

OUTA SPACE

NEWSLETTER

ROTARY E-CLUB OF SOUTH AFRICA ONE

www.rotaryclubsa.org

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Rotary



31st JANUARY 2017
No 14



January is Vocational Service Month in the Rotary Calendar while February is recognised as **Peace and Conflict Prevention/Resolution Month** in the Rotary Calendar.

Rotary International has done much through various programmes to push towards a peaceful world. However, how does one answer the question: "Is peace possible?" By answering "Yes" one surely needs to furnish some tangible reasons for such optimism. By answering "No" one can give umpteen reasons of past history why "Peace" just doesn't seem possible.

What does peace mean to different people? Does striving for peace start at the top and work its way down or does it start at the bottom and work its way to the top where so many important decisions regarding future peace are taken? No doubt, by now you have noticed my negativity when it comes to peace in the world. Is that perhaps because, less than 100 days after my birth the Second World War commenced? This meant that during those important

formative years there was always war in the background.

Since then, there appears to have been some or other war or conflict somewhere in the world and doubtless the 'war' within so-called peaceful countries has never abated.

All around us we witness conflict: Families are at war; neighbours are at war; tribes are at war; business is at war; poverty creates a climate for war; drugs and substance abuse cause war; certain governments create a suitable platform for war; sibling rivalry causes war; possessions cause war; education causes war; the print media causes war; social media causes war and man's inhumanity causes war and so the list goes on. One thing, however, is certain – if Rotary does nothing there will never be peace! What do you think?

*Have FUN and Make it happen
Gerald Sieberhagen - Editor*

**ONLY 5 SUBSCRIPTIONS STILL OUTSTANDING!
RI DUES AND DISTRICT DUES HAVE BEEN PAID**

PRESIDENT IRENE'S CORNER



Dear Fellow Rotarian

I never thought that a young English lad would be interested in SAVE THE RHINO, but there you have it. We got an email from Arlene forwarded from a student at an English University, who wants to be engaged with this worthwhile project. Am glad we could make the contact between him and the EWT (ENDANGERED WILDLIFE TRUST). Not many young people these days are worried about wildlife. I think that perhaps we aren't either. Increasing food prices, water restrictions and a lot of other more pressing items occupy our daily thoughts. Yet there are those who want to preserve our wildlife and keep our heritage alive who are doing a sterling job (for little monetary rewards I might add). I got interested and with the ever helpful Google found out what EWT do and I want to share it with you.

Conservation is about our natural heritage, about our natural wealth and our culture and for many people it's their livelihood and their jobs. It's about food and water and air. It's about our hearts and souls and about being African.

It's about being compassionate and passionate. It's about recognising a common good and being fair. For those who commit their lives and work to conservation, it's about conserving the planet and its natural assets; it is a calling, a privilege and a way of life. They want to share it with us; do we respond? Conservation should matter to everyone!

The other night I attended a fundraising concert of 3 Primary schools. The singing was superb but what I did notice was that more than half of the boys and girls were wearing glasses. After the concert I asked the music teacher, why so many and her sad answer was:

"The learners all use iPads and computers and their eyes are affected by this constant use". That was a bit of a shock and I would love to hear what our Optometrist member, Keith, has to say on that subject. Are parents, or in the case of our members as grandparents, aware of this and do they curb the use of endless sessions on the iPad or computer, not to mention cell phones?

I hope you enjoy the article about the sewing group. Some years ago Maureen was a most deserved recipient of a PHF.

End of my natter; enjoy the newsletter and again a big thank you to our Editor who spends many hours putting Outer Space together for our enjoyment

HAVE FUN

Irene

OUTA SPACE

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TOPIC of the Week duties and the dates for GoToMeeting are highlighted in larger print to ensure that members do not overlook them

TOPIC of the Week ROSTER

FEB 2017 to JUNE 2017

THIS IS YOUR REMINDER

Thank you to the following volunteers! **PLEASE NOTE YOUR DATE**

6TH Feb – Andisha Maharaj
13TH Feb – Paul Maistry
20TH Feb – David Tilling
27TH Feb – Jeff Watts
6TH Mar – Suzanne Edmunds
13TH Mar – Keith Kirton
20TH Mar – Aadila Sabat
27TH Mar – Ailsa Kaminski
3RD Apr – Pat Draper
10TH Apr – Ockie Esterhuysen
17TH Apr – Peter Brauteseth
24TH Apr – Angie Mitchell
8TH May – Monique Labat
15TH May – Hans Hon
22ND May – Suzanne Edmunds
29TH May – Nadja Fredericks
5TH June – Steven Lancaster
12TH June – Johan Krugel
19TH June – Greg Cryer
26TH June – Amanda van Rooyen

