



Rotary  PRESIDENT ARLENE'S LETTER



December is Disease Prevention and Treatment Month

Rotary is dedicated to fighting and preventing disease. Disease Prevention and Treatment is one of Rotary's Seven Area of Focus.

Dear Friends,

It is coming to the end of 2023, and I am sure you do not need me to tell you that, but it is a time to reflect on the past year. For me and many Rotarians, it is a time to assess the projects we have completed and are still engaged in and plan the projects we would like to pursue.

Looking back and after discussions with other club members, I see that most of our projects have revolved around empowerment. Whether by feeding schemes, aiding in the provision of water, education, training many in handcraft skills, or, one of my favourites, giving CHOC gifts to children with cancer.

Our list is substantial, and hopefully, in this time of austerity, we will be able to continue down this route.

In the following pages, you will see written and photographic reports showing some of our members with friends, etc., either giving to those in need or perhaps training individuals in crafting; the list is pretty substantial.

I want to take this opportunity to ask all of our members to please let us know if they would like to start a project in their area. As an international club, we rely on you for the project details and financials.

I would also like to thank you all for your commitment to people worldwide and for giving so much joy to so many.

Please take time to read through the following report by WHO. I was pretty shocked to see South Africa's rating. Is there something that we can do? Well, yes, I think so; perhaps we can include or work with educators to communicate the risks, methods of prevention and how to find medication. What do you think?

This will be our last Drumbeat until the start of 2024. Thank you, and I wish you all a happy, peaceful Christmas and a prosperous New Year.

See you in January 2024

Proud to be a Rotarian

Kind regards

Arlene Arnold

Club President 2023-2024

Rotary E-Club of South Africa One

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Treasurer's Times – November 2023 by Monique Labat, Club Treasurer

Hello, Rotarians and Friends of Rotary!

Our E-Club's Christmas Cakes Raffle dreamt up and actioned by Rotarian Susie van der Merwe, is gaining huge momentum. Tickets are R25 each, and the raffle sheets are filling up beautifully. All this is in aid of The Rotary Foundation for future projects!

Susie baked 4 Christmas cakes and iced them beautifully - all for a beautiful cause!

EFT payments can be made directly to:

Account name: Rotary E-Club of South Africa One
Bank: Standard Bank
Account number: 043 671 756
Branch: Durban North
Branch code: 04282600
Reference: **CAKE & your CELL number**

Please send POP with your name so we can put a name to the cell number for the lucky draw to

Rotarian Susie vd Merwe at email address: susinut@live.com

You have another payment option: credit card payment via our Rotary Club's website. Click on the **big RED DONATE NOW button below**: <https://www.rotaryclubs.org/donate-now/>

Rotary Subs – Lifeblood of Rotary Clubs the world over

With the festive season fast approaching, our Rotary E-Club sent out the subscription invoices, and we're now sending out reminders. Rotary Clubs worldwide need to confirm the number of Rotarians in the Club by 20 December 2023, the cut-off date for billing for subscriptions to be paid to Rotary Foundation, District Dues, and Rotary Africa. If we have not updated our records on Club Runner, then our Rotary Club is billed for the number of Rotarians recorded on Club Runner.

These are challenging times, and we thank each Rotarian as you contribute to this beautiful Rotary humanitarian organisation. As per our Board meeting of Tuesday, 30 May 2023, the E-Club Rotarians agreed that we would have to raise our subs to accommodate two things:

1. The exchange rate between the rand and the US dollar
2. An increase in Rotary International's subs

For the six months, 1 Jan – 30 June 2024, the half-yearly subscription payment is **R1,150.00**.

Banking details

Account name: Rotary E-Club of South Africa One
Reference: Your surname & Initial
Bank: Standard Bank
Account number: **053455258**
Branch: Durban North
Branch code: 04282600

CHOC Albert Luthuli surgical pyjama Handover

Wednesday 22Nd November 2023

Rotary E-Club of SA One & TAFTA Sewing Angels

The Rotary E-Club of SA One and all the attending TAFTA Sewing Angels would like to thank you for a most informative morning....and for providing us with delicious tea & bickies.

Fatima is a fabulous "front of house" member of your team....and it is always so fulfilling to be in your positive, compassionate & hard-working presence, Agie. I know that the Sewing Angels thoroughly enjoyed the morning of giving and look forward to completing the planned projects for CHOC in 2024.

Have a fabulous day, and if I don't see you and your CHOC elves before Christmas, from our Rotary Club to you all at CHOC AL, a very merry Christmas and may the New Year bring us closer together in gratitude with honest work.

