

OUTA SPACE

NEWSLETTER

ROTARY E-CLUB OF SOUTH AFRICA ONE

www.rotaryclubsa.org

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28th MARCH 2017
No 18



As we move towards April we start thinking of Maternal and Child Health month in the Rotary Calendar.

I know there are going to be a couple of outstanding articles in the April edition of Rotary Africa regarding Maternal and Child Health and I will not attempt to compile anything in Outa Space when you are able to read about it in the Rotary Africa magazine.

How did you celebrate World Water Day on 22nd March?

I read an interesting and quite alarming article about the devastating effects of sand mining. I wondered whether there might not also be a World Sand Preservation Day but couldn't find any reference to one.

<https://www.theguardian.com/cities/2017/feb/27/sand-mining-global-environmental-crisis-never-heard>

With a headline and opening paragraph of:

“Sand mining: the global environmental crisis you’ve probably never heard of

From Cambodia to California, industrial-scale sand mining is causing wildlife to die, local trade to wither and bridges to collapse. And booming urbanisation means the demand for this increasingly valuable resource is unlikely to let up” it is certainly something interesting to read. Simply follow the link provided at the foot of the previous column.

After reading the article you may have the same feeling that I had – utter devastation! And yet the price of progress ticks another box on the ‘wrong’ side of real progress as man continues to cause havoc on earth.

Have FUN

Gerald Sieberhagen - Editor

**STILL TWO SUBSCRIPTIONS OUTSTANDING! WHY?
RI AND DIST DUES AND ROTARY AFRICA SUBS
HAVE BEEN PAID. ARE YOU ONE OF THE 2?**

PRESIDENT IRENE'S CORNER



[Early morning Literacy Classes Down Under]

Dear Fellow Rotarians

Can't believe how quickly my time in Oz passed. One more week and it's goodbye to the family. Before flying home, we are heading up the West Coast for a long relaxing weekend with some interesting places to visit along the route.

One of the subjects having major coverage on TV here is the threat to the Great Barrier Reef due to global warming. We saw an interesting video the other night showing how the corals are losing their colour. The Great Barrier Reef has always been considered to be one of nature's wonders. I want to share with you what the scientists have established. Probably in due course global warming will also affect the plant and fish life on many shores around the world.

Global Warming and the Great Barrier Reef

"Corals expel algae when under stress. This expulsion leads to coral bleaching, a phenomenon currently occurring in all of the planet's coral ecosystems. National Geographic reports that bleaching occurs when ocean temperatures become abnormally high, are exposed to unhealthy levels of ultraviolet light, and experience changes in salt

content (salinity). Daily Galaxy cites Australian Institute of Marine Science scientist, Charlie Veron. The former head scientist reported at a London conference that the Great Barrier Reef is experiencing such degradation from warming sea water that "it will be unrecognizable within 20 years."

As if Veron's prediction is not sufficiently dire, here is the bad news. The tipping point has passed. It is almost certain death for the Great Barrier Reef. Veron claims to have the support of "every coral reef scientist." The reality could not be grimmer! The Christian Science Monitor cites another scientist from the Australian Institute of Marine Science, Glenn De'ath: "The decline is severe, sudden, and is unprecedented in at least 400 years." Dr. De'ath's research team admits more research is necessary to pinpoint the specific causes of coral bleaching. However, the team maintains that warming ocean temperatures and acidification are at the top of the list. This is only a short resume. There are a lot of more detailed articles explaining this phenomenon. In a nutshell, we are successfully destroying our ecosystems!

See you back in SA soon

Irene



OUTA SPACE

Page 3

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

MAR 2017 to JUNE 2017

THIS IS YOUR REMINDER

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

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 – Alastair Stead
5th June – Steven Lancaster
12th June – Johan Krugel
19th June – Greg Cryer
26th June – Amanda van Rooyen
3rd July –
10th July –
17th July –
24th July –
31st July –
7th Aug –
14th Aug –
21st Aug –
28th Aug –

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

4TH APRIL – RYLA student, Alizwa Tuku; STEP students, Amber Tweedie & Junior Dyantije [Port Alfred High School]

