

# DISTRICT GOVERNOR'S MONTHLY MAGAZINE

Rotary  
District 9350



**IN THIS ISSUE:**

SEPTEMBER 2020

PUTTING YOUR

# HEALTH FIRST

- We say farewell to a shining star in our Rotary family
- Club Spotlight: Rotary Club of Franschoek and Drakenstein Valley
- We explore how to manage conflict in your club

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# A WORD FROM CARL-HEINZ

**Welcome, Welkom, Willkommen, Wamkele-  
kile, Bem Vindo**

Fellow Rotarians, Rotaractors and Rotary  
Anns

Spring is in full swing – at least sometimes,  
as winter this year doesn't want to disappear  
too quickly. The flower season on the West  
Coast has been – and still is – exceptional  
this year. It shows us that we have to look  
again at the brighter side of life.



I have visited 36 clubs and 7 Rotaract Clubs so far, all of them online, with the exception of RC Goodwood and RC Kleinmond. I only can repeat what I have pointed out in August: I am fascinated of what has happened in our District in the last month: I have had the pleasure to induct a couple of new Rotarians and also Rotaractors in the various clubs; it seems to me that the transition from Interact to Rotaract is working much better than from Rotaract to Rotary – food for thought.

Since “support the environment” has been declared RI’s seventh area of focus, 50 “environmental champions” have been nominated at club level. They are currently developing ideas how to fight climate change by starting projects in the various communities.

Our Rotaractors have successfully hosted two workshops, one on membership and the other one on the environment. Rex has been given the “Rotary Hero award” by Lee-Ann Shearing, Regional Public Image Coordinator for Districts 9210, 9350, 9370 and 9400 in appreciation of his leadership and hard work to strengthen Rotaract in our District – congratulations Rex.

The District PI-committee ran a crowdfunding webinar on 29 August to assist those who would like to use this tool effectively in the future. Another webinar has been held by the “E3-Committee” on 26 September on “Education, Employability and Entrepreneurship”. Many thanks to the organizers, to the speakers who were outstanding and participants who made these workshops a great success. For those Rotarians who

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missed the webinars, please contact Shelley Finch and David Holtzhausen for the slides.

On 24 October we will run our Mini-Conference, unfortunately only online. PDG Casper Kruger has put together an interesting program.

The theme will be:

“Covid-19 opened Opportunities: the POSITIVE Stories”.

I do hope to see many Rotarians zooming-in for the event. You will see and hear how clubs prove that Rotary is more relevant than ever.

Warm regards and please stay healthy!

*Carl-Heinz*



**MEMBER SPOTLIGHT** *in memorium*

# PHEPHELAPHI DUBE

*In early September I had suggested to DG Carl-Heinz that we feature Pepsi in this month's Member Spotlight as I thought that fellow Rotarians would be interested in her work as a Constitutional lawyer. I was devastated to learn of her passing. Thank you to Siham Bodha for writing this beautiful tribute, so we could fulfil our intention to honour Pepsi this month.*

*To Mpumi, Lyapha, Carolina and Tabuya: it was a great privilege to know Phephelaphi and to serve with her as a Rotarian. Know that as her family, you will remain part of **our Rotary family** forever.*

*- Shelley Finch*

Phephelaphi's passing was as gracious as she lived her life. Anyone who had the privilege of knowing Pepsi, as she was affectionately known, will agree that she carried herself with such poise and elegance. A fiercely intelligent woman whose serious side was tempered with a whimsical and unexpected sense of humour rendering her comments all the more hilarious.





**Pepsi served as Waterfront Rotary's Youth Director and organised the camps for Early and InterAct Clubs, arranged for youth to attend Rotary Youth Leadership Academy and Adventures into Citizenship and championed Peer Mediation Training.**

Pepsi fought a brave battle against a rare and aggressive type of lymphatic cancer that she was diagnosed with less than a year ago. Her condition was much more serious than she let us believe as she did not want us to worry about her. She couldn't possibly be a bother or inconvenience anyone, no, that simply would not do! Her standard refrain when any of us expressed concern about her condition was not to worry as 'this too will pass'. Pepsi quietly slipped away on Thursday 17 September shortly after 23h00 at the Milnerton Medi-clinic.

Pepsi was born in Bulilimamangwe in Zimbabwe, the daughter of Carolina Dube and sister to Tabuya Dube. Her mum, Carolina, a teacher instilled in Pepsi the love of learning and determination to cross borders to further her education. Pepsi was a doting mother to Lyapha and wife to Mpumi Msimanga. Pepsi's family have been source of support to her, motivating and encouraging her with love. She appreciated all they brought to her life.

Undoubtably, the absolute light of Pepsi's life was her daughter Lyapha, who made her heart sing with unbridled joy. Pepsi adored spending time with Lyapha where they would read, bake or just chat- they were always up to something. She would often share little anecdotes about how proud she was that Lyapha loved books or about some of the great projects Mpumi and Lyapha were up to like their hydroponic plant project. Pepsi had loads of hilarious commentary about how Lyapha refused respond to her when she



spoke to her in Ndebele or that lyapha did not like her wearing a headscarf.

In her all too short life, Pepsi has left a legacy. She has contributed to the body of constitutional thought and we are richer for it. Pepsi was a frequent guest on television and radio shows where she was called on to share her constitutional analysis and expert views on legal matters. Pepsi believed law should make a difference to people's lives. She was passionate about social justice particularly issues around gender and discrimination. These discussions would get her excited and a flurry of insights would flow forth from that accomplished brain of hers.

Pepsi was currently reading for her doctorate in law, already having attained a master's degree from the University of Stellenbosch and her bachelor's degree at the University of Fort Hare. Pepsi served her articles at the legal aid office at Rhodes University, demonstrating her devotion to serving the vulnerable of the country. Also, Pepsi was selected for a prestigious internship at the International Criminal Court illustrating that, intellectually she was part of the cream of the global crop of legal minds. Somehow it feels reassuring that Pepsi's passing preceded that of one of her legal heroes, Ruth Bader Ginsburg by a few hours, and one hopes that they may encounter each other on the crossing.



