



Heart & Soul of D9350

DG Newsletter August 2023
Edition 2

District Governor's Monthly newsletter



Message from DG Ann Wright

Throughout the Rotary world August's theme was 'New Member' month.

Thank you to those who introduced their friends, family, colleagues or acquaintances to a new lifestyle of **Service above Self**. Our numbers are improving.

To our newly inducted members I extend a very warm welcome. I am sure you are a great asset to your club and I look forward to meeting you in person at one of our District events. Please embrace all that Rotary has to offer and enjoy your Rotary journey.

This month I spent fourteen wonderful days in Namibia, a country close to my heart. Rotarians will be pleased to know that this vast, sparsely populated country is the first country to have incorporated the protection of the environment into its constitution.

Earlier in the month I visited Luderitz which is surrounded by desert, picturesque bays and a lagoon with lots of birdlife. I'm deeply grateful to PP Ulf for hosting me at his Nest Hotel, AG Ockert and President Reinard for a memorable DG club visit.

It has been a privilege visiting the clubs and their projects and getting to know their members. The endless beauty of the country's astonishing varied scenery is an otherworldly experience.

In Windhoek I met with Presidents: Loretta RC Auas, PP Lanice RC Klein Windhoek Valley, PP Danny RC Windhoek and in the coastal towns of Swakopmund and Walvis Bay with Kathryn and Taurai. Thank you to you all for **Creating Hope in your World**.

To my AG Edouard, you made my stay in Windhoek a memorable one. He was my advisor, driver and the organiser of the mini-conference in Windhoek. Thank you to our District Trainer, PDG Casper Kruger, who drove from Somerset West to participate in the conference.

During my stay I hosted a new member's orientation and a Namibian one-day mini-conference. Thank you to the Rotarians who drove hundreds of kilometers to attend. That's true Rotary passion. Lots of learning and new friends were made.

In September Rotary Leaders from our Zone will attend Institute to share information, build connections discuss TRF, Polio and matters of general interest to Rotarians. PDG Tracey and I will be travelling to Lusaka and we'll be joined by PDG Lee-Ann Shearing who will be one of the presenters. DGE Stephen will first attend GETS and then join us.

I look forward to hearing about your Mental Wellness projects and to meeting you at the mini-conference in Riebeeck Kasteel on 14 and 15 October where you will use the opportunity to explore ways in which to ensure your own mental wellness.

September is the start of Spring and as Leo Tolstoy said, 'Spring is the time of plans and projects.'

Happy Spring wishes to you all

Ann

**Peace is not when everyone agrees.
It is when we respect our disagreements
and still play in the sandbox together.**

NEWSLETTER HIGHLIGHTS

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12. Area of focus: Education & Literacy
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14. Do the Maths Stupid – PDG Geraldine Nicol
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TOGETHER, WE

CONNECT

Rotary  PEOPLE IN ACTION

TAKE ACTION: www.rotary9350.co.za



ROTARY-PEACE CORPS WEEK

18-22 SEPTEMBER 2023

Connecting for Peace

Join us for the 2023 Rotary-Peace Corps Week 18-22 September! This week is an opportunity for members of both organizations to collaborate, share their resources, and co-create projects that will have an even greater impact.

It is hosted by [Partnering for Peace](#), a group of Returned Peace Corps Volunteers who are also Rotary and Rotaract members and are passionate about the impact we can make together through the official Rotary-Peace Corps partnership.

