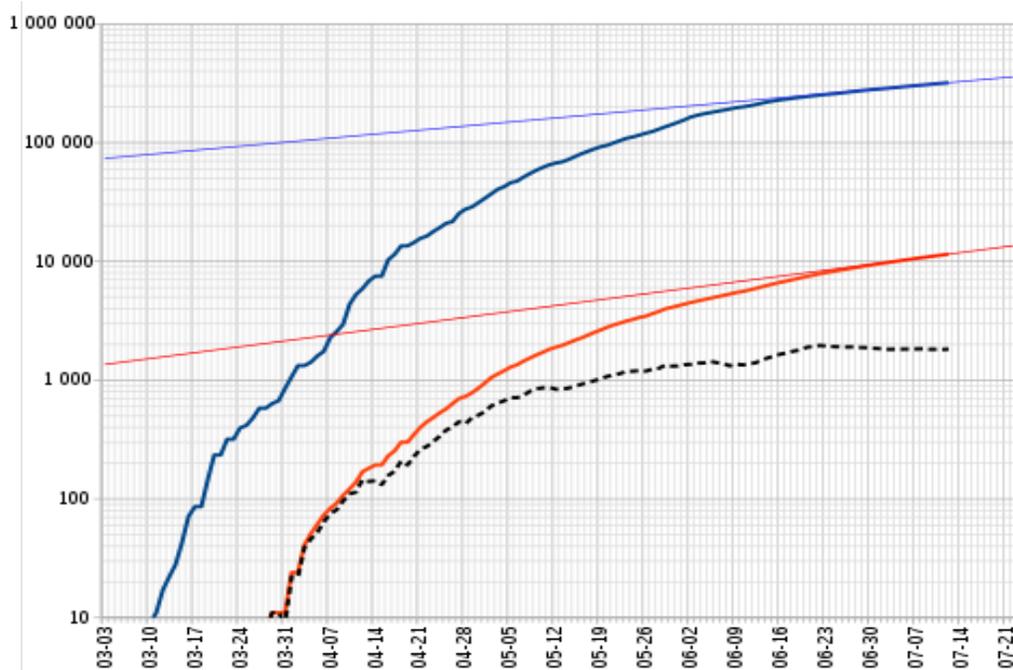
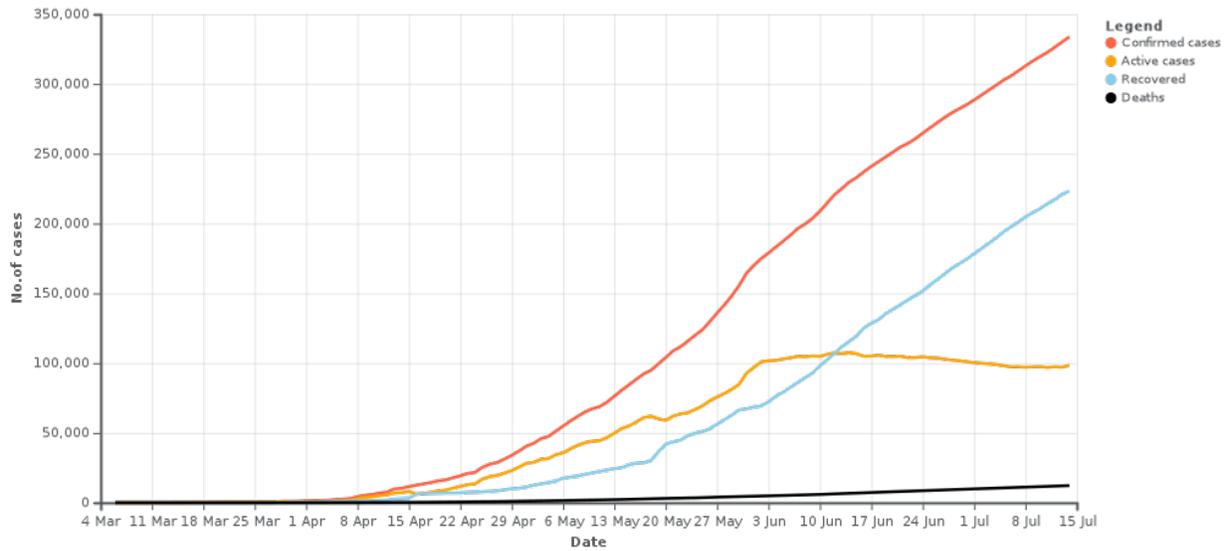
[Watch When Two Worlds Collide on Netflix](#)