**Pepsi was inducted by Rotary International President Ian Riseley**



**With Thuli Madonsela and Judge Albie Sachs**

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Apart from furthering her career, Pepsi was enthusiastic about getting involved in community projects. We were fortunate when she took an interest in the Waterfront Rotary Club and enjoyed the good fortune to be inducted by RI President Ian Riseley who was visiting Cape Town in September 2017. Pepsi having being part of her Interact Club at her school in Bulwayo quickly found her feet and got involved with youth services. Pepsi took St Mary's Early Act Club under her wing and was involved in the peer mediation programme at Rahmaniyah Primary School. Pepsi later joined the club Board and became the youth director, initiating several activities for youth, always on the lookout for unique experiences that we could offer to our Interact and Early Act Clubs. Pepsi volunteered for many a hands-on deck projects braving early mornings to marshal for our fundraising activities. One of the most valued contributions Pepsi made to us as members was arranging an interesting array of guest speakers. She did this as her last act of service as she gently lay in her hospital bed.

Pepsi will be most remembered for her quiet elegant manner, for the conscious way she composed her thoughts, for being intelligent, for being kind, for being courageous and for being graceful when she was undergoing difficulties. Pepsi spread light and love wherever she went with rare gentleness, authentic to her values till her last breath. We wish Pepsi fair winds and following seas as she is called to higher service.

Our heartfelt prayers and thoughts remain with her husband Mpumi, her daughter Lyapha, her mum Carolina and her sister Tabuya as they process this inexplicable grief. We wish them strength and peace during this time. Pepsi is loved and she will be dearly missed.



**"Immortality lies not  
in the things you leave  
behind, but in the  
people your life has  
touched."**

**Unknown**



# Rex IP Omameh

Rotaract District 9350 - District Rotaract Representative



Dear Rotaract family, Happy New Month!

September is here already! The third month of our Rotary year. It is the Basic Education and Literacy month and the opportunities and engagements have been fabulous

Firstly, I want to use this opportunity to thank all the clubs that participated in last month's membership webinar. We have plans in place for more webinars and I encourage all clubs to take attendance seriously.

As every with month, September provided us with many opportunities to participate in memorable community service projects and fellowship activities. A hallmark of Rotaract is serving the community, helping others less fortunate and implementing projects that improve the quality of life for our communities. There is no shortage of future opportunities for Rotaract clubs in our local communities to step up and make an impact. How we as Rotaractors and Rotaract clubs respond to the growing challenges and opportunities will speak volumes about what we care about and who we are as Rotaractors.

We have good news; August 25th was another historic day in the world. The World Health Organization's (WHO) Africa region, has officially been certified free from wild poliovirus. Signifying a major milestone in our battle to eradicate the disease worldwide. The certification came four years after Nigeria, the last polio-endemic country in Africa, recorded its final case of wild polio and is an incredible public health achievement for Rotary, the African region and Rotary's partners in the Global Polio Eradication Initiative (GPEI). This progress is the result of a decades-long effort across the 47 countries which make up the WHO's African region and now means that five of the six WHO regions, which represent 90% of the world's population, will be free of polio. We are all glad to be a part of this fight and this goes to show that our efforts are not in vain.

There are even more interesting times ahead and I hope, together, we can make the Rotaract experience a pleasurable one. I trust you will join me as we celebrate our successes, look to the future and discover new ways to open opportunities, engage Rotaractors and change/impact lives positively.

Please take time this month to review what your club is doing in Education and especially Literacy -and consider if this is effective? And what other interventions could you make to give the basic gift of Education? Let's ask ourselves what we can do to promote the ideals of a basic education and literacy in our community and in those with whom we come into regular contact. Individually, we can make a difference. Collectively, a significant impact is possible.



**Rex IP Omameh**  
**DRR 2020-2021**  
**Rotaract District 9350**

# Rotaract IN ACTION



Hout Bay Rotaract had an amazing engagement with young girls from Sakh'isizwe Youth Project. The main focus being female hygiene. The cost of sanitary products can be a challenge forcing many girls to turn into alternative options that can be unhygienic and pose health risks. Thank you to @paddingtheway for supplying the young girls with reusable sanitary pads.

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Windhoek Rotaract had one event last month, they donated sanitary pads to Power Pad Girls in collaboration with Rotary Club Windhoek. Power Pad Girls is a local organisation that donates sanitary pads to needy girls, especially in rural areas across Namibia.







The Claremont Rotaract club has been completing its tutoring scheme - which has gone exceptionally well! Recently, they helped compile Emergency relief boxes at one-to-one day with the help of Tokai Lions and Parklands Interact. They have further been working on new fundraising initiatives.



Bellville members made another trip to Imagine Animal Dreams in Joostenberg Vlakte this month. But this time it was to do the viral dance known as Jerusalema. The members had tons of fun learning the choreography and sharing the moment with all those that love the shelter and give their time to it. Afterwards they got to visit the with the dogs again.

Khayelitsha Rotaract distributed sanitary pads to 150 matric learners at Uxolo High School in Khayelitsha. Their goal is to reach all high schools in Khayelitsha.





# IS CONFLICT POSITIVE?

THE DISTRICT 9350 FACILITATION SUPPORT TEAM

Rotary attracts passionate, motivated and highly skilled people who want to do good. Rotarians are natural leaders who are often used to leading businesses and organisations. Rotary naturally requires good leadership but the conventional form of leadership is not always effective. The most significant difference is that all Rotarians are volunteers and cannot be performance managed into delivery. Persuasion is a more effective approach but does not come naturally to most leaders. What results is a difference of opinion or approach and often ends up in conflict.

Conflict in groups often follows a specific course. Routine group interaction is first disrupted by an initial conflict, often caused by differences of opinion, disagreements between members, or scarcity of resources. At this point, the group is no longer united, and may split into coalitions. This period of conflict escalation in some cases gives way to a conflict resolution stage, after which the group can eventually return to routine group interaction, often with bruised egos and ruffled feathers. In some cases members might choose to leave the organisation.

From the outset of Rotary there was an element of diversity as part of the design in that club members were to come from different professions. There is great value being able to approach a challenge with a variety of tools in the kit. However, if the more dominant personalities in a club determine the culture and approach to projects not only do other members feel side-lined but the projects don't necessarily get the optimal solution.



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To experience conflict is not unusual- it often is a demonstration of passion and caring about something deeply, and perhaps there is an element of ego as well. To effectively manage conflict one needs to limit the negative aspects of conflict and increase the positive aspects of conflict. Also, different conflicts might require different responses. For example, if a fellow driver cuts one off in traffic, then it would be best to avoid that situation rather than try to engage with them.

However in a club situation where there is collective socialising, working on projects together and relationships at stake engaging in a positive way to resolve the impasse is the better approach.

