



Message from DG Ann Wright



Dear Members

As the first half of this Rotary year comes to a close I'd like to take this opportunity of thanking every member of my leadership team for the exceptional work that is being done in our district.

You are the pillars that give strength to our clubs and members, and you are without a doubt, Creating Hope in the communities in our district.

Club visits

To date I have visited 50 clubs and travelled 1000s of kilometers, enjoyed fabulous hospitality, learnt an enormous amount about the work that is being done by Rotarians and the best part has been chatting to the beneficiaries.

Huge thanks to my AGs Fernando, Claire, Ross, Eppie, Lisa, Bev and Justin and Club Presidents Michael, Ian, Mike, Lanese, Chris, Ralph, Molly, Magdalene, Di and in Angola: Fabio, Quilaco and Jorge. You never missed a beat! Thank you.

November was a month to remember! I discovered Angola, it's wonderful Rotarians, their impactful projects and that playing a drum set is such fun. In Hout Bay I discovered that using a skateboard needs a great deal of skill! The Garden Route Clubs are doing impressive work in their communities and the Cape Town Rotarians are as busy as ever. A tremendous amount of effort is being put into fundraising efforts. You all deserve kudos for the funds you are raising in difficult times.

Angola

Angola is rich in oil reserves and diamonds, but despite this the country remains very poor. The people I met are incredibly warm, generous, and fun loving. I was at a huge disadvantage not being able to speak Portuguese, but fortunately my AG speaks English!

I wish I could profile all the projects I was taken to and I wish we could offer more support to our members there. Similar to South Africa, education is a major concern, food is very expensive and health services are inadequate. The Angolan Rotarians are passionate about their projects and are doing the best that they can do to assist in these areas. Their hard work and dedication inspired me.

PP Manuel de Sousa has spent the last 25 years working on the End Polio Now campaign and for this sterling work it was my pleasure to recognise him with a PHF with one sapphire.

If any club is wanting to share a container of wheelchairs please include the three Angolan clubs - Luanda, Luanda Sul and Lobito as they have desperate beneficiaries. Transport can be taken care of.

Membership

Why are we not retaining our members? Our current membership is 1080.

Clubs with the most members: 1st Helderberg Sunrise 2nd Newlands 3rd Blouberg 4th Claremont 5th Hermanus

We need to reach 1200 by June.

Thank you to David Holtzhausen for running another successful workshop in Hout Bay.

Remember to keep your membership data up to date.

Please record all new members before the 20th December, likewise any member who has resigned.

The New Members Morning on zoom was well attended, new connections were made and everyone agreed that they had learnt a great deal about the bigger picture of Rotary. *How many people have you invited to lend a hand at a project or attend an interesting meeting or outing?*

Leadership roles within clubs

Why do members feel they can't take up a club leadership role? It is one of the most rewarding opportunities that Rotary offers. As with all roles in life there are successes and then there are challenges, but in Rotary we work in teams and there is always someone to provide support. Leadership is not about controlling others. Micromanagement stifles creativity. Leaders give power to members. We need new faces in leadership roles. Why not offer your services to your club or to our district?

Christmas is the time to reflect on the many blessings that have enriched our lives this year. Share your blessings. Reach out to those who are on their own, or in need of a hug, a laugh or a call.

Wishing you all wonderful blessings of good health, love, peace, happiness and prosperity and please remember to take time to care for yourself first!

Thank you for everything you have done this year.

Happy holidays

Ann



Heart & Soul of D9350



District Governor's Monthly newsletter

CAROS MEMBROS

Agora que a primeira metade deste ano Rotariano esta a chegar ao fim quero aproveitar esta oportunidade para agradecer a cada membro do meu grupo o serviço excecional que esta a ser feito no nosso distrito Vocês são os pilares que dao força aos nossos clubes e socios e estao sem duvida alguma a criar Novas esperanças nas comunidades do nosso distrito

Visitas as associacoes

Ate ao presente visitei 50 clubes e viajei milhares de kilometros beneficiando da hospitalidade fabulosa ficando a conhecer o enorme serviço que esta a ser desenvolvido pelos Rotarianos.

