

OUTA SPACE

NEWSLETTER

ROTARY E-CLUB OF SOUTH AFRICA D9270

www.rotaryeclubsouthafrica.org

PBO 9612/502/16/2



Date: 2nd October 2012
No 7



October is Vocational Service Month.

Statement on Vocational Service

Vocational Service is the way Rotary fosters and supports the application of the ideal of service in the pursuit of all vocations. Inherent in the Vocational Service ideal are:

- 1) Adherence to and promotion of the highest ethical standards in all occupations, including faithfulness and fidelity to employers, employees, and associates, and fair treatment of them and of competitors, the public, and all those with whom one has any business or professional relationships
- 2) The recognition of the worthiness to society of all useful occupations, not just one's own or those pursued by Rotarians
- 3) The contribution of one's vocational talents to the problems and needs of society Vocational Service is the responsibility of both a Rotary club and its members.

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

The role of the club is to implement and encourage the objective by example and by development of projects that help members contribute their vocational talents. The role of members is to conduct themselves, their businesses, and their professions in accordance with Rotary principles and to respond to club projects.

The above is an extract from the Rotary Manual of Procedure and just about says it all.

The second Avenue of Service refers to Vocational Service:

2) Vocational Service, the second Avenue of Service, promotes high ethical standards in businesses and professions, recognizes the worthiness of all dignified occupations, and fosters the ideal of service in the pursuit of all vocations. The role of members includes conducting themselves and their businesses in accordance with Rotary's principles.

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.

OUTA SPACE

Page 2

BIRTHDAYS AND ANNIVERSARIES

BIRTHDAYS

OCTOBER

5th – Jeneth van Leeuwen

11th – Angie Mitchell

24th – Michael Chen

25th – Gordon Dowsett

ANNIVERSARIES

OCTOBER

NONE

UPCOMING EVENTS AND DATES TO DIARISE:

2012

15th October – Global Handwashing Day

24th October – WORLD POLIO DAY

27th October – Basic PRLS

22nd November – AGM / 2nd Anniversary / Foundation / F2F – Dinner / Get together / Christmas celebration

2013

26th January or 23rd February – PEACE FORUM conducted by our Club

23rd February – Rotary International 108th Anniversary Celebration

9th to 11th May – ROTARY FAMILY HEALTH DAY

17th & 18th May – Last District Conference of D9270 – venue Sibaya

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

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

2014

8th WORLD ROTARY CRICKET FESTIVAL in NOTTINGHAM UK in JULY
Hopefully SA IFCR will have a full team attending this Festival – Great Fun always

2019

ROTARY INTERNATIONAL CONVENTION IN DURBAN from 6th to 12th JUNE

Height of Social Networking: Teacher: "Where is your homework"?
Student: "I uploaded it on Facebook and I tagged you"! :)"

GLOBAL HANDWASHING DAY

on Monday 15th October will see our members promoting the importance of washing hands with water and soap. We have included quite a few items regarding GHD on pages 5 to 7 that follow. There is also a FAQ in the news Section on our website.

Our school of choice is Ekuthuleni Primary School but that does not exclude members from being involved in promoting this very important hygiene and health project at other schools.

oOo

Our Club's proposed **Peace Day** project on 26th January is starting to take shape under the leadership of David Tilling. He has assembled a focus team and will be keeping us informed of the planned activities.

oOo

Almost without much fanfare **World Polio Day** has appeared on the horizon on 24th October. The Board has agreed that we will once again promote the sale of END POLIO NOW stickers and this will be done through various schools between now and in the first 6 months of 2013.

oOo

East Coast Radio Toy Story gets underway this month and members should be submitting their beneficiary application forms as soon as possible for Toys and Food parcels for mainly Orphans and Vulnerable Children and child headed households.

The most recent "Fellowship Advancer" from RI is now online at www.fellowshipfirst.org

Dear Gerald,

Thank you for adding your voice to Rotary's call for world leaders to fund the final push to end polio.

We are "this close" to making history by eradicating polio once and for all. We are at a true tipping point: polio case counts have never been lower, and the number of countries affected by the disease has never been fewer. The time to beat polio is now.

But as you know, we currently face a funding crisis that could derail the entire program. Vaccination campaigns are being cut, raising the risk that polio will rebound, just as we've reduced it to its lowest levels in history.

How many campaigns have been cut in 2012?

- 68 campaigns in 33 countries -- cancelled
- 94,000,000 children unvaccinated

How can you help?

To achieve a polio-free world, Rotary and its partners in the Global Polio Eradication Initiative need your support to spread the word.