Covid 19: Cases Overview

From Wikipedia, 4:29pm, July 20, 2020

PERU		
Confirmed	Recovered	Deaths
358,000	245,000	13,384
WORLDWIDE		
Confirmed	Recovered	Deaths
14.6 million	8.2 million	608,000

Covid 19: PERU (From Wikipedia)



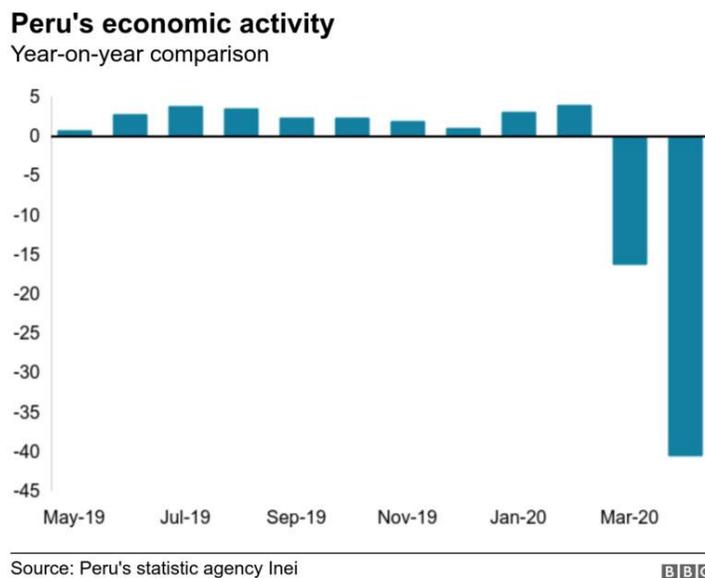
Total confirmed cases (blue), total deaths (red), and reported deaths on the last ten days (dotted black) on a logarithmic scale*.

*A **logarithmic scale** (or **log scale**) is a way of displaying numerical data over a very wide range of values in a compact way—typically the largest numbers in the data are hundreds or even thousands of times larger than the smallest numbers. Such a **scale** is **nonlinear**: the numbers 10 and 20, and 60 and 70, are not the same distance apart on a log scale. Rather, the numbers 10 and 100, and 60 and 600 are equally spaced. Thus moving a set distance along the scale means the number has been *multiplied* by 10 (or some other fixed factor). Often **exponential growth** curves are displayed on a log scale, otherwise they would increase too quickly to fit within a small **graph**. Another way to think about it is that the *number of digits* of the data grows at a constant rate. The numbers 10, 100, 1000, and 10000 are equally spaced on a log scale, but the number of digits is going up by 1 each time: 2, 3, 4, and 5 digits. In this way, adding two digits *multiplies* the quantity measured on the log scale by a factor of 100.

Peru economy sinks 40% in April amid lockdown

BBC News 3:16; June 16, 2020

Peru's economy sank 40% in April on a year-on-year comparison, its worst-ever percentage drop, amid a lockdown imposed to curb the spread of Covid-19, government figures show. Mining makes up 60% of the country's exports, and production was drastically scaled back because of the restrictions. Full operations were allowed to resume in May, and economists believe some recovery is expected in the next few months.



President Martin Vizcarra has called it the "most serious crisis in our history", and announced a series of measures including large infrastructure projects to restart the economy.

Peru has reported nearly 233,000 cases and more than 6,500 deaths, the second-highest numbers in South America after Brazil.

The country of 32 million was one of the first in the region to impose a lockdown but experts say the measures have not worked properly because large numbers of people disrespect them. Restrictions are being gradually lifted, but the lockdown imposed on 16 March has been extended until 30 June, making Peru's lockdown one of the longest in the world.