18TH APRIL

2ND MAY

16TH MAY

30TH MAY

13TH JUNE

27TH JUNE

11TH JULY

25TH JULY

8TH AUG

22ND AUG

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

MARCH

28th – Ailsa Kaminski

APRIL

1st – Arlene Arnold

14th – Alastair Stead

15th – Jerry Brown

22nd – Keith Kirton

MAY

5th – Diane Main

12th – Candelaria Zapp

12th – Melanie Hegemann

12th – Zwakele Ngubane

13th – Dhiviyan Kalidas

15th – Aadila Sabat

17th – Gillian Stark

23rd – Angie Goody

27th – Gerald Sieberhagen

28th – Andisha Maharaj

31st – Andrea Mellon

ANNIVERSARIES

MARCH

APRIL

6th – Gerald & Sue Sieberhagen

8th – Pat & Beryl Draper

11th – Johan & Angela Krugel

27th – Keith & Rae Kirton

30th – Peter & Sandy Brauteseth

MAY

13th – Cyril & Clementine Phakathi

17th – Mike & Lynette Millard

23rd – EARLYACT CLUB of OUR LADY
OF FATIMA

25th – Aadila & Brian Sabat St Clair

UPCOMING EVENTS

2017

24th to 30th Apr – World Immunisation Week – Theme 'Vaccines Work'

10th May – TRF 100 YEARS CELEBRATION – more info to follow

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

1st to 7th September – Arbor Week – ideal time to plant a tree in
South Africa

14th to 16th September – Rotary Zone 20A Institute in Johannesburg

21st September – International Day of Peace

15th October – Global Handwashing Day

19th November – World Toilet Day

2018

27th April – Arbor Day in USA and deadline day for planting a tree

Celebrating 100 Years of the Rotary Foundation via The Rotarians Of Amateur Radio Fellowship in Australia.

Rotarian Bill Main (VK4ZD) and his wife Diane (VK4DI) are very active Amateur Radio enthusiasts and members of the Rotary Fellowship, Rotarians Of Amateur Radio (R.O.A.R). Bill is the Immediate International Past President of the Fellowship.

How does this tie in with the The Rotary Foundation?

Amateur Radio operators or "hams" as they are known communicate on a worldwide basis with other hams. There are many facets to the hobby including Morse Code (or CW as it is colloquially known), Voice communications and many more.

Hams are identified by a "callsign" which indicates to others what country they are in, what state etc. For example South African's are prefixed by ZS or ZR; you may have seen this on the side of aircraft etc.

In most countries, radio clubs can apply for a "Special Event" call to commemorate a milestone event. It was therefore decided by the Australian members of ROAR to apply for the call VI100TRF (VI designates Australia, 100 for 100 Years and TRF for The Rotary Foundation), for a period of 3 months commencing close to Rotary's Birthday.

The callsign was approved and rosters of Australian Rotarian Hams are now activating the callsign to publicise the Foundation's 100 Years and its success.

As well as the "On Air" activity hams use an international website www.qrz.com where they can look up information by typing a callsign in the search facility. The VI100TRF page has been set up to reflect the Rotary Foundation's ethos and focus.

When making a contact with other hams we talk about Rotary and the Foundation and recommend they look up the information on the QRZ page.

Hams also exchange postcard size confirmation of contact cards called "QSL Cards". These contain the details of the contact exchange and also information about the reason behind the Special Event callsign.

The expectation is that the fellowship members will make in excess of 3,000 contacts with other hams worldwide for the duration of the activation of the call from Feb 26th to May 26th 2017, and highlight the good work of The Rotary Foundation.

Editor – Bill and Diane will once again be flying the flag for our E-Club at the Convention – this time in Atlanta



The Rotary Foundation's Goals

Eradicate polio, our top priority

Concentrate with the six areas of focus

- * Peace and conflict prevention/ resolution
- * Disease prevention and treatment
- * Water and sanitation
- * Maternal and child health
- * Basic education and literacy
- * Economic and community development

www.rotary.org

73's From Australia's Rotarians

FRIENDSHIP EXCHANGE BETWEEN D3011 NEW DELHI, INDIA & D9370, SOUTH AFRICA

D9370 has an upcoming Friendship Exchange with Rotarians from New Delhi, India.

The dates confirmed by our guests are the nights between Saturday 20th May and Saturday 27th May 2017 – both nights included. There are 5 couples and a teenage male who is the son of one of the couples and we have been informed that he may share a room with his parents, if an additional room was not available.

Presently we have planned that they will spend 3 nights in the KZN South Coast, 3 nights in the KZN Midlands and 2 or maybe 3 nights in the greater Durban area.