Share this message with your friends on [Twitter](#) and [Facebook](#) and ask them to add their name!

We need your support and participation to make history together and create a polio-free world. Find out how [your donation](#) helps fund the fight to end polio



Thank you,
The End Polio Now Team
24TH September 2012

END POLIO NOW

Any contribution, no matter how small, helps. How can YOU make a difference to assist in the final push to eradicate POLIO?

Achieving a polio-free India was a huge achievement – Pakistan is next and certainly within reach.

That just leaves Nigeria and the war-torn Afghanistan but we have to believe that eradicating polio in these countries is also possible.



Gerald, your name will be presented to United Nations Secretary-General Ban Ki-moon!

On Thursday, 27 September, world leaders will gather for a special United Nations General Assembly session to discuss the future of polio eradication. Your name, along with the names of more than 6,500 polio eradication supporters, will be presented to United Nations Secretary-General Ban Ki-moon.

This meeting is an opportunity for world leaders and public and private sector agencies to stand together in solidarity for creating a polio-free world.

Attendees include:

- Mr. Bill Gates, Co-Chair and Trustee, Bill & Melinda Gates Foundation
- Mr. Wilfrid J. Wilkinson, Chair, Rotary Foundation Trustees
- The Honorable Julia Gillard, Prime Minister, Australia
- His Excellency President Goodluck Jonathan, Nigeria
- His Excellency President Hamid Karzai, Afghanistan
- Secretary Kathleen Sebelius, United States Secretary of Health and Human Services
- His Excellency President Asif Ali Zardari, Pakistan Dr. Ahmad Mohamed Ali Al-Madani, President, Islamic Development Bank
- His Excellency, Alan Duncan, Minister of State, International Development, United Kingdom
- His Excellency Julian Fantino, Minister, International Cooperation, Canada
- Sandro Rosell I Feliu, President, FC Barcelona and FC Barcelona Foundation
- His Excellency Koichiro Gamba, Minister, Foreign Affairs, Japan
- Ms. Aseefa Bhutto Zardari, Pakistan's Goodwill Ambassador on Polio Eradication

In addition, Rotarian, polio survivor and global advocate Ramesh Ferris will be live-tweeting this special moment in the fight to end polio. Follow **@RameshFerris** **@Rotary** **@EndPolioNow** and hashtag **#EndPolio** on Twitter for these live updates.

The event can also be watched live at: <http://webtv.un.org/>

Together, we can create a polio-free world.



*Thank you,
The End Polio Now Team*

GLOBAL HANDWASHING DAY – MONDAY 15TH OCTOBER 2012.

Why Handwashing?

Handwashing with soap is the “vaccine” that prevents infections.

Here is why: Human faeces are the main source of diarrheal pathogens. They are the source of shigellosis, typhoid, cholera, all other common endemic gastro-enteric infections and some respiratory infections such as influenza and pneumonia. A single gram of human faeces can contain 10 million viruses and one million bacteria.

These pathogens are passed from an infected host to a new one via various routes but all of these illnesses emanate from faeces. Removing excreta and cleaning hands with soap after contact with faecal material –from using the toilet or cleaning a child – prevents the transmission of the bacteria, viruses and protozoa that cause diarrheal diseases.

Other measures (food handling, water purification, and fly control) have an impact on these diseases as well, but sanitation and handwashing provide the necessary protection against faecal contact. They start by creating initial barriers to faecal pathogens from reaching the domestic environment. Handwashing with soap stops the transmission of disease agents and so can significantly reduce diarrhoea and respiratory infections, and may impact skin and eye infections.

Research shows that children living in households exposed to handwashing promotion and soap had half the diarrheal rates of children living in control neighbourhoods. Because handwashing can prevent the transmission of a variety of pathogens, it may be more effective than any single vaccine. Promoted on a wide enough scale, handwashing with soap can be thought of as a “do-it-yourself” vaccine. Ingraining the habit of handwashing could save more lives than any single vaccine or medical intervention.



Health Impact

Today, diarrheal disease and respiratory tract infections are the two biggest killers of children in the developing world.

The simple act of washing hands with soap can significantly cut the risk of diarrhoea (from 30 percent to 50 percent, Fewtrell et al., 2005) and that of respiratory tract infection (from 21 percent to 45 percent, Curtis and Cairncross, 2003)

UNICEF estimates that diarrhoea kills one child every 30 seconds. Scientific research shows that handwashing with soap prevents disease in a more straightforward and cost-effective way than any single vaccine.

