



www.rotaryclubsouthafrica.org

President Arlene's Letter



**PEACEBUILDING AND
CONFLICT PREVENTION**

FEBRUARY

Peacebuilding and Conflict Prevention Month

"Dear Fellow Rotarians and Rotaractors, as we embark on another year of service and growth, it is crucial that we reflect on our collective commitment to peace and conflict prevention. In these times, our role as Rotarians is more significant than ever. Our global vision has always centred around peace and it is imperative that we continue to work towards building peaceful communities and fostering collaboration in the face of conflict."
(Rotary International)

Dear Friends,

How do we attain peace in this crazy world of ours?

Well, we can start by being at peace with ourselves (no easy task at times), with our family, in our classrooms, our place of work and our social engagements. We as Rotarians are committed to helping others that are not so fortunate. We try to alleviate hunger, provide water, educate, and empower.

Some of us go into the most difficult of situations to work with those in dire need, but most of us are the foot soldiers not the leaders. However, we can see the fruits of our labours and

we can also see, that belonging to this wonderful global organisation, we are able to change our world for the best.

Please have a look at the following links for some further insight:

<https://www.rotary.org/en/rotary-responds-ukraine-crisis>

<https://www.rotary-ribi.org/districts/page.php?PgID=957676&DistrictNo=1010>

Thank you all so much for your continued support and active participation in our club and its aims.

We all try our best.

Yours in Rotary,

Arlene Arnold

Club President 2024-2025
Rotary E-Club of South Africa One
District 9370

M: +44 74 1044 7979

E: davearlene39@gmail.com www.rotaryeclubsa.org

PEACE (<https://www.wikipedia.org>)

Peace is a state of harmony in the absence of hostility and violence. In a societal sense, peace is commonly used to mean a lack of conflict (such as war)



And for those Rotarians that didn't know this.....

2026/27 Rotary Peace Fellowship

The Rotary Peace Fellowship develops leaders dedicated to preventing and resolving conflicts across the globe. Each year, Rotary selects up to 130 peace and development leaders to receive fully funded academic fellowships at one of its peace centres. These centres offer tailored curricula, including a master's degree programme and a professional development certificate programme, aimed at equipping fellows with the skills needed to foster peace in their communities and beyond.

[The application process for the 2026-27 Rotary Peace Fellowship opens in February 2025.](#)

Prospective candidates are encouraged to prepare their applications and submit them to their respective Rotary districts by 31 May 2025.

To learn more about the Rotary Peace Fellowship or to apply, visit www.rotary.org/en/our-programs/peace-fellowships.

Before we share some more Peacebuilder info, let's take a moment to celebrate a truly auspicious occasion.....drumroll please...

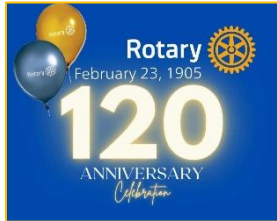


On Sunday 23rd February, Rotary celebrated its 120th year of doing good in the world. Have a look at the text that Pres Arlene shared with us all.

Today, we mark a remarkable milestone in the history of our beloved organization. For 120 years, Rotary has been a beacon of hope, service, and fellowship, transforming lives and communities worldwide.

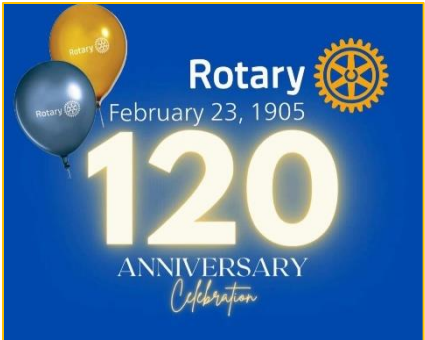


We honor the vision of Paul Harris, our founder, and the countless Rotarians who have dedicated themselves to the ideal of 'Service Above Self.' Your selflessness, compassion, and perseverance have made a profound



impact, inspiring generations to come. As we celebrate this milestone, let's reaffirm our commitment to:

