

OUTA SPACE

NEWSLETTER

ROTARY E-CLUB OF SOUTH AFRICA D9270

www.rotaryclubsouthafrica.org

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Date: 19th March 2013
No 18



March is LITERACY MONTH

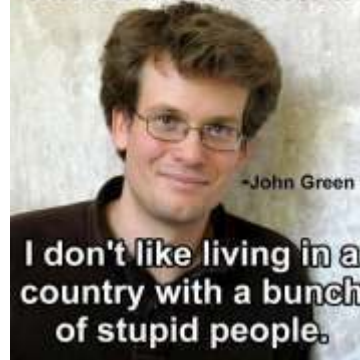
As we continue along the Literacy Month theme we continue to hear about success stories with improving of literacy levels but sadly these success stories are intermingled with some pretty shocking statistics.

Over two-thirds of the world's 793 million illiterate adults are found in only eight countries (Bangladesh, China, Egypt, Ethiopia, India, Indonesia, Nigeria, and Pakistan). Of all the illiterate adults in the world, two-thirds are women; extremely low literacy rates are concentrated in three regions (the Arab states, South and West Asia, and Sub-Saharan Africa), where around one-third of the men and half of all women are illiterate.

Literacy levels in South Africa hover around 88% which puts us at 144th in the World and in South Africa there is not much disparity between Male & Female. In the top 12 countries in the world we find Ukraine, home country of Marina Lopyrova; coming in at 26th we have Belgium & the UK; Israel is No 75 with Saudi Arabia one ahead of South Africa at No 143.

Please remember that it is the responsibility of each Rotarian to introduce prospective Rotarians.

Let me explain why I like to pay taxes for schools even though I don't personally have a kid in school:



I don't like living in a country with a bunch of stupid people.

Can't say that I can fault John Green's reasoning for paying taxes, except the "stupid" bit – going to school does not guarantee that someone will not be stupid but hopefully it should guarantee a level of basic literacy and numeracy.

John Michael Green (born August 24, 1977) is an [American](#) writer of [young adult fiction](#) and a [YouTube vlogger](#) and [educator](#). He won the 2006 [Printz Award](#) for his debut novel^[1] and reached number one on a [New York Times Best Seller list](#) with his latest in January 2012.

Have Fun

Gerald Sieberhagen - Editor

Rotarians should always be on the lookout for suitable projects that would be suitable for our E-Club to undertake.

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BIRTHDAYS AND ANNIVERSARIES

BIRTHDAYS

MARCH

25th Luke Sazi

APRIL

22ND Keith Kirton

ANNIVERSARIES

MARCH

24th Paul & Sandra Maistry

APRIL

2nd Errol & Jayne Martin

6th Gerald & Sue Sieberhagen

8th Pat & Beryl Draper

27th Keith & Rae Kirton

UPCOMING EVENTS AND DATES TO DIARISE:

2013

22nd March – WORLD WATER DAY

Earth Hour 2013 will be held on March 23, 2013 from 8:30 p.m. to 9:30 p.m., at participants' local time

24th March – ROTARY CLUB OF DURBAN NORTH WINE TASTING at KENSINGTON SHOPPING CENTRE

9th to 11th May – ROTARY FAMILY HEALTH DAYS

Date to be decided – ROTARY E-CLUB QUIZ EVENING

17th/18th May – DISTRICT 9270 CONFERENCE – Sibaya Casino – HAVE YOU REGISTERED YET?

23rd to 26th June – Rotary Convention in Lisbon.

1st July – Merger of Districts 9320 & 9270 to form a new District 9370

2014

11th to 14th April – District 9370 Conference on MSC Opera

13th to 19th July 2014

8th WORLD ROTARY CRICKET FESTIVAL in NOTTINGHAM UK.

