



[www.rotaryclubsouthafrica.org](http://www.rotaryclubsouthafrica.org)

## President Arlene's Letter



## Maternal and Child Health Month

Dear Friends,

This month's theme as you are no doubt aware, revolves around maternal and child health which is so important for society as a whole. I was taught by my grandfather: -

*'Teach the mother and you educate the child'*

Our members are involved in many ways to help our people fulfil their true potential, not only in food and water projects but in education, health and community spirit.

I continue to be amazed at the sheer hard work of our members whether through educational programmes - going so far as to ensure there is a classroom and kitchen fit for use - food distribution, helping in the supply of water (through innumerable ways). They provide the means, including materials and tuition for Mothers, Gogos and others, to create a revenue stream.

They are also aware of the danger many of our people of both sexes and all ages face on a daily level and try to come to their aid by providing the knowledge and means to enable them to seek help.

All of this of course requires resources. Not daunted, they use their skills, knowledge of possible revenue streams and are not afraid to ask for donations of either material or cash.

In the following pages you will be able to see just a small part of the work they do; we are a team and able to progress because we are part of an incredible organisation called Rotary. Thank you to all involved.



*A mother gives her children  
Stepping stones to the stars.  
Her love is unconditional;  
Her heart has no bars.  
A mother teaches her children  
To be confident and bold.  
Her special love for her children,  
More valuable than silver or gold.*

Kathryn Ann March 24, 2015.

Yours in Rotary,

*Arlene Arnold*

Club President 2023-2024  
Rotary E-Club of South Africa One  
District 9370

M: +44 74 1044 7979

E: [davearlene39@gmail.com](mailto:davearlene39@gmail.com) [www.rotaryeclubsa.org](http://www.rotaryeclubsa.org)



On the 13<sup>th</sup> July 2024 we received the sad news from Hilary Augustus of the passing of our dear PDG Wally Jacobs.

The entire District sends sincere condolences to his wife Arlene and all the family & friends. May God be with you and comfort you all at this difficult time.



## Stephanie Urchick celebrates the magic of Rotary

In July of each year, we as Rotarians celebrate the incoming Rotary Year with a new and fresh theme.

Our new RI President, Stephanie Urchick, has chosen The Magic of Rotary as the Theme for the 2024-2025 year, saying that:

*“The Magic of Rotary can have its greatest impact when Rotary members and community leaders come together to solve problems and transform lives.*

*That magic starts with you and now is the time to put it into action.*



President Urchicks Action Plan is simple to follow:

- Make Rotary simply irresistible
  - Find strength in diversity
    - Join the effort to end Polio now
    - Build peace across the

*You have the power to bring about positive change, both in your Club and in your community.*

*When we move into the future united in a common purpose, there's no limit to what we can achieve."*

*"The Action Plan challenges us to find ways to increase the impact of Rotary service, expand our reach by bringing more people together to share our vision, adapt to a rapidly changing world, and enhance the experience that you and your fellow club members have in tangible, meaningful ways."*



**Ed's note:** Please accept apologies for the delay in sending out this month's newsletter?

Ed's organisational and multi-tasking skills have been seriously tested this past month, hence the delay ;-D :-D



Our Projects Director, Logie, shared this lovely message of kindness to all.

*Thank you!*

In honour of one of Earth's greatest humanitarians, Nelson Mandela, all South Africans celebrate his birthday in July by "doing good".

As Rotarians, “will it build goodwill and better friendships”, is one of the aspects of the 4 Way Test that we aspire to achieve on a daily basis, not only in July of each year 😊. But it is fitting that the new Rotary Year and Mandela Day both fall in July, so that we can do what we do, but do it remembering a truly great man in the month of his birth.

### The following news highlights some of the extra-special Mandela Day projects that the Rotary E-Club of SA One D9370 undertook during this month – along with it’s friends and partners.

Thank you to all Club members that championed these phenomenal “changes for the good” and thank you to all those members and Friends of Rotary that helped to make them happen.

## Future Stars Pre-School – Malangeni, KZN

Our Rotary E-Club and Casa Dillon Education once again joined hands to show the children of our rural areas that “we believe in their future”, as Rotarian Iris Canham, so beautifully put it.



This is a little pre-school south of Durban, off the Sezela Road, that caters to 72 pre-schoolers.