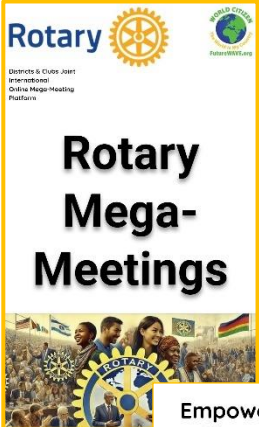
- Serving to change lives
- Inspiring others



- Making a difference
- Looking at the bright side of everything
- Be as enthusiastic about the success of others as we are about our own

To all Rotarians and friends, thank you for your tireless efforts. Your passion and dedication are the heart of Rotary.

Happy 120th Anniversary, Rotary International



Empowering Positive Change Through Collaboration

Our mission is to bring together Rotary leaders, members, partners and peace builders from around the globe to foster collaboration, share ideas and drive positive change in communities worldwide.



Rotary International recently launched its Mega-Meetings platform.

Pre-COVID19, who ever thought that one could have over 500 people attending an online meeting?



Dear Rotary Leader and Peace Builder,

We were thrilled to have 512 people from 84* countries attend our Mega-Meeting co-hosted with Arthur Kanegis and Melanie Bennett of FutureWAVE, who host The People-Powered Planet Podcast. Arthur welcomed Rotary International President Stephanie Urchick and the Peacebuilders at the Carter School who are educating future generations in the Conflict Resolution and Peacebuilding tools that Jimmy Carter championed.

Watch the Replay at Mega-Meeting.com



The meeting opened with Jimmy Carter's extraordinary farewell address in which he says "Now, I want to step aside as the leader of One Nation and speak to you as a fellow Citizen of the World."



That is the key to building peace and a sustainable future for humanity. We can only gain the Superpower to fix our troubled world if we rise above our identity as a citizen of only one nation – and recognize that we are all citizens of one beautiful blue marble Earth!

In appreciation of all the wonderful Peacebuilders from around the world, we're giving you:

1. [The replay above](#) – to share with friends, Rotary Clubs and organizations.
2. The special Rotary page to watch FREE Arthur and Melanie's [full Movie about World Citizen #1 Garry Davis "The World is My Country"](#)
3. Two Free months of The People-Powered Planet Podcast. You'll get an invitation to our April Mega-Meeting/Podcast with the Carter school as well as more great speakers, club socials, movies and action meetings. [Try it out](#) knowing you unsubscribe at any time!
4. Always free - an opportunity to join the Rotary Mega-Meeting WhatsApp Group to connect and interact with Rotarians and other Peacebuilders from around the world. WOW - the first group filled up! So we just made a NEW group: <https://chat.whatsapp.com/H8rnQ8626blEPguNjTgfv>

Things are really moving fast! So we hope to see you soon!

In peace,
Ozuem Esiri. AmbP
Founder Rotary Mega-Meeting Platform
Mega-Meeting.com

I had a problem with my computer yesterday, so I called Eric, the 11 year old kid next door. Eric clicked a couple of buttons and solved the problem. As he was walking away, I called after him, "So, what was wrong?" He replied, "It was an ID ten T error." I didn't want to appear stupid, but nonetheless asked, "An, ID ten T error? What's that?" Eric grinned... "Haven't you ever heard of an ID ten T error before?" "No," I replied. "Write it down," he said, "and I think you'll figure it out." So I wrote down: "ID10T" And I used to like Eric, the little bastard.

And since we're on the subject of technology & online communication ...



Quiz Question

What percentage of office visits in the US involve medication therapy?

Psst!!! See the answer hidden in the newsletter further on...





And now for some project news.....

Firstly, a kind letter of thanks to the E-Club from DG Raj for our support towards the District Disaster Fund.

