DECEMBER 2020/JANUARY 2021 New Presidential theme for 2021-2022 announced SUPPORTING OUR FRONTLINE WORKERS

IN THIS ISSUE:

- Clubs unite to support our nurses, doctors and other essential workers
- Project Spotlight: Atlantis Rotary Club launches cleaning and vegetable garden project at Orion

LUZAYADU

DISTRICT GOVERNOR'S Rotary MONTHLY MAGAZINE Breg strict 9350

CONTENTS

1. A Message from the District Governor	3
2. Member Spotlight	5
3. A Message from the DRR	6
4. Caring for the Carers	7
5. Upcoming Events	16
6. News Spots	17
7. 2021-2022 Presidential Theme Announced	19
8. Project Spotlight	21

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A WORD FROM CARL-HEINZ

Welcome, Welkom, Willkommen, Wamkelekile, Bem Vindo ... Fellow Rotarians, Rotaractors and Rotary Anns

I do hope you have taken the opportunity to recharge your batteries over the Festive Season and spent quality time with your families and friends.



As we still have eleven months left in 2021, I trust it is still appropriate to wish all of you a healthy, happy and prosperous year 2021.

Vicariously from all the New Year's messages, I want to quote from Janet Kriseman the "Captain" (aka President) of RC Waterfront, and with her permission, have changed the word "club" to "district", but the text remains entirely hers:

"My top wish for the district is to have each and every member identify and take on a role for themselves in your club. Whether it is club business, such as fundraising or membership promotion, or getting involved in an existing project or initiating a new one, my New Year wish for each of you is the satisfaction of getting the most out of your Rotary membership by being an active member of your club."

Thank you, Janet – I couldn't have phrased it better.

Especially in these challenging times it is important that we don't allow the pandemic to drag us down mentally. With a positive mindset we can show that the community of Rotarians is more relevant than ever – for ourselves and for those who are in need.

Some good news: I can report that clubs have already inducted a couple of new members and came up with great ideas to boost the "gees" amongst their members. I have been told that RC Noon Gun in Cape Town organized a virtual chef for their members: Ingredients were sent out to all, and on the day they could cooked in their own homes or just watched how the others cooked a local South African dish. RC Hout Bay, also in Cape Town, organized kind of a "Zoom-Fellowship" in the form of a hybrid-meeting, with

a small play performed in their home, by two friends of the club.

My advice: Please talk to your neighbouring clubs to find out what they are up to, organize events together or simply "copy and paste" their ideas and vice versa. Let's create an atmosphere where members can have fun and look forward to the meetings of their club. Believe it or not, the glass is still half full we just have to look at its bright side (in this case, the half which is filled with water, juice or even better: wine!).

The best news, I have kept for last: Our Rotaractors will be able to make an even bigger difference in the future, as they will get support from two new Rotaract Clubs, being Hermanus and Walvis Bay, which will be chartered within the next two months. Congratulations!!

And finally on another note, we have decided to cancel our physical Assembly and District Conference which were to be hosted in Oudtshoorn by the local Oudshoorn Club. We felt that it would not be fair to the members, who were so excited to organize the event in their town, to not know for certain whether an event for 300 plus participants, would be permitted under Covid regulations.

Instead, we will now have our virtual Assembly on 17 April, when DGE Ian Robertson will share his theme and plans for the year ahead, and the District Conference two weeks later on 1 May, which will also be a virtual Zoom event. The date for the POETS training will be announced in due course

Happy reading, stay healthy, stay positive - but test negative.

Carl-Heinz

O TESTE DE QUATRO VIAS

- aé verdade?
- amizade?
- Será benéfico para todos os interessados?

THE FOUR WAY TEST

- Is it the truth?
- better friendship?
- concerned?

DIE VIERLEDIGETOETS

- Is dit die waarheid?
- é justo para todos os envolvidos? Is dit regverdig teenoor alle betrokkenes? Construirá boa vontade e melhor
 Sal dit welwillendheid en beter vriendskap spbou?
 - Sal dit voordelig wees vir alle betrokkenes?

UVAVANYOLWEZINTO EN EZINE

- Yinyaniso?
- Is it fair to all concerned? Kungaba kulungile kuye wonke umntu?
- Will it build goodwill and
 Kungaba kungakheka ububele nobuhlobo obungcono?
- Will it be beneficial to all
 Kungaba kungayinzuzo kuye wonke umntu ochaphazelekayo?

