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President Arlene's Letter



September 2023

Basic Education and Literacy Month

I am so very proud to be not only a Rotarian but also a member of the **Rotary E-Club of South Africa One**.

I can quite honestly say that practically all our members are focused on the Welfare and Empowerment of all our citizens, whether it be through education, providing the means to collect water, delivering food and or clothing, games and treats for the children, the list goes on and on.

It is truly a joy for me to read the reports and look at the photos sent to me by all involved.

Being a club with members that are spread throughout the world, every second Tuesday of the month sees us all gathering together for an hour or so of not only fun and banter, but in many of these meetings, we have a speaker who presents their field of expertise, e.g.,

For our (22nd August) meeting, Mrs. Rachel Blignaut (who has an autistic son) could not find a school which catered for not only his but many other children's needs.

Rachel has started a school that caters for just such children. Inspirare Academy in Bloemfontein. What a challenge she has taken on and completed.

I am sure that after you have looked at the school's website, you will agree.

Here is a bit of background on Rachel and the school (as provided by Sheena Louca, a very good friend of our club): - The transformative journey of INSPIRARE. At the heart of their mission lies an unwavering commitment to fostering a nurturing haven of learning, one that embraces children with autism and empowers them to flourish. Established in 2016 by the visionary Mrs. Rachel Blignaut, a vibrant and dedicated mother, INSPIRARE emerged as a testament to the boundless love and determination that a parent can channel. Confronted with her own son's autism diagnosis, Mrs Blignaut embarked on a remarkable odyssey, a journey that led to the birth of a school that not only comprehends but profoundly supports the unique spectrum of these remarkable young minds. Today, we gather to explore the inspiring genesis

and evolution of INSPIRARE, a beacon of hope and understanding in the realm of autism education. <https://www.facebook.com/inspirareacademy/>

I am sure that after you have looked at the school's website, you will agree.

We at the club are very lucky to have a member, Robert, who will be able to help her in obtaining some of the equipment the school needs. Perhaps you would like to get involved in some way?

I could go on and on about members of our club who work tirelessly for the common good, i.e., Susie and Logie, together with many others, continually find ways to help the children suffering from Cancer or Linda, who has set up the Linda Zama Trust, why not have a look online <http://www.lindazamatrust.org.za/>

Why not join us?

I will leave you with the following and wish you all well: -

On reading an article by **Barry Rassin, Trustee Chair 2023-24**, The following few lines stuck a cord in me.

"When was your Rotary moment? It's when you realise that being part of Rotary means more than just showing up for a meeting when you discover you are part of something that changes the lives of others as it changes yours."

Kind regards

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Our Rotary E- club's Current Board members

1. Arlene Arnold, Club President	E: davearlene39@gmail.com
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3. Linda Zama, Director	E: info@lindazamatrust.org.za
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5. Monique Labat, Club Treasurer	E: moniquelabat@gmail.com
6. Patrick Draper, Director Global Grants	E: patdraper7@gmail.com
7. Robert Senkubuge, Director	E: RTNRob@proton.me
8. Tony Holness, Club Secretary	E: wizardhc@mweb.co.za
9. Viktor Cytra, Director Rotary Foundation	E: vcytra@gmail.com

Rotary's The Four-Way Test

The Four-Way Test is a nonpartisan and nonsectarian ethical guide for people to use for their personal and professional relationships. The test has been translated into more than 100 languages, and Rotary club members recite it at club meetings.



Treasurer's Times – September 2023

By Monique Labat, Club Treasurer

Did you know that if you volunteer in life, you'll live longer than the average person? That's what I learnt when watching the Blue Zones documentary on Netflix last week.

What a great way to invite your friends and family to join Rotary – by volunteering as Rotarians, they'll live longer!

The term “blue zones” was first coined by Dan Buettner, a National Geographic Explorer and Fellow and journalist, during an exploratory project he led in 2004. After an expedition to Okinawa, Japan, in 2000 to investigate the longevity there, he set out to explore other regions of the world with reportedly high longevity. With the support of National Geographic, Buettner and his team of scientists and demographers travelled the world in search of communities where people not only lived longer but also enjoyed a high quality of life in their old age. After analysing demographic data and interviewing numerous centenarians, they identified five regions that stood out for their extraordinary longevity and vitality:

- [Barbagia region of Sardinia](#) – Mountainous highlands of inner Sardinia with the world's highest concentration of male centenarians.
- [Ikaria, Greece](#) – Aegean Island with one of the world's lowest rates of middle-age mortality and the lowest rates of dementia.
- [Nicoya Peninsula, Costa Rica](#) – World's lowest rates of middle-age mortality, the second highest concentration of male centenarians.
- [Seventh-Day Adventists](#) – The highest concentration is around Loma Linda, California. They live ten years longer than their North American counterparts.
- [Okinawa, Japan](#) – Females over 70 are the longest-lived population in the world.