The funds collected from the Clubs in our District were well used to provide repairs to homes destroyed or damaged in last years tornado on the Dolphin Coast.

However, a meeting held late last year amongst all the Presidents of all the Clubs in the District, resulted in a proposal to maintain a District Disaster Fund so that our District is able to react quickly to other disasters that may befall the peoples of our communities.

The last letter we received from our DG mentioned that District was aiming for a R100,000.- "slush-fund" to be sitting in the Disaster Fund for immediate access to help those in need.



Dear President Arlene Arnold and Members Rotary E Club SA

I express my heartfelt thanks and gratitude for your club's generous support of the District Disaster Fund. Your commitment to making a difference during these challenging times is deeply appreciated.

It is because of the collective understanding, kindness, and generosity of clubs like yours that we are able to provide much-needed relief to communities in crisis. Your donation plays a significant role in our ongoing efforts to support those affected by disasters and to offer hope and assistance in their time of need.


I understand that times have been difficult, and your decision to contribute to this cause is a testament to your club's unwavering commitment to service above self. It is through such acts of compassion and solidarity that we continue to strengthen the fabric of Rotary and our ability to serve our communities.


Once again, thank you for your club's support, understanding, and invaluable donation. Together, we are making a meaningful impact and bringing hope to those who need it most. Please extend our deepest appreciation to your club members for their collective efforts.

Warm regards,

Rotary Club of Chatsworth High Noon
Mobile: +27 83 262 6262
Ramchunder27@gmail.com

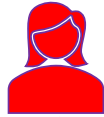
DISTRICT GOVERNOR D9370 – 2024-25
SOUTH AFRICA / LESOTHO
Raj Ramchunder





SARS Tax No. 592126213
NPO No. 081-301
PBO No. 930008703

Project Dignity....



Good morning, Team

Today we have a lovely deposit in our bank account and I am clueless where it comes from!!! An angel perhaps????

Good morning all, Brigitte it's from Liverpool South Rotary Club for Project Dignity. Good old Liverpool, my home town See you all later.

So generous of them, fabulous! Thank you.

Fond Regards

Brigitte

The Exchange Eye 2025
January (News letter 68)
President Michele : 7

A glance back to December

Club President 2024—2025 Michele Siggel—King with President Elect Wally Vick.

THE STUFFING STACKER
NORAH at Central Station

Guidance from Harry for the New Year,

A week of icy lock down January 2025.
Luckily I started with a full fridge and a full freezer. Living on a hill can mean that I can not get the car out of the garage and onto the main road so salt and grit were ready. The heating is never switched off during the winter so no problem there but I doubled the duvet (too much information??)
The bird feeders were kept full and the bird bath was de iced daily—a delight to watch the birds and I now know the difference between a dunnock and a sparrow.

Our fellow Rotarians and friends of Liverpool South send us their newsletter each and every month. It's wonderful to receive news from all the way up there in the UK. We are truly grateful for their never-ending support of Project Dignity



Charity funds disbursement for 2024 / 2025

On Thursday January 30 2025 the club met to discuss the charity distribution of our funds. Unfortunately it seems harder than ever to raise monies but there was still £2,500 to give.

After much discussion it was decided to donate to the following good causes:

Locally - KIND, Walton Community Shop and Hub, Paper cup and Garston Animal Rescue.

Nationally - Breast Cancer and Internationally - Project Dignity and Rotary Foundation.

This year the split is 75% going to local charities, 5% Nationally and 20% to International projects.

In addition a donation has been given to Ronald McDonald House - all four Liverpool Rotary Clubs have together given £1000. Also £465 has been raised for End Polio Now through an afternoon tea party.

There are still fund raising activities planned in this Rotary Year.

Paddington Bear, plus his marmalade sandwich, is visiting Liverpool. Have you seen him yet



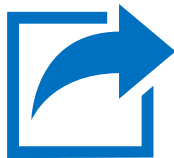
Answer: D. Researchers estimate that 72% of office visits in the US involved medication or drug therapy.¹ Treat beyond the symptoms using personalized dietary and lifestyle recommendations for each patient.