Tambem passei grande quantidade de tempo contactando os recipientes deste trabalho.

Quero estender os meus sinceros agradecimentos aos Governadores de Area Fernando, Claire, Ross, Eppie, Lisa, Bev, Justin assim como Presidentes de clube Michael, Ian, Mike, Lanese, Chris, Ralph, Molly, Magdalene, Di.

Em Angola Fabio, Quilaco e Jorge que nunca perderam o ritmo Muito obrigado a todos

Novembro foi um mês inesquecível

Conheci Angola e os seus maravilhosos Rotarianos e tambem os seus projetos de impacto.Tocar o batoque foi muito divertido

Em Hout Bay tomei conhecimento de que usar um skateboard requer muita tecnica

As associações de Garden Route estao a fazer um serviço impressionante nas suas comunidades e em Cape Town os Rotarianos estao mais ocupados do que nunca com novos projetos.

Uma imensa tarefa esta em andamento para a angariação de fundos com credito para todos os membros pelos fundos angariados nestes tempos difíceis.

ANGOLA

Embora seja uma nação rica em petroleo e diamantes o pais continua com grandes indices de pobreza

As pessoas com quem contactei são muito generosas e alegres.

Tive uma grande desvantagem por não falar portugues mas fui ajudada pelo GA que e fluente em ingles

Gostaria de enumerar todos os projetos que me foram apresentados e gostaria de oferecer o meu apoio aos nossos membros na medida do possivel

Tal como na Africa do Sul a educação e uma area de grande preocupação assim como a alimentação que e muita cara e os serviços de saude insuficientes

Os Rotarianos angolanos são muito dedicados aos seus projetos e estao fazem um excelente trabalho nas areas indicadas acima

O seu trabalho intenso e dedicacao são uma forma de inspiração para mim pessoalmente

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PP Manuel de Sousa passou os ultimos 25 anos trabalhando no projeto de Agora a Polio Agora

Campanha e por isso foi meu prazer presentear com a PHF com uma safira

Se algum clube quiser partilhar um contentor com cadeira de rodas incluam os seguintes clubes Luanda,Luanda Sul e Lobito que estao com grande carencia dos mesmos.

Transporte sera organizado para os diferentes club es.

ASSOCIAÇÃO

Porque não mantemos os nossos membros.Atualmente o numero e de 1080

As associações com maior numero de associados são Heilderberg, Newlands, Blouberg, Claremont

E Hermanus.

Vamos tentar alcançar os 1200 para o proximo Junho

Os meus agradecimentos para David Holstauzen pelo seminario organizado em Hout Bay

Lembrem se de manter o numero de membros atualizado e registar os novos membros ate 20 de Dezembro

O zoom sobre o tema novos socios pela manha foi bem atendida e novos contactos atingidos. Todos concordaram que tinham ficado mais elucidados sobre o contexto geral do Rotary Quantos membros foram convidados para participar em projetos ou atender conferencias

FUNÇÕES DOS MEMBROS A NIVEL DE CLUBE

Porque sera que membros não assumem posições de liderança nos clubesE uma das maiores oportunidades oferecidas pelo Rotary para o enriquecimento dos seus membros

Como todas as terefas na vida há sucessos e desafios mas como no Rotary operamos em grupo

Há sempre alguém para oferecer apoio

Microgerencia genera criatividade e oferecem oportunidades o desenvolvimento de novos lideres.

Precisamos de caras novas em posições de liderança.

Porque não ofereces a tua contribuição para o clube ou distrito.