The TAFTA Sewing Angels, with the help of the Rotary E-Club of SA One, are looking forward to continuing this worthwhile association with CHOC AL. We'll be connecting with you once again in the new year.

Yours in Service Above Self, Susie
(Susanne van der Merwe)



PDG Elizabeth Cytra
President ICFR 2022-2025

RI President Gordon R. McNally 2023-2024 calls for Rotary to create hope in the world.

I believe that young individuals' energy, creativity, and resilience can shape a brighter tomorrow.

One such individual is Isabella David, a remarkable young woman from Durban, South Africa. I first became acquainted with Isabella when she was introduced to me at my Rotary E Club meeting as a friend of Rotary. Isabella is completing her degree in International Business this year and plans to become a full member of a Rotary club.

She is currently volunteering with the club's project director in the local Durban community, teaching school children how to play chess. Isabella tells me she became enthralled and engrossed in chess after watching Shatranj Ke Khilari (The Chess Players), a 1977 Indian movie.

She has competed internationally against other players in online friendly matches and her high school chess club.

Isabella was allowed to become a chess coach and mentor to students at M Padavatan Primary School in Chatsworth, KwaZulu-Natal, South Africa.

She has also coached students playing at the George Ramalu Memorial Trust Friendship Games in 2022. Isabella became the lead advisor in curating each team from the Chatsworth Durban area. She hosted all activities leading up to the tournament, where her team placed 2nd and was awarded silver medals for their performance.

She tells me that this experience was most rewarding in teaching her how vital it is to be a leader and role model to the next generation. Helping coach and motivate young individuals, fuelling a passion for this captivating and compelling game.



FOOD FOR THOUGHT

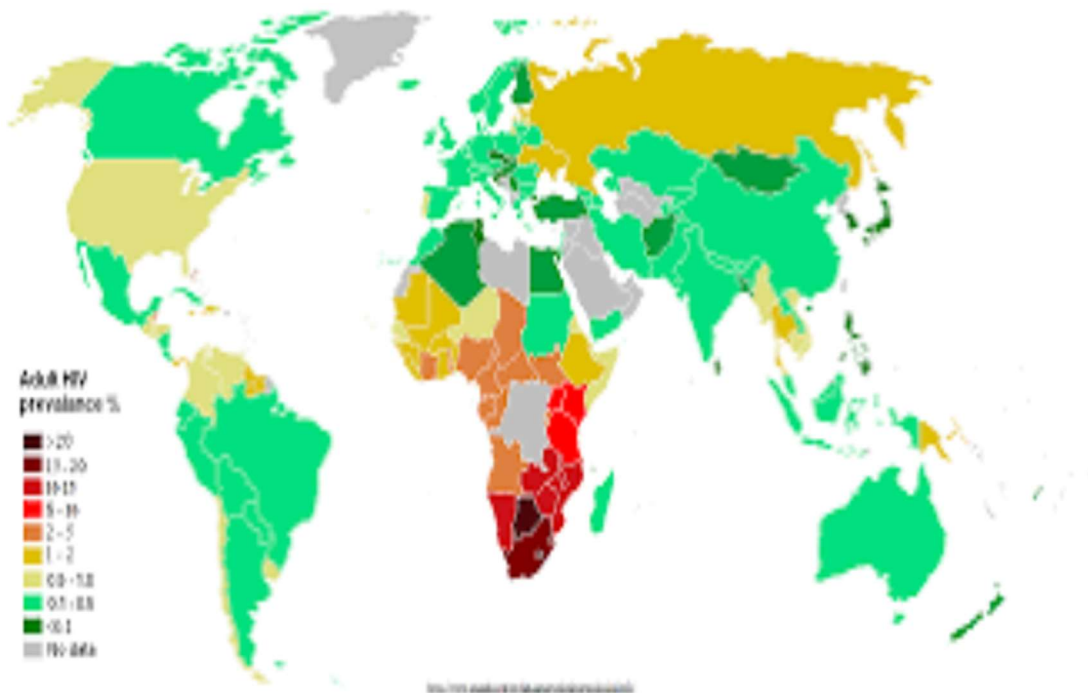
Countries with the highest prevalence of HIV in 2000 and 2022

Published by

[JohnElfin,](#)