ON THE WEB

Delegation Facebook Page, Caroline Olstad, Delegate

<https://www.facebook.com/TheDelegationForFriendshipAmongWomen/>

Caroline asks that if you have photos or videos or anything else you would like to share, please send them her way. She also asks that you send any suggestions for other organizations that The Delegation can “like” to her as well. She will be updating the Facebook page periodically. caroline.e.olstad@gmail.com

Delegation Website, Jessica Remoloma, Webmaster)

www.friendshipamongwomen.org

member password: women67

See interesting history over the past decades including countries we’ve visited, friendships we’ve made and photos from the many Delegation trips and accomplishments.

DONATION OPPORTUNITIES

We realize that not everyone is able to accompany The Delegation on any particular trip. However, we all still have the opportunity to make a difference in the many lives affected in countries The Delegation visits by making a donation. Such contributions allow all Delegates the opportunity to participate in our efforts. Since The Delegation is a 501c3 nonprofit organization, you can share your generosity by making a tax-deductible donation. We encourage everyone to join in and help make deeply needed improvements in all the countries we visit.

To donate, please send a check made out to The Delegation for Friendship Among Women, noting on the check which project you wish as a recipient. Donations should be mailed to:

Diane Dunning, Treasurer
300 Lewis Lane
Ambler, Pa. 19002

You will receive a receipt for tax purposes. Thanks for your help!!

DELEGATION TRIP UPDATES

ARMENIA

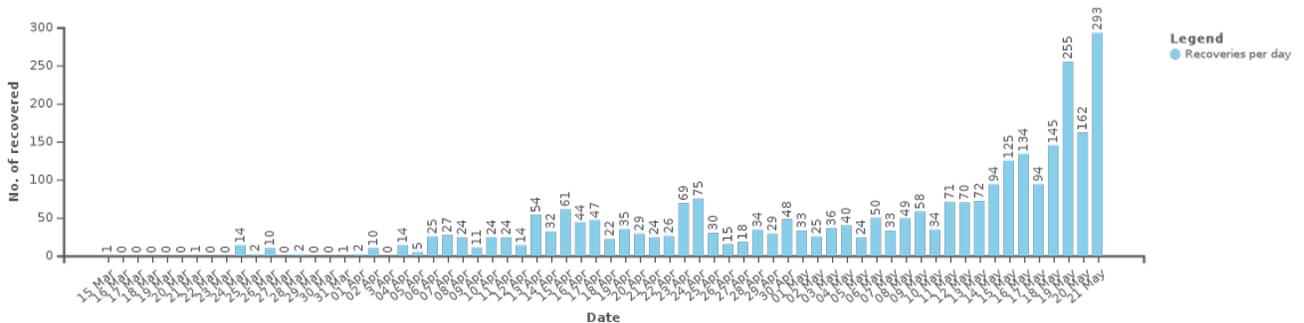
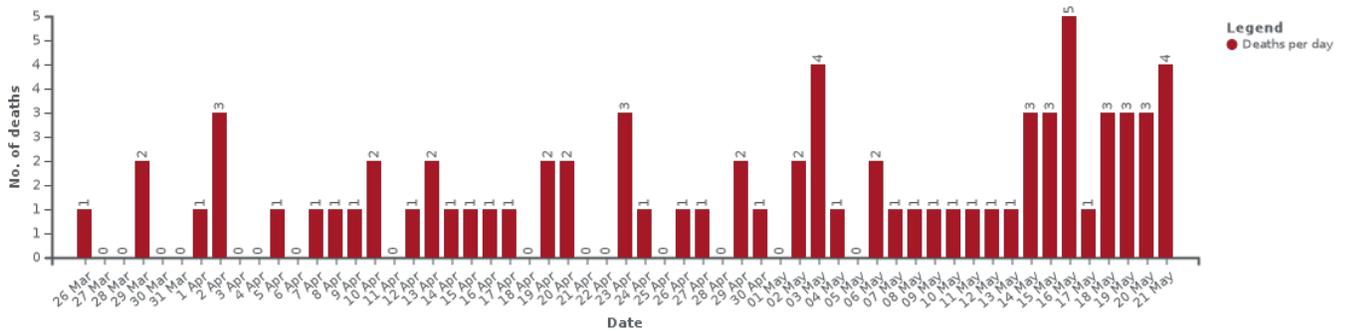
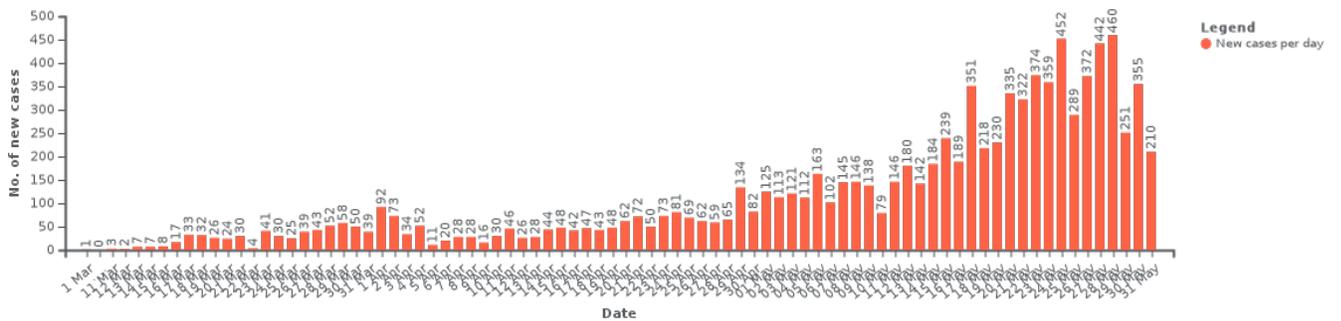
Covid 19: Cases Overview

