

Heart & Soul of D9350

DG Newsletter October 2023
Edition 4

District Governor's Monthly newsletter



Message from DG Ann Wright



Dear members

**'Dit is die maand Oktober, die
mooiste, mooiste maand'**
- C. Louis Leipoldt

Could October get any better? It's one of my favourite months. I celebrate YOU for all that you have done this month, thank you. I've been blown away by the incredible projects you are currently doing and those still in the planning stages. Please share this information.

Tell the story of your amazing work on RI Showcase, on our D9350 website and on your own club's social media. You could inspire or motivate another club to take on something similar, or perhaps they could collaborate with you?

Are you hosting an event or fundraiser? Please send a flyer to JJ (John Jacobs) for the district calendar and to me for the DG newsletter. We're happy to help boost your event and encourage inter-club fellowship.

We can learn so much from our fabulous Springboks who taught us so much about teamwork. They proved that great things can be achieved when a team/group work together towards the same goal. Nelson Mandela said, 'Sport has the power to change the world. Sport has the power to inspire. Sport can create **hope** where there was only despair.'

Have you considered running a children's programme offering diverse activities with sport as a focal point during the holidays? Encouraging school children to exercise, to eat healthy and to learn new things will help our vulnerable children to be mentally healthy.

Mini Conference

Rotarians attending mini conference were privileged to look at their own mental wellness and experience activities that would form a tool kit of what to do if they felt that they were not coping. And all of this took place in nature's own garden, the beautiful Goedgedacht Olive Farm in Riebeeck Kasteel. There have been numerous requests for another weekend which I'm looking into for early next year.

Congratulations and thank you to President Deon and his Riebeeck Valley committee as well as the staff at the farm who went out of their way to ensure that everyone left the farm with body, mind and soul renewed and refreshed.

Mental Wellness project

Consider offering a wellness day to those citizens who work in stressful environments every day; the police, hospital staff, teachers and social workers.

Club visits

In the spotlight this month were: Stellenbosch, Melkbos, Blouberg, Somerset West, Helderberg Sunrise, Signal Hill, Waterfront, Sea Point, Newlands, Bellville, Franschhoek and Swellendam.

I visited 12 clubs this month and which one would I join if I was a potential member? I would be spoilt for choice. Reflecting on my visits these words tumbled out of my mind....a super club, great 'customer' service, delicious food, a bit clicky, outstanding leadership, action packed, member centred, awesome venue and old world.

Thank you to Presidents Stuart, Jaco, William, Jo, Godfrey, Mymoena, Cosmina, Jenny, Dalene, David and Jacques for going the extra mile for my visit.

To my AGs Anton, Frederik, Eppie, Pam, Justin, Wendy, Jeanette and Bev, thank you for checking in on my visits and keeping me company. Your dedication is much appreciated.

Club goals

I encourage all clubs to log into Rotary Club Central, select your goals to pursue for this Rotary year: Members & Engagement, Rotary Foundation Giving, Service, Young Leaders, and Public Image. Pick the categories in which your club wants to work, and then create goals for the year. Earning a citation for ticking the boxes is recognition for the planning and hard work done by the members

The Stayers

I asked a couple of Rotarians why they've remained committed Rotarians and these are some of the replies:

- A basic human need is friendship and this is what I found in my club.
- I was very introverted, but when I joined I chose to volunteer for things I've never done before – being the secretary, arranging the guest speakers, writing the club bulletin. I am a proud Rotarian
- I didn't enjoy my first club, but my current club suits me just fine. We all get on and most of us socialize outside of meetings.

TOGETHER, WE

CONNECT

Rotary  PEOPLE IN ACTION

TAKE ACTION: www.rotary9350.co.za



Pray for Peace

The horrific news and media images of the ongoing violence in the world is a complex topic. Rotarians are humanitarians. We do not discuss politics or religions. The loss of life and suffering on both sides of a war zone must be acknowledged. We are an inclusive organisation working for world peace. Can we please respect each individual and be careful of offending or alienating members.

