

OUTA SPACE

NEWSLETTER

ROTARY E-CLUB OF SOUTH AFRICA ONE

www.rotaryclubsa.org

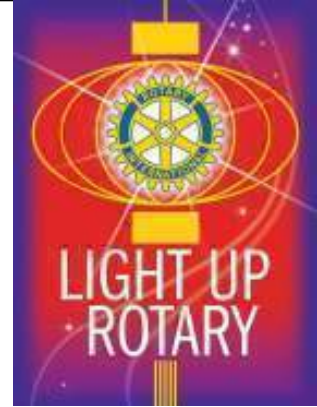
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Rotary



20th January 2015
No 14



January is now observed as VOCATIONAL SERVICES MONTH in the Rotary calendar.

Vocational Service Month is observed each January to emphasize the involvement of clubs in the everyday practice of the ideals of vocational service. Recommended club activities during Vocational Service Month include recognizing a volunteer at a district-level event, promoting involvement in Rotary Fellowships, sponsoring a vocational service activity or project, and promoting membership development in open classifications.

While there is an emphasis on Rotary Fellowships many Rotarians misread this as being Fellowship which is also important. You can read all about Rotary Fellowships at <https://www.rotary.org/myrotary/en/rotary-fellowships> but getting a grip on Fellowship in Rotary is perhaps more challenging and perhaps

more so in an E-Club. Do our members have any suggestions? It is probably easier for the members who are in and around Durban to get together and share some Fellowship activities.

We also have 3 members in Cape Town & 1 who often is in Cape Town so they could arrange a F2F and no doubt will do something when Rob eventually 'Wobbles' into Cape Town.

But what about our overseas members who are spread far and wide – how can 4 of them get together to have some Fellowship and to get to know each other better? Perhaps with a GoToMeeting on a Sunday!

Then we have our 2 young members in the Jo'burg area – should be FUN if they could meet up somewhere.

Let's have you ideas.

Have Fun

Gerald Sieberhagen - Editor

Does any member have a special message that they would like to show in this block – I can guarantee that after 12 months it will be noticed.

HALF-YEARLY SUBSCRIPTIONS ARE PAYABLE IN JANUARY.

PLEASE BE A GOOD ROTARIAN AND PAY YOUR SUBS PROMPTLY

SUSTAINABILITY is a word that you will come across whenever a Rotary project is discussed. Here are the 6 steps that Rotary considers when judging the SUSTAINABILITY of a project such as a Global Grant. This is something that probably needs to be considered for most of our projects.

SIX STEPS TO SUSTAINABILITY

Sustainability means different things to different organizations. For Rotary, sustainability means providing long-term solutions to community needs that the beneficiaries can maintain after grant funding ends. Here are six steps that can make your project sustainable:

1) Assess community needs

Have local sponsors conduct a thorough assessment to identify a community need that the sponsors can address in a way that fits beneficiaries' values and culture. Involve multiple community partners in the planning process.

2) Use local materials

Purchase equipment and technology from local sources when possible. Be sure that spare parts are readily available. Involve community members in the selection of technology and equipment, and train them to operate, maintain, and repair it on their own.

3) Identify a local funding source

Confirm the existence of a local funding source to support a project's long-term operation, maintenance and repair. Compensate the project's suppliers and vendors appropriately so they will have an incentive to continue providing services.

4) Provide training, education, and outreach

By providing training, education, and community outreach you will strengthen beneficiaries' ability to meet project objectives. Confirm that there is a plan in place to transfer knowledge to new beneficiaries. Collaborate with local agencies and organizations to supply needed expertise.

5) Motivate beneficiaries to take ownership

Provide incentives for beneficiaries and project participants to continue their support. Identify individuals willing to lead beneficiaries in sustaining project outcomes. Prepare the community to assume ownership of the project once grant funds are expended.

6) Monitor and evaluate

Develop clear and measurable project objectives, and identify methods for collecting project data.

Establish baseline data that can be used to demonstrate significant change for at least three years.

SUSTAINABILITY – not too difficult if these steps are followed - Use them as your guidelines and your project outcomes should achieve the goals set

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Happy [well most of them are happy] recipients of Toys from East Coast Radio Toy Story project. Don't you just love the youngster in pink?



Debbie and Alan Rowe collected their allocation of Toys to distribute to 50 odd crèche's in the Creighton area where they do wonderful work in many impoverished communities.