From Wikipedia, 4:29pm, July 20, 2020

ARMENIA		
Confirmed	Recovered	Deaths
34,877	--	641
WORLDWIDE		
Confirmed	Recovered	Deaths
14.6 million	8.2 million	608,000

On 1 June, [Prime Minister Nikol Pashinyan](#) announced that he had tested positive for COVID-19.

Statistics



ARMENIAN KANOON PLAYER MARIANNA GEVORGYAN WINS MAIN PRIZE OF WORLD FOLK VISION



YEREVAN, JULY 1, 2020, ARMENPRESS. Armenian kanoon player Marianna Gevorgyan won one of the three main prizes of the World Folk Vision contest, she said on Facebook.

“We recorded a victory at the World Folk Vision international contest-festival. An honorary Grand prize at the 1st place. Thanks to all”, she said.

Marianna Gevorgyan became the winner at the nomination “Music of the peoples of the world”.

The contest was held online. Representatives of 115 countries participated in the contest, but 180 participants from 60 countries qualified for semi-final.

Editing and Translating by Aneta Harutyunyan

THE REPUBLIC OF GEORGIA

From Wikipedia as of July 15, 2020: **COVID-19 REPUBLIC OF GEORGIA**

Covid 19: Cases Overview

From Wikipedia, 4:29pm, July 20, 2020

GEORGIA		
Confirmed	Recovered	Deaths
1018	898	15
WORLDWIDE		
Confirmed	Recovered	Deaths
14.6 million	8.2 million	608,000

Georgia offers Armenia help to fight COVID-19

The neighborly gesture comes after the two countries sparred over their respective responses to the pandemic.

Giorgi Lomsadze Jun 11, 2020



Georgian Prime Minister announces that the country will be sending medical aid to Armenia to help the neighboring country deal with its COVID-19 outbreak. (photo: Facebook, Government of Georgia)

Georgia has announced plans to send medical aid to neighboring Armenia to help it cope with the coronavirus crisis, as Yerevan continues to struggle with the worst outbreak in the region.