Please send your TOPIC of the Week to our Club Admin Director, Gerald Sieberhagen, by at least the THURSDAY preceding the date of your turn. It makes it easier if Rotarians send in their TOPIC of the Week well ahead of time.

**GoToMeeting
@ 19h00
TUESDAY**

7TH FEBRUARY – Wheelchair bound Ann Dunham – Equestrian Paralympian Gold medallist at Rio Paralympics – Life with Disability
21ST FEBRUARY – Ian Riseley – RI President 2017-2018
7TH MARCH
4TH APRIL
18TH APRIL
2ND MAY
16TH MAY
30TH MAY
13TH JUNE
27TH JUNE

During the week preceding the GTM, the login details REMINDER will be emailed to each member. If you have any suggestions regarding a Guest Speaker please let me know – Gerald – Club Admin

DATES TO REMEMBER

BIRTHDAYS

FEBRUARY

7th – Michael Doubell
13th – Sandra Maistry
19th – Linda Watts
22nd – Bill Robertson
26th – Sandy Brauteseth
27th – Sue Sieberhagen
27th – Gunnar Light

MARCH

5th – Jacques van Leeuwen
8th – Paul Hawkins
17th – Pat Draper
18th – Lynette Millard
25th – Ann Hargreaves
28th – Ailsa Kaminski

ANNIVERSARIES

JANUARY

31st – Bill and Diane Main

FEBRUARY

5th – Patrick & Rene Andries
8th – Richard & Ann Hargreaves
10th – Johnny & Gillian Stark
12th – EARLYACT CLUB of EKUTHULENI
PRIMARY SCHOOL

14th – Bob & Anita Kistnasamy

23rd – ROTARY INTERNATIONAL 112yrs

MARCH

2nd – Alastair & Alecia Stead
2nd – INTERACT CLUB OF EKUTHULENI
10th – Sharon & Bill Robertson
24th – Paul & Sandra Maistry
27th – Ockie & Jeanette Esterhuyse

UPCOMING EVENTS

2017

23rd to 26th February – Council of southern Africa [COSA] meeting
at Mount Edgecombe Country Club

3rd to 5th March – POETS [Presidents, Officers Elect, Treasurers and
Secretaries] in Ladybrand

25th to 27th May – District Conference in Grahamstown
'Kindle a Spark'
Make an extra effort to attend

10th to 14th June – Rotary International Convention in Atlanta

4th July – Rotary E-Club of South Africa One Induction Dinner

11th to 16th September – Rotary Zone 20A Institute in Johannesburg

Please advise the Editor if there are any Upcoming Events that you
would like us to publish here

BLUE BOX PROJECT IN THE CAPE



Here is the message from Anchor Capital:

This festive season, we are challenging South Africans to #DoMore, by joining the #BlueBox movement. It is based on the idea that if we all did 10% more for others this year than we did last year, we begin to make a difference. By continuing to do 10% more, we will make an immense difference to those in need. This year we are giving our clients, our suppliers and our friends a #BlueBox. Inside of this box is an opportunity. An opportunity to make a small difference to someone in need. An opportunity to have a real human engagement. An opportunity to make a difference. We're sending out 1000 blue boxes with a challenge to fill the box and give it to someone in need.

With your box filled, film a video telling the world who you're donating to and challenge someone to join the #BlueBox movement. In addition to the 1000 boxes we're sending out, we'll deliver a blue box to the first 500 people challenged.

Together we can #DoMore for those in need and make this festive season a little better for South Africa.

John Fannin reports: Harold Hopking, a long standing friend of myself and my family, is the Director of the Cape Town Branch. He knows of my membership of the Rotary E-Club of South Africa One and he has in the past been a generous contributor to FDSA, through me. So he offered me a number of their Blue Boxes, some for men and some for women, for distribution to a Rotary based project. I offered them to Bettie. She was delighted to receive some shortly before FDSA gave a number of local elderly folk, in need, a special Christmas lunch.