Nesta epoca natalicia deve se aproveitar para refletir nas bençãos que enriqueceram as nossas vidas durante o ano

Partilha das tuas bençãos e aproxima te daqueles que estao em situações de solidao ou que necessitam de um abraço sorriso ou apoio

Desejo a todos os Rotarianos as bençãos de saude amor paz felicidade e prosperidade e lembre se de aproveitar esta quadra para uma introspeção e

Festas felizes

Ann



Heart & Soul of D9350



District Governor's Monthly newsletter

NEWSLETTER HIGHLIGHTS

1. DG Ann Message
2. Poem – “The Courage to Care”
3. DG Club Visits
4. Club News
5. Save these dates
6. Area of focus: Disease Prevention and Treatment
7. Rotary’s Vision Statement

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Poem

“The Courage to Care”



A captivating poem prepared by the talented MOT Youth from Gardens Commercial High School in Cape Town, skillfully crafted by Kino Moni and Bilqees Miller.

The Courage to Care

First day of school, early in the morn’
Sitting together in the school hall
Along came a teacher, but oh we were wrong
This joyous soul came in with a song

Our whole world flipped upside down
With new values and courage all around
There we were at our first program last year
A program that showed us courage and cheer

Being courageous does not mean
You always have to fight
Sometimes it means knowing when to surrender
And doing what feels right

Apply courage in your life to stand tall and free
Acknowledging your strength and will not have to flee
No more hanging on a cliff
I know I have the courage to live

Courage cannot be easily perceived
A heroic moment cannot be received
Be caring and kind to those in need
Standing up for the good is the best deed

Giving, not getting, for better or worst
Your selflessness to others is more than it is worth
Be brave enough to show you care
For there are those who are scared to dare

Some are happy, but others are not
You can change that with your big heart
Lost and weak souls, all alone
Nothing to eat, no place to call home

Shivering at night, no warmth to hold
What you can do for them, is gold
Will you help or laugh, it’s your reaction
The choice is yours, so make a decision

Change a life, better someone’s day
Make a difference, and lead the way
Stand up for what’s right, learn to share
Then show the world, that you have the
COURAGE TO CARE!

DG CLUB VISITS
ANGOLA

RC LUANDA



Banner swap with President Quilaco RC Luanda Sul, AG Fernando, DG Ann, President Fabio RC Luanda.



RC Luanda and RC Luanda Sul



PP Manuel da Sousa was recognized with a PHF with 1 sapphire for his sterling Polio work in Angola over the past 25 years.



PP Helder, Treasurer of RC Luanda.



AG Fernando inducted Rotaracter, Jessé Zinga Fernando Zila as a member of the RC Luanda during DG Ann's visit.



3000 students are divided into 2 sessions with an adult session at night.

DG CLUB VISITS
ANGOLA

RC LUANDA



Delivering food and pregnancy tests to a Catholic school which also manages an orphanage.



Lunch time for PP Manual Assis



Rotarians regularly collect 'almost time expired' stock donations from pharmaceutical companies which they then deliver to state clinics and hospitals.

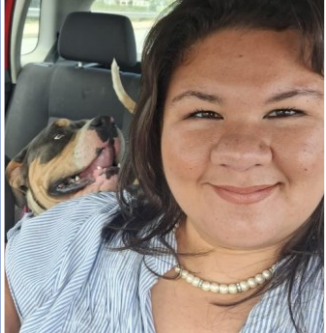


Craft market on the outskirts of Luanda



How do you
see HOPE?

Dum spiro spero
"While I
breathe,
there is hope."



Britney Sauer RC George.

This Latin phrase has carried me through the darkest of times. I've learnt that hope is faith, trust, and patience. Hope is humanity working together to make this world a better place for all.

“

The greatest glory in living lies not in never failing, but in rising every time we fail.

NELSON MANDELA



DG CLUB VISITS ANGOLA

RC LUANDA SUL



Luanda Sul supports an amazing facility for abandoned children which serves as their home and school.



Luanda Sul members entertained DG Ann to a delicious vegan lunch at Rtn Isabel's island home.



DG Ann was given this amazing gift and the Angolan flag by RC Luanda Sul.

Did you
Know?

Semba (masemba in plural) is a traditional music genre and dance genre from **Angola** that became popular in the 50's.