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BIRTHDAYS

FEBRUARY

13th – Sandra Maistry
15th – Rensie Cloete
19th – Linda Watts
26th – Sandy Brauteseth
27th – Gunnar Light & Sue Sieberhagen



ANNIVERSARIES

FEBRUARY

5TH – Patrick & Rene Andries
8th – Richard & Ann Hargreaves
10th – Johnny & Gillian Stark
12th – EARLYACT CLUB OF EKUTHULENI PS
14th – Bob & Anita Kistnasamy

DATES TO DIARISE

2015

DG VISIT on GTM – date to be confirmed

23rd FEB – Rotary International – 110 years old

7th & 8th March – POETS* in Durban

*POETS = President and Officers Elect Training Seminar

24TH to 26TH APRIL – DISCON IN BLOEMFONTEIN

10th to 12th April – IFCR cricket week-end in Empangeni, Zululand

WEEKLY TOPIC - ROSTER FOR FEB to MAY

26th Jan – Ockie Esterhuysen
2nd Feb – Gil & Jenna Lewinsky
9th Feb – Emmanuel Ntongo
16th Feb – Sandy Botha
23rd Feb – Jayne Martin
2nd Mar – Peter Brauteseth
9th Mar – Paul Maistry
16TH Mar – Natasha Morris
23rd Mar – Keith Kirton
30th Mar – Patrick Andries
13th Apr – Michael Chen
20th Apr – Andisha Maharaj
27th Apr – Jeff Watts
4th May – Patrick Kleu
11th May – Gunnar Light
18th May – Rob Lindegger
25th May – Aadila Sabat

Please send your TotW to either President Irene or Club Admin director Gerald by at least the THURSDAY preceding the date of the TotW. It always makes it easier if Rotarians send their TotW well ahead of time. Alternatively, if you are unable to fulfil your duty, please advise us well ahead of time so that we are able to find a replacement.

EVENTS AND PROJECTS

EAST COAST RADIO TOY STORY 2014

The 2nd Food parcel allocation should be available to distribute to beneficiaries during March 2015.

DISTRICT GRANT for 2014 has been finalised and we will soon be submitting an application for 2015.

GLOBAL GRANT 1418817

We await funds from TRF

GLOBAL GRANT 1527880

See a video about the work that our partners in this Global Grant, Operation Upgrade, do to uplift communities. Here is the link:

<https://www.youtube.com/watch?v=2OQV38OfJDg>

PROJECT DIGNITY

See photo's and update on pages 9, 10 and 11.

GoToMeeting – 19h00 to 20h00

Wed 21st Jan with RC of Sandvika Norway from 18h00 to 20h00

10th & 24th February

10th & 24th March

7th & 21st April

5th & 19th May

2nd June

DURING THE WEEK PRECEDING THE GTM, the log on code will be sent BY EMAIL to each member.

ADVERTISING IN ROTARY AFRICA MAGAZINE

Have you ever considered advertising your products or services in the Rotary Africa Magazine? Or do you know of a business that may wish to do so?

You can obtain the 2014 Advertising rates on the Rotary Africa website @ www.rotaryafrica.com

PRESIDENT IRENE'S PAGE



Dear Fellow Rotarians

Now with New Year's resolutions made and decisions taken for the New Year, have you also asked yourself "why am I a Rotarian, what is the purpose of it, am I committed?" What do you answer to yourself? Let me give you mine and see if you agree and will see your membership in a new light.

When I hear the expression of gratitude that echo's time and again, I am reminded of the enormous potential for helping those who need it most, then I know why I am a member.

Rotary gives us extraordinary opportunities to change the lives of so many; both the Rotarians that serve and the people that will be served. Working with and for Rotary will bring a far greater happiness than any other superficial or intangible asset. Those of us who have been born comfortable and healthy will probably never understand the multitude of tasks and anxieties performed each day by someone who is poor or who is blind or who

suffers from any other impairment.

Imagine your children not being able to go to school, because there is no school for them to go to due to you not having the extra cash for school fees or a school uniform. Or imagine going about your life in a wheelbarrow because you cannot afford a wheelchair? As we each touch the life of another in a small or big way, when we learn about children whose horizons and futures were enlarged by helping with their studies, or watch vegetable gardens grow that feed hungry families, yes I think our own life then changes too.

We must not allow our imaginary limitations to hold us back. Forget the pessimism and immobility of spirit, resulting in the crippling inaction that prevents us from achieving all that we could.