It has been decided that Durban hosts will collect the guests from the King Shaka Airport around 10:00am on the 20th May and transport them to the Blue Marlin Hotel in Scottburgh where the South Coast team will take them to their respective homes/hosts.

After spending 3 nights in the South Coast, that team will drive the guests to the Blue Marlin Hotel to meet around 10:00am on Tuesday 23rd May 2017. The visitors will be taken to Cato Ridge by the Durban hosts/RFE committee (exact meeting place to be confirmed) and will be met around 11:00am by the Midlands Team.

After spending 3 nights in the Midlands area, that team will drive the guests to Cato Ridge to meet around 10:00am on 26th May 2017. The visitors will be taken to their respective homes/hosts where they will spend 2-3 nights. The guests will be taken to King Shaka Airport by the hosts to catch a connecting flight out of SA

As a guide, we need to be mindful of the following:

- a. That the guests will need rest time between visits to places of interests which will include Rotary business
- b. That I will enquire about their meal preferences, allergies, classification etc. and inform you accordingly
- c. That the cost of all expenses to places of interest will be for the account of the visitors and that only bed and breakfast will be for the cost of host families/clubs. Dinners may be a part of a cost to the visitors, but this also depends on the generosity of the hosts and Rotary clubs.
- d. We would like to be given an approximate cost of any places of interest, meals etc. which will be forwarded to the guests for their financial planning before they depart for our shores.
- e. Details of the visitors will be forwarded to the respective organisers for onward forwarding to host families/clubs closer to the arrival date.
- f. Do onto them what you would expect to be done to you should you be a visitor to another country/club. Do not over promote Rotary projects, select a couple only.
- g. You are also not to make direct approaches to individuals for financial assistance of projects and the like. Let the guests take the initiative. You may promote such projects should you have club visits.
- h. Preference will be given to hosts when a reciprocal visit is planned to India at the end of 2017/early 2018 (December to February being the best time considering their weather). When options run out with hosts, we will then open it to other Rotarians. The maximum number will be 10 persons, or 5 couples.

Should you wish to discuss any aspect of this or any RFE related matter, please feel free to contact me. I am also willing to meet with clubs, provided time is on my side.

Ash Maharaj, **Chair RFE Committee. D9370**

Orphaned Rhinos Are So Excited Someone Gave Them New Blankets

She drove five hours just to get them there: Story by Elizabeth Claire Alberts 17.03. 2017
This week, baby rhinos at Rhino Revolution, an orphanage in South Africa, got an unexpected and very snugly surprise — blankets. Not just any blankets, but hand-knitted quilts made by people who belong to a group called Blankets for Baby Rhinos.

Believe it or not, blankets play a vital role in keeping baby rhinos healthy, especially small rhinos that have been injured and traumatized after poachers killed their moms. The blankets regulate the rhinos' body temperatures, keep any wounds clean and provide comfort.



A volunteer for the group, **Angie Goody**, drove five hours from Pretoria and Limpopo in South Africa to personally deliver the blankets to five rhino orphans — Ringo, Ubuntu, Masingita, Chipoko and Nkonzo.

"The babies were very interested in these blankets," **Natalie**

Rogers, a veterinary nurse at the rhino

orphanage, told The Dodo. "The new material was something new to them, and they had a huge interest in the new smells and gave them a good sniff."

While these rhino babies clearly enjoyed receiving the gifts, the blankets aren't actually meant for them — they were produced with much smaller rhinos in mind.

"The blankets we received will be used for future neonate calves that are admitted," Rogers said. "It was an absolute delight to receive the blankets and you can rest assured they will be put to very good use with future neonate calves and carers sleeping with these young babies, bringing comfort to both. The love and attention that has gone into each and every blanket we have received is clear to see."

That love is well and truly needed after everything the baby rhinos have been through. "The babies who will be wrapped in these blankets are likely to have been through the worst possible trauma after losing their mothers," Rogers added. "In the war against poaching, kind gestures such as these are vital in supporting the rehabbers on the ground."

While the rhino orphans at the sanctuary are all under a year old, they're still vulnerable to poaching. Earlier this month, armed men broke into Thula Thula Rhino Orphanage and killed two baby rhinos for their horns.



To prevent a similar tragedy from happening at Rhino Revolution, the caretakers have decided to keep even the younger rhinos dehorned.

"We dehorned all our rhinos at the facility as one of many security measures," Rogers said.