World Polio Day

It's not too late to share what you did on the 24th October to support Rotary's **END POLIO NOW** Awareness Campaign. Let's make the final push the biggest ever! Thank you to Janey Ball for setting up our district PR on Signal Hill. See photos elsewhere.

The Rotary Foundation

November is the time to focus on TRF which is the non-profit corporation which supports our GG projects. It's totally supported by voluntary contributions. Consider increasing both your personal and club contributions as the world needs Rotary and our humanitarian work more than ever.

Your dedication and involvement in Rotary projects means the world to every person we serve. You are appreciated.

Bless you

Ann

Do all the good you
can, for all the people
you can, in all the
ways you can, as long
as you can



NEWSLETTER HIGHLIGHTS

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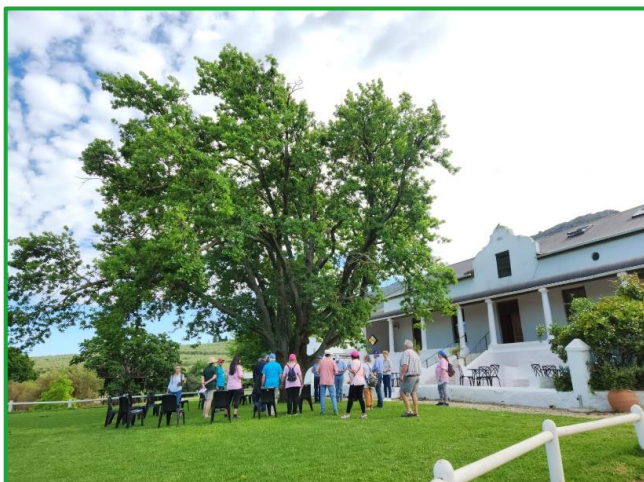
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District Mini Conference
14 & 15 October 2023



District Mini Conference

14 & 15 October 2023



Oudtshoorn ladies

District Mini Conference

14 & 15 October 2023



FEEDBACK

District Mini Conference 14 & 15 October 2023



President Deon Snyman and DG Ann Wright in his garden at Goedgedacht.

Mini conference was the best experience

I almost cancelled because I was going to put others before myself...again... but something inside just said, NO, you need to go.

Besides spending time with ladies from my club that I absolutely adore, I was also able to think about myself only. No running, no planning, no coping mode needed.

Mindfulness was interesting, especially when the little girl in me made her appearance. She wanted to lie on her back, on the grass and just look up through the oak leaves at the beautiful blue sky. But as usual the adult in me surfaced and I became aggrressed. STOP DOING NOTHING, YOU ARE WASTING TIME, FOCUS! This made me angry, as it dawned on me, MARCELLE WHAT HAVE YOU DONE TO YOURSELF? You have lost the essence of who and what you are. "The truth hurts" and yes it did.

Logotherapy, OMW... now THIS was an eye opener. So much so that when I spoke to Mark, I burst into tears. He touched a very sore point in me, the search for my purpose and personal meaning in life. What exactly am I doing here? WHAT IS MY PURPOSE??

I have also realized that I have reached the point of "compassion fatigue". Not because I don't care about my loved ones, friends, and acquaintances but because I am tired. Tired of always putting others first, being the mediator, the person always in the middle of arguments, even though I have nothing to do with the situation! My "self-preservation" mode has been activated.

I came home only to endure a week of the most awful stomach bug I have most probably ever had. My body literally got rid of everything and forced me to rest. "If you don't rest your body it will find a way to make you.."

So, this was my experience and I want to thank you DG Ann for facilitating it. This has been a reawakening for me...

RTN Marcelle van Speyk

Rotary gave back to me



This year's Mini Conference at Goedgedacht was the first conference where Rotary did not ask participants to give to Foundation and support the End Polio campaign, to sign up more members, or to be more inclusive and find more projects.

It was the first time Rotary did not ASK or demand MORE. It was the first time Rotary gave back to me as a member; focus on me. This should become an annual event. Not necessarily as a mini conference, but as a Members' Appreciation and well-being event.