The Georgian government said the precise nature of assistance is being discussed with the Armenia authorities. “Most likely, we will start by sending in medical personnel,” Georgian Prime Minister Giorgi Gakharia said on June 11. He tasked Health Minister Ekaterine Tikaradze to work out the details with the Armenian health authorities.

Tikaradze said she had had a phone conversation with her Armenian counterpart, Arsen Torosyan. “We have offered to provide ventilators and medical staff,” Tikaradze said. She also said that Georgia could help its neighbors with diagnostics by importing and analyzing nasopharyngeal samples collected in Armenia.

“We can help Armenia do 500 to 1,000 PCR tests if they send in the samples,” said Amiran Gamkrelidze, director of Georgia’s Center for Disease Control. “You know that there is a four-hour drive [between Yerevan and Tbilisi] and we can provide responses in 24 hours.” Alternatively, he said, Georgia could donate 10,000 PCR tests.

Tikaradze said that two countries’ public health officials will soon hold a conference to discuss Armenia’s current needs and share their experiences in dealing with the coronavirus. The aid announcement follows a period of coronavirus-related strife between the two countries, as Torosyan – who has been repeatedly questioned why Georgia has managed with its outbreak so much more successfully than Armenia has – suggested that Georgia may be underreporting its statistics. The accusation angered Georgian health officials and Torosyan later apologized.

Watching the health situation go from bad to worse in Armenia – even the nation’s leader, Prime Minister Nikol Pashinyan came down with the virus – many Georgians have called on their government to provide assistance to the neighboring country. In Samtskhe-Javakheti, the region of Georgian home to a large ethnic Armenian community, campaigns are underway to help Armenian clinics with medical supplies.

The Armenian Health Ministry had not issued an official response as of the time this post was published, but it had previously called for international assistance in dealing with coronavirus. Armenia has registered a total of 14,669 confirmed cases of COVID-19, along with 5,446 recoveries and 245 deaths.

Giorgi Lomsadze is a journalist based in Tbilisi, and author of Tamada Tales.

“THE ROUTE THAT MADE THE WORLD: On the enduring romance and eternal influence of the Silk Road”

I highly recommend a wonderful article, “*THE ROUTE THAT MADE THE WORLD: On the enduring romance and eternal influence of the Silk Road*”, from The New York Times Style Magazine section of **The New York Times** on Sunday, May 17, 2020.



The excerpt below is from an **itinari** article (September 2018) by Anano Chikhradze, *Reasons to visit Georgia – Silk Road, Golden Fleece, nature*, compliments the New York Times article cited above.

As I promised you, I am going to tell you more interesting facts about Georgia. I am sure that you have already heard of Georgia's history, alphabet and wines. So, now let's talk about the other reasons to visit Georgia such as Silk Road, Golden Fleece and amazing nature.

Silk Road

Georgia is one of the countries of the Silk Road. This road became famous and important from the 1st century. It was the shortest road that successfully connected Europe and Asia, and it was passing through Georgia. Thanks to the Silk Road, the cities Uplistsikhe, Mtskheta, Tbilisi and Telavi were developed. Those cities were already well-settled from the 1st century. In addition, the Silk Road played an important role in the merger of East and West cultures, which is well-represented in Georgia. We have adopted both cultures. However, we still managed to maintain our own customs and traditions.

MONGOLIA

Covid 19: Cases Overview

From Wikipedia, 4:29pm, July 20, 2020

MONGOLIA		
Confirmed	Recovered	Deaths
287	211	0
WORLDWIDE		
Confirmed	Recovered	Deaths
14.6 million	8.2 million	608,000

Excerpt from The Guardian, May 2, 2020:

['Be still': 12 images to evoke silence, peace and calm reflection – in pictures](#)

Two years ago the photographer Palani Mohan received life-saving heart surgery. After his recovery he started to see the world and his work differently. He was drawn to images, old and new, that evoked silence and peace, and inspired reflection. 'As we spend these days and weeks at home, I'm grateful for this time I have with my thoughts, and to witness the power of the small good things that surround us,' he says. 'My hope, especially in these difficult times, is that when you look at these images you can find a place for yourself within them, and be still.'