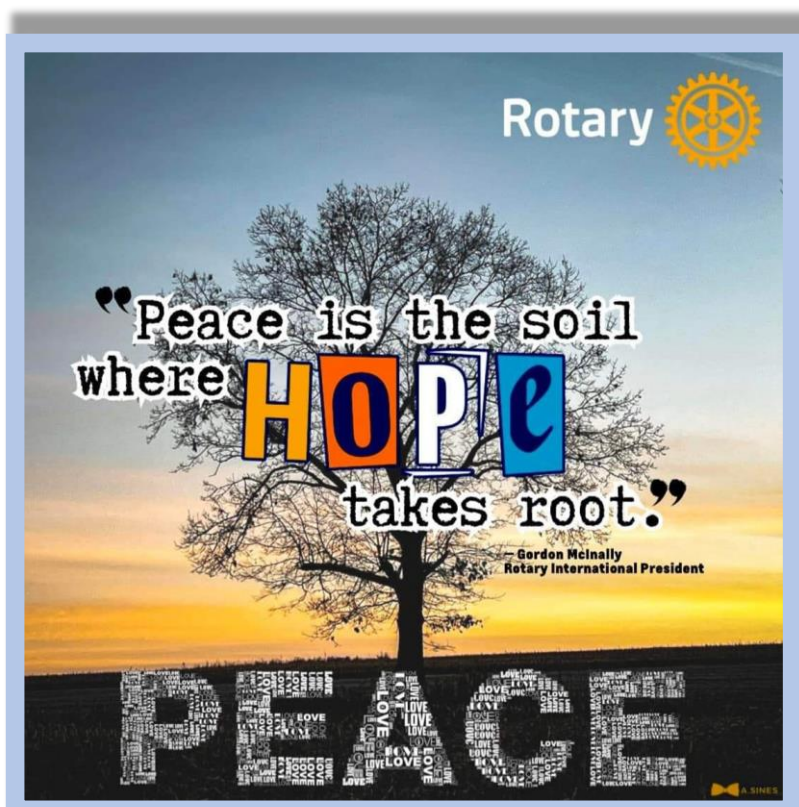
The week's theme is Celebrating our Connections and starts on Monday, 18 September with a panel webinar on Peace through Service, Action and Diversity.

[YOU CAN REGISTER FOR EVENTS HERE.](#)

How else can your Rotary community participate in this week-long grassroots initiative? Although opportunities vary by country and geographic region, consider the ideas below.

- Recommend that clubs invite a member of the Peace Corps community to speak about their service experience at an upcoming meeting.
To find a speaker, contact:
 - [The Peace Corps office in your country](#)
 - [Returned Peace Corps Volunteers](#)
- Encourage your clubs to attend the Rotary-Peace Corps Week events.
- Work with your district international service chair to explore opportunities for collaborating and promoting international projects.
- Contact local returned Peace Corps volunteer groups in your district. Introduce Rotary to them and offer to help recently returned Peace Corps volunteers find a club or volunteering opportunity that fits their interests and commitment to service.
- Share a list of service projects and causes clubs in your district are addressing with your local returned Peace Corps volunteer group to see if there is an opportunity to collaborate.
For more information, email: events@partneringforpeace.org or visit [Partnering for Peace](#)

We encourage you to consider participating in this week of events and activities and to extend this invitation to your clubs and district.



Mini Mental Wellness Conference

14 & 15 October 2023

DISTRICT 9350



Visit Goedgedacht website

[CLICK HERE](#)

Hosted by: RC Riebeek Valley Rotary Club

Venue: Goedgedacht Farm, Riebeek Valley

Riebeek Kasteel is one of the oldest towns in South Africa. This particular farm on the slopes of the Kasteelberg before Riebeek Kasteel, is located a mere hour's drive, 87 km from Cape Town.

Why attend:

RECHARGE YOUR BODY, SOUL AND MIND

What's on offer: Inspiring speakers, a facilitated walking pilgrimage on the farm, time to reflect, Yoga, art, dance options, walking of a labyrinth; walking on the farm, mindfulness sessions, fun and the opportunity to meet your extended Rotary family. Delicious healthy farm fresh meals and inspiration for the New Rotary year.

DETAILS:

The RC Riebeek Valley website will have the full programme for mini-conference on its website as from Thursday 7th September 2023.

[RIEBEEK VALLEY WEBSITE](#)

You will be able to book your accommodation at Goedgedacht Farm for Friday night (if you wish to arrive a day earlier). Saturday and Sunday 14-15 October, plus booking for Conference.

Bed & Breakfast – R700 pppd sharing, 2nd person must pay R100 for breakfast.

Conference package:

R380pp

1 x lunch @ R110pp,

1 x dinner/dance @ R180pp,

3 x tea & scone breaks @ R30pp per tea break.

Mental Health

Has your club made mental health a priority?

Can we freely ask each other,
'How are you **really?**'

We should all prioritize self-care and offer help to those who are struggling.