By Dalene Swart
RC Bellville

Opening oneself up to new experiences can be life changing and so desperately needed. Oudtshoorn Rotary Club needed this weekend. Not only to assess ourselves in terms of individual standing, but also to recognise what is lacking in our Club. The weekend was one for the bucket list.

Mental Health ... a topic we ignore due to stigma. We cannot avoid mental issues during our lifetime as any kind of hardship or trauma cause the soul to struggle for survival. Although we like to learn by listening to motivational speakers, this weekend was different as learning took place from within and motivation was inspired by becoming mindful. Thank you DG Ann and team for putting this programme together and for inviting professional and fun facilitators to teach us things outside our comfort zone.

By Hannelie Rix
RC Oudtshoorn

It was the best mini conference because we didn't sit listening to the same old Rotary topics. Special venue, great mix of people and a very relevant theme. Thank you DG and everyone involved for doing something different.

Anon

TELL YOUR ROTARY STORY

WE ARE ROTARIANS 

Smart
Compassionate
Perservering
Inspiring



On Tuesday, October 24th, Rotary International and its partners in the Global Polio Eradication Initiative (GPEI) commemorated **World Polio Day** with events worldwide. In Cape Town, despite the persistent mist on Signal Hill, members gathered for a memorable photoshoot against the iconic backdrop of Table Mountain. Setting aside the challenges, the images have garnered widespread attention in online media.

While the word 'Polio' may hold diminished significance in South Africa, the journey with Polio is far from over for many. Even as we near eradication, cases of Post-Polio Syndrome persist, casting a further shadow on the lives of those who have had Polio.

RC Newlands

By Janey Ball POLIOPLUS CHAIR



Children on the RC Swakopmund MYO programme



Jean Wilke



Mdu Dube



Mike Thomson and Johan Beukman

RC Swellendam



RC Cape of Good Hope



Paul Coetzee



President Jacques du Preez



Danie Theron



RC Stanford

The campaign has made significant strides with Polio now 99.9% eradicated.

Pakistan and Afghanistan for now are still endemic, and recent setbacks in regions like Northern Nigeria, Mozambique, and Malawi due to Covid-related challenges emphasize the need for continued vigilance and fundraising.

Rotary's commitment to this cause is unwavering, as emphasized by Rotary Foundation Trustee and International PolioPlus Committee Chair, Michael McGovern:

**"Together we're going to end Polio.
We're making great progress and we're going to get it done."**

To learn more about Rotary's work in the fight against polio, Visit: [END POLIO NOW](https://endpolio.org)



RC Bellville Rotarians



Message from DG Ann

"Thank you to everyone who supported World Polio Day.
I challenge all 58 clubs to make a donation this year."

DG CLUB VISITS

RC HELDERBERG SUNRISE



President Jo Helderberg SR with AG Eppie and DG Ann



Helderberg Sunrise at the family homeless facility which they support and where they established a stunning veggie garden for them. Wayne Spammer - Manager & Chairperson of the Shelter; Jo Swart is the Social Worker.

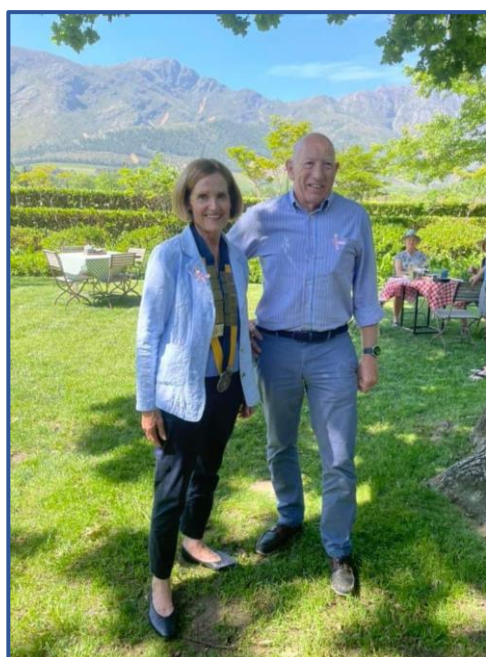


Dr Katrin Stuve with Dr Elzane Olivier, the Obstetrics and Gynae consultant with fetal heart monitor donated by Helderberg SR to the Helderberg hospital.