Hopefully SA IFCR will have a full team attending this Festival – Great Fun always – Read more about this in the March Rotary Africa

DISTRICT CONFERENCE 17TH & 18TH MAY 2013

We are aware that so far 8 of our members have indicated that they intend attending the District Conference. For those of you who are still undecided please remember that you are able to attend the entire conference which includes LUNCH on Saturday for a mere R350. If you also wish to attend the Dinner on Friday night and Banquet on Saturday night the cost obviously increases. So what about it? One of the things that each Rotarian should do during their Rotary lifetime is to attend a District Conference. It is also in the familiar surroundings, for some, of Sibaya! **See you there.**

#O#

The work at the **ITHEMBALETHU EDU CARE CRECHE** in Lamontville is nearing completion. Painting and tiling will be completed this week with repairs to the roof and guttering to follow.

#O#

Among the many **Attendance Make-ups** we receive, the familiar name of Naoki Kamiyama of the Rotary Club of Ryugasaki, Ibaraki, JAPAN crops up on a monthly basis even if the original need to make up at our club has long since passed. You may recall that Naoki first did a Make-up at our club when his clubs meeting venue was destroyed by the last earthquake/tsunami in Japan.

#O#

Peace Forum – Read all about the Peace Celebration at **Addington Primary School** on page 8 with photo's on pages 9 & 10

#O#

Peace Celebration and **Charter of EarlyAct club of Ekuthuleni Primary School** will take place on 26th March at the Community Hall at the school.

#O#

Reflections from a polio immunization team to Nigeria

Posted on [March 12, 2013](#)



Members of the National Immunization Days team to Nigeria and their hosts. Photo courtesy of Richard Rivkin

By Richard Rivkin, assistant governor of District 6440 (Illinois, USA)

I have been home for several days now, decompressing and reflecting on what we have accomplished during our polio immunization team's trip to Nigeria. It seems like so long ago that the idea of organizing a trip to Nigeria was first conceived.

Actually, it was a long time ago – we had just come back from our [India NID trip](#) and someone said “where are you going next year?”

So I began the process of establishing relationships among Rotarians in Nigeria to bring this idea to reality. In this process I worked with some wonderful Nigerian Rotarians to put together a program focused on the second round National Polio Immunization Days in the southeastern part of Nigeria corresponding to Rotary District 9140. In addition to the End Polio Now activities we were to be visiting Rotary projects in the district.

Once the word got out through our District 6440 website, the PolioPlus office at Rotary International, ROTA (Reach Out To Africa), and social media (primarily LinkedIn), interest in joining our team began to grow. Our final team consisted of 11 Rotarians and guests from the United States and Sweden.

What a great group! We shared a life-changing experience together in more ways than one. What we did changed the lives of the Nigerian children and mothers who saw foreigners coming to their country to place two drops of life-saving vaccine in the mouths of children.

What we did changed the lives of local Rotarians striving to make their communities better and now know that they have the support and understanding of Rotarians from outside of Nigeria.

And what we did changed our lives forever. What we saw and what we did are indelibly etched in our minds, hearts, and souls. I believe that we are all better Rotarians and better human beings for this experience. And those benefits are priceless!

And, to be sure, Nigeria is “**This Close**” to eradicating polio – and we are proud to be part of that.

A Reverend dies and is waiting in line to enter heaven. In front of him is a guy dressed in a loud shirt, leather jacket, jeans and sunglasses. Gabriel addresses this guy, "I need to know who you are so that I can determine whether or not to admit you to the Kingdom of Heaven?" The guy replies, "I'm Bill Jones, taxi driver, of London." Gabriel consults his list, smiles and says to the taxi driver, "OK. Take this silken robe and golden staff and enter the Kingdom of Heaven." Now it's the Reverend's turn. He stands upright and says, "I am Reverend Williams and I had been Vicar of Neasden for forty years." Gabriel looks at his list and says to the Reverend, "OK. Take this cotton robe and wooden staff and enter the Kingdom of Heaven." "Hold on a minute," says the reverend, "that man before me was a taxi driver, why did he get a silken robe and golden staff?" "Up here, we only work by results," says Gabriel. **"While you preached, people slept, but while he drove, people prayed."**

ROTARY YEAR 2013-14

The Annual Rotary "Change-Over" is just around the corner and Incoming Club Leaders should be equipping themselves for their Leadership roles.