The project goals of.....

- ✓ Creating a conducive learning space of the baby class (0-3years), and
- ✓ Improving the kitchen facilities serving all 72 children.....were achieved over a 2 day period of hard but rewarding work.

Have a look at the magical transformation that occurred.....

The BEFORE.....



THE PROJECT:  
FUTURE STARS  
E.C.D, MALANGENI

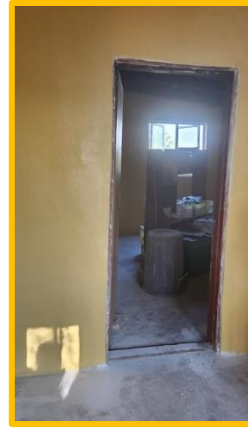
GOAL : PAINT AND EQUIP ONE CLASSROOM AND KITCHEN

THE BEFORE :

A photograph showing the entrance to the pre-school before the renovation. The walls are plain and the entrance is simple.



...The hard work effecting the changes...



And now....the AFTER.....



THE CHILDREN! OUR FUTURE STARS



# FUTURE STARS TEAM



These are the educators and the ECD assistants at this little school.

Joy all round 😊

# The Rotary Team



Go Team 💪 !!!


Thank you to Rotarians Logie, Iris, Tony and our selfless Friends of Rotary that make up the E-Team.....



THANK YOU TO ALL OUR FRIENDS, DONORS AND SPONSORS FOR MAKING THIS PROJECT A SUCCESS!

**Rotary**  
E-Club of South Africa One

**Mandela Day Tree Planting**  
healthy soil . healthy foods . healthy minds



80% of the world's population is deficient in nutrients like iron due to lack of nutrients in food and soil (Time, 2012).

Save Soil, an initiative of Conscious Planet, and Rotary E-Club of South Africa One will be planting 67 indigenous tree, fruit trees and shrubs at the Isipingo Hills Primary School on Mandela Day, 18 July 2024 in 67 minutes.

The objective of the initiative is to promote a consciousness of sustainability amongst learners, and an understanding of the connection between a healthy environment, nutritious food, and healthy minds.

"Giving children a healthy start in life, no matter where they are born or the circumstances of their birth, is the moral obligation of every one of us"  
Nelson Mandela

Sponsorships & assistance are welcome in the form of:

- Fruit trees
- Indigenous trees
- Indigenous shrubs
- Compost
- Preparation of planting site – 16 July

Donations  
Credit card – Click on the red "Donate Now" button on the Rotary website (<https://www.rotaryclubs.org/donatenow>)  
EFT payments:  
Standard Bank  
Account number: 043 671 756  
Branch: Durban North  
Branch Code: 0428 2600  
Reference: Isipingo Mandela Day

For further information or to volunteer, kindly contact  
Vanessa | 083 603 1834 or Suziea | 079 451 5501  
Drop off point: 10 Spathodia Drive, Isipingo Hills

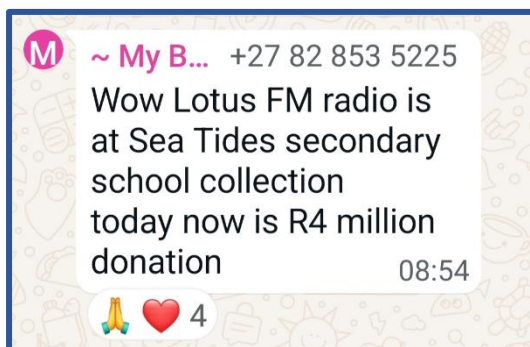
Another successful environmental initiative done and dusted – this time at Isipingo Hills Primary School - .....



The E-Club of SA One once again teamed up with SaveSoil, to carry out this worthwhile educational project. Rotarian Vanessa - along with Friends of Rotary, Dirk & Melvyn – rallied the children and staff at Isipingo Hills Primary School and in the end, 67 indigenous trees, fruit trees and shrubs were successfully planted. The day went off smoothly on a typical warm, blue-skied KZN winters day.



## And now for an update on what's being done in the area north of Durban that was "hit" by the tornado on the 3<sup>rd</sup> June this year.....



The very nature of social media is a fleeting glimpse at occurrences around the world. Shock, surprise, sadness, humour, political comment or awe.....that is it's intended purpose.....an instantaneous snapshot of life.