We all know this, but why don't we do it? Mostly because we respond to conflict in a positive way and we need to develop constructive ways to engage with it in a manner that does not increase people's anxiety or and diminish their well-being, ultimately leading to a feeling reduced motivation by members and finding reasons to leave the organisation.

One of our avenues of services is peace and conflict management. DG Carl-Heinz and his team this year decided to establish a Facilitation Support Team (FST) as an innovative way to manage areas of disagreement in the District. Once a matter is referred to us we will consider the best approach to take. Usually a low key facilitated conversation to better understand the situation. If that does not move the matter forward then a mediation can be suggested.

The team thus far has five members Chris Fick, Tom Bergman-Harris, Derek Pead, Dave Wright and Siham Boda. Chris Fick is an attorney, notary and conveyancer an accredited Civil and Commercial Mediator by Conflict Dynamics (African Centre for Dispute Resolution) 2012; accredited by CEDR (London, UK) in 2012. Dave Wright is an Industrial Sociologist and is experienced through personnel training, industrial relations, and many years seeking agreement for conflicted parties in community and housing matters. Derek Pead is an Accredited as a Civil and Commercial Mediator by Conflict Dynamics (African Centre for Dispute Resolution) ; accredited by CEDR (London, UK) as well as a Negotiation consultant, Coach and Mentor. Siham Boda is an accredited Civil and Commercial Mediator by Conflict Dynamics (African Centre for Dispute Resolution) ; accredited by CEDR (London, UK). Tom Bergmann-Harris is trained as Commercial and Court-Aligned Mediation practitioner (UCT), does Pro Bono Mediation Co-mediated at Children's Court in Wynberg and has worked as development programme planner and disaster relief manager with 30 years of experience.

The types of friction that we can be called on to assist with is discord between club members, between members in different clubs or between leadership and members. Any member of a club, a club president an AG and the DG can approach us to assist with a matter.

The FST ensures that all matters referred to it are dealt with in the strictest confidence. In addition, the FST will offer a morning's training in conflict management as an opportunity for personal development and this has been scheduled for Saturday 10 October 9-12h00. Please join us if this will be of interest to you. Afterwards we hope to be able to include you in some practical training and grow the FST.

The main aim of the FST is to assist clubs to build stronger relationships by leveraging the positive aspects of conflict, so that we can also serve our communities better. Do call on us if you are experiencing unresolved conflict in your club as we are here to support you.

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# HEALTH & WELLNESS

By Dr Tony Davidson

## IN THE TIME OF COVID

There is consensus that the pandemic has significantly disrupted our lives and we all have had to adapt to the new reality. It is unrealistic to expect that our normal coping skills are going to work in this new uncertain world. The word 'Coronacoaster' is quite apt, that some days we feel pessimistic and its all too much, and then we feel optimistic and see opportunities that the pandemic has brought.

Before the pandemic hit us all, there had been an increasing focus on helping people more develop the skills to be mentally healthy. COVID-19 has made the focus on mental health even more important.

These are unprecedented times where we are trying to find a solid base from which to operate and make decisions. We need to acknowledge the ambiguity and accept that we are not working or living as efficiently or effectively as we used to. Be kind to yourself. This isn't the time of "you must ....." – that can actually aggravate the lockdown mentality.



We also need to remember that we need to normalise what we are feeling. Sharing experiences with colleagues and family members will remind you that you are not alone. This helps to normalise the emotions you are experiencing. In these uncertain times, it is imperative that employers and their staff work together and take shared responsibility for connecting and maintaining a sense of community.

How does one cope and be resilient with this uncertainty?

Lucy Hone provides a useful set of skills which we can all build to be more resilient during tough times.



**1. Accept that adversity happens.** Suffering and challenges are part of living. Accepting the situation and working through it stops one from feeling that they have been picked on or feeling like a victim.

**2. Resilient people choose where they place their attention.** Focus on the things that you can change and accept the things you can't. "Negative emotions stick to us like Velcro, whereas positive emotions and experiences bounce off us like Teflon." Remember, we can't change the bad news on social media. This is the time to count one's blessings -even in the time of losses.

**3. Ask yourself, "is what I am doing helping me or harming me?"** Being conscious of what we are doing puts us in control of our decision making.

Self-preservation is very important as others depend on us. Sleep is not a luxury and aiming for 8 hours a night is important, as is getting out of your house and getting some exercise and fresh air.

We all started the lockdown period with different strengths and weaknesses, and we all have had a different set of circumstances to cope with. For those who have got to the point where they are feeling hopeless and helpless, it is important that you do not face this situation by yourself. Seeking support sooner rather than later is really important.

Support can be from a friend who can offer an understanding ear to a professional person.



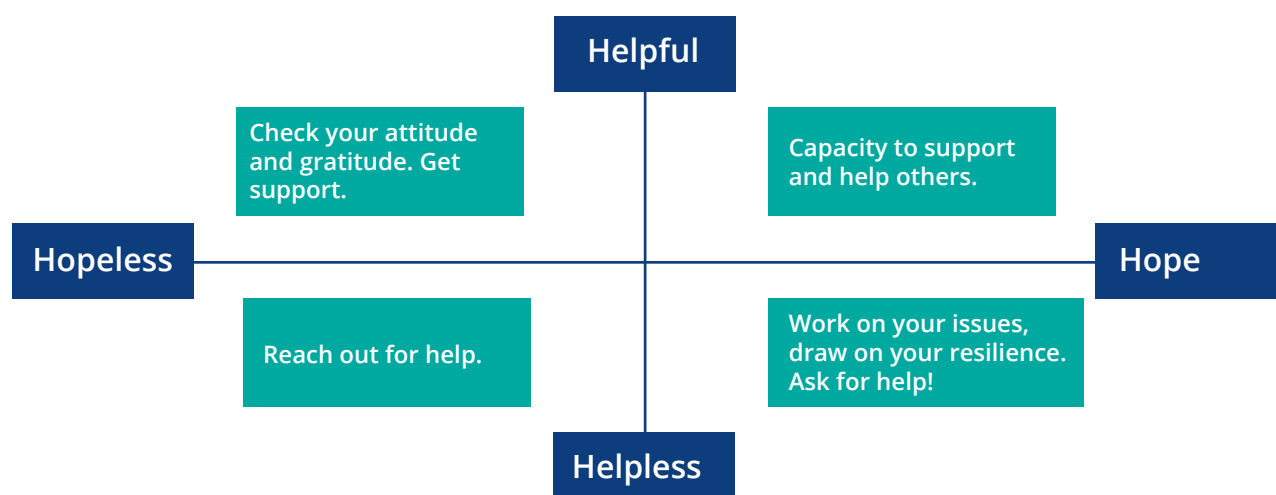
Watch Lucy Hone's video here

### Further reading

<https://www.traksearch.com/building-resilience-for-tough-times/>

<https://www.inc.com/lolly-daskal/how-to-be-more-resilient-when-things-get-tough.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