Part of the Blue Zones research asks have you found your purpose in life? *The Okinawans call it “Ikigai”, and the Nicoyans call it “plan de vida;” for both, it translates to “why I wake up in the morning.” Knowing your sense of purpose is worth up to seven years of extra life expectancy.*

For more about Blue Zones, look for the documentary by Dan Buettner on Netflix and invite your friends, family and colleagues to join our Rotary E-Club of South Africa One!

Donate NOW button!

Rotarian and Board member Robert Senkubuge has been actively promoting our Rotary E-Club’s fundraising portfolio. Check out the “Donate NOW” button on our Club’s website <https://www.rotaryclubsouthafrica.org/> and on our social media pages.

Did you know that you can even pay your subscriptions using the **Donate NOW button!** as several of our overseas-based Rotarians have done?

Simply click on any of the good causes that our Rotary E-Club is currently supporting:

- Food (Porridge project)
- Health (End Polio Now)
- TRF (The Rotary Foundation)
- SUBZ (Safe Reusable Sanitary Items for School Girls)
- Education (Afriweave project)
- Agriculture/water (Market gardens project)
- Community General

For more information, please contact Monique Labat, Club Treasurer on mobile/WhatsApp: +27 (0) 82 924 6349 or email: moniquelabat@gmail.com

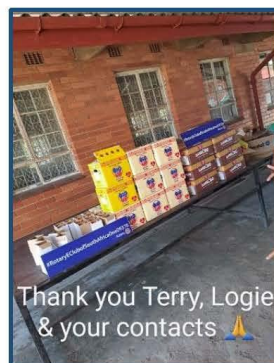
**Social Media Links Promoting Rotary International,
Rotary Foundation and our E-Club!**



Making Connections between the Elderly and our Youth with Disabilities

Last week Tuesday 27th September 2023 our Projects Director Logie, her husband Terry & I met at KwaVulindlebe School for the Deaf and Austism in Chatsworth, Durban.

This handover has taken a long time to arrange – and the boxes of pretty sari skirts that were handed to me by the TAFTA Sewing Angels in April this year have finally vacated my studio at home ;-D and brought joy to those that received them.



Logie and Terry had also received a tonne of chocolate biscuits and Mageu (see some interesting info below) from a kind-hearted donor organisation....and this went down very happily with all the kids, teachers & helpers.

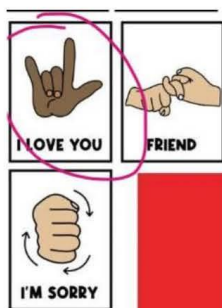




This was truly a heart-warming project to oversee. Our Club loves seeing the joy & happiness on the recipients faces – made even more special when those receiving the TAFTA Sewing Angels' love have disabilities such as loss of hearing and autism.



The children and the teachers (many of whom also have a hearing disability) sang and danced, and posed for innumerable photo's, some dressed in their pretty sari skirts.....and two of the male teachers were even coerced to wear the skirts for the photo-shoot.....so lots of laughter all around ;-D ;-D



If any of our readers were wondering what the sign that all the learners & teachers are using in the photos, means.....it means "I Love You"and Logie, Terry & I surely felt their love and joy that day.



On behalf of the Rotary E-Club of South Africa One D9370, thank you to the TAFTA Sewing Angels and Logie & Terry's contacts for making this hand-over possible.

....And now for some interesting info for our overseas readers who were wondering what Mageu was ;-D ;-D....

What is Mageu ?

Mageu - amaHewu ([Zulu](#) and [Northern Ndebele](#) spelling); Mahewu ([Shona/Chewa/Nyanja](#) spelling); amaRhewu ([Xhosa](#) spelling) – is a non-alcoholic drink made from fermented mielie-pap (maize meal). A thin mealie pap is made, wheat flour is added which provides the inoculum of lactate-producing bacteria, and the mixture is left to ferment in a warm area. Commercially prepared Mageu products are pasteurised to extend shelf-life.



Source: <https://en.wikipedia.org/wiki/Mageu>
Accessed: 04/10/2023

October is Economic and Community Development Month



Rotary supports investments in people to create measurable and enduring economic improvement in their lives and communities. The Rotary Foundation enables Rotarians to invest in people by creating sustainable, measurable and long-term economic improvements in their communities and livelihoods by:

- Building the capacity of entrepreneurs, community leaders, local organisations, and community networks to support economic development in impoverished communities;
- Developing opportunities for productive work;
- Reducing poverty in under-served and
- Supporting studies for career-minded professionals related to economic and community development.