MEMBER SPOTLIGHT

Inacio ChiPepe Hatewa

My Transition from Rotaract to Rotary:

Ever since I started into Rotaract 2008 in Windhoek, I already felt like a Rotarian since I became the connection between Rotaract and Rotary. The KWV Rotary Club tried to steal me from the Rotaract Club but the Rotaractors didn't let me go, since I was to be President for 2011/2012.

After my return to Angola in mid 2012 I was still linked to Namibia in terms of Rotary, until I resigned from Chevron in 2014 to become a Start-Up Entrepreneur. Before 2014 I decided to contact Rotary in Angola, the late Rotarian Ken gave me 5 Rotary contacts in Angola, and I ended up calling Isabel Bamba at the time



she was at Rotary Clube de Luanda Sul so she took me to one of their meetings, they wanted me to join their club but since I lived in Luanda Central my home was closer to the Luanda Club, so I went silent for almost a year. Then in 2014 I contacted the Luanda Club and Auas Rotary Club issued me a transference letter by PP Navin Morar, Rotarian Dr Abel Ulundo was the President at the time.

Then 2015/2016 I served as the Club's Secretary but only for a few months, since I got assigned for 6 month on a 15/15 rotation at Bie Province.

Current Experience in Paris:

The lock down period was scary. To go out to the shop, pharmacy or jogging, we had to sign a document to present when stopped by a police. France's coronavirus death toll exceeded 30,000 people by July, now in September /October the infection rate is worse than the time of the lockdown surpassing 10,000 some days but the death toll has dropped. More than 700,000 jobs were lost, pick pocket theft has increased.

After the lock down it was mandatory for children to go back to school and for adults to go back to work. Since my work is Business Facilitation Services, have been working from home since day 1, business deals have been cancelled and others postponed, few clients for now.

Despite all the pandemic hardship, my family and I managed to have wonderful outings to amusement parks, Museums, Disney World and more.

A MESSAGE FROM OUR DRR

Rex IP Omameh

Dear friends,

Happy New Year 2021!

I hope everyone had a VERY MERRY HOLIDAY so far and are ready for 2021!

Can you believe we are half way through this Rotary Year? Where the heck does time go? The older I get, the more I understand the saying, "Time Flies!"

I am so appreciative of everyone's support to our district during the first half of this Rotary year. I'm proud as well of our progress.

Often times in January, many of us feel the vibrant energy of a fresh start and use the opportunity to think and plan about the new year ahead by making New Year resolutions. What are your resolutions as a Rotaractor? As a club? For Club Leaders: The beginning of a new year is a good opportunity to renew inspiration for the rest of the Rotary year; and to think about the goals that you and your Club members set. It is also time to consider where your club has been this year, and where you are heading.

We are all people of action, as Rotaractors; can we all sustain or increase our energy and move forward with new ideas and continue to support others in order to carry on the good work through Rotary/Rotaract? I believe we can and we will continue to be people of action to inspire ourselves and others to do more, to give more and maybe to start more sustainable projects. January is Vocational Service Month and I encourage you to focus and have discussions on this important avenue of Rotary service.

Vocational Service calls on us to empower others by using our unique skills to address community needs and help others discover new professional opportunities and interests. I encourage clubs to take some time during meetings or socials, to learn about fellow members' occupations and discuss new ways to make a difference in our communities. A Discussions on vocational service can lead to projects that not only develop the ethical consciousness and vocational skills of Rotaractors but also harness the talents within our communities.

Enjoy January, but do so safely.

There is talk about the second wave of Covid-19. Let's all continue to apply all safety precautions.

Thank you for your continued commitment to Rotaract

66

"JANUARY IS VOCATIONAL SERVICE MONTH AND I ENCOURAGE YOU TO FOCUS AND HAVE DISCUSSIONS ON THIS IMPORTANT AVENUE OF ROTARY SERVICE."



Atlantis Rotaract

Many people have a desire to contribute to their community or do their 'little bit for charity', but often don't know where to start. The Rotaract Atlantis Santa Shoebox Project takes pride in channeling all that positive energy and goodwill into something that is credible, achievable, makes a real difference in the lives of individual children, and leaves donors with the satisfying feeling of having brought joy to a child during the Festive Season.

