

OUTA SPACE

NEWSLETTER

ROTARY E-CLUB OF SOUTH AFRICA ONE

www.rotaryclubsouthafrica.org

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Rotary Opens Opportunities

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Good morning E-Club of South Africa One members and OUTA SPACE readers
A reminder of the following virtual events:

D9370 District Conference on 21st and 22nd May. *So far 6 of our members have registered for Discon.*

Remember, you do not have to attend the entire Conference.

The Africa Centennial Celebration was certainly a highlight in this Rotary year.

If you missed it you will still be able to see speakers and highlights here:

<https://www.youtube.com/channel/UCjX9JH-i5qFdxJohVXnr0Zg/playlists>



See also some interesting attachments to read.

HAVE FUN, but take care and stay well

EDITOR – Gerald Sieberhagen

ROTARY'S MOTTO IS: Service Above Self



President's Perspective

Good Morning Fellow Rotarians,

The topic for the month of April is "Maternal and Child Health"

"To achieve the Every Woman Every Child vision and the Global Strategy for Women's, Children's and Adolescents' Health, we need innovative, evidence-based approaches to antenatal care.

I welcome these guidelines, which aim to put women at the centre of care, enhancing their experience of pregnancy and ensuring that babies have the best possible start in life."

Ban Ki-Moon, United Nations Secretary-General – 2007-2016

The Rotary Foundation (TRF) offers an array of programmes that help Rotary Clubs maximize their World Community Service work. The Foundation's Global Grants programme encourages Rotary clubs in Developed Countries and Rotary clubs in Developing Countries to partner in projects that improve their communities. Rotary provides education, immunizations, birth kits and mobile health clinics. Women are taught how to prevent mother-to-infant HIV transmission, how to breast-feed, and how to protect themselves and their children from disease. This often becomes an impossible task to perform in the rural areas of our Country, South Africa.

Looking at the RI website, I found a very interesting article on TELEMEDICINE.

Telemedicine has been around for many years, but only as internet speeds have got faster has it become practical. Telemedicine allows doctors to connect with patients remotely, as well as to consult with colleagues all over the world. In the DRC, a project was started together with a South Carolina Group of Doctors who volunteered to assist and consult rural clinics via a satellite video link.

Would it not be an idea to investigate this further and do a trial with Khaya Mposula in the Transkei?

Of course, the other possibility is to find a Vocational Training Team (VTTs).

There are groups of health care professionals that act collectively to lead overseas training programmes. In the field of Maternal and Child Health, the focus of these teams is on capacity building in the reduction of avoidable maternal and new-born deaths. By offering specialized training courses, VTTs aim to increase professional knowledge and skills, raise community awareness and encourage life-saving behavioural changes. This approach is commonly accepted as a best practice for moving innovations to large scale implementation swiftly.

Rotary Action Group for Reproductive and Maternal Child Health Care (RMCH) assists Rotary clubs and districts in the planning, implementation and co-funding of projects in Rotary Area of Focus Maternal and Child Health, including family planning.

According to the World Health Organization, all 10 of the best countries for mothers are in Europe, with the highest-ranking in Northern Europe. The report cites a combination of high-quality and widely available health care, state assistance for new mothers so that they can choose voluntarily whether to focus on work or caring for their infants, high school retention rates and other factors.

In Sub-Saharan Africa, 9 of 10 Countries are the worst for mothers. One can simply assume that this is the obvious scenario of rich vs poor Countries. Not so, even, the USA has a poor record and has the highest maternal mortality rate among developed countries

There are many issues involved including corruption, unemployment, inability to provide proper health care services or weak legal protections for mothers. There are Countries in Africa providing good quality health care facilities and rank quite high on the list.

The difference in maternal mortality rates between developed and developing countries is the biggest global health inequity today. Moreover, every year more than eight million children under five years of age die from preventable causes, many within the first month of life. HIV/AIDS, malaria and tuberculosis are among the leading causes of maternal mortality.

According to articles published by the UN, gender equality, including in education, is a condition for development. Schooling in itself has been a powerful tool to influence health, and its impact is clearly seen in maternal and child health benefits. Literate women tend to marry later and are more likely to use family planning methods.