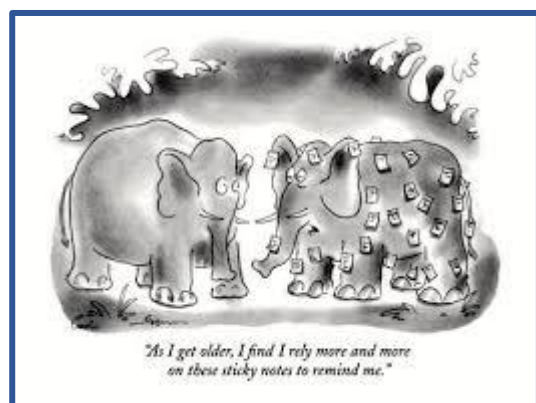
But by its very nature, world events that may have shattered ones belief in the good on Earth are very quickly replaced by some other shocking

(or inane) news.....with the result that one forgets just as quickly.

Rotarians are thankfully like elephants.....we have long memories.

Ed 👁 attributes a Rotarians long memory to the very ethics that Rotary International sets out for all Rotarians to embrace.

And so our District and our Club members have kept abreast of the situation on the tornado-front. Let's tell you all about it.....



The overall fundraising effort for the literal rebuilding of Seatides Combined School from the ground up, has gone so well.



As at the 16<sup>th</sup> July, one of our Club members (who has been keeping tabs for us), sent a very positive text on our Club WhatsApp group that the collection has hit R 4 x 10<sup>6</sup> now. This amount will include the donations made by the E-Club of SA One and individually by its members and their friends and families, as well as all the donations made through the schools other fundraising efforts.

Regarding our District assistance to those households that were most severely affected by this tornado, we are so happy to bring you all positive news on this front as well.

The following info was received from the TONGAAT DISASTER PROJECT LEAD - AG & RFE District Chair, Ash Maharaj - on the 15<sup>th</sup> July 2024:

“The team looking after the Tongaat Disaster project consist of myself as project director and ably assisted by Rotarians Anben (RC Phoenix), Premesh (RC Reservoir Hills), Bertie and Cohan (RC Umhlanga).

Our initial site visit was taken on Sunday 30 June 2024 (and) included members from various clubs including Vinesh from the RC of Polokawane and our DG Raj.”.

The initial site visit undertaken on the 30<sup>th</sup> June, accompanied by the Tongaat SAPS, involved meetings with community representatives *etc.* where an understanding of the most urgent needs for those in the community that were grievously affected, as well as the degree of assistance that had already been received up to that point, was established.

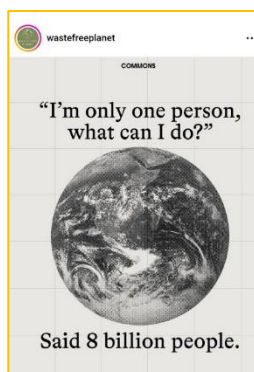
The District teams initial aim was to assist with weather-proofing the damaged homes *ie.* roofs, windows and external doors.

On the initial site visit, the team was advised that most of these services had already been secured by other compassionate donors.

At the second site visit on the 9<sup>th</sup> July, a number of recipients were identified. Their most urgent needs involved the installation of ceiling boards and other electrical and plumbing work. Work was expected to commence before the end of July and AG Ash has assured us that we will all receive updates as the work is done.

We will include any updates in the Drumbeat as we receive them from the District team.

All members of the E-Club of SA One express our sincere gratitude towards all involved in the Districts effort to improve the lives of those affected by the worlds increasing catastrophic climatic events. And thank you to all of our members, friends and families that contributed to this just cause.



Thank you!

**QUESTION:** Where does the majority of the worlds plastic waste come from?

Have a read here for the answer...





## Some other interesting Rotary news to share.....

### Rotary transforming lives, one bicycle at a time.

Our President Arlene is a wealth of information ;-). In fact, Ed thinks she does the most wide-spread reading of us all, because she shares so much of what she has learnt with all of us. This is just one magical Rotary story that we thought we'd share with everyone, as it is certainly one of hope and opening doors for the community to new-found opportunity to improve their lives.