It is the product of an evolution as it was influenced by different ethno linguistic groups from Angola as well as several different African rhythms. In the context of dancing, the word Semba means:

"the body of the man that comes in contact with the body of the woman at the level of the belly button".

In one of the national Angolan language called **Kimbundu**, Semba can also have the meaning of **"Umbigada"**.

Umbigada describes also a dance movement when the contact between the two bodies is provoked by the man who suddenly takes the woman on the hip and brings her towards his belly button.

The Umbigada movement is exactly what is still done today in the traditional dance from Angola called **Rebita** and other African dances.

Rebita is a traditional music and dance that originated in Angola. It is a genre of music and dance. Couples move coordinated by the head of the wheel, performing gestures and Massemba.



DG CLUB VISITS
ANGOLA

RC LOBITO



AG Fernando, President Pio, DG Ann and PP Arthur.



RC Lobito members and guests.



The club supports the work done by the nuns. Adults with mental health challenges meet daily at the centre.



Rescued young street girls being trained in life skills by the Nuns. RC Lobito supports this programme.



PP Manuel taking one of many photos during the DGs visit.



A classroom under a tree.

DG CLUB VISITS

RC GOODWOOD



The club meets at lunch time on a Thursday at the Goodwood Sports Club.



RC Goodwood recognized long-serving member Wally Baird with a PHF for his service to club projects. DG Ann presented it to him.



President Chris, with Tyla and Brian. The club has supported the Lexi Consani creche in Elsie's River for a long time.

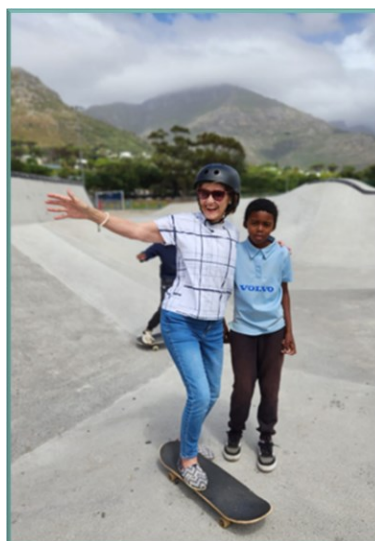


Colin Jacobs took a splash of colour seriously.

RC HOUT BAY



DG Ann, President Ralph and AG Ross.



The DG having a lesson at the Hout Bay skate park, one of their previous projects



The club supplies e'Pap to IY creche in collaboration with the Lions Club.



The club meets at the Boat Club, Hout Bay harbour on a Tuesday evening.

DG CLUB VISITS

RC GEORGE



The club is hoping to again support and upgrade the Rosemoor Retirement Home.



Thys Beukes, Wilhelm van der Vyfer and Charles Rowe dressed for the occasion.



Rotarian Michael Addinall, Pres Di, with the Shelter manager and DG Ann.



DG Ann and President Di weeding in the veggie garden at Carpe Diem.

RC MOSSEL BAY



Splashes of colour - AG Claire, DG Ann, President Magdalene.



The Mossel Bay club is one of the oldest clubs in the district having chartered in 1952.



Mossel Bay Rotary has two Retirement villages which keep them busy. PP Jan Gelderman manages the facility.

The *Rotary* magazine PHOTO AWARDS

Entry period is now open.
Submit up to five photos here.

Winning photos will appear in
the June 2024 issue
of *Rotary* magazine.

The *Rotary* magazine Photo
Awards will be open for
submissions from 1 October
until 31 December 2023.

SUBMIT PHOTOS



DG CLUB VISITS

RC PLETTENBERG BAY



The Interact Club members were thrilled to meet DG Ann. Mr Arries, the teacher in charge is so passionate about his club that the exam time table was adjusted to accommodate the visit.



Plett style Sundowners in the Robberg Nature Reserve was a special treat after a busy day.



RC Plett Rotary Ann's.
Carol Damp with President Beryl Winter who has been a Rotary Ann for 50years.