The Santa Shoebox Project managed the network of sponsors and distribution of the gifts, as well as content guidelines for each individual gift box, to ensure that every child receives an age appropriate gift. This comprised of some necessities, such as toothpaste and a toothbrush, a face cloth and soap, as well as some sweets, educational supplies, a toy and an outfit of clothing.

With 'share the joy of giving' as the essence of the project, the Santa Shoebox Project is instrumental in involving people from all walks of life, especially children together with their parents, in giving to children from a distinctly vulnerable social background who may never have received a Christmas gift before. The children who received gifts were appreciative and enlivened by them. Rotaract Atlantis was touched and overwhelmed by the heartwarming experience. The project has been supported by a few friends and members of Rotaract Atlantis– kind-hearted people who give freely of their time, energy and expertise without remuneration. Rotaract Atlantis in partnership with Wynberg Rotaract also donated R1000 to the project which they won at the Wynberg Rotaract quiz night.



CARING FOR THE CARERS

Fresh from an awe-inspiring array of food provision projects that saved thousands of communities from hunger during lockdown, District 9350 clubs quickly sprung into action to solve the next COVID challenge - exhausted frontline workers.

Here is a brief look at some of the projects our clubs championed which were designed to support nurses, doctors and police men and women during COVID's second wave.

WATERFRONT ROTARY CREATES OUTDOOR BREAK ROOM AT NEW SOMERSET HOSPITAL

In the Covid-19 pandemic, health care workers are our most precious resource. In the beginning we clapped, shrieked and blew our vuvuzelas in their honour every evening at 8pm. The evenings have gone quiet but the need to appreciate, and more importantly to support health care workers has not gone. Ten months into the pandemic these brave people – doctors, nurses, physiotherapists, pharmacists, cleaners, security guards and other frontline workers and managers – are more stressed, and more exhausted, than back in April, May or June, and tragically many have lost their lives to Covid-19.

What do they need from us? They want us to adhere to behaviors that protect us from transmission of the virus, slow the spread of disease, thereby preventing hospitals, health care workers and the rest of the health care system from being overwhelmed.

What else we can we, as Rotarians, do to protect, support and care for health care workers?

The best place to start is to ask leaders, managers and frontline staff in your local hospital what it is they need. One example: We know that in a hospital where staff are well equipped with adequate PPE, and are able to consistently use it, more of them may get infected with Covid-19 in the tea-room or cafeteria than at the bedside of patients. Indoor dining, masks off, is known to be among the riskiest of behaviours from a virus transmission point of view. At New Somerset Hospital in Mouille Point, staff have asked for a safe and pleasant sheltered outdoor venue where they can take short breaks for refreshment or meals, avoiding crowded indoor settings where virus transmission is more likely.

Waterfront Rotary Club are engaging with NSH to provide such a space. Our cost estimate for creating a sturdy shelter plus some suitable outdoor furniture is R40,000. If this initiative is successful at NSH it could be spread across all the hospitals, and clinics, of the province and country.

This can become a resource beyond Covid...helping to protect staff from other airborne disease, such as TB. Health care workers are at three times the risk of contracting TB than other South Africans, and more than seven times more likely to be hospitalized for drug-resistant TB.

It also makes these workers feel valued by the community. Recognition can be a powerful reward, and perhaps ultimately these kinds of concrete initiatives and support to improve the work environment will make health care workers less likely to abandon the valuable work they do for less risky and better paid occupations. As the annual Rotary Family Health Days was cancelled last year due to Covid, perhaps your club can meet its Disease Prevention project goal by partnering with Waterfront Rotary to help deliver this first Outdoor break room, or otherwise create one at a hospital near your club. Waterfront approached a few clubs to partner us with on this project and wish to thank Goodwood Rotary Club for their financial contribution of R5000 - we appreciate all contributions to make this breakroom a reality. Please contact Maryka Vermaak at maryka@chrisfick.co.za for more information.

NEWLANDS ROTARY TREATS MATERNITY NURSES TO A PAMPER PACK AND TEA

On 26 November, in lieu of Rotary Family Health Day, a number of Newlands Rotarians visited midwives and nursing staff of the Retreat Maternity Clinic. This was facilitated by the Zoe Project. They presented some 35 care packs containing toiletries, as well as cupcakes (made by our members), chocolates and certificates of recognition for their service to the community.