Are our clubs welcoming, are our members and visitors shown respect, kindness and care?

It is well-known that there are **many benefits of exercise on mental health.**

All Rotarians and their partners are warmly invited to attend the mini-conference in Riebeek Kasteel in October where you can exercise at your level of ability.

Your stress levels will reduce and your energy levels will increase, anxiety and depression will reduce and you will notice increased self esteem and improved sleep when you exercise.



MENTAL HEALTH



INNER PEACE



World Health Organization

Click on the links below to learn more about Mental Health from the WHO :

[“Mental health atlas 2020”](#)

[“World mental health report: transforming mental health for all”](#)



Rotary Friendship Exchanges outbound to Long Island and Upstate New York in 2024

District 9350 has been invited to send a group of Rotarians on Rotary Friendship Exchange visits to the following Districts:

- **D7120 Upstate New York (USA) from 15 to 26 April 2024.**
Visit includes: Finger lakes, Niagara falls and Northern, Central and Southern Upstate NY
- **D7255 Long Island (USA) from 1 to 11 JULY 2024**

Any Rotarian in good standing in District 9350, with their spouse/partner or as a single person, is eligible to go on one of these RFE visits, provided they have either hosted incoming RFE visitors from another country or are prepared to host incoming RFE visitors in the future.

Visitors are responsible for paying for travel to and from the Districts named, all personal costs and some meals. You will be accommodated free of charge in the homes of host Rotarians during your visit. These visits are great fun, you learn a lot about the culture of the country you visit, have some wonderful experiences, and see amazing things often not available to the general visitor.

Mostly importantly you very often make good, lasting friendships with your hosts and the other Rotarians whom you meet.

Places are limited, so if you would like to be take part, please act quickly. We cannot guarantee that everyone who applies will be successful, but we will do our best. The District RFE Committee will allocate places by mid-October 2023.

If you would like to go on one of these friendship exchanges please send an email with the following information:

- **Your name and the name of your partner/spouse if applicable**
- **Your Rotary club**
- **Mobile number and**
- **The district you would like to visit**

BY: 30 September 2023

To: Pieter van Aswegen pavanaswegen@gmail.com
WhatsApp: 082 577 1415

VIDEO

**The Value of Rotary's Friendship
Exchange Program
(taken in RI Assembly 2023-2024)**

[**WATCH**](#)



**District
9350**

**SAVE
THESE
DATES!**

WEBINARS

District 9350 ClubRunner Webinar
16 September 2023
09h30

[Registration Link](#)

District Food Gardens Webinar
Wednesday 27 September 2023
18h30

**District Environmental
Sustainability Webinar**
Wednesday 27 September
Details will be sent closer to the time

RC Riebeek Valley

**RIEBEEK VALLEY
MOTOR
SHOW**
9 SEPTEMBER 2023

VENUE: LAERSKOOI RIEBEEK KASTEEL
37 MAIN STREET, RIEBEEK KASTEEL
TIME: 10AM - 4PM
MUSIC - WINE TASTING - ENTERTAINMENT -
DIE CAST COLLECTORS - FOOD VENDORS
WWW.RIEBEEKVALLEYMOTORSHOW.CO.ZA

TICKETS:

(SCAN QR CODE)

FOR MORE INFORMATION

[**CLICK HERE**](#)

SOME CLUB NEWS



THE DISTRICT ADVISORY COUNCIL (DAC)

is made up of past district governors who meet with the DG four times a year and our first meeting was held at the Greenways Golf Estate.

Front: Geraldine Nicol, Ken Lester, June Webber
2nd row: Lynette Stassen, Ann Wright, Tracey Wilson, Carl-Heinz Duisberg, Ian Pursch
Back row: Alex van der Sluys, Metcalf Fick, Jaap Steyn, Casper Kruger, Ian Robertson, David Holtzhausen



RC LANGEBAAN

President, Jolene Wicht visited RC Grande Baie in Mauritius recently and President Sheneel Nundlall presented her with a copy of the Club's birthday book.



RC CLAREMONT

Blind wine tasting fundraising evening.



RC HOUT BAY

A fellowship get together after the Club meeting.