BLUE BOXES FOR FDSA



Bettie van der Merwe-Bonnet with Harold Hopking. Below, Bettie, Heidi Brown, the Wealth Manager at Anchor Capital and she has her young daughter with her and Joy Harris of the Support Team at Anchor Capital and Harold's right hand 'Man' and the many Blue Boxes.



CHRISTMAS PARTY AT ST THERESA'S HOME



Nareshini Ranganthan arranged a Christmas party for 74 boys and their caregivers at St Theresa's children's home.

Absa Capital sponsored gifts, an Art Set, for each child.

Nareshini sponsored the Snack box (hot dog, liquifruit and a packet of chips).

The children were so appreciative and they also participated in a few exciting group activities and games.

An enjoyable time was had by all.



A VISIT TO St THOMAS' HOME FOR CHILDREN

President Irene Kotze and Nareshini Ranganthan reporting.

While looking for a suitable project for our next District Grant, our member Nareshini Ranganthan invited me to accompany her to St Thomas' Home for Children.

This is a home that she feels is worthy of our support. And she is right!

I have visited a number of orphanages and child care facilities in the past, but have never come across an institution that is in such need of repair, proper facilities for the children, educational toys and so much more.

Background of St Thomas Home

St Thomas Home was established in 1959 by the Durban Children's Society for abandoned Coloured children. Since 1986, the Home has been open to children of all races. The Home is mandated to provide residential care to 60 vulnerable children between the ages 2-10 years. Many have been living in conditions of extreme poverty and have been found by the Justice System to be neglected, abandoned, orphaned or have been physically, mentally, emotionally, or sexually abused. The ultimate aim of the Home is to return the children back to the community, either to their biological families where possible, or to foster families or Community Homes. In the past 10 years the Home has had to address the painful reality of caring for children with chronic illnesses including HIV/AIDS. The current composition of children at the Home includes 96% Black African, 2% Indian, 2% Coloured; 2% White and 20% of whom have HIV/AIDS. The compromised development and nutritional backgrounds of the children has led to developmental delays which is evident in their capacity for learning and educational performance. The **primary objective** of the Home is thus to achieve long term sustainability, in order to provide the children with the best care possible and provide a close family environment.

Even though the Home has been in existence and operational for the past 56 years, the experiences of the effects of a tough economic climate and the financials shows that the home is in survival mode due to funding cutbacks e.g. withdrawal of Lotto funding some years ago.

I know the funds of a District Grant is minimal, but it is a start. Little steps at a time, Nareshini and I will look for donors to obtain funding to uplift this facility and to make it a proper home for the children, THEY DESERVE IT.

CATO CREST SEWING GROUP

THE CATO CREST SEWING GROUP AND A REMARKABLE LADY
– Irene Kotze reporting

In 1992 Maureen Stacy decided to give unemployed black ladies a chance to learn to sew, not only for their own families' needs but to generate income. Maureen secured 2 rooms at the local Mayville Clinic for her project and ever since her first attempt, every Thursday afternoon the sewing group gathers. At present 20 eager to learn ladies from all over town are looking forward to her skilful tuition. There is no shortage of material; this resourceful lady finds ways and means to obtain material for "her girls". We are proud to say



that we donated a number of sewing machines to her group a few years ago. They are all still in working order, well looked after and are serviced regularly by a professional who supports the group in her spare time.

In a few months Maureen will turn 90, still going strong, a truly remarkable lady. She would not miss her special Thursday afternoons for anything. Planning ahead, she has gathered a few "helping hands" to assist with her project.



After finding a large quantity of material at my late friends' house, I remembered Maureen and it was a pleasure to visit her last Thursday to hand over the material and meet all her sewing ladies.

Any member in Durban who happens to have left over material, please contact me, I am happy to collect. I promise you they turn every scrap of material into something useful.



FROM ABROAD.....



Jonathan Krugel, son of our member Johan & Angela Krugel has recently returned from a STEP visit to Germany. He was our speaker at the last GTM. He gave us an interesting talk about the 6 weeks of his exchange. Here he is seen with his Host family.