Shelley Finch from Newlands Rotary comments:

"It was a wonderful morning filled with lots of laughter, but it was also difficult to hear how tired these nurses are physically, emotionally and spiritually, having to put their health on the line in order to bring new babies into the world while some people are so lax about wearing masks and social distancing."



RC SEA POINT GIFTS CHRISTMAS "STOLLEN" TO FRONTLINE WORKERS THANKS TO COOKtastic

The Rotary Club of Sea Point has started a feeding project in association with COOKtastic, which will support vulnerable people in our townships during the COVID-19 crisis. This project has several students aged 18-26, who are all from previously disadvantaged communities employed within COOKtastic. These students have been recruited and trained for the hospitality and restaurant industry by the head chef of COOKtastic based in Salt River. Due to the COVID-19 crisis, the COOKtastic hub was temporarily closed during lockdown.

SEA POINT ROTARY'S bread project allowed COOKtastic to function again as an essential service to bake bread for communities in need. Culinary chefs-in-training were called in to start baking ciabattas under the head chef while continuing their training. After the bread is prepared the Cape Town Disaster Relief team comes to collect the bread for delivery and distribution to areas which are determined by the Rotary Club of Sea Point and Local Councillors to ensure that the bread goes to those who need it most. The local Councillors of these selected areas then hand over the bread to the vulnerable residents. Since May 1st 2020 the trainee chefs have been baking 500 Ciabatta breads daily, to be distributed to townships in Cape Town.

On Heritage Day Rotary Sea Point started sharing with other Rotary Clubs in Cape Town, where their projects benefitted through food parcel distribution to communities in need. For Christmas celebrations and welcoming in the New year, Austrian Rotarians funded the Christmas Stollen baked by the COOKtastic chefs-in-training, which Sea Point Rotary directs to frontline workers.

The Rotary Club Of Sea Point invited Ward Councillor Ian McMahon to the COOKtastic Hub, and he then presented the Stollen to Sister Philander of Somerset Hospital in honour and appreciation or all their frontline workers for their excellence, dedication and sacrifice during this pandemic.

The lockdown has been very hard on the students but by ensuring their training continued they developed a lot more experience and now work in the industry at reputable establishments. For many of the students this is a dream come true to work in areas such as Sea Point, Camps Bay and Constantia.



DISTRICT GOVERNOR'S MAGAZINE





WINDHOEK ROTARY CLUBS HOSTS APPRECIATION EVENT FOR FRONTLINE WORKERS

Four Rotary Clubs in Windhoek collaborated to host an appreciation event for staff from the 19 COVID ICUs in Namibia's capital city.

It was really heart warming to see their joy and excitement when we handed out the personalized certificates. The doctors in charge thought it a brilliant idea and said that these people deserved it in many ways. The stories we were told were sad and frightening and showed us how much this Covid 19 asks from the health worker on duty. I am glad and proud of all the Rotarians that helped this day in true manner of our motto "Service above Self".

Deputy Executive Director Mrs. Masabane attended the event on behalf of the Ministry of Health who by coincidence is a Rotarian herself. She was a co founder of a RC in South Sudan. What a perfect day!

BASIN CLUBS UNITE TO ADOPT-A-NURSE

It all started... with a Whatsapp plea by Dr Amelia. On 3 January she reached out for help as the hospital she works in was at a tipping point. The Covid-19 crisis was taking its toll on all 3 hospitals in the Helderberg Basin. Not allowed to go into too much detail, she asked:

1. A group of 4-5 people to commit to a healthcare worker for a month or two.

2. Support for this adopted worker with prayers; a snack pack during shift; frozen meal for her family when she is on duty and uplifting nessages to make them feel loved and respected as the daily sufferings and death made them quite despondent at times.

- 3. Councillors to come to them over lunchtime
- 4. Volunteers for porters; feeding babies; answering phones and admin work.

There were about 150 nursing staff who needed assistance. Private groups gave their support and within a day there were 30 groups. Realising the doors this opened for our Basin Rotary clubs to work together, and show the power of Rotary to the community, I sent Dr Amelia's pleas to the Presidents of the other 4 Rotary clubs in the Basin to help in any way they can. And what a response! Really proud of the Basin clubs and proud to be a Rotarian!