Story by Danie van der Lith - Jul 12, 2024

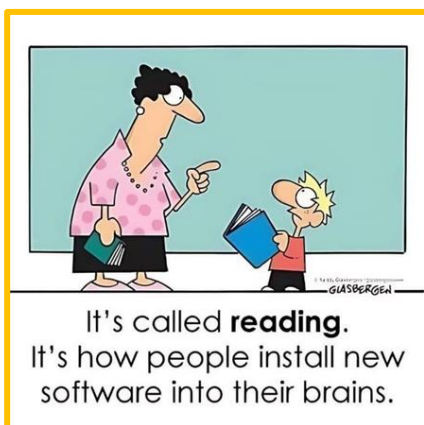
(Source accessed 16<sup>th</sup> July 2024: <https://www.dfa.co.za/news/rotary-transforming-lives-one-bicycle-at-a-time-90a129c2-a366-4891-a9a8-e19fe12f4018/>)

“THE MAGIC of Rotary is alive and well. In a heart-warming display of international co-operation, the Rotary Club of Carroll Creek in Frederick, Maryland, USA, and the Rotary Club of Empangeni in KwaZulu-Natal, South Africa, have joined forces to launch a transformative project aimed at improving lives across South Africa. A 12-metre container filled with 450 bicycles recently arrived in Galeshewe (Kimberly). Local Rotarians, in partnership with the Galeshewe Youth Network and Breakaway Cycles, plan to transform the container into a bicycle repair workshop and storage facility, dubbed the Community Bicycle Resource Centre.



This collaborative effort exemplifies Rotary’s commitment to transforming lives and creating lasting change, one bicycle at a time.”.

This is a heart-warming story that shows the beautiful collaboration that exists between Rotary clubs all over the world.....this collaboration being between a Rotary Club in Maryland, USA and two clubs in South Africa – the RC of Empangeni and the Rotary Satellite E-Club of Kimberley in the Karoo Region.



Pres Arlene Arnold RC S...

⇒ Forwarded

Morning all

Received from another group if the Club's in the area are interested - or can perhaps support.

\*Medical Notice

If anyone requires a wheelchair & can't afford to buy one, Please contact me.

WELLNESS AID, a non profit organisation are providing FREE medical equipment in Durban and surrounding areas.

They provide wheelchairs, hospital beds, oxygen units, walkers, bed pans etc.

Patients requiring home-care can also contact us for equipment.

Please note- The equipment is given on a loan basis FREE of CHARGE until the Patient recovers.

For enquiries please contact:



\*Yusuf Essa- 078 614 3468\*

\*Email -wehelp@wellnessaid.co.za\*

\*Email- Marcus .gov35@gmail.com\*



### Some follow-ups on previous projects.....



The National Parenting Programme Workshop for Caregivers – locally coordinated by our E-Club and Casa Dillon Education & implemented by ELET – was held last month from 18-21 June in a rural area south of Durban.

This inspiring 2-day training session aimed “to equip parents and caregivers with essential skills and knowledge

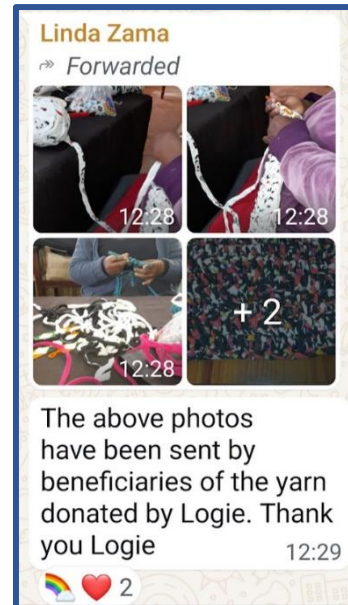
to foster the early literacy and overall development of young children” saw 78 participants successfully attending. Here are the proud recipients with their certificates of attendance.

To continue with the work done at Drift Umkomaas Primary School, Rotarians Iris and Projects Director Logie congratulated the winners of the art competition held for the grade 6's & 7's. The mural in the Peace Garden was painted with the creative masterpieces produced by these talented kids.





Through Projects Director Logie, Rotarian Linda Zama received a donation of t-shirt yarn from Dyefin as well as Afriweave kits from Friend of Rotary, Carrol Lazarus . The yarn has been put to good use by ladies in the community with which Linda works, producing beautifully colourful creations.