RONDEBOSCH COMMON PARK RUN VOLUNTEERS

Newlands RC contingent volunteering and having a lot of fun and fellowship, at the Rondebosch Common Park Run. We were there to help Teresa and Andrew Thomson who were the run directors for the day.

Back: Andrew Thomson, Shân Biesman-Simons, Jenny Ibbotson, Terry Lancaster and Jean Wilke. **Front:** Wendy Goddard with her faithful followers, Steffi Goddard and Blossom Goddard

Are we on fire or just a damp squib?

ROTARY BRANDING

By Lee-Ann Schearing

District 9350, Public Image Coordinator

It has been over a decade now since Rotary introduced the new logo, but it seems that the wheel turns slowly and many clubs around the world have not adapted and changed to update their banners, signage, social media posts, letterheads and the like.

Whether you love the new clean look or hate it – you still have to use it.

Did you know. The first logo was created in 1905, changed and given two new looks a year later, then amended again 4 years later, and again 2 years later. Rotary International then waited 100 years to modernise and we now have the trademarked logo, unveiled in 2012, that we should be using today.

Correct branding does not only matter to Rotary – correct branding is important to every global brand. Think about your own business. Does it matter that your customers can easily identify you and distinguish you from others? Think about your own personal brand and how you feel when people have misconceptions and incorrect perceptions of you. Branding matters!

We need to protect our Rotary name and intellectual property. Misuse of the Rotary logo not only weakens our brand but there may be financial consequences due to trademark licensing regulations. We want to be recognised worldwide in a consistent and compelling way and the best way to do that is to ensure that our logo is uniform and compliant.

Use of the Rotary wheel (mark of excellence) and the Masterbrand signature (Rotary+wheel) have some guidelines that need to be followed. I encourage everyone to watch the video on the brand centre entitled “Getting started with the Brand Centre” to garner a better understanding of the “new” branding initiative.

A good checklist when you are updating your club logo:

- Always use your club identifier when creating your club logo in the brand centre on the Rotary website. The name should be the one that appears on your charter certificate or the name that your community knows your club by.
- NEVER obscure the Rotary wheel, or use a partial wheel, or manipulate the wheel in any way. The Rotary wheel (mark of excellence) should only be used with the Masterbrand signature (Rotary+wheel) and Never on it's own. Do not use the wheel as a bicycle wheel, the number zero or any other type of “tweaking”. We need to take our logo seriously and abide by the laid down guidelines.
- Do not use images or graphics within or attached to the Rotary logo. Nike would not add a tree behind their signature “swoosh”, and nor should be add anything extra to the Rotary club logo.
- And finally, I urge you all to retire your heritage logos with the “new” refreshed logos.

The beauty of Rotary is that it equips us with all the necessary tools and materials to comply with the guidelines but we just do not use them.

Be a brand ambassador and together let's be one of the first Districts in the world to have correct complaint branding across all clubs.

I challenge you all!

Did you Know?

“Rotary” is the connective thread that binds Rotary International and The Rotary Foundation.

Rotarians naturally refer to our organization as “Rotary.”

Embracing “Rotary” as our communicative name is a simple, yet critical, step to unify our organization and strengthen our message.



ROTARY OUR COMMUNICATIVE NAME

What we call ourselves when referring to the enterprise as a whole in all communications.



ROTARY INTERNATIONAL OUR LEGAL NAME AND SUPPORT ARM

How we refer to our global association of 46,000 clubs and the governance and offices that support them.



ROTARY FOUNDATION OUR CHARITABLE ARM

What we use when referring to Rotary's fundraising and grant-making arm, when appropriate and/or legally required.

DG ANN'S OFFICIAL CLUB VISITS

RC TABLE BAY



Past President Doug and President Janine were delighted to receive their Citation for last year during the DGs visit. Celebrating with them are AG Pam Rawbone and DG Ann. RC Table Bay meet at the Royal Cape Yacht Club.

RC MELKBOS



RC Melkbos Eyecare project at Orion organization. AG Frederik Jansen is the optometrist who has donated his time to the folk at the Orion organization.