The Links below; together with the handbooks, will be of assistance in your preparation for the year ahead.

These are the links:

RI Resources for Club Leaders:

English: <http://youtu.be/v4A8qQ4aYiA?hd=1>

Club Leaders Responsibilities to RI:

English: http://youtu.be/lmN_p9PG57M?hd=1

Below are some tips on how to best view this presentation:

Once on the YouTube page, the presentation begins automatically.

To turn on full screen mode, click on the icon at the bottom right corner of the video screen.

To change the resolution of the video, click on the icon at the bottom right of the video screen.

Kind regards,

Tonja

Tonja Cruse

Coordinator, Club & District Support Department

ROTARY INTERNATIONAL



I ♥ ROTARACT

DISTRICT 9270 CONFERENCE 2013

6 APRIL 2013
DHS
ST THOMAS RD
9AM - 3PM

MEET OTHER ROTARACTORS
INSPIRATIONAL & INFORMATIVE
SPEECHES
GOODIE BAGS
LUNCH PROVIDED
FREE FOR ROTARACTORS

RSVP BY 15 MARCH 2013 THROUGH YOUR ROTARACT PRESIDENT TO District Rotaract Representative; Micaela: micaeladefreitas@hotmail.com or 0732802441



PERCENTAGE OF SUBS PAID TO DATE = 91.7%

	00.00.2013
	00.00.2013
	00.00.2013
33	07.03.2013
32	06.03.2013
31	27.02.2013
30	25.02.2013
29	25.02.2013
28	25.02.2013
27	18.02.2013
26	06.02.2013
25	01.02.2013
24	31.01.2013
23	30.01.2013
22	29.01.2013
21	29.01.2013
20	28.01.2013
19	28.01.2013
18	25.01.2013
17	24.01.2013
16	23.01.2013
15	22.01.2013
14	21.01.2013
13	19.01.2013
12	19.01.2013
11	16.01.2013
10	15.01.2013
9	12.01.2013
8	11.01.2013
7	11.01.2013
6	10.01.2013
5	09.01.2013
4	09.01.2013
3	07.01.2013
2	02.01.2013
1	02.01.2013

**SUBSCRIPTION
BAROMETER
JANUARY
2013**

I have no doubt that the 3 members who still need to pay their subscriptions have probably had a diary meltdown – it happens.

WHY TEACHERS DRINK!!!

Steve is driving his car. He is travelling at 60 feet/second and the speed limit is 40 mph. Is Steve speeding?

He could find out by checking his speedometer.

Why would living close to a mobile phone mast cause ill health?

You might walk into it.

What is a vibration?

There are good vibrations and bad vibrations. Good vibrations were discovered in the 1960s

Explain the phrase 'free press'.

When your mum irons trousers for you.

Name one of the early Romans' greatest achievements.

Learning to speak Latin.

What did Mahatma Gandhi and Genghis Khan have in common?

Unusual names

OUTA SPACE

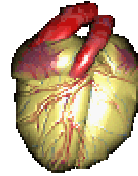
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Membership Retention is high up on the list of priorities, so with that in mind these next two pages will be devoted to some useful health tips.

How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water -

I never knew all of this! Interesting.....



Heart Attack & Water

Something else I didn't know ... I asked my Doctor why do people need to urinate so much at night time. Answer from my Cardiac Doctor = Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys it is then that the kidneys remove the water because it is easier. This then ties in with the last statement!

I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

Correct time to drink water... Very Important. From A Cardiac Specialist!



Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

I have also heard that drinking Tonic water also helps to minimise cramps.