## SPEAKERS THIS MONTH.....

We had the pleasure of having two incredible speakers present to us this past month.

On the 16<sup>th</sup> of July, we were introduced to **Dr Samantha Govender**. Sam is a paediatrician based in the General Justice Gi Zenga Mpanza Regional Hospital in the iLembe Region in KwaZulu-Natal. She has a special interest in paediatric palliative care – care for all children with terminal/end-of-life conditions inclusive of TB, HIV, cancer. She took the time to tell us all about the organisation PatchSA.

**Hats on for Children's Palliative Care Day**

- Initiated by the International Children's Palliative Care Network (ICPCN) in 2014, the second Friday in October was chosen as a day for raising awareness of the work of children's hospices and children's palliative care (CPC) services worldwide. Hats On for Children's Palliative Care will be held this year on Friday 11 October 2024.
- Find out how we celebrate this day in South Africa [here](#)



Palliative Care for Children South Africa (PatchSA) as a non-profit public beneficiary, is “an inclusive network advocating for and offering referrals, information, resources, education and training in children's palliative care to ensure the best possible holistic and compassionate

care for children with life-threatening and life-limiting illnesses and support for their family members.”.

The Rotary E-Club makes a lot of effort for the KZN-regional CHOC (Childhood Cancer Foundation South Africa) division at Albert Luthuli Central Hospital, utilizing donations kindly made by our various donors – both Rotarians and friends of Rotary – and working with the TAFTA Sewing Angels, to make the little ones' lives a little brighter.

But this was the first time that we had been exposed to what PatchSA actually does.

In a nutshell, the difference between the two organisations is that CHOC works solely in the realm of childhood cancer, whereas PatchSA works with children with ALL life-threatening/-limiting diseases.

So just like CHOC has their FlipFlop Day in February each year, **Friday 11<sup>th</sup> October** every year is a special day for PatchSA, as this is their major fund-raising campaign – Hats On for Childrens Palliative Care (HatsOn4CPC).

How could one get involved to raise much-needed funds for these children? Have a look at the screenshots from Sam’s presentation below – or if you can’t wear a silly hat, then please consider encouraging friends and family to donate directly to PatchSA

- Get involved as an individual
  1. Wear a hat on Friday 13 October
  2. Take a photo of yourself in the hat and post it to social media. Tag @PatchPalliative and use the hashtag #HatsOn4CPC
  3. [Donate to PatchSA](#)
- Get involved as a school or business
  1. Wear a hat to school, or work on Friday 11 October for a small donation.
  2. Take a photo of everyone with a hat on and post to social media. Tag @PatchPalliative and use the hashtag #HatsOn4CPC
  3. Send the donations to PatchSA

Then on the 30<sup>th</sup> of July, Rotarian Ras introduced his friend Geraldine Engelman.

Geraldine is the CEO of the for coloured girls bursary foundation – an organization which aims to “provide a platform for girl children who are growing up in “coloured” communities with no or little access to resources, to ensure that they become independent, intellectual and strong women who will become role models and mentors of tomorrow.”.

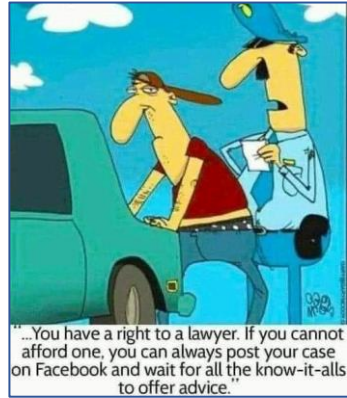


Geraldines presentation was short and sweet, an excellent to-the-point presentation that succinctly highlighted all the relevant information about the why’s and how’s of the foundation.

We encourage all our Drumbeat readers to go and find more information on their website - [www.forcolouredgirls bursary.org.za](http://www.forcolouredgirls bursary.org.za)



A huge vote of thanks to both Sam and Geradline for taking the time out of their precious evening to come and share with us. We are all much the wiser for this.



BIRTHDAYS COMING UP IN AUGUST 2024



Ed stands to be corrected, but we only appear to have a single birthday this month. A very special lady indeed 😊



Elizabeth	Cytra	23 August
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Our L/T Exchange student has arrived



Enrico arrived at King Shaka International Airport, Durban, on Saturday 27<sup>th</sup> July.