Handwashing with soap thus represents a cornerstone of public health. It can be considered an affordable, accessible “do-it-yourself” vaccine.

Helps prevent the spread of disease: Handwashing with soap works by interrupting the transmission of pathogens that cause disease. Hands often act as vectors that carry disease-causing pathogens from person to person through direct contact or indirectly via surfaces and foods. Together, soap and water form a formidable ally in efforts to combat a host of other illnesses, such as helminthes (worms), eye infections like trachoma, and skin infections like impetigo.

Cost-effective: The isolation and safe disposal of faeces and the provision of adequate amounts of clean water are essential, but handwashing with soap is one of the most effective and least expensive ways to prevent diarrheal diseases.

Diarrheal disease

The World Health Organization (WHO) estimates that diarrheal infections claim the lives of 1.87 million children under five each year, making diarrhoea the second-most common cause of death among children under five.

Diarrheal diseases are often described as water-related, but they are more accurately excreta-related since the pathogens come from faecal matter. These pathogens make people ill when they enter the mouth via hands that have been in contact with faeces. Handwashing with soap breaks the disease cycle. In 2005, Fewtrell et al. 2005 compared the effectiveness of handwashing with soap for reducing diarrheal illness to other interventions.

Acute respiratory infections

Acute respiratory infections such as pneumonia are another primary cause of child deaths. Handwashing reduces the rate of respiratory infections in two ways: by removing respiratory pathogens found on hands and surfaces; and by removing other pathogens (in particular, enteric viruses) found to cause diarrhoea and respiratory symptoms. Evidence suggests that better hygiene practices – washing hands with soap after defecation and before eating – could cut the infection rate by about 25 percent.

A study made in Pakistan found that handwashing with soap reduced the number of pneumonia-related infections in children under five by more than 50 percent, as well as skin infection – impetigo – by 34 percent.

Intestinal worm infections

Research shows that handwashing with soap reduces the incidence of infections like intestinal worms, especially ascariasis and trichuriasis. While more evidence is needed, existing research points to the effectiveness of handwashing in reducing the incidence of these diseases.

Impact on education

Handwashing with soap can mean more school days for children. Diarrhoea is responsible for children missing hundreds of millions of school days every year. By having children integrate the habit of handwashing with soap in their daily routines, school absenteeism could be reduced substantially. A recent study suggests that handwashing with soap at critical times could help reduce school absenteeism by around 42 percent. (Bowen et al, 2007) For this to happen, children must have access to soap in schools. Unfortunately, this is not always the case. UNICEF and IRC conducted research in 2006 in six developing countries that showed low rates of soap availability in schools. The report concluded, “ensuring students’ access to soap is urgently needed.”

Promoting Handwashing

Mobilizing for behavior change

Health experts recommend handwashing with soap as a key action in protecting the public health because it's a mainstay in infection control. Are we really following their advice? People worldwide rinse their hands with water in the common belief that rinsing with water alone suffices to clean hands because it removes visible dirt. But rinsing hands with water alone is significantly less effective for removing germs than washing hands with soap. Handwashing with soap is seldom practiced, however.

Research reveals that the observed rates of handwashing with soap at critical times (after using the toilet or cleaning a child's bottom and before handling food) around the world, in industrialized and developing nations, ranges from zero to 34 percent.

Low rates of handwashing are rarely caused by a lack of soap. Soap is present in the vast majority of households worldwide, but it is commonly used for bathing and laundry, not for handwashing. Lack of water is usually not a problem either, as hands can be effectively washed with little, or recycled water. In studies around the world, one major reason for low rates of handwashing with soap is that this is simply not a habit. The challenge remains: make handwashing with soap a worldwide habit and social norm.

How can we succeed?

To successfully promote the practice of handwashing with soap, public and private sector partners are drawing on their comparative strengths, resources, and best practices to create effective, large scale, and sustainable handwashing promotion programs. By bringing the lessons learned in social and commercial marketing to hygiene programming, the PPPHW aims to catalyze effective, sustainable changes in handwashing behavior on a large scale. Ministries of Health, Education, Water, and non-governmental organizations (NGOs), the private sector, and community-based groups must all use every opportunity to promote handwashing with soap, based on the lessons learned.

Lessons learned

Research shows that handwashing behavior tends to stick once individuals and families have adopted the practice. However, bringing about large-scale handwashing behavior change remains a challenge.