Herewith the amazing stories of our Basin clubs and the passion with which they adopted nurses:

ROTARY E-CLUB OF GREATER CAPE TOWN

The Croydon Olive Estate cluster of the E-Club have members in Somerset West. A total of 12 residents in the estate, including E-Club members, created the Croydon Olive Adopt-a-nurse support group to support 3 nurses at Busamed and at Vergelegen hospitals.

The machinery kicked in! If this was a company they would be in awe of their 'directors'. These ladies just pulled out all stops. Funds were donated by e-Clubbers. One of the resident E-club members own QuickSpar shops and donated a variety of food stuffs to this group. Friends donated pamper brochures at a spa. Another made special mugs with the nurses'names and rusks inside. All deliveries are done by the ladies of this group.

The first delivery had a special personal letter with messages from every person in the group to the nurse. Every family was checked on number of family members and food preferences and given what they need. The food was simply amazing! All mouth-watering home cooked healthy meals. And every delivery had that personal message. To stay in contact, the nurse was part of the whatsapp group and sent a picture of herself so that we could feel she is part of us. And the thank yous were done on this group as well. The gratitude expressed for the caring and support from all of them is so heartwarming. They are upbeat and proud to be serving.





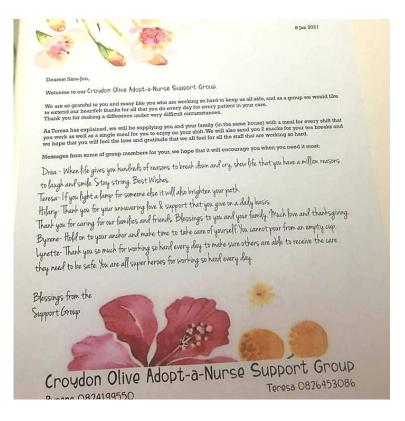
ROTARY ROTARY CLUB OF HELDERBERG

The Rotary Anns worked with the members of the RC Helderberg to deliver snack packs every Thursday to Hottentots Holland Hospital. They made sure messages of hope and thanks were included. Their snack packs so far totalled 50. They also supplied on request 21 toiletry bags for HH Hospital. Although this hospital prefers snack packs, they also delivered around 25 single frozen meals.



ROTARY CLUB OF HELDERBERG SUNRISE

Private member donations were given to Dr Amelia for her plea. Two members also went out of their way to identify a local entrepreneur who was 'contracted' to supply frozen meals and deliver them to the 3 hospitals as needed. This support for the healthcare workers were in addition to other food parcel initiatives of HSRC that were already in process.





RC OF STRAND

RC Strand got some very enthusiastic members and non-members together, They took some of the once-off donations to make up a pack for another nurse. Also now has a group of ladies who will be providing meals through their canteen. So they will be supporting FIVE nurses. This group of five nurses are part of a team that lost one of their colleagues to COVID so they are strung out and really need the motivational support.

The idea of RC Strand is to use Rotarians to keep up the ongoing communication while the group of ladies focus on food and logistics - and possibly getting more support. Ongoing contact is vital and so good as it connects the group to a person. You can see how 'your' nurse is doing, find out if there's anything they need, pop a note or small gift into the food packs (if or when you want to) and essentially just be there when they need someone to reach out to. This is a role that can be shared so they are in the process of pairing people up.

...BUT IT'S NOT OVER YET!

Another doctor in Helderberg but working at Tygerberg hospital asked a Rotary Ann to please also assist the Tygerberg Hospital ICU. PP Joke Young called on nearby Cape area Rotary clubs and – of course – they are willing to support the hospital. The following clubs have come on board for the Adult ICU at Tygerberg: Oostenberg, Durbanville, Tygerberg, Bellville and Goodwood. RC Blouberg is going to do the Children's ICU. RC Century City is finalising some minor detail and will then join.

Just another example of how Rotarians connect to make a difference when the opportunity presents itself. Thank you Basin Clubs!