"We would normally wait till our calves are weaned off milk, but with recent escalations with poachers targeting hand-reared calves, we made the decision to dehorn Nkonzo at 11 months."

"We only removed a small amount of horn, but sadly it could tempt a poacher, so the decision was made to take that temptation away to

protect them all," Rogers said.

If you'd like to make your own blanket for an orphaned rhino, you can find more information on the Blankets For Baby Rhinos Facebook page. You can also help the rhinos at Rhino Revolution by making a donation.

What has Rotaract done for me?

Posted on [March 13, 2017](#) by [Rotary International](#)



By Emily Wood, Rotaract Club of South-West Brisbane, Australia

I've been a member of Rotaract — Rotary's community service and professional development programme for young leaders age 18-30 — for ten years. As I age out or "graduate," I've **started thinking about what Rotaract has done for me and how it's shaped who I am today.** A decade is a long time to stick with something. So, why have I?

Opportunity: Through Rotaract, I've had the opportunity to do many amazing things:

- I've travelled the world to experience different cultures and participate in projects.
- I've lived and studied abroad as a Rotary Ambassadorial Scholar.
- I've attended four Rotary International Conventions (Montreal, Bangkok, Lisbon and Sydney) where I've heard from and connected with some truly impressive individuals who are making the world a better place.
- I've attended RYLA (Rotary Youth Leadership Award), a week-long personal and professional development program that helps you figure out what you want in life and equips you with the skills you need to achieve your goals.
- I've received training in leadership, time management, project planning, event coordination, public speaking, governance, and much more.
- I've served on local, national and international committees, helping shape the future of this great organisation.
- I've been given free rein to develop and implement public relations, marketing and advertising campaigns for my club and district.

Experience: At the age of 23, I was invited to serve on the Rotary District 9630 Public Relations Committee. In my first year, I helped deliver new brand positioning (informed by research I undertook as part of my post-graduate degree), a bus advertising campaign, a new district website, new marketing collateral, and media and communication skills training. I will be forever grateful to the Rotarians who put their faith in me, and gave me the opportunity to test and further develop my skills. Not many people receive opportunities like this so early in their careers.

Confidence: Long gone is the girl who was terrified of public speaking — or even putting forward opinions in a meeting. Rotaract helped me overcome my fears. It's amazing how fear slips away when you are in a comfortable, supportive environment, surrounded by people who share your passions. As president of my club, I gained invaluable people and project management skills, and developed the confidence to chair meetings, plan projects and run training sessions. I've since served as a keynote speaker and panellist at local, national and international conferences, speaking to audiences of 200-plus people. I've also established a reputation at work for being calm and confident under pressure.

Life-long friendships: Rotaract has given me the most amazing network of friends — here at home and in almost every corner of the globe. These wonderful individuals have made my life so much richer. They are passionate and talented, and make a real and tangible difference in the lives of others. We've shared many adventures and I look forward to sharing many more.

This week is World Rotaract Week. It's the last time I'll be celebrating as a Rotaractor, but not the last time I'll be celebrating this great organisation.

If you're a young adult aged 18 to 30 interested in helping others, developing new skills and having a great time, then Rotaract is for you. Find a club and get involved — you won't regret it!

OUTA SPACE

Page 9

SWIMATHON IN PORT ALFRED Hans-Joachim Hon

The 2017 Swimathon was held at Port Alfred High School on Saturday 11th March.

Since we are only **3 E-Club Members in Port Alfred, Mike Tina and Hans** we decided to organize this event together with the Rotary Club of Port Alfred and to split the proceeds. For those of our Members who have not done a Swimathon, try it! It is a fun event and reasonably easy to organize. You simply arrange sponsorships from Companies to enter a team. We have done this twice before and have noticed that Companies rather give you the money than entering their own team again. The reason is simple, it sounds easy



to have a team of 6 swimmers to swim relay style for 40 minutes. In practice, however, it is extremely exhausting and adults usually crawl out of the pool within the first 20 minutes. Thus, the only adult teams we had this year were NSRI and the Port Alfred Teachers team. NSRI



won the last 2 events with ease and were favourites this time. The Teachers team included **our two German Volunteers Tolben and Antonia who also assisted Tina at the food stand.** The other 10 teams comprised kids of all ages including INTERACT and EarlyAct and one team from Station Hill Primary School. The latter was the only township school because none of the schools have pools or give swimming lessons. The Station Hill Primary School arranged scholars who usually train in the river.