RC TYGERBERG



Piet Senekal receiving his Honorary Membership from President Margaret Lambert. Piet has been a Rotary member for 50 years.

RC UPINGTON



PP Hannes Schoeman and President Deon Van Zyl

RC NOON GUN



RC NOON GUN
AG Ross Kelly and President Zikhona Madubela.



How do you see HOPE?



"You can and You will."
President Zikhona Madubela
RC Noon Gun



DG CLUB VISITS NAMIBIA

RC LUDERITZ



RC Luderitz Rotarians meet at the fabulous Nest Hotel owned by PP Ulf Grunewald.

RC WALVIS BAY



RC Walvis Bay Rotarians



RC Walvis Bay President Taurai Chinhwanuseee

RC WINDHOEK



RC Windhoek project supports a farm school in the Dorbabis area. They recently added 4 toilets to the 4 dormitories.





DG CLUB VISITS NAMIBIA

RC SWAKOPMUND



DG Ann with President Katherine from RC Swakopmund.



The MYO After-school children who entertained us with a recorder and marimba performances in Swakopmund.

RC OTJIWARONGO



Some of the Rotarians and Interactors from RC Swakopmund.



RC Otjiwarongo at the Steps for Children school run by Rtn Sonja Schneider-Waterberg in Okakarara. With her are AG Edouard, Rtn Cynthia, President Dieter, Rtn Harry and DG Ann.



This is an excellent vegetable garden located at the second school.

RC WINDHOEK AUAS



RCWA support an after-school programme, Mindsinaction STEAM project which is owned by 2 young engineer members.

Left: President Loretta with DG Ann at the Auas Afterschool

RC Windhoek Auas inducted 2 new members during the DG's visit.



RC KLEIN WINDHOEK VALLEY



RC Klein Windhoek Valley visit.



NAMIBIAN MINI-CONFERENCE



PDG's Casper and Carl-Heinz (zoom) spoke about TRF and gifting.



Les Girls at the Namibian mini-conference.



AG Edouard presented the facts around trafficking in Namibia.



35 Namibian Rotarians attended the conference.



RC Luderitz President Reinard, AG Ockert and PP Richard.



Rotarian Wolfgang Schenk chatted about the KVV projects.



AG's Edouard and Ockert with DG Ann.



Rtn Ndaudika and Rotaractor Ester.



Rotarian Anke presenting RC Swakopmund's MYO project.



Guest Speaker, retired Ombudsman John Walter with PP's Heide and Brian.



**MORE THAN 775 MILLION
PEOPLE OVER THE AGE OF
15 ARE ILLITERATE.**

**THAT'S 17 PERCENT OF
THE WORLD'S ADULT
POPULATION.**

*"Education is a social process.
Education is growth.
Education is not a preparation
for life; education is life itself."*

John Dewey

BASIC EDUCATION & LITERACY

AREA OF FOCUS EDUCATION AND LITERACY

The Rotary Foundation promotes education and literacy for all by:

- Involving the community to support programs that strengthen the capacity of communities to provide basic education and literacy to all;
- Ensuring that children have access to quality basic education
- Reducing gender disparity in education
- Increasing adult literacy in communities
- Strengthening the capacity of communities to support basic education and literacy
- Supporting studies for career-minded professionals related to basic education and literacy.

RC Pinelands RC - KHAYELITSHA EDUCATIONAL - Related Projects Khayelitsha Convener - Brian Smart

ECD Community Projects

1. **Nalibali Reading Program** – Run by Mildred Tshukuse at P Section Ass. For Children & Youth
2. **Nalibali Reading Program** - Run by Lorna Tshukuse at Linga Community Project at informal known as QuandoQuando.
3. **P Section Soup Kitchen** – Managed by Mildred Tshukuse with community staff, partially funded by City of CT and other local business donor's & NGO's.
4. **Linga Project Soup Kitchen** – Managed by Lorna Tshukuse and foodstuffs funded and prepared by local QuanoQuondo volunteer members. A small vegetable garden has been started.