15 SPECTACULAR TRICKS FOR YOUR BODY!!!!

- 1.) If you've got an itch in your throat, scratch your ear. When the nerves in the ear get stimulated, they create a reflex in the throat that causes a muscle spasm, which cures the itch.
- 2.) Having trouble hearing someone at a party or on the phone? Use your right ear, it's better at picking up rapid speech. But, the left is better at picking up music tones.
- 3.) If you need to relieve yourself **BADLY**, but you're not anywhere near a bathroom, fantasize about **RELATIONS**. That preoccupies your brain and distracts it.
- 4.) Next time the doctor's going to give you an injection, **COUGH** as the needle is going in. The cough raises the level of pressure in your spinal canal, which limits the pain sensation as it tries to travel to your brain.
- 5.) Clear a stuffed nose or relieve sinus pressure by pushing your tongue against the roof of your mouth then pressing a finger between your eyebrows. Repeat that for 20 seconds it causes the vomer bone to rock, which loosens your congestion and clears you up.
- 6.) If you ate a big meal and you're feeling full as you go to sleep, lie on your left side. That'll keep you from suffering from acid reflux it keeps your stomach lower than your oesophagus, which will help keep stomach acid from sliding up your throat.
- 7.) You can stop a toothache by rubbing ice on the back of your hand, on the webbed area between your thumb and index finger. The nerve pathways there stimulate a part of the brain that blocks pain signals from your mouth.
- 8.) If you get all messed up on liquor, and the room starts spinning, put your hand on something stable. The reason: Alcohol dilutes the blood in the part of your ear called the cupula, which regulates balance. Putting your hand on something stable gives your brain another reference point, which will help make the world stop spinning.
- 9.) Stop a nose bleed by putting some cotton on your upper gums right behind the small dent below your nose and press against it hard. Most of the bleeding comes from the cartilage wall that divides the nose, so pressing there, helps get it to stop.
- 10.) Nervous? Slow your heart rate down by blowing on your thumb. The vagus nerve controls your heart rate, and you can calm it down by breathing.
- 11.) Need to breathe underwater for a while? Instead of taking a huge breath, **HYPERVENTILATE** before you go under, by taking a bunch of short breaths. That'll trick your brain into thinking it has more oxygen, and buy you about 10 extra seconds.
- 12.) You can prevent **BRAIN FREEZE** by pressing your tongue flat against the roof of your mouth, covering as much surface area as possible. Brain freeze happens because the nerves in the roof of your mouth get extremely cold, so your brain thinks your whole body is cold. It compensates by overheating which causes your head to hurt. By warming up the roof of your mouth, you'll chill your brain and feel better.
- 13.) If your hand falls asleep, rock your head from side to side. That'll wake your hand or arm up in less than a minute. Your hand falls asleep because of the nerves in your neck compressing so loosening your neck is the cure. If your foot falls asleep, that's governed by nerves lower in the body, so you need to stand up and walk around.
- 14.) Got the hiccups? Press thumb and second finger over your eyebrows until the hiccups are over - usually, in a short while.
- 15.) Finally, this one's totally **USELESS**, but a nice trick. Have someone stick their arm out to the side, straight, palm down. Press down on his wrist with two fingers. He'll resist, and his arm will stay horizontal. Then, have him put his foot on a surface that's half an inch off the ground, like a stack of magazines, and do the trick again. Because his spine position is thrown off, his arm will fall right to his side, no matter how much he tries to resist.

PEACE FORUM AT ADDINGTON PRIMARY SCHOOL

The Rotary E-CLUB of South Africa responded to the call by the Rotary International President, Sakuji Tanaka, to support Rotary's theme of "PEACE THROUGH SERVICE".

Project co-ordinator, David Tilling, in conjunction with Addington Primary School spent many hours planning the Peace Forum at the school symbolising the commitment and dedication to advancing world understanding and peace. The project was postponed twice and thankfully took place in glorious weather on Saturday 16th March.

Addington School was chosen as it is a place of learning for many refugee children and the fun day was aimed at creating an environment for South Africans of all backgrounds to mingle with refugees and immigrants to forge new friendships and promote understanding.