WHAT?

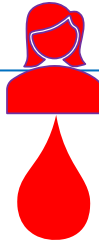
References:

1. National Center for Health Statistics. Table 20. Initial

Date: Tue, 11 Feb
2025, 10:01
Subject: Re: Project
Dignity
To: Brian Cockrell
<briancockrell157@gmail.com>



I and the club
think this is one
of the most
worthwhile
projects and love
hearing about it's
successes.
Regards
Brian



Dear Brian,
Thank you so much.
I certainly will send
a Thank you letter.
This money goes to
help so many.
Take care
Arlene

"Where could I position myself to
become the most dangerous obstacle
in the house.."



**A Duck, a Skunk and a
Deer went out to dinner
at a restaurant one night.
When it came time to pay,
the Skunk didn't have a
scent, and the Deer didn't
have a buck...
So they put the meal on
the Duck's bill.**

 Fb/Gamma's Old and Crabby

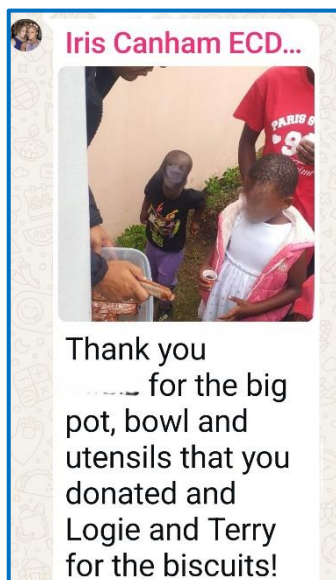


Feeding the hungry kids in Amandawe, south of Amanzimtoti.....

The Dillon Trust (Casa Dillon Education) with the support of the E-Club and other friends managed to feed 65 children on a wet and rainy day this month. Read the good news here....

Yesterday we launched the Kids Life Coaching Programme in Amandawe. Pouring rain but 65 eager children came to be part of this monthly gathering. Susie's pot made serving a dream, pity it's not shown in the pics because we were dishing from there into

bowls. Each child took home extra food for their families. It was like the feeding of the 5000, the food wasn't running out! This programme is a story then practical application. For the next 2 months we are



There was a little boy came for a third helping so I asked is he not full because it's his third time and he said, I was very hungry mam, I last ate at school.. That meant at the school nutrition programme at 10 am on Friday and this was 13:45 Saturday..



Environment and being good stewards so these children were learning to grow seeds.





Good Morning everyone
Iris, you can make things happen despite the weather etc. Stay blessed My Friend.
Happy Sunday.

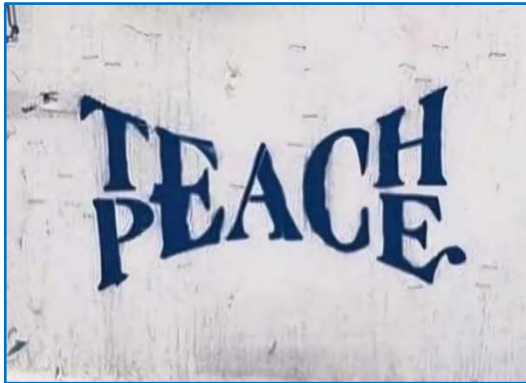
Iris Canham EC...
Thank you so much E Club. This team makes all this work possible. Some of these children live in under such heartbreaking circumstances.



Thank you for making this possible.. The breyani was also through someone Vanessa connected me with last year 🙏
14:32



Edulit programme for the littlest ones, run inland of Umkomaas....



Rotarian Vanessa Rana is going great guns with her StudyBuddy edulit project at Macebo Primary School in a the rural area inland of Umkomaas.