Rotary Club of Century City gave health care workers t-shirts to recognise their role in supporting the community in its fight against COVID

<u>ROTARY</u> <u>UPCOMING EVENTS</u>

8 MARCH 2021	Public Image Workshop	18:00	Online Event
APRIL 2021	District 9350 Assembly		Online Event
MAY 2021	District 9350 Conference		Online Event

NEWS SPOTS

PP ANN WRIGHT NAMED DISTRICT GOVERNOR NOMINEE 2023/24

On behalf of DG Carl-Heinz Duisberg I write to advise you that at its recent meeting held on Saturday 23 January 2021 the District Governor Nominating Committee, in accordance with paragraph 14.020.2 and in particular sub-paragraph 14.020.4 of the Rotary International Bylaws, selected **Past President Ann Wright of the Rotary Club of Hermanus** as District Governor Nominee of District 9350 for the Rotary year 2023/2024.

Past President Ann meets all the requirements as laid down in the Rotary International Bylaws paragraph 16.070.



CAPE TOWN CYCLE TOUR POSTPONED

As always, the safety of all participants and the well-being of the broader community of Cape Town remains our most important priority in the planning and staging of the Cape Town Cycle Tour. With this in mind, the team at the Cape Town Cycle Tour has been closely monitoring the ongoing developments around the 'second wave' of the Covid-19 pandemic.

For several months we have been working hand in hand with the authorities and stakeholders around the possibility of hosting a significantly revised version of the Cape Town Cycle Tour in March 2021. Sadly, current circumstances make the hosting of a mass participation event in any format untenable for the immediate future. The Cape Town Cycle Tour Trust has thus taken the decision to postpone the hosting of the 2021 edition of the event to a later date in the year. We will continue to explore all available options and opportunities that remain open to us in terms of hosting a safe and memorable Cape Town Cycle Tour.

We look forward to bringing you some exciting news in the next few weeks. The Cape Town Cycle Tour Team

SERVICE ABOVE SELF AWARD GIVEN TO FNB LONGBEACH BRANCH STAFF MEMBER

Everyone who has the good fortune to have a bank account at the FIRST NATIONAL BANK Branch at the Longbeach Shopping Centre, Noordhoek, Cape Town knows this incredible young man called JOHAN VAN DYK who is the customer service agent at the front door of the Branch.

His patience, courtesy and hard work is the hallmark of his professionalism. He stands head and shoulder above any of his peers throughout the company and is a worthy recipient of a Rotary Service Above Self Award

The Rotary Club Cape of Good Hope awarded Johan this certificate in recognition of his consistent work ethic and superior customer service at the First National Bank branch of the Longbeach Shopping Centre in Noordhoek



President Koos Burger with Johan Van Dyk and Branch Manager Jadee Smith



SERVE TO CHANGE LIVES

2021-2022 ROTARY THEME ANNOUNCED: SERVE TO CHANGE LIVES

Incoming Rotary International President Shekhar Mehta urged members to become more involved in service projects, saying that caring for and serving others is the best way to live because it changes not only other people's lives, but also our own.

Mehta, a member of the Rotary Club of Calcutta-Mahanagar, West Bengal, India, revealed the 2021-22 presidential theme, Serve to Change Lives, to incoming district governors on 1 February during the Rotary International Assembly. The assembly, a yearly training event for district governors-elect, was originally set to take place in Orlando, Florida, USA, but was held virtually because of the COVID-19 pandemic.

Mehta spoke about how participating in service projects through Rotary changed him as a person and made him empathize more with the needs of others. Soon after joining his club, he helped carry out projects that benefited rural communities in India.

Some of the poor conditions he saw in those communities strengthened his commitment to service. "I truly understood the plight of my brethren," he said.

CLICK HERE TO DOWNLOAD THE NEW THEME ASSETS & LOGOS

Mehta participated in initiatives that brought artificial limbs to children, clean water and sanitation to homes, and better health care facilities to communities.

"Rotary kindled the spark within me to look beyond myself and embrace humanity," he said. "Service became a way of life for me and I, like many others, adopted the guiding philosophy that 'Service is the rent I pay for the space I occupy on this earth, and I want to be a good tenant of this earth.""

Mehta encouraged district governors-elect to lead by example during their term and inspire Rotary and Rotaract members to participate in projects that have measurable and sustainable impacts. He's asking each club to conduct a Rotary Day of Service.