There were a few speeches, with Rotary Past District Governor, Natty Moodley delivering an inspiring key note address, pointing out the right of every human being to live in Peace. It is important that we need to instil the basics of living together in harmony, respect for traditions and respect for the individual, in the Youth of today. District Governor Richard Brooks attended portion of the mornings' proceedings.

In expressing themselves with an art- and letter writing competition, and several testimonials, we learnt how the children between the ages of 6 to 14 years old feel about peace and the need to engage with all members of the community.

Fabrice Muhizi a former pupil, and now a successful banker, told us about some of the challenges he faced as a Burundi refugee child. Two words that he mentioned are also often applied in Rotary, **ATTITUDE & TOLERANCE**.

Traditional dances, [by far the most popular activity in the hall] and singing directed by Mrs Essack and fun games and soccer, netball and basketball matches added to a fun filled morning for the 800 children and family members.

In addition to the Headmaster, Raj Moodley, Educators and Rotarians, 50 members of the Interact Club of Our Lady of Fatima, under the guidance of Rosemarie Gee were on hand to assist with the games and at the hot dog and cool drink stand. Irene Kotze worked tirelessly to ensure that the food, cool drinks, prizes, banners, balloons and presentation items were all collected and ready for the day which was a great success. Well done to all. In anticipation of World Water Day on 22nd March, a tippy tap was on display. A tippy tap has proved most useful in rural areas where there is no running water.

TRULY A DAY OF PEACE THROUGH SERVICE

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Peace banner on the Addington Primary School perimeter fence

oOo



Our Lady of Fatima Interactors in relax mode before the activities started.

oOo

Below left

Guest Speaker PDG Natty Moodley.

oOo

Below Right

Presentation of Peace Declaration



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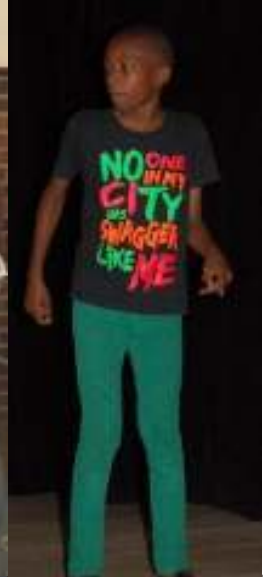


Clockwise from top left –
Some of the Art entries; One of the winning entries; Tzu Chi Foundation presentation; Smiling faces in the audience; Soccer teams all geared up for their match; some of the happy young presenters.



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Clockwise from top left: Part of the large audience; Zulu dance; Kwaito star; PDG Natty Moodley presenting the Peace medal to Headmaster, Raj Moodley while all the staff who assisted look on; Fabrice Muhizi, past pupil
Below Left – Project Director, David Tilling with Headmaster Raj Moodley; Interactors pouring cool drinks and then the long queue for one of the 1 000 hot dogs.



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Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others.

HOWEVER, upon reflection, we would like to point out that it was NOT the senior citizens who took:

- The melody out of music,
- The pride out of appearance,
- The courtesy out of driving,
- The romance out of love,
- The commitment out of marriage,
- The responsibility out of parenthood,
- The togetherness out of the family,
- The learning out of education,
- The service out of patriotism,
- The Golden Rule from rulers,
- The nativity scene out of cities,
- The civility out of Behaviour,
- The refinement out of language,
- The dedication out of employment,
- The prudence out of spending,
- The ambition out of achievement or
- God out of government and school.

And we certainly are NOT the ones who eliminated patience and tolerance from personal relationships and interactions with others!!

And, we do understand the meaning of patriotism, and remember those who have fought and died for our country.

- I'm the life of the party..... Even if it lasts until 8 p.m.
- I'm very good at opening childproof caps.... With a hammer.
- I'm awake many hours before my body allows me to get up.
- I'm smiling all the time because I can't hear a thing you're saying.
- I'm sure everything I can't find is in a safe secure place, somewhere.
- I'm beginning to realize that aging is not for wimps.

Yes, I'm a SENIOR CITIZEN and I think I am having the time of my life!

And now we are once again OUTA SPACE