COVID 19 Intervention Project

1. **UCT – SII (Schools Improvement Initiative)** run by UCT Patti Silbert and chaired by PDG Geraldine Nicol. Brian Smart is also a committee member and Youth Convener for Pinelands RC. This represents the current EarlyAct and Interact Clubs in our Khayelitsha Schools.
2. **UCT SII** available resources have currently identified the impact of Covid 19 on schoolchildren that have lost parents & relatives.
3. **SII - Counselling Program** - initiated to address this major issue affecting the learners in Khayelitsha in both Primary & High School's. Councillors were selected from the schools teaching staff, to receive appropriate psychological counselling training and one on one sessions were implemented.
4. The program proved to be successful and has since been rolled out nationally by the Dept of Education.

Rotary Programmes

1. **EARLYACT programs** During 2021 Pineland Rotary were supporting some 12 Clubs but since Covid infections stopped most School access and activities. Minimal contact has been maintained. The wish is to rebuild the contacts with the SII listed Schools.
2. **INTERACT programs** During 2021 Pinelands assisted with the support of 3 Clubs that Newlands RC and AM KAP RC were responsible for.
3. **ROTARACT program** Support was given for the initial efforts to set up the Rotaract program but withdrawn due to covid.



DO THE MATHS STUPID!

This is the title of Mark Heywood's Daily Maverick article reminding us all of the vital link between education and food, between a young child's body and brain development and the hunger challenges facing our country.

See below for link to the DM article

In line with the RI incoming president's Stephanie Urchick's request on Rotary's Action Plan, we need to find ways to **"INCREASE OUR IMPACT"** in the all important field of education

What do we need to know to be able to significantly increase our impact in Basic Education and Literacy?

- We need to know what the ROI (Return on investment) is on our various Rotary club's investment in Educational programmes
- We need to assess and measure exactly how effective our various education programmes are, especially in the light of the hunger challenges facing the country.
- ***We need to understand the implications on our educational ROI of this horrific statistic:-***

1 in 4 children in SA are stunted (that means their bodies and brains are not able to grow and develop to their full capacity because of severe and poor malnutrition) And these stats are likely to continue due to mass unemployment and rising food prices

- We need to ask whether the children for whom we are providing books, computers, teacher training, ECD, indeed any form of educational support, are getting sufficient nutritious food!
- If they are not able to grow well, they can't learn well and do well in their future lives. There are lifelong consequences of malnutrition – a child whose brain has not developed due to poor nutrition is more likely to drop out of school, struggle to find future employment and live in poverty as an adult – so the poverty cycle is perpetuated

Read more on this link :

[DAILY MAVERICK ARTICLE](#)



PDG Geraldine Nicol

What can we as Rotarian do ?

- Strategically plan to integrate ALL our educational programmes with nutritional programmes.
- For long term impact and sustainability, include a Food garden programme with our clubs educational programme (NB : Our District suggests that food parcels are only a short term solution which further encourages a dependency syndrome so rather go the food garden route).
- Partner with a local NGO already working with Food Gardens.
- Build your knowledge on food gardens by regularly attending the D9350 Food Garden Webinars to learn the many ways Rotary clubs help schools and communities to establish food gardens.
- **Sign up for the D9350 Food Gardens Webinar on Wed 27th Sept at 17.00 – to learn more about how malnutrition causes stunting and its impact on educational development, and get practical ideas of what every club member can do to help grow nutritious vegetable to change the lives of the children we all try to serve: Contact lubbe58@gmail.com for the zoom link to this webinar or find it on the D9350 website calendar.**
- **LET'S BE THE "PEOPLE OF ACTION" WE CLAIM TO BE :**

Lets ensure we take action to address the hunger challenge which is severely impacting on the overall educational development of the future generations of our countries.

**"INVESTING IN EARLY
CHILDHOOD NUTRITION IS A
SUREFIRE STRATEGY. THE
RETURNS ARE INCREDIBLY HIGH"**

ANNE M. MULCAHY



Heart & Soul of D9350



District Governor's Monthly newsletter



ROTARY'S VISION STATEMENT

TOGETHER WE SEE A WORLD
WHERE **PEOPLE** UNITE AND TAKE
ACTION TO **CREATE** LASTING
CHANGE ACROSS THE GLOBE
IN OUR COMMUNITITES AND IN OURSELVES

TAKE ACTION: www.rotary9350.co.za