Hans

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TOPIC of the Week duties

3rd May – Inga Mpepanduku ✓
10th May – Richard Brooks ✓
17th May – Peter Rentsch
24th May – Janet Rouillard
31st May – Tony Holness

Volunteers sought for these dates please

7th June – Monique Labat ✓
14th June –
21st June –
28th June – Hans Hon

5TH July –
12th July –
19th July –
26th July –

✓ means that you have already sent you TOPIC of the Week to the Club Admin Director
Please access the weekly TOPIC in the Member's Clubhouse on our website.

Thank you to all the members who send their TotW to the Club Admin Director at geraldandsue@mweb.co.za by the Thursday preceding their date.

Dates for GoToMeetings

GoToMeeting @ 19h00 TUESDAY

This schedule is for guidance only and is subject to change

11TH MAY – Speaker – Dr Helena Nothnagel - Beacon of Care in Ballito
18TH MAY – BOARD MEETING – Combined with Incoming Board
25TH MAY – Club Business meeting – members only
8TH JUNE – Oceans day – possibly uShaka Oceanarium, Durban
22ND JUNE – Refugee Day/ or Winter/Summer solstice – ANY SUGGESTIONS??
29th JUNE – Year-end social gathering –
6th JUL – INDUCTION OF INCOMING CLUB PRESIDENT
13th JUL –
20th JUL –
27th JUL –

**During the week preceding the GTM, the login REMINDER will be emailed to each member.
If you have any suggestions for a Guest Speaker at one of our GTM Speaker dates, please let President Hans or Secretary Irene know.**

DISTRICT 9370 – ZOOM TRAINING – SATURDAY MORNING 8.15am to 12pm

15th May – Public Image – Facebook, Instagram, Showcase, Electronic PI, Printed PI, Signage, Club Newsletters
12th June – Club Admin-Club officers, committees, protocol, surveys, minutes, training, Rotary minute, agenda
10th July – Membership – membership types, meeting styles, Rotaract, diversity, inclusion, Zoom training
14th Aug – Foundation – grants and giving, areas of focus, grant application training
11th Sep – Youth – Part 1 & empowering girls
16th Oct – Youth – Part 2 – RYLA, Youth Exchange, Interact Conference
13th Nov – Rotary Day of Service
?? Dec – Membership activities – Fellowships, Action Groups, mentorships, networking, member fellowship
?? Jan – Engaging Rotary partners and non-Rotary organizations
?? Feb – Value of Rotary, Conferences, Discon, training and inter-club activities
Mch - To be announced; April - To be announced; May - To be announced; June - To be announced

BULLETIN

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DATES TO DIARISE

2021

21st and 22nd May

District 9370 Conference in Lesotho

Virtual Programme has been sent to all

Registration Forms to attend the ZOOM Conference have been sent out. Cost only R100. Could our Club have a 100% attendance?

6th to 10th June

ROTARY INTERNATIONAL CONVENTION in ~~TAIPEI~~—TAIWAN

WILL NOW BE VIRTUAL

Tuesday 6th July

INDUCTION OF OUR INCOMING CLUB PRESIDENT

2022

4th to 8th June

ROTARY INTERNATIONAL CONVENTION in HOUSTON – TEXAS - USA

2023

27TH to 31ST MAY – RI CONVENTION in MELBOURNE - AUSTRALIA

2024

8TH to 12TH JUNE – RI CONVENTION in SINGAPORE

2025

21ST to 25TH JUNE – RI CONVENTION in CALGARY - CANADA

2027

5TH to 9TH June – RI CONVENTION in HONOLULU

BIRTHDAYS and ANNIVERSARIES

BIRTHDAYS

MAY

5th – Diane Main
15th – Aadila Sabat-Sinclair
19th – Desiree Govender
23rd – Angie Goody
24th – Mike Bowley
26th – Andisha Maharaj
27th – Gerald Sieberhagen
28th – Inga Mpepanduku
28th – Piet J van Rensburg
31st – Andrea Borain



ENJOY
YOUR
DAY

JUNE

2nd - Richard Brooks
12th – Janet Rouillard
13th – June Fannin
30th – Jean Singh


ANNIVERSARIES

MAY

17th – Mike & Lynette Millard
19th – Richard & Sonia Brooks
25TH – Aadila & Brian Sabat-Sinclair