In the grasslands on the edge of the Altai Mountains in far north-western Mongolia, a Kazakh man heads out to hunt, his golden eagle perched on his arm.



The streams of northern Mongolia begin to freeze as the long winter approaches.



On the frozen Khövsgöl Lake, a man steers his horse and sledge towards Russia.



A horse's mane blows in the cold winds on the frozen lake.

RWANDA

Covid 19: Cases Overview

From Wikipedia, 4:24pm, July 20, 2020

RWANDA		
Confirmed	Recovered	Deaths
1539	819	5
WORLDWIDE		
Confirmed	Recovered	Deaths
14.6 million	8.2 million	608,000

Why Rwanda Is Doing Better Than Ohio When It Comes To Controlling COVID-19 *July 15, 2020 9:05 AM ET; Heard on Morning Edition*



Jason Beaubien



Cyril Ndegeya/Xinhua News Agency/Getty Images

A robot introduces itself to patients in Kigali, Rwanda. The robots, used in Rwanda's treatment centers, can screen people for COVID-19 and deliver food and medication, among other tasks. The robots were donated by the United Nations Development Program and the Rwanda Ministry of ICT and Innovation.

In some places in the world right now, getting tested for COVID-19 remains difficult or nearly impossible. In Rwanda, you might just get tested randomly as you're going down the street. "So whenever someone is driving a vehicle, bicycle, motorcycle or even walking, everyone is asked if you wish to get tested," says Sabin Nsanzimana, director general of the Rwanda Biomedical Center, which is the arm of the ministry of health that's in charge of tackling COVID-19. Health officials in personal protective equipment administer the test. Nsanzimana says the testing is voluntary, although some others say refusal is frowned upon.

The sample collection — from a swab up the nose — and filling out the contact information paperwork takes about five minutes. "All these samples are sent that day to the lab," Nsanzimana says. "We have a big lab here in Kigali. We have also six other labs in the other provinces."

Despite being classified by the World Bank as a low-income country, and despite its limited resources, Rwanda has vowed to identify every coronavirus case. Anyone who tests positive is immediately quarantined at a dedicated COVID-19 clinic. Any contacts of that case who are deemed at high risk are also quarantined, either at a clinic or at home, until they can be tested.

Nsanzimana says health workers call or visit every potential contact of someone who tests positive. "We really believe that doing so is important to make sure we detect and trace where the virus could be," he says.

Comprehensive contact tracing is a task that has overwhelmed countries with far more resources than Rwanda. Rwanda's per capita income is roughly \$2,000 per year. Yet all testing and treatment for the virus is provided for free.

It costs the government between \$50 and \$100 to run a single coronavirus test, Nsanzimana says. In order to test thousands a day, Rwanda has started using a process called "pool testing." Material from 20-25 nasal swabs are all put into one vial and run through the machine. This allows them to test far more samples at once. If they get a positive result, then all the swabs that went into that initial vial are tested individually to pinpoint the person who's infected.

Nsanzimana says Rwanda's experience dealing with other infectious disease outbreaks is helping it now during the pandemic. The country is using systems and equipment it already had in place to address HIV. "The main machines we are using for COVID testing are the HIV machines that were (already) there," he says. "We are using the same structure, same people."

Since recording its first case in mid-March, the country of 12 million has recorded just over 1,500 cases. Ohio has a similar size population and has recently been reporting roughly 1,200 cases a day.

"Rwanda did a few things that are quite smart," says Sema Sgaier, the head of the Surgo Foundation, which has just launched a new data tool to analyze trends around COVID-19 across Africa. "One is they responded really early. They put some of the most stringent lockdowns in place compared to every other African country. In fact, we've been monitoring physical distancing data across the continent and Rwanda fares, I think, second; they've physical distanced the second most across Africa" — a conclusion based on mobile phone movement data. South Africa is No. 1.

Rwanda mobilized community health care workers and police and college students to work as contact tracers. It set up national and regional command posts to track cases. It's even using human-size robots in the COVID-19 clinics to take patients' temperatures and deliver supplies.