# COVID OPENED OPPORTUNITIES THE **POSITIVE** STORIES

REGISTER ONLINE HERE: [online registration](#)

Call to order	MC's DGE Ian Robertson & DGN Tracey Wilson	8:55
Welcome	DG Carl-Heinz Duisberg	9:00
Link-up with RI President	RIP Holger Knaack	9:01-9:15
Thanking RIP	DG	9:15-9:20
2019/20 Citation Awards	PDG David Holtzhausen	9:20-9:35
Rotary Family Health Day	Bev Frieslich	9:35-10:00
District Cluster Feedback	AG's and Support teams	
• Angola	AG Manuel de Deus & Team	10:00-10:30
• Namibia	AG's Ariadne Hartmann & Ockert Theron & Team	10:30-11:00
Coffee-Break – 15 minutes	15 minutes	11:00-11:15
Call to order	MC's	11h15-11:20
District Cluster Feedback continued	AG's and Support teams	
• Southern Cape	AG Sune Ruppung & Team	11:20-11:50
• City Region	AG Lizelle De Wet & Team	11:50-12:20
Question time to all Clusters	MC's	12:20-12:45
Session Wrap-up	MC's	12:45
Lunch – 30 minutes		12:45-13:15
Call to order	MC's	13:15-13:20
Rotaract	DRR Rex Omameh & Team	13:20-13:40
Youth	Barbera Hurwitz & Team	13:40-14:00
Public Relations	Shelley Finch & Team	14:00-14:20
Future	PDG June Webber & Team	14:20-14:40
Entrepreneurship	PDG Geraldine Nicol & Team	14:40-15:00
Environmental	PDG Geraldine Nicol & Team	15:00-15:20
Foundation Feedback and Discussion	Jerome O'Ryan & Team	15:20-15:40
Question time about Pillars	MC's	15:40-16:00
Wrap-up and DG closing		16:00-16:15



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# Congratulations!

Two of our District Rotarains were honoured with Rotary Hero Awards by Lee-Ann Shearing, Regional Public Image Coordinator 2017/2021 for Region 28 South which encompasses Districts 9210, 9350, 9370 and 9400 (Southern Africa).



## REX OMAMEH

Awarded in appreciation of your leadership and hard work to strengthen Rotaract in our District.

Rex as a Rotaractor and Rotarian is currently involved with starting and leading the way to new Rotaract Clubs.

## SHELLEY FINCH

Recognised for your tireless efforts to help those less fortunate in your community whether it be the homeless, the hungry or the desperate.

We thank you for your commitment and dedication to humankind.





# WATERFRONT ROTARY INDUCTS FIRST CORPORATE MEMBERS!

After a long history of some 28 years, Waterfront Rotary came full circle by inducting District 9350's first corporate members from the V&A Waterfront.

In 1988, David Jack and a small group of committed engineers and architects met at Portwood Ridge above the now bustling V&A Waterfront and shared with the people of Cape Town a vision to develop a world-class Waterfront in the dis-used, decaying part of Cape Town Harbour. The last 32 years is history.

When the Rotary Club of Waterfront was chartered on 12 September 1992 by the Rotary Club of CapeTown - our membership was anchored in the V&A Waterfront precinct. David Jack, known as "Mr Waterfront" - the man who gave the sea back to the people of Cape Town, had been invited to join our Club as a Charter Member, but being at the height of the initial development of the V&A Waterfront, he put forward Piet van Zyl who was his planning deputy. Piet was therefore a Charter member and David was our First Honorary Member.

In addition to Piet van Zyl, our charter group included several members of the V&A Waterfront, Paddy Allen (V&A Security), Cedric-John Adamson (head of entertainment) and more importantly, our Charter Captain Thomas Graham who was instrumental in the setting up of the original Maritime Museum. A spin-off by the museum was the acquisition of the SAS Somerset Boom Defence Vessel as a Museum Ship. We had sleep-overs for youngsters on board as well as a lot of teach and learn opportunities on the ship that is still a landmark in the harbour.

There are therefore no deeper partnership roots than the V&A Waterfront and our Rotary Club. Waterfront Rotary Club adopted a maritime theme for its operations when Chartered in 1992. Instead of the standard Rotary term President for the head of the Rotary Club, we adopted the title Captain. When a large Cape Fur Seal flopped onto a floating dock at the Royal Cape Yacht Club during our first meeting we were inspired to adopt a seal as our Club logo.

The first event of several was the Carols by Candle-light in the Amphitheatre, followed by the Premiere of 'Scrooge' held in the New Victoria Theatre in Victoria Wharf (no longer there). On the 27th January 1995 the Directional Rotary Beacon (Place-marker) (with signage to other major waterfront developments around the world) was unveiled on the Pierhead, followed by breakfast at Piers Edge Restaurant. The Directional Rotary Beacon

Two Rotary landmark events included the celebration of the Rotary International Centenary on 23 February 2005 at the Waterfront, that included all day presentations at the am-

phi-theatre, and a Classic Car display. The landmark End-PolioNow lighting of the Old Port Captains' building on the 23 February 2010, marked the kick off to the Kick Polio Out of Africa campaign.

More recently, three years ago, our relationship was ignited through our then Captain Piet Postema and incoming Captain Siham Boda. Siham made some enquiries as to who the head of CSI was and was introduced to Henry Mathys who kindly gave Piet and Siham some of his time to listen to our history with the V&A and learn about each other's projects and supported a number of club projects with funding.

The most significant development was working on the development of the Waterfront Canal Challenge, showcasing our club and Rotary in our home turf in the most sensational way.

On 11 September our relationship came full circle when we inducted two folk from the V&A Waterfront as Corporate Members – Don Kau Head of PR and Communications and Ni-shaat Abrahams – Installations Project Manager. This landmark event will hopefully attract some of the major tenants in the precinct to join as corporate members, such as Nedbank, Allan Gray, British American Tobacco, to name but a few. Waterfront Rotary is proud to lead the way with the introduction of this new membership option in our District - a win-win for both Waterfront Rotary and the V&A Waterfront.