Although we have had to blur the faces to comply with the POPI Act and to protect these children, the joy and fun of learning was clear to see on their little faces.



Iris Canham EC...

Vanessa Rana E...

Today @ Macebo Primary School.

Wow! This looks incredible. Well done Vanessa

😊🥰 Your fortitude amazes me.

18:49



Vanessa Rana E...

It is a lovely feeling seeing smiles on the faces of children and teachers in the learning and teaching process. Thank Iris.

18:56



Logie Naidoo R...

Thank you Vanessa for taking on this project and driving it to this stage. All your efforts will be valued by the children.

Take care 🙌🙏

19:29

And now for some District news....

POETS 2025 is
being held as
follows

DURBAN - Rosehill
Primary School
225 Buttery road,
Durban North
8
March 2025



Presidential
Message **2025 /**
2026 10:04

Available at
POETS 10:04

**District 9370 DisCon will be held from 1st to 3rd May 2025 in Durban.....
read on for more info....**



Dear Fellow Rotarians,

I am excited to invite you to our District Conference, an incredible opportunity to connect, learn, and grow together as we continue our important work in service to our communities and the world.

This conference is designed to be a celebration of the Rotary spirit, where we will come together to hear from inspiring speakers, learn about the latest initiatives from Rotary International, and reflect on the successes and challenges we face as a district. It's an event that allows us to reconnect with fellow Rotarians, share our experiences, and renew our commitment to leadership and service.

Throughout the conference, you will have the opportunity to:

Be inspired by a visit from a President's Representative who will provide updates on the global impact of Rotary and motivate us to keep striving toward our goals.

Learn about our district's achievements and challenges, and how we can all contribute to creating an even stronger, more effective community of service.

Engage in important discussions during the official business meeting, where we will vote on key district matters that will shape the future of our district and Rotary's impact.

Hear from dynamic speakers on topics that matter most to our members, both locally and internationally.

Network and reconnect with fellow Rotarians, exchanging ideas, experiences, and inspiration for continuing our work as community leaders and advocates for positive change.

I encourage you to take advantage of this opportunity to deepen your connection with Rotary, gain new insights, and share your passion for service with others. Your presence will help ensure the success of this event and strengthen the bonds that unite us as Rotarians.

I look forward to seeing you at this essential gathering and working together to make an even greater impact in our communities and district.

DISTRICT GOVERNOR D9370 - 2024-25
SOUTH AFRICA / LESOTHO
Rig Ramchunder

Rotary Club of Chatsworth High Noon
Mobile: +27 83 262 6262
Ramchunder27@gmail.com



SARS Tax No. 992126213
NPO No. 081 301
PBO No. 930008703



Rotary District 9370



DISTRICT CONFERENCE | 1-3 MAY 2025 | DURBAN KWAZULU NATAL

Newsletter 2

16 February 2025

Dear Friends

REGISTRATION IS OPEN...we have updated our website

We are very encouraged with the flow of registrations and continue to be optimistic that we will have a great turnout in Durban during 1st to 3rd May 2025.

Just click on www.rotaryhighnoon.co.za and you will be directed to our registration website. This website includes a tentative programme and plans for the weekend.

Here are some important planning notes for your attendance:

Thursday 1 st May	17h00	Sun Coast Casino Complex	Barnyard fellowship & dinner
Friday 2 nd May	08h30	Elangeni Hotel	Conference
	19h00	Elangeni Hotel	Fellowship dinner
Saturday 3 rd May	08h30	Elangeni Hotel	Conference
	19h00	Elangeni Hotel	Governor's banquet

(a) Registration

- EACH delegate would need to register, i.e. spouses/partners require separate registrations.
- An email confirming your registration together with your registration number will be sent to you automatically.
- All delegates who register and pay in full on or before 15 March 2025 will get 2 free entries into the raffle.