In total we had 12 sponsored teams each comprising at least 6 swimmers and they swam a total of 1166 laps. The sponsorship raised by our E-Club members was

tremendous. Mike Millard, together with Multi Security entered the INTERACT team, Tina Hon and Kwena Air sponsored the NSRI and Port Alfred High School Gala Team and Mario and Kita Hegemann provided the funds for the Station Hill Primary School team.



In addition Mike raised the sponsorship for an additional 4 teams. Well done to our E-Club. Of the 12 teams entered we organized 8!!! It was truly a fun event and the swimmers had fantastic support from scholars and parents. In the end, NSRI was beaten by the Port Alfred High School Gala Team by 11 laps (148 to 137). Enquiring about the reason for NSRI's performance, the answer from the rather out of breath team leader was simply "we are like Rotarians now – older and fewer".

The total raised for our Club amounted to R 3 350 which we allocated to Port Alfred High School and End Polio.

If any of our E Club Members would like to support Polio eradication, sponsor a team for the next SWIMATHON in March 2018 and simply deposit \$40-00 or R 500-00 into the Club Account. I am sure President Irene Kotze or President Elect Gerald Sieberhagen would gladly arrange additional SWIMATHON events with other schools. It is a wonderful community project whilst raising funds for Polio.

GRANTS UPDATE

GG1744284 – PRIMARY CONTACT – PAT DRAPER

For Pat, the itching to get going is over – the funds have arrived from The Rotary Foundation, ironically on his birthday!!!

So everything is now full steam ahead – budgets have been adjusted to take into account the Exchange rate change – thank goodness the new Global Grants include a contingency amount which covers exchange rate fluctuations

DISTRICT GRANT – 2017/18 ROTARY YEAR

All documentation for the next District Grant for R5 000 has been submitted to our District. This consists of:

- Club Qualification MOU
- D9370 District Grant Agreement
- District Grant Application

Proceeds should be received during July 2017

DISTRICT GRANT – 2017/18 ROTARY YEAR

With the Rotary Club of Mont Albert and Surrey Hills D9810 Australia

This Grant, for upgrading facilities at St Thomas' Children's Home is now scheduled to take place in the Rotary Year commencing July 2017.

The contribution from D9810 would probably be increased from AUD3 000 to AUD5 000.

All the necessary documentation is in place.

Thinking of doing a Global Grant – this is the link to the guidelines.

<https://my.rotary.org/en/document/guide-global-grants>

1000_guide_to_global_grants_en

A GUIDE TO GLOBAL GRANTS

This is the 2016 edition of A Guide to Global Grants, which replaces the Grant Management Manual. It's for all Rotary members who are interested in applying for global grants or developing more effective and sustainable service projects. Members and leaders can also use this publication as a training resource at district grant management seminars. The information it contains comes from The Rotary Foundation Code of Policies, Terms and Conditions for Rotary Foundation District Grants and Global Grants, and Areas of Focus Policy Statements. Any changes to those policies override statements in this publication.

QUESTIONS

If you have questions about your role, contact your district's leaders, such as the district Rotary Foundation committee chair. You can also consult experienced Rotary members who have worked with global grants or served as club Rotary Foundation committee chair.

The Rotary Support Centre can answer general questions on grants and qualification. Our staff at Rotary headquarters and our international offices offers support in eight languages. Regional grants officers are also available to answer specific questions about grants.

If you have questions about this manual or other Rotary training material, send them to learn@rotary.org.

MONIQUE AND FRANCESCO TREE PLANTING

We have planted 1 x *Schotia brachypetala* or common name Weeping Boer-bean.



Name derivation: *Schotia* named after Richard van der Schot, head gardener of the Schönbrunn Gardens located in Vienna, Austria and *brachypetala* - short petal. A semi-deciduous to evergreen tree which grows up to 25 m tall. The tree flowers from August through to November and fruits from January to May. The Weeping boer-bean has medicinal uses and its powdered leaves are applied to tropical ulcers to speed up the healing process. The Weeping boer-bean is often utilised by game and is always conspicuous in the veld. Black rhino eats its bark, and the leaves are eaten by giraffe, kudu, nyala and impala. Vervet monkeys, turacos and parrots feast on the flower buds and seeds. A Weeping boer-bean in flower is a stunning sight. The flowers produce abundant nectar and it is this nectar dripping from the flowers which gives it the common name 'Weeping boer-bean'. Large

numbers of various bird species visit the flowers for the nectar. It also attracts many insects and these in turn attract insect-eating birds to the garden.