The Directional Rotary Sign was originally installed on 27th January 1995 the Directional Rotary Beacon (Place-marker) was unveiled. (Pictured) V&A Waterfront representatives Henry Mathys, Don Kau and Ni-Shaat Abrahams with Waterfront Captain Janet Kriseman (second from left).



Landmark Lighting EndPolioNow and kick off of the Kick Polio Out of Africa campaign on 23 February 2010



Waterfront Rotary members at the club's flagship fundraiser, the Waterfront Canal Challenge supported by the V&A Waterfront.

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# Happy BIRTH DAY

Wishing our fellow Rotarians  
a wonderful year ahead and  
many more to come!

Please note this if your birthday is not  
on the list, it is not listed in ClubRunner  
so make sure that you do that ASAP.



Marianne	Tulleners	Helderberg Sunrise	3 October
Johannes	van Tonder	Helderberg	3 October
Bronwyn	Maree	Constantia	5 October
Deidre	Crouser	Century City Cape Town	5 October
Piet	Senekal	Tygerberg	6 October
Edzard	Reblin	Am Kap (Cape Town)	6 October
Amanda	Foster	Blouberg	7 October
Dorothy	Wilson	Century City Cape Town	7 October
Hannl	Cronje	Atlantis	8 October
Brian	Smart	Pinelands	8 October
Dave	Wright	Hermanus	9 October
Lionel	Daniel	Waterfront	9 October
Maggie	Lubbe Mart	Atlantis	10 October
Alison	Rice	Hout Bay	10 October
Paul	Stohrer	Kirstenbosch	10 October
Jean	Freeborough	Blouberg	10 October
Eion	Brown	Claremont	10 October
Shihaam	Van Wyk	Atlantis	11 October
David	Holtzhausen	Bellville	11 October
Luís	Borba Rodrigues	Luanda	12 October
Michelle	Roos	Newlands	12 October
Douglas	Emanuel	Knysna	12 October
Carole	Armstrong-Hooper	Am Kap (Cape Town)	13 October
Geoff	Von Klemperer	Constantia	13 October
Eileen	de Wet	Melkbos	14 October
Gill	Watson	Tygerberg	15 October
Rochelle	Malherbe	Newlands	17 October
Golden	Dzapasi	Blouberg	17 October
Jeorgina	Mvemba	Luanda	18 October
Evelyn	Saxby	Signal Hill	18 October
Anneliese	Swellnus	E-Club of Greater Cape Town	19 October
Suzanne	Himely	Claremont	19 October
Anja	Rohwer	Swakopmund	20 October
Mandy	Allan	Table Bay	20 October
Charles	Rowe	George	20 October
Sergio	Pitocco	Luanda	22 October
John	Wagenstroom	Atlantis	22 October
Mick	Furman	Knysna	22 October
Ni-shaat	Abrahams	Waterfront	23 October
Kimberly	McCain	Swakopmund	23 October
Friedrich	Schäfer	Am Kap (Cape Town)	23 October
Douglas	Wares	Table Bay	23 October
Phillip	Oosthuysen	Swakopmund	24 October
Gert-Jan	Posthuma	Helderberg Sunrise	24 October
Dave	Norman	Blouberg	27 October
Melinda	Stapleton	Newlands	27 October
Gideon	Erasmus	Paarl	27 October
Allan	Ingham-Brown	George	27 October
Martin	Scholtz	E-Club of Greater Cape Town	28 October
David	Rossouw	Atlantis	29 October
Clive	Trent	Paarl	29 October
Bruce	Lewis	Blouberg	30 October
Gilleen	Arnott	Cape of Good Hope	30 October
Karin	Smith	Atlantis	31 October
Annelie	Rossouw	Strand	31 October
Mark	Gibbs	Constantia	31 October
Anne-Marie	Macdonald	Constantia	31 October
Alice	Finch	Blouberg	31 October





# ROTARY CLUB OF SIGNAL HILL

Rotary District 9350

NPO 054-467

Royal Cape Yacht Club, Duncan Road, Table Bay Harbour



## CHRISTMAS HAMPER RAFFLE - 2020



All funds raised will support the various projects undertaken by Rotary Signal Hill to assist communities in need, namely:

### HOPE BLIKKIESDORP NEX - CAPE TOWN

Since 2001 - HOPE Cape Town, has striven to improve the quality of life of children and families affected by HIV, social challenges and related conditions thereby assisting them to reach their full potential. HOPE Cape Town helps up to 200 000 children, adolescents and family members per year.

### CALYPSO CRICKET

Celebrating their 30th Year (2020) in exposing young children to the team building sport of Cricket, this beach cricket festival is a culmination of a year long programme promoting the importance of children being physically active. Strong talent identification focus that has assisted players of the likes of Temba Bavuma, Malusi Siboto, Nono Pongolo and Bonga Makaka.

### HAMPER CONTENTS

Christmas Cake  
Christmas Crackers  
Christmas Ham  
Christmas Pudding  
Christmas Serviettes  
Christmas Turkey  
One bottle each of - Whiskey/Brandy/Gin/ Vodka  
White & Red Wine - 6 Bottles each  
Bottle of Moët & Chandon Champagne  
Lindt chocolates  
Two evening cinema tickets to the movie of your choice  
R1 000.00 Dinner voucher at a restaurant of your choice  
Weekend Away for 2 - Churchhaven, Lagoon in the West Coast National Park (Fri - Sun)

Value of hamper will be R10 000.00 - exact contents to be finalised.



For illustration purposes only, not representative of actual contents

### HOW TO ENTER

R50 Per Ticket.

Please click the link below and follow the payment steps:

<https://pay.yoco.com/rotary-club-of-signal-hill>

Draw: Thursday 10th December 2020 at the Royal Cape Yacht Club

Raffle winner will be chosen at this event or if not present, advised via telephone. Prize may not be exchanged for cash. The decision of the winner will be final and no correspondence will be entered there into. All tickets are being sold by Rotarians from various Clubs in Cape Town

## CLUB SPOTLIGHT

# The Franschhoek and Drakenstein Valley Story

During 2018 PP Gwyn Bassingthwaighe and PP Marcel Hoogebeen saw the opportunity for a new Rotary Club in the Drakenstein area (Paarl – Boschenmeer, Val de Vie, Pearl Valley).