(b) **Accommodation** is available at various hotels and B+B establishments together with some home hosting by local members. We have received favourable rates from the conference venue (Elangeni Hotel) which rates are

- | | |
|---|------------------|
| i. Single occupancy incl. daily breakfast | R 1845.00 |
| ii. Double occupancy incl. daily breakfast | R 1965.00 |

We have found that online booking via trivago, hotel.com or bookings.com are available at cheaper rates. I encourage you to check for online bookings which provides more competitive pricing and options.

Other hotel options include: (All rates double occupancy incl. breakfast)

- | | | |
|-------------------|----------|------------------------|
| • Blue Waters | R2300.00 | 1km - Walking distance |
| • Royal Hotel | R2100.00 | 3kms from venue |
| • Riverside Hotel | R1400.00 | 6kms from venue |

(c) Raffle

The committee has launched a raffle to raise funds to support the hosting of the conference and to support the Rotary Foundation. The cost of a raffle ticket is R25.00 and the selling Club will have 40% of its revenue achieved, donated the Rotary Foundation's annual fund. In this way, the district will receive half of the donated funds back after 3 years. The prizes are as follows:

- | | |
|-----------------------|--|
| 1 st prize | Return air-tickets to Dubai for 2 persons (from any SA airport) on Emirates Airlines or a travel voucher of R25 000 on Emirates. |
| 2 nd prize | 7-night stay for 6 persons in a timeshare unit at the Peninsula All-Suite Hotel in Sea Point, Cape Town. Valued at R15 000 |
| 3 rd prize | Return air-tickets to Cape Town for 2 persons (from any SA airport) or a travel voucher of R10 000. |

We will also have 3 other consolation prizes to be won. We look forward to members supporting us in the fundraiser.

(d) Excursions

We are planning a 2.5-hour excursion for our visiting Rotarians on Saturday afternoon from 14h30 to 17h00. The bus will leave and return from the conference venue. The excursion (weather permitting) is aboard an open (topless) bus known as the Ricksha Bus. It is a tour of Durban, visiting the main attractions. More details will follow. Kindly indicate in the **MESSAGE section of the registration form** your interest in this tour.

(e) Speakers

We have secured some high profile and exciting speakers covering several of our focus areas including, Peace & Conflict Resolution, Maternal & Child Health, DEI and a great motivational speaker on business growth.

Other topics that are being considered are "How will AI affect our future world"? and "After AI...what next?"

We'll be there and the team and I look forward to welcoming you to magical Durban.... Join us and come.... **Feel the Magic.**

Natty Moodley

Natty Moodley
Discon Chair



Our returned LT Rotary YEx student, Josh, has really done his bit since he returned from Italy in January.



Firstly, he attended the District Youth Feedback Session at the Mangrove swamps in Durban and met some of the returned Short Term students – all girls 😊.

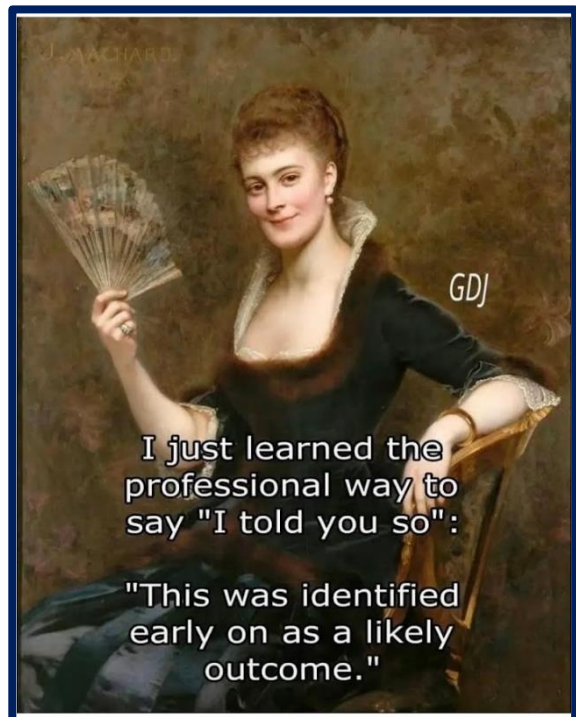
Secondly, he did a very serious presentation for our Club and friends at our 25th Feb online meeting.