Thank you to the members of the Rotary Club of Devizes, D1200 UK for having me as your guest tonight. It was wonderful to see all the great things you have done as a club and to have met you all. I am so excited for your future plans for the year ahead. Keep up the inspiring work you do. You were all so welcoming and kind and it was very special to share an evening with my (extended) Rotary Family. From the members of the Rotary E-Club of South Africa One, greetings are extended and we wish **President Cliff Evans** and the Rotary Club of Devizes all the best for the remainder of the year.

Andrea Mellon 24 January 2017



MESSAGE FROM ONE OF OUR STEP STUDENTS

From: Tate Nimmo **Date:** 07 December 2016 at 1:48:44 PM SAST

To: Angie Mitchell **Subject:** Rotary - Tatum

Good morning Mrs Mitchell - this is what I will be doing in Germany as far as I know. I am staying in Rosenthal an hour out of Frankfurt. I will be visiting Berlin, Munich, Bonn, Heidelberg, Stuttgart, Nürnberg, Newswanstein as well as Austria and Italy to ski. I'm going to school with my exchange student and we are visiting the original brewhaus in Cologne as well as concentration camps, galleries, castles and museums on my tour. From Tatum - Have a good holiday

What Empathy is all about.....

These 12 short stories are all very good lessons, and really made me think twice about the daily happenings in our lives as we deal with others!!

1. Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, "Success is when you look back at your life and the memories make you smile."
2. Today, I asked my mentor - a very successful business man in his 70s- what his top 3 tips are for success. He smiled and said, "Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."
3. Today, after a 72 hour shift at the fire station, a woman ran up to me at the grocery store and gave me a hug. When I tensed up, she realized I didn't recognize her. She let go with tears of joy in her eyes and the most sincere smile and said,
"On 9-11-2001, you carried me out of the World Trade Centre."
4. Today, after I watched my dog get run over by a car, I sat on the side of the road holding him and crying. And just before he died, he licked the tears off my face.
5. Today at 7AM, I woke up feeling ill, but decided I needed the money, so I went into work. At 3PM I got laid off. On my drive home I got a flat tire. When I went into the trunk for the spare, it was flat too. A man in a BMW pulled over, gave me a ride, we chatted, and then he offered me a job. I start tomorrow.
6. Today, as my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died.
She simply said, "I feel so loved right now.
We should have gotten together like this more often."
7. Today, I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, I realized it was the first time I had given him a kiss since I was a little boy.
8. Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?" Because that's where I keep all my stuff," she said.
9. Today, when I witnessed a 27-year-old breast cancer patient laughing hysterically at her 2-year-old daughter's antics, I suddenly realized that I need to stop complaining about my life and start celebrating it again.
10. Today, a boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said, "I hope you feel better soon."
11. Today, I was feeling down because the results of a biopsy came back malignant. When I got home, I opened an e-mail that said, "Thinking of you today. If you need me, I'm a phone call away." It was from a high school friend I hadn't seen in 10 years.
12. Today, I was travelling in Kenya and I met a refugee from Zimbabwe. He said he hadn't eaten anything in over 3 days and looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating. The first thing the man said was, "We can share it."

The best sermons are lived, not preached.

Rotary's commitment to creating a healthier world

Editor – with today being the last day of Disease Prevention and Treatment Month we may take note of the following:

Rotary members are committed to fighting and preventing diseases. In fact, 15 of 26 Rotarian Action Groups (RAGs), which help Rotary clubs and districts carry out community development and humanitarian projects, are focused on disease prevention and treatment. In observance of Rotary Disease Prevention and Treatment Month in December, we encourage you to collaborate with an action group on a club or district health care project.