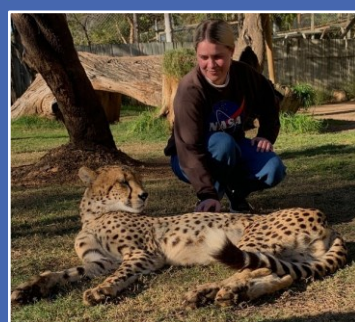
Lauren and Mike each received a Rotary cap as a birthday present from President Molly.



AG Claire, DG Ann chatting about the visit with President Molly.



How do you see HOPE?



Tyla McMahon RC Goodwood.

To me hope is having faith. No matter what I'm hoping for, it's having faith that it will happen. But tainted faith because when we hope there's still room for disappointment. Hope is the silent promises written in the stars, lighting the path through the darkest nights of despair.

DG CLUB VISITS

RC PINELANDS



PDG and President Mike Ochse with DG Ann.



Décor by Pinelands RC Anns, Freda Ochse, June Smart, Isabel Webber and Margie Davidson.

Award Ceremony



Isabel Webber



Mike Hill



Brian Smart



Rotary Ann, Freda Ochse



Hildah Saruchera



Sonia Worthington-Smith



Tanya Stone



Shirley Hendriks



Maggie Sukel

RC AM KAP



Members and guests after a jolly evening.



The club meets at the Metropolitan Golf Club in Green Point. President Michael and AG Justin and DG Ann.

RC LE CAP DES TEMPESTES



Signing of the ICC agreement with Austria. Chairlady Carol Armstrong-Hooper, DG Ann Wright and Austrian Chairlady, Elizabeth Walters.



DG Ann and AG Justin met at the Vineyard Hotel with President Stefan Lejeune from Le Cap des Tempestes. This is a club for Rotarians who speak French.

DG CLUB VISITS

RC WYNBERG



A happy group of Wynberg Rotarians.

RC CONSTANTIA



DG visit to Constantia RC project at Westlake Primary School.



President Stephanie, AG Ross, DG Ann with knitted toys made by their caterer for children going to the Wynberg Children's court.



President Ian with AG Bev and DG Ann when loadshedding ended.

RC STRAND



President Lanese, AG Eppie, DG Ann.
No prizes for guessing that they meet at the
Gordon's Bay Yacht Club on a Thursday evening.



RC Strand presented certificates of recognition
to a number of their beneficiary organisations
during the DG visit. President Lanese is with
President Elect, Alfonso and Mr and Mrs
Samuels from House of Grace in Strand.

CLUB NEWS

The Beaufort West 4X4 adventure fundraiser

What a great privilege and experience to join the Rotary Club of Beaufort West and the honorary rangers from the Karoo National Park on a 4x4 weekend in the wilderness area of the park. We stayed in old bungalows on top of the mountain range and saw the unique landscape, escarpment and the highlight was seeing the lions on the Sunday!! After the recent rains we were surprised by how green everything was and even saw a few flowers.



Paul, Jolene with Anene and Pieter.

We stayed in old bungalows on top of the mountain range and saw the unique landscape, escarpment and the highlight was seeing the lions on the Sunday. After the recent rains we were surprised by how green everything was and even saw a few flowers.

By Pres Jolene, RC Langebaan



Excellent cuisine every evening.

RC AM KAP

The Rotary Amazing Race

The Rotary Amazing Race around Cape Town... three teams chased clues that took them to the Goethe Zentrum, the Castle, Flower Market, St George's Mall, Green Market Square, Company Gardens & the National Museum. Truly a wonderful event where we learnt so much about our beautiful city and had loads of fun!



At the Castle - the black hole. Rtn Winni Spanaus, friends Maria, Angela Spanaus and Rtn Carole Armstrong-Hooper.



The winning team at the Company's Gardens. Rtn Mike Schroeder, Rtn Christine Immega, Rtn and organizer of the rally Winni and President Michael Zipp.