In cooperation with the District 9350 leaders, The Rotary Club of Paarl and The Rotary Club of Franschhoek it was decided that the best option would be to start a Satellite Club, of the Rotary Club of Franschhoek, under the name Rotary Satellite Club of Franschhoek Valley.

The Club started with 11 members and was officially launched on 28th November 2018 at the Paarl Golf Club. From the outset the Club got involved in various projects such as RYLA, the Sinothando choir in the Groendal informal settlement in Franschhoek, culminating on a concert at Grand Provence as a fundraiser and the Cell C, "Take a Girl Child to Work"-project. We also contributed to the Paarl Rotary Club wine auction, where we raised some R 60 000. Our regular meetings take place on the 1st and 3rd Thursday of every month at the Paarl Golf Club, from 1 pm to 2 pm.



**The first meeting of the Franschhoek Satellite Club in 2018**

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In the meantime, The Rotary Club of Franschhoek (our sponsor) was struggling not only with their attendance but also with basic commitment from its members. It was being run and kept together by one or two Rotarians who were steadily losing their enthusiasm for the Rotary club.

So during 2019 a discussion started on a way forward not only for the “sponsoring” club, but for the Satellite club as well. The essential question was, should the Satellite club try to get to sufficient numbers to become an independent club, or should the Satellite club simply merge with the sponsor club, trying to create one strong club and thereby avoiding the potential closure of the Franschhoek Club.

Under the guidance of AG Abie Martin, the merger route was agreed to.

At the first “merger” meeting the sensitivity about the new name was discussed and agreed - being The Rotary Club of Franschhoek and Drakenstein Valley, this way incorporating in essence the areas covered by both the sponsor and Satellite clubs. It was decided that the merger become effective 1st January 2020, with the Chairman of the Satellite club, Marcel Hoozebeek, becoming the president of the “new” club, while Gwyn Bassingthwaite, the secretary of the Satellite club, continued as secretary of the “new” club.

The merger was by far the best option and has proved to be very successful.

Before lock-down Gwyn and Marcel met with all members from the previous Franschhoek Club and it appeared that several members would not continue their membership. Emigration to the UK, financial stress and no further interest were reasons that 7 members gave up for ending their membership.

Since the merger, we have had some movement of members - a setting down process - with some older members leaving and new ones joining. The current membership stands at 15 and seems quite stable now. Our club is busy with some very interesting projects, including a possible Global Grant and has contributed over R 300 000 (through various projects) into the Franschhoek community in the last 6 months.



**A meeting of the new Rotary Club of Franschhoek and Drakenstein Valley**

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## NEWS SPOTS

## KNYSNA ROTARIAN HONoured FOR INCREDIBLE SEWING EFFORTS

The Masks4knysna project was launched in mid-March by Dr Ken Sprenger and Dr Dee Richman, in response to the widespread need for cloth face masks. Soon, over 90 volunteer sewers – and initially some smaller commercial sewing enterprises that were unable to earn an income during early lockdown – went into production. Particular mention must be made of two incredible teams of home sewers, headed by Stefanie Seydack and Berry Prentice.

The project succeeded in distributing/donating 29 700 masks to the local community, with Rosy Witzmann single-handedly sewing over 6 000 masks! She was presented with a Rotary Hero Award in recognition of this remarkable achievement.

Knysna Rotary was pleased to be able to support such a worthwhile project.



## TYGERBERG ROTARY AWARDED BY LOCAL GOVERNMENT

Tygerberg Rotary Club recently received a Certificate of Appreciation for the work they have done in their local community during the COVID crisis.

Ruan Beneke Ward 105 councillor held a ceremony for non-governmental organisations that were active in the pandemic to say Thank You.

## NO REST FOR WINDHOEK ROTARIANS CAUGHT IN LOCKDOWN

Windhoek Rotary member Eckart von Oehsen wanted to escape the lockdown in Namibia and now finds himself caught in Germany... albeit not sitting idle... In addition to becoming a grandfather (well, strictly speaking that wasn't his doing), Eckart successfully advocated for a District Grant application through his brother's RC Goslar-Nordharz (pictured) and the befriended RC Wernigerode. The funds have arrived in RCW's account in the meantime. They are earmarked for the renovation and adequate setting up of two rooms at the Oponganda Community Centre to eventually accommodate and serve babies and toddlers. Beds, mats, toys will be needed, colours, light as well as airy and clean facilities to appropriately stimulate the early childhood development of young children.



## OUDTSHOORN ROTARIËRKLUB STEUN VOEDSELPROJEK

Alphen aan den Rijn, Oudtshoorn se tweelingstad in Nederland, het 'n skenking van altesame digby R60 000 aan die Oudtshoorn Rotariërklub toevertrou om met die klub se voedselnoodprojek\* te help.

Die Rotariërs het verlede Woensdag (10 Junie) 75 kospakkies vir die inwoners van Kliplokasie naby Volmoed gaan aflewer (foto heelbo).

Volgens Dalia Wilck, projekteier van die Oudtshoorn Rotariërs, het die klub ook reeds kospakkies met die hulp van weldoeners aan mense wat in die omgewing van die Welgelukpad, Zeekoegatpad en Volmoedpad woon afgelewer.

Die Rotariërs het ook reeds kospakkies geskenk aan kerke om dit te versprei waar behoefte bestaan asook aan werknemers van restaurante en haarkappers wat besonder swaar deur die inperkingsregulasies getref word.

Benewens kospakkies gaan die Rotariërs ook nou die skenking aanwend om bestaande sopkombuise soos in Blomnek by De Rust en Black Joint in Bridgton te ondersteun deur bestanddele daarvoor te skenk.

“Ons gaan ook vandag (Donderdag) 'n sopkombuis met die hulp van die hoof van Pierewiet Crèche, Elbie Langtrey, en die ander personeel in 'n aangrensende woongebied in Volmoed aanbied,” het sy gesê.

By dié sopkombuis gaan die Rotariërs ook 'n aantal gesigsmaskers en Jars of Hope onder inwoners uitdeel. Die Jars of Hope bevat droë bestanddele soos rys, sopmengsel, lensies en aftrekselblokkies waarmee twee liter sop gemaak kan word.



Saretha Conrade (links), Dalia Wilck (middel) en Lezelma Pretorius van die Oudtshoorn Rotariërs besig om die Jars of Hope met droë sopbestanddele te vul.