Through Rotary we can devote our strength and intelligence and energy and heart to overcome these symptoms. These are my reasons why I am a Rotarian.

To quote: REAL GIVING HAS ITS JOY IN DREAMING OF THE JOY OF THE RECEIVER – so I invite you to follow your Rotary Dream and let our Club be a Club not of only Dreamers but of Doers.

Start today with something you have always wanted to do for someone you know who needs help and of course tell us if you need help, we are only an e-mail away.

Till next time, have FUN!

Irene

Man in iron lung discovers Rotary

Rotary e-club member Linda Elliott visits fellow member Paul Alexander in his home. Alexander is among a small number of people in the world today who rely on an iron lung to breathe.

One might think a man living with polio in an iron lung would know about Rotary. But it wasn't until Paul Alexander had a business meeting with a member in Duncanville, Texas, earlier this year that he learned Rotary fights to eradicate the very disease that left him almost completely paralyzed.

"I was completely blown away by the idea. For all these years, I didn't know the work they were doing," says Alexander, a practicing attorney in Dallas. "It's such a perfect fit for me."

Alexander contracted polio during a major U.S. outbreak of the disease in the late 1950s when he was six years old, and almost died in the hospital before a doctor noticed he wasn't breathing and rushed him into an iron lung, an airtight metal tank that encloses all of the body except the head and uses regulated changes in air pressure to force the lungs to inhale and exhale. Alexander is among a small number of people in the world today still using an iron lung to assist his paralytic polio. The need for the 800-pound machines declined dramatically after the polio vaccine became widely available in the early 1960s.

In October, Alexander became a member of the Rotary E-Club of District 5810 during an induction ceremony held in his home, attended by Rotary's President Gary C.K. Huang through an online connection. Alexander is writing a book about his experience and wants to be an ambassador for Rotary, promoting the benefits of eradicating polio.



Photo Credit: Courtesy of Linda Elliott, a member of the Rotary E-club of District 5810

FROM PAGE 6

Freed from the lung

For 10 years, Alexander never left the device or his house. But then he had a breakthrough, teaching himself to breathe on his own by forcing air into his lungs. That allowed him to get around in a wheelchair for up to eight hours.

"The first day I was outside the house was extraordinary. It was a 100 percent improvement," he recalls.

Determined to go to college, he moved onto campus and with the help of a nursing assistant attended classes, earning a degree from the University of Texas. He eventually went on to earn a law degree, passed the bar, and practices civil and criminal law.

He has a computer keyboard and a touchtone phone by his head which he can manipulate with a plastic stick held in his mouth. When he goes to court for a case, he has assistants who help him. He's traveled farther from his home on rare occasions. The iron lung, which has wheels, is shipped to meet him at his destination.

Long lost connection to Rotary

His father was president of a Dallas Rotary club in the 1960s, but Alexander says he doesn't remember it. His introduction to Rotary began when he met Duncanville member Alexander Peralta. Peralta told the Rotary District 5810 governor, Bill Dendy, who immediately decided Alexander would be the perfect subject of a video his wife was making on polio eradication. Alexander agreed, and a film crew from the district's e-club came out to shoot the interview.

"I visited him weekly after that," Dendy says. "One day, I said to him, 'Paul, you could be a contributing member of Rotary.' He asked me how that would be possible. And I told him with an e-club, which meets online, it would be very possible."

Since joining Rotary, he's become a popular speaker in the Dallas Rotary community. He's already addressed two large gatherings and is scheduled to speak at the next district conference. The Waxahachie Rotary Club, which builds wheelchair ramps as a project, built him a new one when they heard he transports his iron lung to the hospital or for longer trips.

"It means so much to me to belong to this organization," Alexander said during a phone call to his home recently. "I'm having a great time and staying awake at night thinking of ideas. So many people have come into my life. I never knew there were so many caring people out there."

[Please Watch RI President Gary C.K. Huang video chat with Paul Alexander at](https://www.youtube.com/watch?v=QQrW_CpEpK0)

By Arnold R. Grahl

Rotary News

15-Jan-2015

Now read some very good news, on page 8, in the fight to eradicate Polio

No new cases of Polio reported worldwide last week



For the second week in a row there have been no reported cases of polio anywhere in the world, according to figures released by the World Health Organisation.