Somerset West got the splash of colour message!

RC FRANSCHHOEK



President David and DG Ann



Franschhoek RC meets at Grand Provence on Thursday at lunchtime



Franschhoek has a strong focus on ECD and the training of their teachers

DG CLUB VISITS

RC STELLENBOSCH



DG visit to RC Stellenbosch.



RC Stellenbosch project. A gas stove, cylinders and heaters were donated and installed at the Stellenbosch Work Centre for adults with disabilities.

RC NEWLANDS



AG Bev, DG Ann, Mdu and Steve Zimri at Rainbow ECD Centre in Masiphumelele. The centre was a CSI project done by RCN with donor support from Coca Cola Peninsula beverages and others.



President Jenny and DG Ann at Newlands DG visit.

RC WATERFRONT




DG Ann with Rotaract members Anja Volschenk, Nicole Hanson and Mandy Shabangu.

RC SIGNAL HILL




DG visit at ROYAL Cape Yacht Club. They meet at lunch time on a Thursday.




How do you see HOPE?

Amy-Lee Cairns
RC STELLENBOSCH

“Hope is the perseverance of faith and the commitment to not wobble when the world is shaking”
- Angelique du Toit





Alfonzo Noble
RC STRAND

“Hope to me symbolises inspiration that challenges in life can be overcome especially in a world where true unity excels” 🙏

DG CLUB VISITS

RC SWELLENDAM



DG Ann with DGE Stephen on the site where RC Swellendam are planning to build an ECD school.



Lurking in the background, Anacreon Barnard a.k.a Max , Kate Gericke, Carolyn Singer, Kate Coetzee and Bev Hancock.

RC SEA POINT ROTARY PROJECT



You have us ALL on Board.



RC Llandudno, North Wales supports the Llitha Preschool via RC Sea Point. These children had a fun day at the Science Centre.

RC BELLVILLE



DG Ann, AG Wendy and President Dalene working on their problem solving skills.



From the left: Ethan Joseph, Rotaract President Gaby Lamour, DG Ann and Christen Witbooi.

RC BLOUBERG



Professor Pierre Goussard, head of the Paediatric Department at Tygerberg received a Paul Harris Fellow recognition from RC Blouberg. With him is Helene Visser.

CLUB NEWS

RC MELKBOS

Children's well-being is the primary objective

By David Rossouw

For many school children, a court is not a place they would like to be at, but on Wednesday, October 5, a group of grades 9, 10, and 11 learners from the Rotary Interact Club of Melkbosstrand High School visited the Wynberg Children's Court in Cape Town when they handed over 120 knitted dolls to Judge Gabriella McKellar.

After unpacking the bag of toys on the shelves, the young Interactors got an opportunity to interview Judge Gabriella McKellar, to find out the procedures that the clerks of the court and the social workers follow to ensure the best outcome for children who come into contact with their caring hands.

They also obtained first-hand information during their interview session with Judge McKellar about the processes and the rights of children. As the interviews took place, eight-year-old Crow was more interested in the toys, puzzles, and storybooks in Judge McKellar's court than in the conversations.

"Seeing the impact one's choices can have on the lives of others demonstrates the importance of empathy and understanding in our society," said interact President Waheedah Poole.

Hearing how court actions are carried out in favor of children was eye-opening for the young Rotary Interact Club members of Melkbosstrand High School.

Children's well-being is the primary objective of children's courts, which can be found in any South African magistrate's court.



The Interactors, Kayla Baharee (Interactor), Maapi Moloi (Social Media), Wagheedah Poole (President), Yayama Belle (Treasurer) were accompanied by Rotary Club of Melkbos President, Jaco Stander, an eight-year-old boy, Camdynn Crow, Sunna de Kock, (Rotary Interact Leader) and June Pettitt.