ROTARIAN ACTION GROUPS

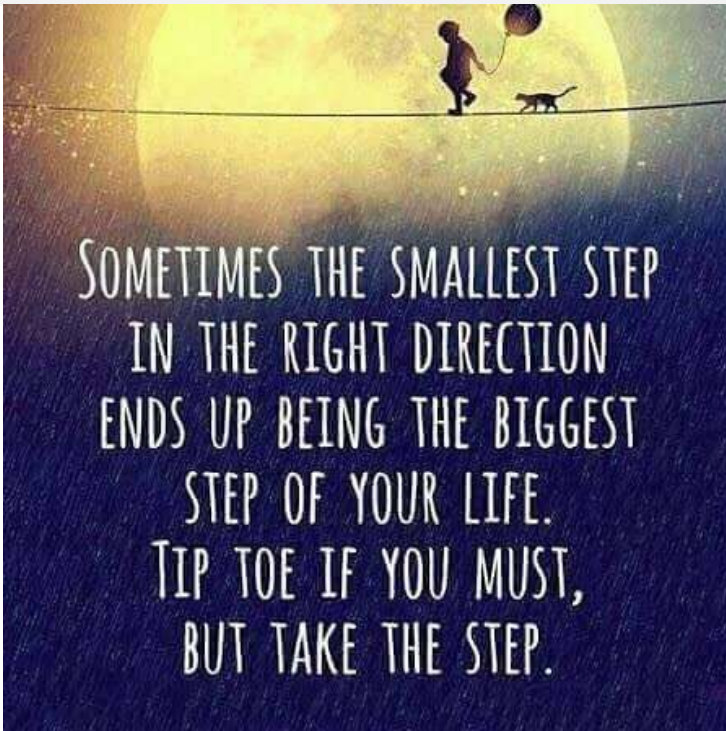
DISEASE PREVENTION AND TREATMENT

- [Rotarians for Family Health and AIDS Prevention](#) helps clubs and districts plan and implement large scale disease prevention and treatment projects.
- [Alzheimer's/Dementia Rotarian Action Group](#) provides information and support to Rotarians on dementia and Alzheimer's disease.
- [Rotarian Action Group for Blindness Prevention](#) helps prevent blindness and promotes eye health and vision worldwide.
- [Global Network for Blood Donation](#) focuses on blood donation projects.
- [Rotarian Action Group of Dental Volunteers](#) provide humanitarian dental service throughout the world.
- [Rotarian Action Group for Diabetes](#) provides service through a strong commitment to education, identification, and treatment of diabetes, especially among children in developing countries.
- [Health Education and Wellness Rotarian Action Group](#) improves world health thorough health promotion, education, and disease prevention.
- [Rotarian Action Group for the Alleviation of Hunger and Malnutrition](#) enhances and sustains local food security and provides nutritious food to the hungry.
- [Rotarians for Hearing](#) help children and adults with hearing loss.
- [Rotarians Eliminating Malaria](#) coordinate efforts to control malaria.
- [Rotarian Action Group for Multiple Sclerosis Awareness](#) improves the lives of People with MS (PwMS).
- [Food Plant Solutions Rotarian Action Group](#) helps people, particularly in developing countries, learn about and grow the best local foods to match their nutritional needs as a sustainable solution for hunger and malnutrition.
- [Rotarian Action Group for Polio Survivors and Associates](#) improves the health and well-being of polio survivors.

Newly recognized groups:

- [Rotarian Action Group for Addiction Prevention](#) aims to organize an international group of Rotarian specialists and activists in prevention of substance abuse and addiction.
- [Rotarian Action Group for Mental Health Initiatives](#) aims to build an association of Rotarians who are passionate and have expertise in mental health treatment.

BACK PAGE



SOMETIMES THE SMALLEST STEP
IN THE RIGHT DIRECTION
ENDS UP BEING THE BIGGEST
STEP OF YOUR LIFE.
TIP TOE IF YOU MUST,
BUT TAKE THE STEP.

SOUTH AFRICANS

If you don't normally work on Saturdays, save this!

Book leave for 13 & 18 April
get 6 days off (13-18 April)

Book 26 & 28 April & 2 May
get 7 days off (26 April - 2 May)

Thats 13 days off for just 5 leave days

And if you really want to SPLURGE
Take 13, 18 - 21, 24 - 26 & 28 April
This is 9 days leave for 19 days
in a ROW (13 Apr - 1 May)



I DON'T NEED A PERSONAL
TRAINER SO MUCH AS
I NEED SOMEONE
TO FOLLOW ME AROUND
AND SLAP UNHEALTHY
FOODS OUT OF MY HAND.

Rotary



District 9370
CONFERENCE

2017

*Kindle
a spark!*

GRAHAMSTOWN

25-27 May

And now we are once again OUTA SPACE