The positive news gives strength to the hard work our Rotarians have carried out to make this a reality in polio stricken countries. Areas that have reported that there are no new cases of polio include Nigeria, Pakistan, Somalia, Kenya, Ethiopia, Cameroon, Equatorial Guinea, Syria and Iraq.

Polio eradication is a primary aim for Rotarians across the world, and as part of our commitment we organize two trips to India a year to support National Immunizations Days. Mike Yates, District Polio Plus Subcommittee Chair, comments: "This is really encouraging news and surely helps to give us optimism that ending polio can be more than just a dream. We are committed to keeping the disease at bay and it will certainly give the Rotarians visiting India next month a real boost to know what we are doing is helping to make a real difference across the world."



This is very good news and long may it last. We are certainly 'this close' to eradicating the last strain of the polio virus.

Sanitary pad project gives poor and rural girls dignity



Many girls use unhygienic alternatives to sanitary pads, such as newspaper or even sand and leaves, which puts them at a huge risk of infection. And nine million girls aged between 13 and 19 miss a week of school every month, for lack of sanitary pads. Project Dignity is an effort to change this. (Image: www.subz pads.co.za) by Melissa Jane Cook

Media contacts

- Sue Barnes - FounderSubz washable pads and panties +27 83 661 8963 sue@mallards.co.za

Sue Barnes is an extraordinary woman. She has given hope to young girls, she has given them the opportunity to be free, to participate in daily activities, not to feel shamed or embarrassed, and has empowered them – all with a sanitary pad. They have their dignity back, through her initiative, Project Dignity.

For many of us, buying sanitary pads is as easy as buying bread and milk. But this is not the case for millions of girls and women in South Africa. They are at a permanent disadvantage as they are forced to stay at home as they are unable to afford this basic necessity. Barnes was named the 2013 Clarins Most Dynamic Woman of the Year earlier this month in Johannesburg. The event, held at Summer Place in Hyde Park, celebrated the ground-breaking intervention that allows girls and young women in townships and rural areas to attend school while they are menstruating.

"My youngest daughter, who attends a remedial school due to her dyslexia, came home with appeals from her school for sanitary pads and panties," says Barnes. "I went to the school to find out what it was all about, and discovered just how many South African girls skip school while menstruating. I immediately thought of my own daughter. If she missed a week per month of school there is no way she would catch up. It's tragic that anyone in their teen years should be faced with this dilemma."

Girls use unhygienic alternatives to sanitary pads, such as newspaper or even sand and leaves, or sitting on cow patties. Doing this puts them at a huge risk of infection. And, according to Barnes, of nine million girls aged between 13 and 19 years in South Africa, "80% of those were missing a week of school every month... That's just time you can't make up and it's affecting their education."

A pattern maker and designer with a large clothing chain, Barnes has a background in construction, fabrication and quality control. Using these skills, she decided to design something to address the problem, coming up with her sanitary pad packs. At her own cost, Barnes has been producing these packs and delivering them to schoolgirls in KwaZulu-Natal where she lives. "One pack should last a girl her entire high school career," says Barnes, who believes that finding a solution to this critical issue is her calling.

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The process of the pad

Barnes realised that she had unearthed a massive social challenge and that donations of sanitary products would not provide a sustainable solution. It drove her to find a solution. She designed and constructed underwear with a built-in, waterproof yet absorbent gusset that acted as a sanitary towel.

"It was fully washable and lasted as long a pair of panties does." But every time the pad needed to be changed, the underwear would also need to be changed and would need time to dry. Each girl would have to have at least 12 pairs. "I then moved on to a [pair of panties] with a built-in gusset and separate sanitary towel which slipped into the gusset, but I found it very difficult to insert and remove."

After much experimentation and several trial runs, the Subz Panty and Pad evolved. Barnes had created underwear with a clip-on, reusable pad that ensured the girls needed never worry about running out of this essential item.

"It is a normal [pair of panties] with press studs and a separate sanitary towel which has clips on it. The [underwear] is mad of 100% cotton knit and the elastic has a standard, non-woven, rubber base so it won't stretch out of shape. The pad is 100% cotton with an outer hydrophobic layer and inside hydrophilic layer which is absorbent."

Barnes says that the panties are washable and will last three to five years. A pack of three pairs of underwear and nine reusable pads costs R150. The pad is fully washable and has SABS absorbency approval. The Subz Panty and Pad has been endorsed by a gynaecologist and pharmacist.