RC PAARL

Cataract Health Project

RESTORING EYESIGHT

The Rotary Club of Paarl has launched a special cataract project in Vredendal, with the help of a team of Belgian ophthalmologists who were sponsored by a Belgian NGO, See & Smile.



A team of 6 Belgian eye specialists, 3 ophthalmologists , 1 optometrist and 2 assistants, using Vredendal theatres. One member is a Rotarian in Belgium.

Paarl Rotarians hosted the visitors and transported them to Vredendal, where three surgeons performed a total of 100 cataract operations over five days to restore the eyesight of needy patients from the Namaqualand area. With the ophthalmologists came an optician and theatre assistants as well as ten suitcases of equipment.

Our cataract project well on it’s way. We hope to get 120 done in a week!

RC PAARL

Young Leaders



Five local students attended the Rotary Young Leadership Adventure (RYLA) camp in the Franschhoek mountains recently. With Rotary president Marita van der Sluys (left) are (front from left) Sunique Adams (Noorder Paarl Secondary), Mercia Julies (Noorder Paarl) and Laverne Davey (New Orleans Secondary). At the rear are Renier Compion (Laborie High) and Eljonique Albertus (Noorder Paarl).

CLUB NEWS

RC TYGERBERG



RFE SWEDEN

GUESTS TO THE WESTERN CAPE, OCTOBER 2023



Willy and Gill Watson from **The Rotary Club of Tygerberg** had an absolutely fantastic RFE exchange to southern Sweden in May 2023. Says Gill, “We were hosted by four different couples over 12 days. We were delighted to be able to reciprocate this October, and it was wonderful to renew relationships that had begun earlier in the year. We spent an extremely busy four days showcasing our beautiful city and surrounds, with great experiences such as showing them our community projects, and lots of fellowship around lunch and dinner tables.

It was with mixed feelings that we waved them off on the bus to continue their adventure in the southern Cape.



RC Wynberg hosted the Swedish RFE group and their hosts at a weekly meeting this month. PDG Christer Harplinger, DG Ann, PDG Tom Nilson and President Stephanie.

We would really like to encourage fellow Rotarians to embrace a RFE. It builds long lasting friendships as well as strengthening bonds in the “Rotary family.”

RC WINDHOEK

Paratus Namibian Cycle Classic



President Danny proves he is wearing his Rotary shirt



RCW PP Rainer, RCW Treasurer Jürgen, Auas RC President Loretta during the price giving.



Inclusion in practice

CLUB NEWS

RC BELLVILLE

Dental Equipment for Tygerberg Hospital FIRST EVER GG



DG Ann, PDG David, AG Pam with Dr. Craig Peck, Senior Lecturer, Division head Paediatric Dentistry, Module coordinator 4th year paediatric dentistry.

Bellville feminine hygiene project at Won Life Fisantekraal.



From the left: Ethan Joseph, Rotaract President Gaby Lamour and on far right, Christen Witbooi.

RC MELKBOS

Flying Like An Eagle By David Roussouw



Vaatjie learners with Melkbos Rotarians with their certificates received from pilots at the Morningstar airfield.

On Saturday, October 14th, VST Attorneys, Morningstar Flying Club, and the Rotary Club of Melkbos invited children from Livingstone High School, CHOC Childhood Cancer Foundation and Vaatjie Primary School, to bring children to the Morningstar Airfield for a flying opportunity.

The Rotary Club of Melkbos not only creates hope for 10 Vaatjie Primary learners from Melkbos and Wolweriver but also makes it a wonderful journey for them that they will remember for the rest of their lives.

CHOC brought children from various areas like Delft, Goodwood, Kraaifontein, Stellenbosch, Khayelitsha, the Koue Bokkeveld (Ceres), Vredenburg, Springbok in the Northern Cape, and East London in the Eastern Cape.