Rotary Meeting 31 October, 19:00 (SA time)



Co-founder and Executive Director of Zimele, Dr Sarah Whitehead, will be telling us how the organisation, based in Cape Town, gives back mobility, pride and the ability to earn to disabled, disadvantaged members of society.



It is Sonny's story of rehabilitation (pictured left) that piqued Rotarian Cathy Dippnall's interest to find out more about Zimele and the work it seeks to do.

Light relief!

Hilarious responses to exam questions!

<p>Who was it that helped Theseus escape from the Labyrinth? David Bowie.</p>	<p>What is Spartacus known for? Leading a famous slaves rebellion in Rome then later appearing in a blockbuster movie all about it.</p>
<p>Other than Christianity, state two religions: 1. The Force in Starwars 2. Football</p>	<p>Describe what is meant by 'forgetting': I can't remember.</p>
<p>What did Mahatma Gandhi and Genghis Khan have in common? Unusual names.</p>	<p>What is a partnership? A ship that takes two people to drive it.</p>
<p>What does The Statue of Liberty Represent? A green lady holding up a large glass of wine. She is the Queen of America.</p>	<p>Explain how Claire may have prepared herself for her interview: Had a bath and put on her lucky pants.</p>
<p>How does Romeo's character develop throughout the play? It doesn't. It's just self, self, self, all the way through.</p>	<p>Name a regular triangle: A 3 sided one.</p>
<p>Where was Hadrian's Wall built? Around Hadrian's garden.</p>	<p>What was the main industry in Persia? Cats</p>
	<p>What is a fossil? A fossil is the remains of an extinct animal. The older the fossil, the more extinct the animal is.</p>

YOU'VE JUST GOTTA LAUGH..



WARNING...! Please note that some people may find some of these jokes offensive. It's not our intention to offend anybody. - our aim is simply to bring a bit of laughter into your lives.

WHEN A WOMAN LIES...

One day, while a seamstress was sewing when sitting close to a river, her thimble fell into the river.

When she cried out, the Lord appeared and asked, "My dear child, why are you crying?"

The seamstress replied that her thimble had fallen into the water and she needed it to help her husband in making a living for their family.

The Lord dipped His hand into the water and pulled up a golden thimble set with sapphires. "Is this your thimble?" the Lord asked.

The seamstress replied, "No".

The Lord again dipped into the river. He held out a golden thimble studded with rubies. "Is this your thimble?" the Lord asked.

Again, the seamstress replied, "No".

The Lord reached down again and came up with a leather thimble. "Is this your thimble?" the Lord asked.

The seamstress replied, "Yes".

The Lord was pleased with the woman's honesty and gave her all three thimbles to keep and the seamstress went home happy.

Some years later, the seamstress was walking with her husband along the river bank and her husband fell into the river and disappeared under the water.

When she cried out, the Lord again appeared and asked her, "Why are you crying?"

"Oh Lord, my husband has fallen into the river!"

The Lord went down into the water and came up with George Clooney. "Is this your husband?" The Lord asked.

Yes", cried the seamstress.

The Lord was furious. "You lied! That is an untruth!"

The seamstress replied, "Oh, forgive me, my Lord. It is a misunderstanding. You see, if I had said no to George Clooney, you would have come up with Brad Pitt.

Then if I said no to him, you would have come up with my husband. Had I then said yes, you would have given me all three.

Lord, I'm not in the best of health and would not be able to take care of all three husbands, so THAT'S why I said yes to George Clooney. And so the Lord let her keep him.

The moral of this story is: whenever a woman lies, it's for a good and honourable reason and in the best interest of others. That's their story, and they're sticking to it...

SCARED DAD

Two kids are arguing over whose father is the biggest scaredy-cat. The first kid says, "My dad is so scared that when lightning strikes, he hides underneath the bed."

The second kid replies, "Yeah? Well, that's nothing. My dad is so scared that when my mum has to work the nightshift, he sleeps with the lady next door."

RELATIVES OF YOURS?

A young couple drove several miles down a country road, not saying a word. An earlier discussion had led to an argument, and neither wanted to concede their position.

As they passed a barnyard of mules and pigs, the husband sarcastically asked, "Are they relatives of yours?"

"Yes," his wife replied. "I married into the family."

DRUMBEAT: CONTENT REQUIRED FOR 2023 ISSUES

Hello Rotarians, Honorary Rotarians and Friends of Rotary!

Do you have Rotary-related content and photos you would like to see published in the next edition of Drumbeat?

Please submit your photos in High Res, minimum 1MB, with captions including the name and surname of your photo subjects to Drumbeat Editor Cathy Dippnall on

E: cathyd.eish@gmail.com

We look forward to your submissions
and wish you all the best in Rotary Friendship and Fellowship!



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