His topic was: *“Managing My Personal Finances while Abroad for 1 Year –*

A Perspective from a LT Rotary YE Student to Italy”.

Agreeably a very difficult topic for a teenager to present on....but Josh did a very good job of it.

The E-Club is truly proud of how Josh has grown in confidence, as it was clear to see when he stood up in front of everyone & also when he presented to us online. This in itself, is evidence that his world experience on a Rotary LT YEx has done him the “world” of good.



And.....Enrico had a wonderful time with the other short and long term YEx students on the D9400 Kruger Park Tour.

Thank you to our dear friend Monique Labat for calling Ed. from Stellenbosch and mentioning this tour as a possibility for Enrico.



Further news on the YEx front, is that Enrico had the opportunity to attend the Westville Boys Matric Dance on the 22nd February.





Adventure Awaits



To our esteemed Youth Chaperone, Zander, and Exchange Students, safe travels as you embark on this incredible adventure! May you marvel at the breathtaking wonders of South Africa's diverse landscapes and scenic beauty. Thanks to everyone who contributed to making this dream a reality.

UG George Sennsha



16 February 2025

Dear Children Advocate Zander,

I am writing to express my heartfelt gratitude and appreciation to you on behalf of our District Sub-Committee for Girls Empowerment Twinning "My Body is My Body" Autonomy.

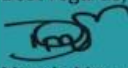
Your dedication and commitment to ensuring a successful excursion with our esteemed Exchange Students from around the world were truly commendable. As a Children's Advocate, you upheld our values by diligently observing child protection rules and safeguarding our young guests.

Your ability to connect with the students on their level, even taking on the role of "baby sitter" for the week, was impressive. You represented us exceptionally well, and we are proud of you. Please share pictures and videos with us.

Thank you also to the Youth Exchange Committee for entrusting you with this significant responsibility.

As the District Chair for Youth, I would be delighted to join the youth chat to learn more about Youth Exchange.

Best regards,



Maggie Moruntshi
District Chair, Girls Empowerment
Ambassador "My Body is My Body"



Chris....I think you will find this very funny

><

But it's not a parrot unfortunately.

>< ><

News from other Clubs.....



For those of our members that live in and around the Durban area, we have a LOT of advance warning for this fundraiser by the RC of Chatsworth.

Rotary Club of Chatsworth

DINNER & BINGO NIGHT

Date: 18h00, Friday, April 4th, 2025
 Venue: Arena Park Regional Hall
 Cost: R180 per person

Includes buffet dinner and dessert
 (Bring your snacks and drinks)

For bookings contact:
 Sathie at 084 500 4995 or Bala at 082 378 1165

All Proceeds To Chatsworth Hospice

So let's try and attend....and all pretend we're old fogies !!!

They like Bingo, don't they??



But on a more serious note.....you are cordially invited to attend....

THE MACE OF ROTARY

Members of the Rotary Club of Port Alfred warmly invite you to their

Charter Dinner

on the 40th anniversary of the granting of their Charter on 22 March 1985

Royal Port Alfred Golf Club
 Saturday 22 March 2025
 6 for 6.30 p.m.
 Tickets R300 p.p.* : Cash Bar

RSVP : Petro Horner 0829402573
 Please indicate any dietary requirements when replying
 *Bank: FNB, Rotary Club of Port Alfred No.53403580715 Ref: surname



drkarafitzgerald

You shed an entire skeleton every decade – Your bones are constantly regenerating, meaning by the time you're 30, you've already had **three** completely different skeletons.

[PMID: 28255336]

@dkarafitzgerald



Possibility of an online auction to raise much-needed project funds.