“Like the eagle, we can learn to trust in our instincts and soar to new heights of success and fulfillment.”
ANON



Our wonderful volunteers
From left to right: Past President of the Rotary club of Claremont Jo Rees Hobson, Rotarian Debbie Nash, Global Grant scholar Abby Blocker and Rotarian Andre Raath.

A fabulous,
fun fundraiser!



President Ruvi's children



TAKING CARE OF YOUR BODY IMPROVES PRODUCTIVITY AND SUCCESS



By Mymoena Ismail
Rotary Club Waterfront

Improving your physical and mental health is crucial for productivity and success. Despite this, it is often overlooked.

We must appreciate that our bodies are incredible machines that allow us to perform at our best. Our bodies are capable of self-regeneration, making them highly efficient and dynamic.

Research has shown that massage therapy can significantly reduce stress, especially in the workplace. Stress can lead to low morale, anxiety, and other health issues, particularly with the impact of COVID-19 on mental health.

International leaders' health has been examined, showing that the choices made while suffering from illness or poor health have far-reaching effects. The untimely deaths of some leaders have even changed entire countries' course.

Leadership expert, Robin Sharma, recommends Leadership incorporating two massages a week into your routine for improved mental clarity, productivity, immune system, energy levels, and happiness. Maintaining positivity is vital for being a joyful producer.

**Balance is not something you find.
It's something you create.**

Recent studies have shown that regular spa treatments, such as full body massages, can improve blood circulation, reduce muscle tension, stimulate the lymphatic system, and improve joint mobility, skin tone, and mental alertness. Different types of massages are available to cater to your body's needs, such as reflexology, myotherapy, and remedial massage.

For almost a decade now, I have scheduled a 90-minute full body massage twice a week, as recommended by my guru, Robin Sharma. I must admit that these massages have worked wonders for me. Despite working in high-pressure environments and juggling numerous demands, I have been able to strengthen my physical and mental health through these massage protocols. While this may seem insignificant, it is important to consider how we prioritize our self-care.

I invite you to try an exercise: schedule two 90-minute massages per week over the next 30 days and observe the results.

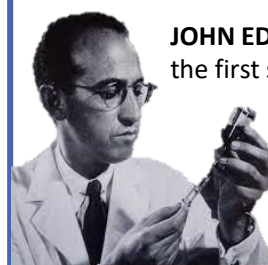
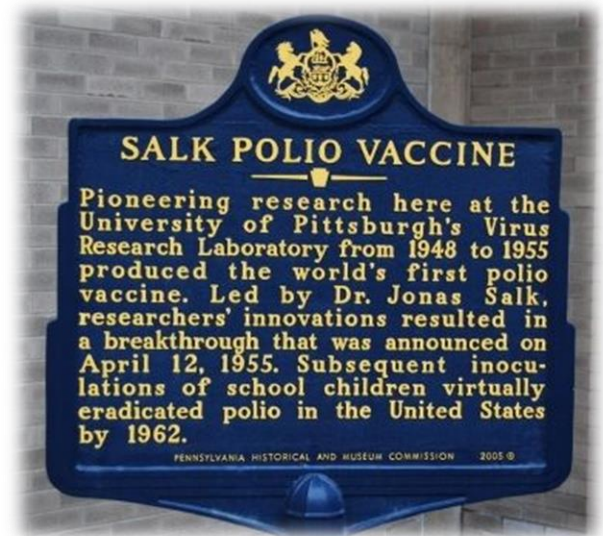
This investment is worth it for
YOU ARE WORTH IT!

Did you Know?

Why is 24 October celebrated
as
WORLD POLIO DAY?

World Polio Day was initiated by Rotary International over a decade ago to commemorate the birth of Jonas Salk, who developed a vaccine against poliomyelitis.