JUNE

1ST to 30th - none



MAKE THIS
A
VERY SPECIAL
CELEBRATION

Hulett's Sugar Quotes

A Reason to Live

The person who has a *why* to live for can bear almost any *how*

Frederich Nietzsche

Believe in your heart that you're meant to live a life full of passion, purpose, magic and miracles

Roy T Bennett

Someone to tell it to is one of the fundamental needs of human beings

Mike Franklin (1954)

The virtue of deeds lies in completing them

Arabian Proverb

Say what you want about ageing, it is the only way to have old friends

Robert Brault

Do not fear going forward slowly, fear only to stand still

Chinese Wisdom

Many run about after happiness like an absent-minded man hunting for his hat,
While it is in his hand or on his head

James Sharp

MAY



"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has."

Magaret Mead

YOUTH SERVICE MONTH

TAKE ACTION: Get Involved, Join Rotary



Really powerful words above by Magaret Mead!

Amazingly the producer of the above image got the author's name wrong!!!

Always remember that you are absolutely unique. Just like everyone else.

Margaret Mead

Rotary Opens Opportunities

Mark your calendars for an exciting opportunity to connect with Rotary members worldwide at the [2021 Virtual Convention: Rotary Opens Opportunities](#), 12-16 June. Registration will open in mid-April at a special rate of \$49. After 21 days, you will pay \$65 to register.

You can also join us early at a preconvention for inter-country committees, Rotaract, and Rotary Youth Exchange officers, 10-11 June. Each preconvention costs an additional \$20.

The 2021 Virtual Rotary Convention and preconvention events are open to all Rotary members and participants. Both the convention and preconvention fees include access to the virtual House of Friendship. Don't forget to visit the [convention event page](#) on Facebook to connect with others and stay up-to-date on event news and program highlights!



Never believe that a few caring people
can't change the world. For, indeed,
that's all who ever have.

Margaret Mead

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Recently the Durban Central and South Cluster of our E-Club collected wool and knitting needles and sent them off to Khaya Mposula in Taweni where several talented ladies produced some garments.



Well done to all who were involved in this project – It is amazing what can be done with these smaller projects – a few donations here, a few more there, some careful thought and some talented crafters. The challenge is often to find a market for the products to enable more raw material to be sourced.

PROJECT EMBRACE – SOUTHERN CLUSTER of our E-CLUB

One of the major problems in the Southern Cluster area is that due to poverty many children who are victims of violence do not have access to products that can assist them in feeling cleaner and better after their experience. Some do not even have basic clothing, such as underwear. After being violated, the clothing they do have is taken for Forensic testing, creating even more of a need.

Our Rotary E-Club of South Africa One was made aware of a need, by a member of the SAPS, for some assistance in creating a more comforting and safer environment in a room at their premises. This room is used by the designated police officer to interview and interact with children who are victims of violence, primarily sexual violence. While the room had been painted with children related images, the rest of the room was empty. We felt that this was not conducive to creating an environment where children could express what had happened to them or feel safe. Project Embrace was launched and our E-Club received some monetary donations. A bicycle was donated to the Southern Cluster which they decided to raffle. Sheena Louca and several members of the Interact Club of Port Alfred High School were extremely motivated and collected almost R1 000 during the first hour!!! The photos depict the items bought from the proceeds of the raffle and the prior donations.

ANOTHER SUCCESSFUL PROJECT – Well done to the Interactors and our Southern Cluster members!



Clockwise from top left – Selling raffle tickets for the bike. With Interactors, taking stock of items donated and purchased. Then 3 photos showing effect after furnishings and finally the original room, with 2 chairs and a mural