Knowing is not enough. Knowing why, how, and when to wash hands is no guarantee that individuals will wash their hands with soap. Many handwashing and hygiene promotion programs rest on the assumption that people will change their behavior once they are informed of the health benefits of handwashing. Health is rarely the primary reason that individuals choose to change their handwashing or other health-related behavior. Behavioural research from several developing countries shows that people are often motivated to wash their hands with soap by factors other than health, such as disgust, or a wish to be seen as a good parent, to appear attractive, or to protect and nurture children. Additionally, the presence of a handwashing facility is critical in getting people to wash their hands.

Messages: Less can be more. Promoting a change in behavior in hygiene usually tends to cover a wide set of behaviours rather than to focus on a single behavior. This may ultimately achieve little behavior change. To maximize their results, hygiene promotion programs should focus on promoting the behaviours with the greatest potential health benefit.

Target specific groups The first priority in a behavior change program is to focus on targeting those population groups whose practices have the greatest influence on child health: mothers, caregivers, older siblings and grandmothers, in addition to children themselves. Formative research can provide insights about household caregivers for young children, their actual practices and who might influence them.

Here are some tips for healthy eating and living

An apple
a day
=
no doctor



1 Lemon
a day
=
no fat



3ltrs of
water
per day
=
no diseases



Tulsi Leaf
a day
=
no cancer



1 cup milk
a day
=
no bone
problem



Anti-Cancer Superfruits



Blueberries



Goji Berries



Grapes



Mangosteen



Dragon Fruit



Acai Berries



Avocado



Noni



Citrus



Pomegranate



Soursop



Apple



Strawberries



Kiwi

OUTA SPACE

Page 9



Top left. Some of our members checked out the facilities at **Champagne Sports** for a F2F and handed over some blankets for an Orphanage. **Janet, Irene, GM Philip West, Claire & Paige.** Philip West was recently awarded a PHF by D9400 in recognition of his excellent service over the many years that they had held their District Conferences at Champagne Sports.

Top right Pres Gerald receiving a donation of liquid soap for Global Handwashing Day from **Monique Preece, GM Operations.**

Our Club is considering providing the crèche at Ithemba lethu Educare Centre in Lamontville with a Gemini hut. This will enable them to look after the “babes in arms” in a separate room. In the photo **above** Irene Kotze, with Temba Nosenga in the background with one of the 4 cots that were handed to the crèche, courtesy of Sandy Day and Cyril Gradwell. The crèche is run by Zandile seen on the left in the photo.

In the photo on the **right** Irene Kotze is with Zandile and some of the carers and a few of the kiddies each with a new blanket, courtesy of ECR Winter Warmth.



OUTA SPACE

Page 10



Clockwise from top left - During this Literacy month Jean Singh handed some books, magazines and a set of encyclopaedia at the Haven of rest which has just opened a new section of the school. Anusha Timul and President Gerald at the launch of ECR Toys Story 2012. Our 4 STEP students, Nadine, Kelly, Kayleigh & Larissa II smartly dressed and can't wait to go. Our STEP students with their parents and in the centre Jeneth van Leeuwen, student counsellor and New Generations chairperson. Larissa, [all resplendent with her Rotary halo] in full flight during her presentation at the final orientation.

[UNICEF Website – 27.09.2012](#)

Joint press release

Global luminaries unite to issue urgent call for a polio-free world

New and Existing Donors Underscore Once-in-a-Generation Opportunity to End Polio Forever

UNITED NATIONS, NEW YORK, 27 September 2012 – In a display of solidarity, leaders from around the world today vowed to capitalize on progress achieved this year and to step up the fight to eradicate polio. Heads of state from Afghanistan, Nigeria and Pakistan stood alongside donor government officials and new donors from the public and private sector to outline what is needed to stamp out this disease forever: long-term commitment of resources, applying innovative best practices, and continued leadership and accountability at all levels of government in the endemic countries.

“This decisive moment is a matter of health and justice. Every child should have the right to start life with equal protection from this disease. That’s why I have made eradicating polio a top priority for my second term as Secretary-General,” said UN Secretary-General Ban Ki-moon.

Polio is a vaccine-preventable disease that is more than 99 percent eliminated from the world. Today, there are the fewest number of polio cases in the fewest districts in the fewest countries than at any time in history. In 1988, when the global fight against polio began, there were 125 countries where polio raged. Today, there are only three: Nigeria, Pakistan and Afghanistan. India, long-regarded as the nation facing the greatest challenges to eradication, has been polio-free for more than 18 months.

“The evidence is clear: if we all do our part, we can and will end this disease. But we must act quickly and give ourselves the very best chance to succeed,” said Bill Gates, co-chair of the Bill & Melinda Gates Foundation, one of the leading donors to the Global Polio Eradication Initiative (GPEI). “When we defeat polio, it will motivate us to aim for other great health and development milestones.”