Die Oudtshoorn Rotariërklub het verlede Woensdag danksy 'n skenking sowat R60000 van Alphen aan den Rijn in Nederland 75 kospakkies met sowat R200 se kos in elk aan inwoners van Kliplokasie naby Volmoed afgelewer. Alphen aan den Rijn het die geld aan die Oudtshoorn Rotariërs toevertrou om te help om die voedselnood in die Groter Oudtshoorn weens die Covid-19-inperkingsmaatreëls te help verlig. Weens die inperking het baie mense hul inkomste verloor.

**Article originally published in Die Hoorn**



## LUANDA ROTARY DELVES DEEPER INTO OUR NEW AREA OF FOCUS

Em Fevereiro 2020 o Dr José Félix , Chefe da Unidade de Desenvolvimento Sustentável do PNUD esteve no Rotary Club de Luanda para falar sobre Desenvolvimento Sustentável com Foco no Ambiente

In February 2020 Dr Jose Félix, Head of the United Nations Sustainable Development Unit, was at the Rotary Club of Luanda to talk about sustainable



### HAVE YOU SENT US A CLUB NEWS CLIP?

If you would like your club news or upcoming event featured in our District Magazine, please email high resolution images (+ 1MB) and a short write up to [rotarydpi@rotary9350.co.za](mailto:rotarydpi@rotary9350.co.za)

## UPCOMING EVENTS

### OCTOBER 2020

10th from 9am - Learning to Manage Conflict with the Facilitation Support Team

24th from 9 am - MINI CONFERENCE

### NOVEMBER 2020

7th – Environmental Webinar

14th – Mentor Training

21th - Graphic Design for Beginners (CANVA Crash Course



PROJECT SPOTLIGHT

# Rotary Club Swakopmund and the Elephant-Human Relations Aid (EHRA)

The Coronavirus pandemic has resulted in many casualties. Be it through illness or financial loss, Covid-19 has changed the world forever. Conservation is one of many industries that has been impacted, and although the work conducted is so critical to the survival of many species, it's an industry largely dependent on tourism and grants paid out by larger organizations. Namibia's national borders have been closed since the middle of March 2020, and many local NGOs have had to rethink how they can continue serving communities to fulfil their mission. One of these NGOs is local Namibian non-profit organization Elephant-Human Relations Aid (EHRA) run by Swakopmund Rotarian Rachel Harris.

Since 2003, EHRA ([www.ehranamibia.org](http://www.ehranamibia.org).) has helped to foster peaceful relationships between elephants and the people living in nearby rural communities through regular educational seminars, a waterpoint protection programme and regular elephant tracking and monitoring, and has proven over the years that living with elephants is possible. Over the last three months, the organization has supported and reached out to communities in various ways, amidst lockdown and extreme financial strain.

## Community Support

Mainly operating in the Southern Kunene and Northern Erongo Regions, EHRA's team has been able to continue with its human-wildlife conflict mitigation work since the start of lockdown. Part of their work over the years was a waterpoint protection programme whereby international volunteers helped build sturdy walls around fragile water infrastructure situated in rural villages, that may often get damaged by free-roaming desert-adapted elephants. To date, the organization has managed to build over 250 protection walls (with the help of over 3,500 volunteers) which have helped communities and elephants live together in peace. Rachel Harris, Managing Director at EHRA, said "Thanks to financial support from various donors, we have been able to continue supporting local communities during the pandemic in new ways. The majority of households in the surrounding areas rely on income from tourism and have therefore not earned any money since mid-March." EHRA was able to purchase and distribute food parcels worth over N\$ 40,000 to the following communities: Okaserawe, Otjijhorongo, Otjikakaneno, Onverwag, Irene, Otjiperongo, Okongwe and households in Otjimboyo Conservancy. The Rotary Club of Swakopmund also made



a generous contribution of N\$ 5,000 towards these food parcels. Rachel added, "Now is a time to work together, look after each other and be kind to one another."

### **Desert Elephant Conservation and Conflict Mitigation**

In addition, EHRA received funding for four solar-powered water pumps which were installed at Okaserawe and Otjiperongo, with one being installed at Loerkop this month and the fourth in July. Markus Shiweda, Field and Conservation Manager at EHRA, coordinated the project and explained, "These new solar-powered water pumps replace the original diesel pumps that require fuel to function. By installing the solar-powered water pumps, communities can access water without having to purchase diesel, which is a big relief as this water is also accessed by livestock and other free-roaming wildlife, such as desert-adapted elephants, so the amount of water required to pump daily is several hundred liter." Markus added, "Previously when using the diesel-powered pumps, communities would only pump sufficient water for their personal use, which meant there was seldom sufficient water for wildlife, including desert-dwelling elephants. These elephants would then go to the homesteads and possibly damage the tanks and pipes in an attempt to access water for themselves and their herds. By replacing these pumps, the risk of human-wildlife conflict is much lower in these villages." Namibian Geohydrologist Frank Bockmuhl assisted with the project to ensure that the pumps could work effectively throughout the day so that there is always plentiful water for everyone. Mr Bockmuhl noted that by replacing the diesel pumps, there is no longer large oil and fuel spillage around a water borehole, which is not environmentally-friendly and could be dangerous for other animals. The Rotary Club of Swakopmund, Rotary Club of Grand Cayman and Rotary Club of Wyk auf Föhr kindly donated money towards the purchasing of the pumps, and EHRA supported with the transportation and installation.

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## PROJECT SPOTLIGHT

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EHRA's field team also continued its essential elephant conservation work by regularly tracking and monitoring the desert-adapted elephants roaming throughout the Ugab and the Huab River catchments. This helps ensure both the elephants' and communities' safety, and enables notifying local villages when elephants come nearby. Over the last three months, there has been an ongoing risk of an increase in wildlife poaching as well as of free-roaming elephants being declared problem animals, resulting in their destruction by the Ministry of Environment and Tourism (MET). Hendrick Munembome, Director at EHRA, said, "It is imperative for EHRA to continue being present to help prevent conflicts that arise to avoid further negative impacts on the declining desert-adapted elephant populations."

### Education and Empowerment

As part of EHRA's PEACE Project (People and Elephants Amicably Co-Existing), the team continues to provide conflict mitigation information to community members by speaking on local NBC radio stations Omurari and Kaisames. The information shared offers local people critical steps on how to stay safe around elephants should a herd pass by the village. EHRA's PEACE Project Manager, Shannon Diener, also recently provided conservation-focused educational classes to smaller groups of children in the communities of Irene, Otjikakane and Anixab. "We spent the day teaching locals about the importance of looking after the environment and how to stay safe around elephants," Shannon explained. "The training was conducted in a safe and socially distant manner, and we also provided lunch for the children. The training was a great success and the children loved spending time with us and learning about the environment."