**The day is celebrated every
year on
24 October.**

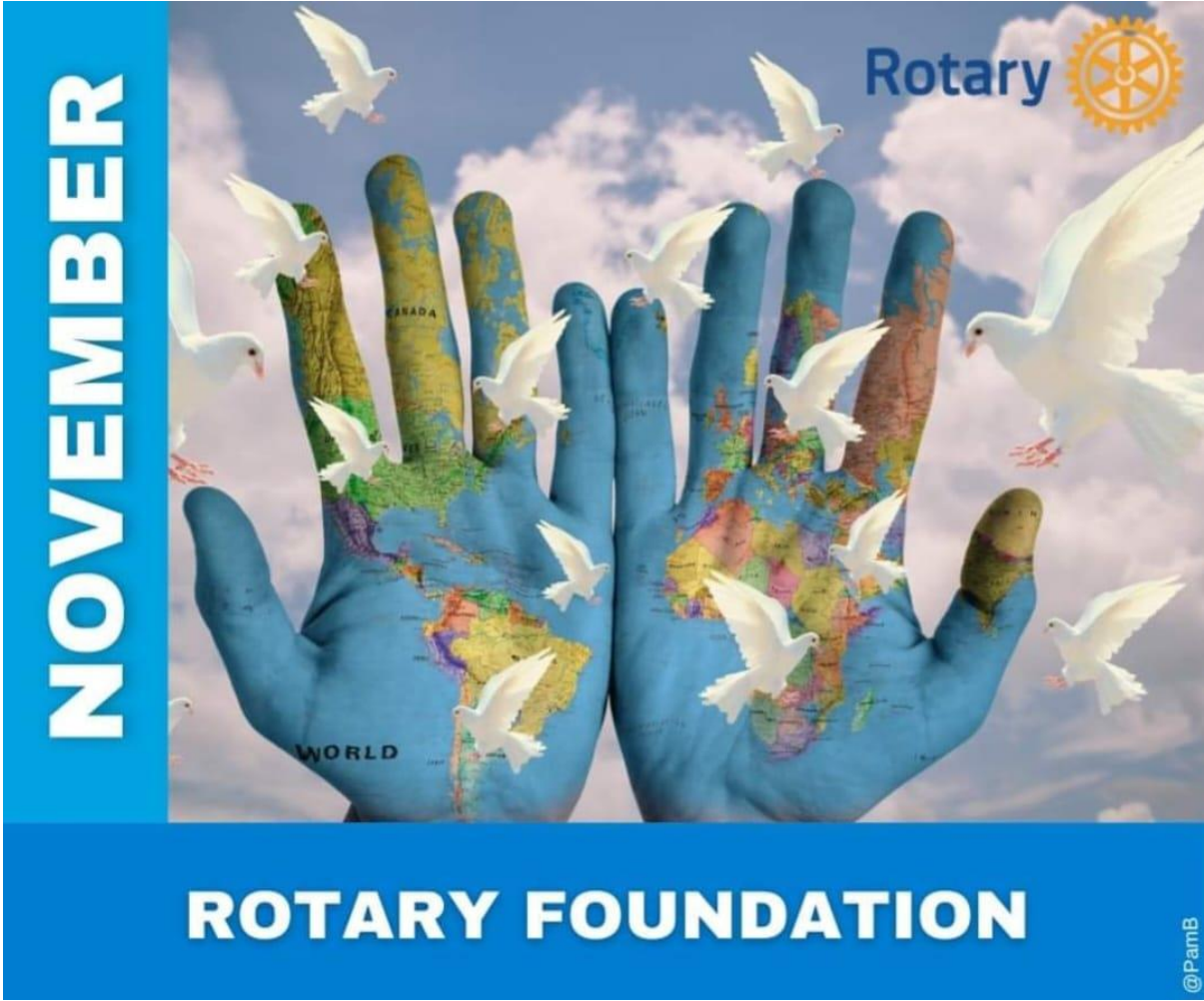


JOHN EDWARD SALK, developed one of the first successful POLIO vaccines.



WHAT'S HAPPENING

Email Wolfgang Schenck:
rcw@nuevas-ideas-namibia.com



The
Rotary
Foundation



Doing Good In The World



[Read more about the Rotary Foundation](#)

The
Rotary
Foundation

Highest Rated Charity

Rated in the top 10 in the world



Financial Management
Strict reporting
processed in place





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