Earlier this year, at the World Health Assembly, 194 member states declared the completion of polio eradication to be a “programmatically emergency for global public health.” In order to look beyond short-term challenges, however, GPEI is developing a long-term roadmap for ending polio. The strategy also will ensure that the legacy of investments in polio supports other vaccine-preventable disease goals.

“Failure to eradicate polio is unforgivable, forever. Failure is not an option. No single one of us can bring this long, hard drive over the last hurdle. But together we can,” said Dr. Margaret Chan, Director-General of the World Health Organization.

Ending polio is an important early milestone in the Decade of Vaccines, a global vision and commitment to reach all children with the vaccines they need. A polio-free world also will lay the foundation for a better public health system that provides critical health services for children in the poorest and most inaccessible places.

“Together we can make history by eradicating polio – thanks mostly to the heroes in the field who risk their lives, every day, to deliver vaccines to children in some of the most dangerous parts of the world,” said Anthony Lake, UNICEF Executive Director.

The high-level event, “Our Commitment to the Next Generation: The Legacy of a Polio-free World,” featured opening remarks from UN Secretary-General Ban Ki-moon and was moderated by Senator Timothy E. Wirth, president of the UN Foundation.

Speakers included leaders of the three polio-endemic countries: President Hamid Karzai, Islamic Republic of Afghanistan; President Goodluck Jonathan, Federal Republic of Nigeria; and President Asif Ali Zardari, Islamic Republic of Pakistan. Earlier this year, these leaders launched national emergency plans to stop transmission of polio in their countries.

"Governments need to step up and honor their commitments to polio eradication if we are to achieve a polio-free world," said Wilfrid J. Wilkinson, Chair of Rotary Foundation Trustees. "We must seize the advantage by acting immediately, or risk breaking our pledge to the world's children." Rotary International, which already has contributed US\$1.2 billion to polio eradication, announced additional funding of \$75 million over three years to GPEI.

Australian Prime Minister Julia Gillard reinforced Australia's commitment and called on the Commonwealth to do its part. Last October, Australia committed \$50M during the Commonwealth Heads of Government Meeting. Also speaking was Kathleen Sebelius, Secretary of Health and Human Services for the United States. The United States has been the leading donor to the GPEI and provides technical support through the US Centers for Disease Control & Prevention (CDC).

"We have been given the unique opportunity to end polio and provide a lasting legacy for the world's children," said Dr. Thomas Frieden, Director of the CDC. "Together we must strive to achieve this important global milestone."

The Islamic Development Bank, a new donor to the polio eradication effort, announced a three-year \$227 million financing package to Pakistan which will cover the majority of the country's polio vaccination campaign costs. It also announced a \$3 million grant for polio eradication activities in Afghanistan.

Additional leaders pledged new and continued commitment to polio eradication. These included:

- H.E. Julian Fantino, Minister, International Cooperation, Canada, who announced an initiative to engage civil society to match funds to GPEI;
- H.E. Koichiro Gemba, Minister, Foreign Affairs, Japan;
- Rt. Hon. Alan Duncan, Minister of State, International Development, United Kingdom, whose government committed an additional £25M to polio eradication in 2012;
- Mr. Sandro Rosell, President, Football Club Barcelona (FCB) and FCB Foundation, who announced the club's engagement on the polio issue in collaboration with the Gates Foundation and Etisalat, the largest telecomm operator in the Middle East;
- Ms. Aseefa Bhutto Zardari, Pakistan's Goodwill Ambassador on Polio Eradication.

On 29 September, the Global Poverty Project, a campaign group aimed at ending extreme poverty, will host the Global Citizen Festival, a concert bringing together more than 60,000 people in New York's Central Park with the aim of inspiring a global movement to voice support for eradicating polio and ending extreme poverty.

The Global Polio Eradication Initiative (GPEI), launched in 1988, is spearheaded by national governments, the World Health Organization (WHO), Rotary International, the US Centers for Disease Control and Prevention (CDC) and UNICEF, and supported by key partners including the Bill & Melinda Gates Foundation.

Since its launch, the incidence of polio has been reduced by more than 99 percent. In 1988, more than 350,000 children were paralyzed each year in more than 125 endemic countries. In 2012, 145 new cases have been reported, and only three countries remain endemic: Nigeria, Pakistan and Afghanistan. www.polioeradication.org

And now we are once again OUTA SPACE