RC PLETTENBERG BAY AND RC KNYSNA



RC Plettenberg Bay were raided by RC Knysna a few weeks back. An item mysteriously disappeared from Plett and thankfully Pres Molly was able to retrieve it during their return raid on Knysna. Peace reigns again in Eden.

CLUB NEWS

RC CLAREMONT WEEKEND GETAWAY

Rotary Claremont weekend away in Pringle Bay. Fabulous fellowship, pizza by the slice on Friday, a hike (the Brodie Link) lunch at On the Edge Restaurant on Saturday this was followed by make your own burger (also on Saturday) and then we ended on Sunday at Beaumont Family Wines for a wine tasting and lunch.



RC WYNBERG Rotary Quiz in aid of NSRI



Wynberg Rotarians Rob Murphy (2nd), Mike Schreiber (4th) and friends with their lucky prizes.



A very successful quiz evening.

RC CLAREMONT

Francisca Velasquez-Turner, Rotarian Eion Brown and Fatima Williams. They went to the Rotary Club of Fort Collins in Colorado.

The Team introduced the 'Ndingogona' Program to Teachers of Children with disabilities and in turn trained other Teachers in the program. The Girls work for an organisation called 'Shonaquip Social Enterprises'.

This is a program that was founded in South Africa by a Rotarian from Fort Collins Rotary Club. She thought so highly of it that she arranged a Global Grant for them to export the program to USA.



SAVE THESE DATES!

WHAT'S HAPPENING

[RC Langebaan - Beach to Street Festival](#)

Langebaan Municipal Townhall

Dec 16, 2023

9:00 AM – 6:00 PM

[D9350 Food Garden Webinar](#)

Feb 28, 2024

5:00 PM – 6:00 PM

DISCON APRIL 24 : MOSSEL BAY

18th - [Golf Fundraiser at Pinnacle Point](#)

[Meet and Greet at Diaz Hotel](#)

19th - [Assembly](#)

20th - [Conference](#)

Please diarise your stay in the heart of the
Garden Route April 2024.

Due to unforeseen Clubrunner holdups, we were not able to open the booking in November. An email will be sent out during December and early January with the booking links.

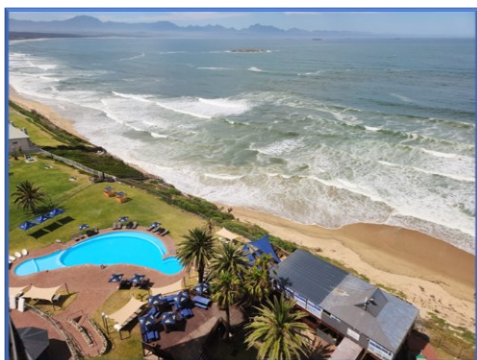
WATCH OUT for an email offering EARLY BIRD specials.

The Diaz Hotel offers a pristine shoreline, a fabulous hotel experience with a chef who has just won the Businessman of the Year award.

There will be fabulous opportunities for fellowship, connecting and, of course, catching up on all things Rotary.



Pinnacle Point Golf Club



View from 11th floor Diaz Hotel



just a reminder:



Rotary International Dues

RI dues are generated on 1 July and 1 January, and they are based on a club's membership as recorded on those dates.

No changes are considered once the invoice has been issued.

The same applies to District Dues. Please check that your membership information is correct.

DECEMBER



“We educate and equip communities to stop the spread of life-threatening diseases like polio, HIV/AIDS and malaria. We improve and expand access to low-cost and free health care in developing areas.

DISEASE PREVENTION AND TREATMENT



Doing Good In The World



The District Governor Team wishes all Rotarians a peaceful and happy festive season.



Heart & Soul of D9350



District Governor's Monthly newsletter



ROTARY'S VISION STATEMENT

TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE
ACTION TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITITES AND IN OURSELVES

TAKE ACTION: www.rotary9350.co.za

TOGETHER, WE

CONNECT