Aug 22,
2023

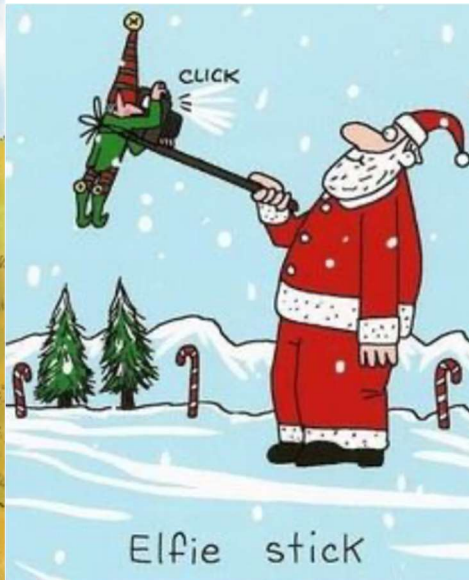
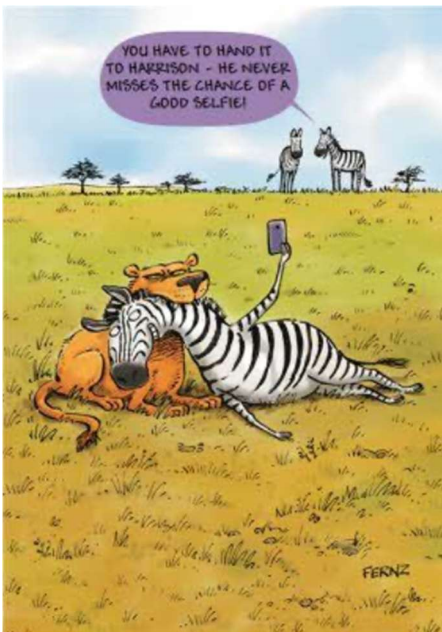
Among all countries worldwide those in sub-Saharan Africa have the highest rates of HIV. The countries with the highest rates of HIV include Eswatini, Lesotho, and South Africa. In 2022, Eswatini had the highest prevalence of HIV with a rate of almost 26 percent.^{22 Aug 2023}



[say goodbye to hiv in 60 days - How to get negative in 60 days](#)

the remedy quickly relieves clinical symptoms and allows patients to become HIV-negative. This remedy is the best natural solution in the world if you want to be negative.

SOME FUNNIES



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RIDDLES

Q: Martha and George died, there was glass and water all around but no blood. How do they die?

A: They were fish

Q: How many seconds are there in one year?

A: 12.

2nd Jan, 2nd Feb., 2nd March and so on...

Q: Ten copycats were sitting in a car, one came out. How many are left?

A: None (As they were copycats, they copied each other)

Q: What is the smallest sentence with all letters in the English alphabet?

A: The quick brown fox jumps over the lazy dog

Q: A plane crashed between the border of Canada and America. Where do you bury the survivors?

A: They are survivors. You don't bury them

Q: What kind of music do rabbits listen too?

A: Hip hop

Q: What do you call a bear with no teeth?

A: Gummy bear

Q: What cleans but never ever gets dirty?

A: Bar of soap

Q: I am always in front of you but you can never see me. What am I?

A: Future

For all expats:-

Girl from Gubulawayo

Lapa side where the elephant grass reaches your waist And a child and her dog can get completely lost

Did I spend my childhood days,

And when I was knee high to a grasshopper Did I lala

on the back of my African mother, And us picininis

played the days away

Watching the shongololos laying on our bellies and caught flying ants after the rains And barefooted we left our foot prints in the dust

In the place where we were born

And in the gumadoolos we ate marulas and wild oranges And

chewed sugar cane and thought it was lekker, Chameleons crawled along our arms,

And dad hung the biltong up and we couldn't wait till it was dry enough to puza And we copied the languages we heard

Khuluma!

And Hey Wena you knew you were in for it when Mama said la gu tshaya And someone shouted gijima!!

But it was too late

You pushed your luck too far!

And the clip around your head that followed Eish!!

That was a hard klup!

Aina man

But us abantwanas learned respect for our elders from an early age! Buya lapa, hlalapanzi,

But we were wrapped in love

And everyone knew their place

And just because we were the littlest ones

Didn't mean we were the least important We were everyone's treasures Sanibonani nkhosikazi!

And you loved it when you were called a princess Even
though you had mud on your legs
And your dress was torn And full
of blackjacks
And you had run away before they had a chance to brush your hair,
But you ate your doorstep peanut butter sandwiches and sweet tea with condensed milk And
sadza and nyama for lunch
And heard people shouting greetings across the bush path, And your
parents said you were growing up wild
And you didn't know any different
Because said you wanted to Hlala guhle when they hamba to town Hey
wena ulamanga!
Yebo!
Ngiyabonga we are thankful We will
kholisa here
Lapa side Ikhaya.
Cyndi Bar