His Host-Mom, Jodie Fisher, and his younger-brother-to-be-for-one-year, Luke, were at the airport to welcome him. Mike Lindsay, our District Youth Chair, also kindly came to welcome Enrico to Durban.

Here are a couple of pics of our welcome party at the airport.....



It's been a busy first week for Enrico....but oh so exciting!....as firstly I took him shopping for his Westville Boys High School uniform on Monday (including going to the tailor to have his blazer badge sewn on and his school trousers altered)....



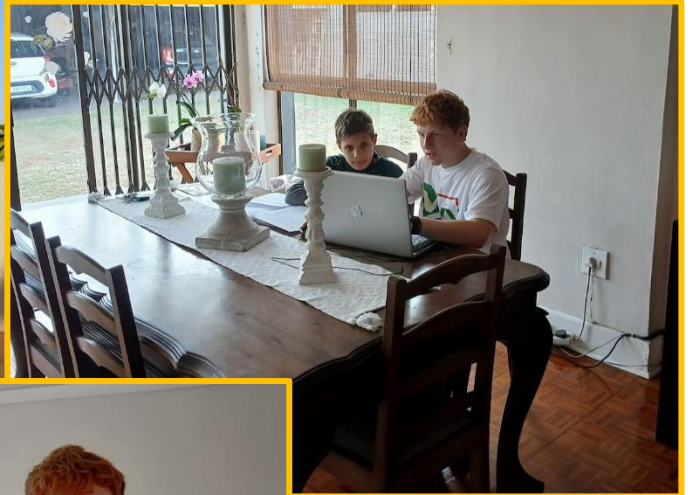
...And then he started his first day of school on Wednesday 31st of July...having been dropped off by his Host-Dad, Clint, bright and early at 7h15....bags & lunchbox packed & ready to dive in to his first day....

He was warmly welcomed by Mrs Kirsty Pratt and Mr Tucker. We know he is in the very best hands for his year of South African grade 11 and then Matric education.  
(from left to right: Mr Tucker, Clint Fisher, Enrico, Mrs Pratt)





Jodie tells me that his is settling in so nicely at home and has already become a part of the family – playing football with Luke in the garden, helping Clint out with this online model flying game and even learning the local surfers wave with Jodie’s Dad.....



He went running with the family at their athletics club on Thursday evening and even won a spot prize at the time trials.....



Already in his first week, it is clear that Jodie and Clint are fabulous host-parents to Enrico. We know he will learn so much....and experience so much....in this time with them and we look forward to receiving regular updates and photos as the months progress.

We'll give Enrico a few more weeks before we introduce him personally at one of our meetings.



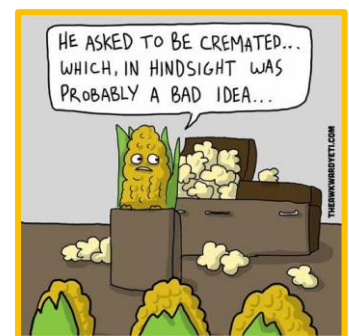
On the outgoing side of our Clubs current long term Youth Exchange story, Josh has now been in Italy for over 6 months, so we will be having him present to us in the new future at one of our meetings. He'll be telling us all about his Italian school, language, food and forging new friendships experiences so far in Italy.

We'll let you know the date, so please all try to attend that meeting so that we can, each and every one of us, welcome Josh to our Club.

### Before we close off with our customary corny jokes.....



We'd like to wish Brigittes husband a speedy recovery from his knee replacement surgery. Brigitte, make sure he does all his rehab exercises, so that he can get back to full strength....and mow the lawn ;-D :-D



### And now for those jokes

(they're short enough to remember when you've perhaps had one too many at the District conference and you want to keep it clean 😊)

- **How do you know if a vampire is unwell?**  
Because he'll be coffin
- **Why did the bicycle collapse?**  
It was too tired
- **Why did the hairdresser win the race?**  
He knew a shortcut
- **How did the picture end up in prison?**  
It was framed
- **What do solicitors wear to work?**  
Lawsuits
- **Why did the bullet lose its job?**  
It got fired
- **What does a house wear?**  
Address!
- **What did one wall say to the other?**  
"I'll meet you at the corner"
- **Why is grass so dangerous?**  
It's full of blades.



See you all at the end of August