Rachel Harris, Managing Director of EHRA, says, "Although the Coronavirus pandemic has had a profound impact on EHRA's revenue, we were thankfully able to innovate and find new ways to generate an income. We are pleased that we can continue our essential work to protect and conserve Namibia's free-roaming desert-adapted elephants as well as support for local communities. We realize now more than ever how important it is for us to be present and continue our conservation work."



**Community with their new water point**



**Elephant safety champions**





# NEWS FLASH

## Update / Report back on the RFHD Zoom meeting held on Monday 28th September 2020

In honour of those who could not make the meeting, I have decided not to send the recorded version of the meeting, but to rather make details notes for you all to ensure that we are all on the same page ..... so here goes !!!

### 1. Introduction .... Setting the scene

- October is traditionally the time of the year for the Family Health Days, which many of our Clubs have always supported whole heartedly.

The emphasis at our RFHD sites has always been to make our clients feel special, to use the RFHD's to provide a service, (with varied Add Ons) to market the Rotary Brand in our communities, and to form strong bonding partnerships with the medical staff at the clinics, within the communities and NGO's, and also the many loyal businesses and other partners that have been prepared to make donations, and help and support us year after year.

- Due to the COVID-19 pandemic, the Annual RFHD (Rotary Family Health Days) programme planned for 14 - 16 October 2020, was cancelled.

In its place, the Dept of Health (DOH) and the Rotary Action Group for Family Health & AIDS prevention(RFHA) have arranged a major and high profile webinar to be held on the 14th October from 6-8pm, with exposure on National TV News stations (we hope) featuring amongst others, the Minister of Health, Dr Zweli Mkhize and our own RI President Elect, Mr Shekar Mehta from India, which is a major privilege for us Rotarians.

It will also include the Recognition of 2020 being the International Year of the Nurse, as declared the WHO (World Health Organisation) in memory of Florence Nightingale's 200th birthday, will be accessible for all to view by streaming on Face Book and other platforms.

### 2. The Nurse Recognition Event

- It was agreed that the following day, the 15th October be used for Clubs to honour and recognise the Medical Professionals and other Volunteers who have assisted us so well over the years at the RFH Days , and in particular, the Nursing professionals of all categories, in the Year of the Nurse as an acknowledgement and thanks for their continued support of Rotary and the RFHD. This event will also act as a gesture of goodwill to pave the way in preparation for the 2021 RFHD campaign which is I believe, going to be fantastic because of the innovative Add-Ons you always devise to delight our patients / visitors/ clients !!
- A Certificate has been designed which each club can get printed, signed by the Club President, and framed, which will be handed over on the day and will, we hope to be hung in pride of place on the wall. Once this has been finalised – which will be soon – we will share it with you. It contains the Nurses' Pledge and you may want to suggest that the staff read this out at your ceremony. Each certificate can be individualised as there is a space to fill in the Rotary Club name and the name of the Clinic/ Institution
- Freedom of choice

1. It is important to note that each Club has the freedom to arrange their event to suit their own needs, desires and pockets. Sadly, there is no RFHD budget to assist us this year. Each Club can choose what they want to do, where they want to go and the timing of the event to suit the staff – it is up to each the Club to decide.

We suggest that you discuss the preferences of number of people to be present with the Manager of the Clinic.

This is important as many Rotarians are in the "vulnerable" category – which the staff are conscious of – and we must not compromise anyone's health

## **2. Sites for Recognition**

It has been agreed that we recognise and honour the Nursing and Frontline staff in an institution other than a RFHD clinic – on the understanding that these fall within the parameters of a “Care giver”.

## **3. Some ideas for “gifts”**

(We do not expect you to do this, but a small gesture would be nice )

- \* Hand out PPE's and sanitiser with perhaps some nice hand cream,
- \* Have a Tea party with cakes
- \* Ask the staff for a 'wish list' or perhaps suggest an improvement to the Clinic ( like a reading/ activity corner in the Clinic for the kiddies )
- \* Donate of an item that would make the working day lives of the staff better ( eg a new kettle, microwave, toaster, coffee cups)

. Covid-19 Precautions at site events

- Protocols of: Masks, Social distancing, Control of numbers and hand sanitisers must remain in place
- Follow the protocols of the clinic and respect their rules

**4. Your event NEED NOT be on the 15th October**– you have until the end of November to have your celebration, but we would suggest that it happens sooner rather than later as there will be a lot of advertising at the time on TV, the various Radio stations and in the newspapers – similar to what they have for the RFHD advertising - so you want to try to catch the vibe around that time

## **5. Please do take note**

a) A VERY IMPORTANT request is that: You notify me asap regarding your VENUE details, & DATE and TIME  
The reason is so that I can report in to the DOH next week as they have indicated that they are very keen to have their own Senior staff getting involved in the events if possible. This is a fantastic plus for us, as it will help to form relationships with the DOH staff and bodes well for 2021RFHD programme

b) Take lots of photographs and download them to Face Book and to the #Hashtag address that I will supply you closer the time

c) Use the opportunity to brand ROTARY and your Club. There are often unexpected membership/ sponsorship and many other collaborative networking opportunities as you go about the arrangements of your event. Be aware and act upon them

### **4. Official Site Handover**

This section is for your information only which I share with you as a courtesy so that you feel part of the bigger picture. Although this is not yet confirmed, but we are hopeful that it does happen, it has been proposed by the DOH that the Minister of Health does a handover with a plaque unveiling at one of the sites on the 15th October. The proposed site is in Masiphumelele in the Deep South, near Fish Hoek, Cape Town as Parliament will be in session at that time, and the Minister will thus be residing in Cape Town. You will see more about this in due course

### **5. Thank you**

I would like to thank each and every one of you for your pledge of support.

We are a TEAM and without your help and support I can achieve very little.

Let's go out there and do what Rotarians do best – Make a difference in the world, Open up Opportunities but most of all, LET'S have FUN

I thank you all and look forward to a fantastic Rotary Family Health Day with a difference, as we Honour and Salute the Nurses and Frontline workers who are doing an amazing job of looking after the health of our loved ones under very trying circumstances. We are humbled

**Bev Frieslich**

**Steering Committee Head -D9350**



**See you again next  
month!**