Tolbert Nyenswah, who ran the Liberian ministry of health's response to Ebola in 2014, gives Rwanda high marks for how it has been handling COVID-19, even if at times it's heavy-handed. "Rwanda, from all indications, is a success story for Africa," Nyenswah says. The strong leadership from President Paul Kagame, which Nyenswah says can even be authoritarian, has been effective during this crisis. Kagame demands accountability from his health ministry. Whether the people trust or fear the government, Rwandans listen to their government and have been following the orders regarding masks, washing hands and staying home.

Nyenswah worries that the worst is yet to come in Africa with this pandemic.

"No country is out of the woods yet," he says. However, he adds that Rwanda is an example to other low-income countries that even with limited resources, this virus can be contained. "So what needs to be done is to follow the (prevention and containment) measures. Political leadership is very, very crucial. Rwanda should continue what it is doing now. And other countries should emulate Rwanda."

Earlier this year, **Kim Harms**, traveled to Rwanda. Here is an account of her visit.

On the 5th of March, 2020, I headed out to Rwanda with my grand-niece, Madeline, and two of her friends. All were seniors at the University of Central Florida, and Madeline was the Vice President of the student body. We were expecting to have a busy trip delivering books and visiting some of the 34 Eric Harms libraries. We were also there to set up an Oral Health Summit between U.S. educators and the University of Rwanda. Since my young traveling companions were all enjoying their last spring break, we included plans to see the zebras, giraffes, and elephants at Akagera National Park near Tanzania and to visit Volcanoes National Park near the border of Uganda to see the golden monkeys.

We brought books from The University of Florida to the students at Esther's Aid. Founded by my dear friend, Clare Effong, Esther's Aid trains Rwandans who would not otherwise have educational opportunities, in skills necessary for hospitality management. After meeting with the students, we discovered just how successful Clare has been in her mission. We decided to eat lunch at our hotel, The Marriot, and soon the word got out that Clare Effong was in the building. We were warmly greeted by the Hotel Chief Executive as well as numerous former students, currently working at the hotel, who sought Clare out to give her a hug. Of course, this trip was before COVID-19 became an issue.

We visited several primary and secondary schools, including the Sunzu Village Community Center and Library where we were able to observe young students getting ready for their national exams using the library's computers. One of these schools later sent us a special thank you because the books from the libraries were available for students to take home during the school shutdowns due to COVID-19.

We met with the dental school administration of the University of Rwanda to discuss an Oral Health Educational Summit to be held in 2022. The school has great lecture facilities, and the students were very excited at the prospect of hosting the Summit. That was a week before the pandemic hit. We are now looking to offer a virtual version until we can establish a time when educators feel more comfortable traveling.

On the Delegation's visit to Rwanda in 2015, many delegates became mentors to students at the Akilah Institute which is dedicated to "educating female leaders to solve the world's most pressing challenges." The Delegation also contributed computers and assisted the library at the Institute. During this visit, we were able to meet with two of those mentees at The Hotel Milles Collines (site of the movie *Hotel Rwanda*) and catch up with their careers.

Halfway into our adventure, most of the airports in the United States (U.S.) were closed, and we scrambled for several days to secure our return flights. Madeline spent much time on the phone as administrators discussed closing her University. Fortunately, and with the help of worried parents in the U.S., we made it safely home. But we were able to fulfill all our plans, and we had a wonderful time.



Cookbooks at Esther's Aid



Women Empowerment Day



Sunzu Village Library



Madeline and the children



A Golden Monkey

EDITOR'S SIGN-OFF

Thank you all for your contributions. I would especially like to thank Kim Harms for putting together her article about her visit to Rwanda. The newsletter would not exist without the help of all of you. Please continue to send me items, and please include any news about yourself that you would like to share. It is such a delight to edit this newsletter. It makes me feel like I am getting to know each of you a bit better. I look forward to meeting and traveling with you to Peru and to wherever we go after that.

All my best wishes, Susan
smccrawhelms@cox.net

With thanks to **Desiree Hannah**, our talented technical editor.