Seen recently at an outdoor restaurant in the Cape



Inga Mpepanduku, Monique Jackson,
Gerald Sieberhagen and Irene Kotze

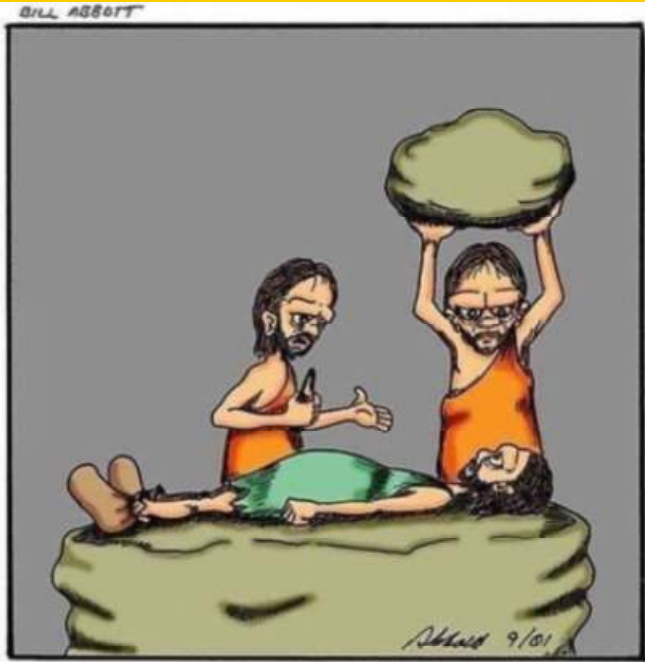


PDG Michael Johnson showed Irene Kotze what the Desmond Tutu Desk looks like.

The TutuDesk Campaign has been adopted as a Centennial project by the 4 Southern Africa Districts – 9210, 9350, 9370 & 9400.

The target is to ensure that every learner in Southern Africa will have a lap desk to use where there is a shortage of desks at a school.

The project brochure is attached



“...and this is Ralph, your anesthesiologist.”



*And on the right is our new member, anaesthesiologist Christina Rencken
In which era would you have preferred to live?*

RETREAT 2 EDEN – Speaker Johann Wilhelm on 27th April 2021

After a lifetime dedicated to the protection of humans, retired police service dogs can now enjoy a life of leisure at a canine retirement home, of sorts, in Port Alfred.

Johann Wilhelm and his wife Lynne own and manage Retreat 2 Eden – an unusual rescue centre in the Southwell area of Port Alfred, which aims to change the usually sombre story of retired police service dogs.

“Many people have the romantic notion that service dogs are adopted by their handlers but, sadly, that is not usually the reality, although there are exceptions,” Wilhelm said.

“Too often the service dog’s reward at the end of its useful life is death at the end of a needle or gun.”



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BACK PAGE

Celebratory dates in MAY:

Sat 1st - International Workers' Day; **Sun 2nd** - World Laughter Day; **Mon 3rd** - World Press Freedom Day; **Tues 4th** - Greenery Day; **Wed 5th** - International Midwives' Day; World Hand Hygiene Day; **Thurs 6th** - International No Diet Day; **Sun 9th** - Mother's Day; **Wed 12th** - International Nurses Day; **Sat 15th** - International Day of Families; **Mon 17th** - International Day Against Homophobia; World Information Society Day; **Sat 22nd** - International Day for Biological Diversity; **Sun 23rd** - World Turtle Day; **Tues 25th** - International Missing Children's Day; Towel Day; World Multiple Sclerosis Day; **Fri 28th** - Menstrual Hygiene Day; **Mon 31st** - World No Tobacco Day;

Celebratory dates in JUNE:

Sun 5th - National Cancer Survivors Day; World Environment Day; **Tues 8th** - World Oceans Day; **Sat 12th** - World Day Against Child Labour; **Mon 14th** - World Blood Donor Day; **Sun 20th** - World Refugee Day; Fathers Day; **Sat 26th** International Day against Drug Abuse and Illicit Trafficking; **Wed 30th** – last day of Rotary International Year

Celebratory dates in JULY:

Thurs 1st - Canada Day; **Fri 2nd** - World UFO Day; **Sun 4th** - Independence Day (USA); **Sun 11th** - World Population Day; **Thurs 15th** - World Youth Skills Day; **Sat 17th** - World Day for International Justice; **Sun 18th** – Nelson Mandela International Day; **Wed 21st** – President of first E-Club in Africa's Birthday; **Thurs 22nd** - Pi Approximation Day; **Wed 28th** - World Hepatitis Day; **Thurs 28th** - International Tiger Day; **Fri 30th** - International Day of Friendship; World Day against Trafficking in Persons



Some
Reading
Is
Challenging
For
Some



Till next month – HAVE FUN

And now we are once again OUTA SPACE