PP Jean Singh has kindly offered to donate one of her beautiful creations towards an online auction that the E-Club is thinking of holding this year.

Donor-fatigue is a very real problem for all non-profits across the globe. There is economic uncertainty everywhere. No one can escape this reality when we have racial, religious and political turmoil driving this.

And the strange thing is, people who donate seem to want to receive something – physical - in return, and are no longer willing to give for the sake of giving.



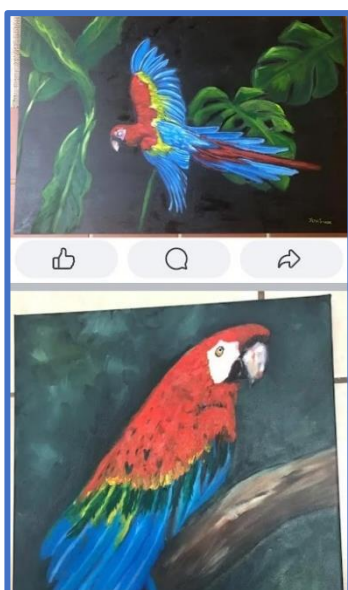
Rotary can only attempt to continue to encourage supporters and donors to donate to our causes, as when one helps a community, one just makes another person's life that much more tolerable, joyful.....better.

Below are some of Jeans amazing artworks, but **Ed. will confirm whether any of these are still available or whether they have been sold.**

Please **send Ed. a personal email** to let me know whether you think that an online auction – if not Jeans artworks (if they are all sold), but perhaps some other art – would be a good idea for fundraising for our Club.

If you don't think it is, then please let me know what other workable ideas you may have.

****By workable – I mean that it should be small enough, light enough or easy enough to send overseas by courier via the most cost-effective route should the winner NOT live in SA.****



Thank you for your generosity PP Jean.





We are still in the process of arranging a list of interesting and exciting speakers for our meetings.

As soon as we have finalised this list, we will publish it both via Drumbeat and email to all our members and Friends of Rotary.

And last but not least.....



Club members BIRTHDAYS COMING UP IN March 2025



A very happy birthday to our 2 esteemed Rotarians.....

Pat	Draper	17 th March 1937
Tony	Holness	29 th March 1944

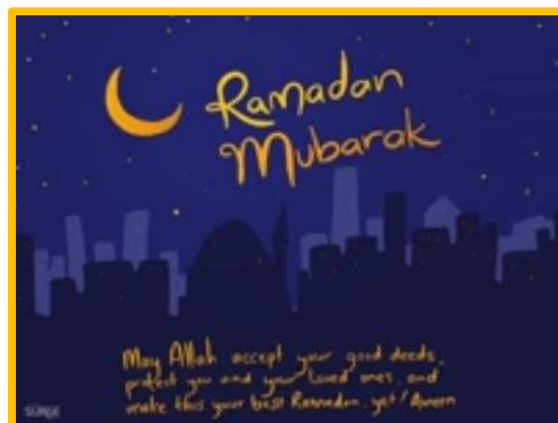
The entire E-Club and every single person you have ever assisted over your combined many years of Rotary service, wishes you both a fabulous and very special day.



And dearest Chris (24th Feb) and Kim (26th Feb), please forgive us for your belated birthday wishes.



And for those members, family and friends that are of the muslim faith...
"May this Eid bring happiness, prosperity, and peace to your heart and home"



Let's close this one with a few more laughs



A man walks into a bar and its empty—just him and the bar tender. He sits down and orders a drink.

He hears "I like your tie," looks round but doesn't see anybody.

"That colour looks good on you."

So he says to the bartender, "Excuse me, but did you speak to me?"

The bar tender says "No, I'm sorry about that, It's the peanuts. They're complimentary."

(Compliments from the RC of Liverpool South 😊 😊)



And now finally Ed. says.....