"I know girls are fussy, so I made them out of nice fabric, and they come in all sizes. Initially, I was aiming at helping rural schoolgirls, but all women who menstruate can use them. The added benefit is that they are hugely ecologically friendly."

Education

While handing out Project Dignity's Subz packs, Barnes also gives the girls a set of education sessions on puberty, menstruation, personal hygiene, sexual health and HIV.

Well-known fashion designer Gert-Johan Coetzee has collaborated with her in developing two interactive aprons for the education sessions, one depicting the puberty process and the other the menstrual cycle. The body parts on the aprons are removable, allowing Barnes to demonstrate the body's functioning in a very practical way.

"The eggs are visible in the ovaries and the fallopian tubes clip on and off for ease of demonstration... The uterus is also removable and through the demonstrations the girls can fully understand the menstrual cycle. These are incredibly practical tools to use, and allow us to drive home the vital facts. Ultimately, the process is just as important to the girls as the Subz packs themselves," she explains.

"A lot of the girls are from child-headed homes and do not have anyone at home to talk to about these crucial issues. Our sessions are very interactive, and Gert-Johan Coetzee's involvement here has been amazing, in every sense of the word. When a girl asked me once: 'Where does the blood come from?' I realised that education on these issues was woefully lacking. If language is a barrier, a teacher or principal translates, but mostly, English is understood," she says.

"The girls are so excited to get help with this as they don't want to miss school," she says. "For some, it is the first time they have received panties."

With the aid of corporate and personal donors, Barnes has already been able to distribute 30 000 Subz Panty Pads to girls around the country. Project Dignity has spread to other parts of South Africa, and has been taken to Zanzibar by Margaret Hirsch, the owner of the Project Dignity sponsor, Hirsch's appliance retailers.

Most dynamic prize

In winning the Clarins award, Barnes received a cash prize of R150 000 and will receive a further R50 000 in 2015 to ensure the sustainability and expansion of the project.

"What I do is incredibly rewarding," she concludes, "providing a sustainable solution and seeing these young girls who can flourish and contribute to the fabric of our society."

Read more: <http://www.mediaclubsouthafrica.com/youth-and-education/44-developmentnews/3718-project-set-up-to-give-girls-dignity#ixzz3MPfmlqzM>

MORE ON PAGE 11

PROJECT DIGNITY TAKES OFF IN E-CLUB OF SOUTH AFRICA ONE



Two DYNAMIC ladies – President Irene Kotze and Sue Barnes with the SUBZ packs that will bring so much dignity to the first 370 recipients of our PROJECT DIGNITY

One request to our good Rotarian friend, Alan Francis, Rotary Club of Armidale Central, N.S.W. Australia D9650, outlining our PROJECT DIGNITY, was all that was needed to secure the funding for the first year's supply of SUBZ. Thank you Alan and members for this magnificent support.

Our order has been placed, the 5 sample promotional packs for the Aussie Club will accompany President Irene when she travels to Australia in February, and the schoolgirls will receive their SUBZ packs in early March.

Sue Barnes has undertaken to do her talk at the handover which will be very important for the success of PROJECT DIGNITY at Ekuthuleni Primary School.

By curbing absenteeism, which will be one of the Key Result Area's, we are hoping that there will also be an improvement in the scholastic achievements of the beneficiaries and this will be closely monitored as well.

WELL DONE ROTARY E-CLUB OF SOUTH AFRICA ONE.

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ROTARY CLUB OF UMHLANGA FUNDRAISER



ANDREW YOUNG & BAND



A Valentine's Tribute to the Music of the Beatles



"All You Need is LOVE"

FRI 13 FEBRUARY 19:00
Hellenic Community Centre
DURBAN NORTH

BOOKINGS: ANNA 083 270 0191

www.andrewyoung.net



Rotary



Rotary Club of Umhlanga
In support of local humanitarian
and Preserve Planet Earth Projects



Time for our President to get into relax mode at the end of East Coast Radio Toy Story 2014. Statistics would not do justice to the dedicated work of the E-Club team during this project to ensure that the Toys were all processed and allocated on the day they were received at the Dawn Wing warehouse.



JOHN CONRADIE HOME still receives support from our E-CLUB. Here is something to ponder: Ever done a small alteration at your home and wished the work would be completed in a week? Well, despite the living conditions at this Home being poor to start with, imagine living there while building operations are taking place that just seem to be going on forever..... President Irene delivered a box of groceries.

And now we are once again OUTA SPACE