We have planted 5 x *Indigofera frutescens* or common name River Indigo.

This tree was originally called *Indigofera frutescens*. It is a small evergreen tree which is frost resistant and will thrive in the sun or semi-shade. The delicate pink flowers open in summer which makes a stunning sight. Eve Palmer describes them as "pretty things all lightness and grace". They are pollinated by bees. It is useful for containers and is a popular garden tree. It can be cut back to make a multi stemmed shrub or left as a single stemmed tree. It produces strong wood and is used magically as the roots are used as a love charm. They are also used medicinally as a worm remedy. It is the larval host to the Common Blue, Lucerne Blue, Grass Jewel Blue, Grizzled Blue, Karkloof Blue, Restless Blue, Clover Blue Striped Policeman and the African Clouded Yellow butterflies. The leaves are used to make dye. This is a popular bonsai subject.



CENTENNIAL TREE PLANTING Port Alfred

2 pictures of our tree planting project which we did on the 14th of March. It may look like a hair-raising experience but we had gale force winds in Port Alfred that day. It also does not take 25 people to plant a tree, we only chose that date to coincide with the meeting of the Interact Club to have some fellowship. The actual planting was done by Mike's faithful workforce. In total we planted 4 wild olive trees sponsored by Mike, Tina, Mario and Hans in celebration of our Foundation's 100 years anniversary.

The trees were planted on the grounds of Port Alfred High School and each tree has our Club's logo attached, thanks to Mike's efforts.



The story about how many people it took to plant 1 wild olive tree of course immediately brings to mind the many stories about how many people are needed to change a light bulb. I have often wondered where the light bulb story had its origin but I will know for sure where the olive tree story had its origin.

ANGELA & BRIAN SAVAGE ABOUT TREE PLANTING AND OTHER THINGS

Our tree planting is ongoing.

Since we came to Mvumi (Dodoma Region of Tanzania) in April 2016 we have planted 40 new trees in our own garden at home, and provided 24 trees to the student nurses who have planted behind the classroom. We are in the process of planting another 100 trees related to a special kitchen improvement project. The main aim of the kitchen project is to stop the use of firewood for cooking meals for the 500 students;

we have installed a 1000 L solar water heating panel to provide hot water for the kitchen and we are awaiting a 2 ton gas tank. The gas will finish heating the water and complete the cooking of the



food; we hope that having hot water will reduce the use of gas. So far we have planted 25 of the 100 trees in this batch. So in total so far we have planted 89 trees and will continue with another 75, but we are also helping to reduce tree cutting by conversion to solar + gas in the kitchen.

Editor – See next page for photos of trees and also a wood pile that they wish to eliminate in future

ANGELA & BRIAN SAVAGE ABOUT TREE PLANTING AND OTHER THINGS



Some of the trees that have been planted at their home



Some of the trees at the Nursing school



This is the firewood pile that we want to stop using ... solar hot water system in place to get water up to 60+ degrees and we hope to have gas installed this week to finish off the cooking. We aim to stop tree use in the health schools as well as continuing to plant. There are 500 students so in a year there have been lots of loads of firewood used. We are so glad Rotary is very keen on environmental issues.

BACK PAGE



Here is your owner's manual for how to be a better human being.

Be kind. When people are kind to each other, it's contagious. Kindness breeds kindness, and there's nothing wrong with that. It takes more energy to be unkind, so why bother?

Care about and help others. Caring about and helping others should be a basic human instinct. When you see people in need, ask what you can do to help. Donate to charities when you can. We need to be a more compassionate society.

Be grateful for what you have. For so many these days it's all about what they don't have instead of what they do have. Let's stop trying to outdo each other and instead be grateful for what we've got.

Enjoy every day like it's your last. Yesterday is gone and tomorrow isn't here yet. So what's the sense in dwelling on the past or the future? Live in the moment! Live each day to its fullest!

Love more. There is so much hatred in the world. People hate people for the colour of their skin or their political or religious beliefs. Love is so much easier than hate. So, let's love our fellow humans (and animals, too).

Set an example for your kids. Children are the most impressionable beings on the planet. If you want them to act a certain way, be the example for them. Like it or not, you are your child's biggest role model.

http://www.huffingtonpost.com/dean-dauphinais/10-ways-to-be-a-better-hu_b_5760778.html

And now we are once again OUTA SPACE