"At the end of your term as district governor, you should feel that because of your leadership, because of your inspiration to Rotarians and Rotaractors, the world has changed for the better because of the service done by them during the year," he said. Focusing on diversity, membership

For the 2021-22 Rotary year, Mehta wants members to focus their efforts on empowering girls and ensuring their access to education, resources, services, and opportunities so that future generations of women leaders will have the tools they need to succeed. Mehta asked members to use Rotary's belief that diversity, equity, and inclusion is critical in all we do as a compass to guide this work.

"There are many issues that girls face in different parts of the world, and you as leaders will ensure that we try and mitigate the disadvantage of the girl that they may have," he said.

To be able to do more through service, Rotary needs to increase membership, Mehta said. Membership has hovered around 1.2 million for the past two decades. He challenged the incoming governors to be catalysts in their districts to help increase membership to 1.3 million by 1 July 2022. Mehta's Each One, Bring One initiative asks every member to bring one person to join Rotary within the next 17 months.

Increasing membership while also continuing our commitment to eradicating polio, fighting COVID-19, and serving our communities is an ambitious goal. "And that should excite you," Mehta said. "Rotarians love challenges."

"Rotary kindled the spark within me to look beyond myself and embrace humanity."

Shekhar Mehta Rotary International President-elect

PROJECT SPOTLIGHT

Atlantis Rotary Club launches cleaning and vegetable garden project at Orion

The Atlantis Rotary Club launched an environmentally conscious cleaning and vegetable garden project at the Orion site on Saturday 31 October 2020 to make Atlantis residents aware of the importance of conserving the environment from pollution and at the same time encouraging people with vegetable gardens.

After successful projects such as Covid-19 food distribution and the school program on Radio Atlantis, Rotary Atlantis decided to present a joint project through the parts of the environmental and vegetable garden. Rotarians and Rotaract's from various clubs, such as Cape of Good Hope, Melkbos, Pinelands, Waterfront, Kirstenbosch, and the local Atlantis branch took part in the day's proceedings. Even the E-Club, Orion staff and two local organizations from Atlantis and Mamre, Atlantis Football Legends and Open Heart Project's contribution to the project is appreciated

The project for the environmental cleaning and vegetable garden project, led by David Rossouw and Chris Mathews, with the support of Rotarians and residents, was a very successful project. Seedlings were demonstrated in the garden by Chris Mathews on how to plant vegetables with love in the ground, to get a successful harvest. David Rossouw, environmental champion, was assisted by Rotarians who did cleaning work and can be very satisfied with the cleaning project. For some participants, it was challenging, while a shovel and broom were used to remove weeds and garbage here and there, but it by no means dampened the enthusiasm.

In addition to the excellent group work of all the groups, the participants were filled with joy and pleasure and the result was a beautiful and cleaner Orion. The three hours in the sun, with a temperature of more than 28 ° C, could not dampen the enthusiasm of the three youth scholars, Cea-Jay Bailey (Grade 2), Corday Leukes (Grade 7), and Autumn Leukes (Grade 10).



President Danny Pietersen & Team One members

According to Cea-Jay, "he really enjoyed the day and hopes to be able to work in the garden next time because he likes it". Corday in turn enjoyed the cleaning and vegetable garden, and especially the collaboration between different groups, "but it makes me sad to see that there are still communities that pollute our environment", she said.

"It was really great to be part of a community that spent time cleaning up Orion, but at the same time, we also learned to preserve our environment. Yes, we had some challenges with the heat and thorns, but it was for a good cause", Autumn said.

The participants' lost strength was later rebuilt after the cleaning and planting phase with a light meal, after which the groups adjourned to return to their home. Atlantis Rotary thanks everyone involved in Operation Cleanup and the planting of vegetable seeds at Orion and hopes that this is the beginning of positive projects in Atlantis.

Rotary International aims to raise awareness in society in general, but also in particular within all Rotary structures about environmental sustainability, climate and lifestyle crises such as energy, nature and biodiversity, food and food systems, economic economy, and human population

With environmental awareness and vegetable gardens, we hope that more people from the Atlantis communities will get involved by engaging in our projects. With vegetable gardens, communities will also be able to produce their own vegetables and fruits, and then sell them locally to customers, which means

PROJECT SPOTLIGHT

that non-domestic and imported seasonal foods will decrease. It will also reduce the eating of meat because vegetables are healthier than meat.

President Danny Pietersen said he hoped that this project would soon expand further, to other parts of Atlantis, with the hope that it would later be successfully implemented in all provinces.



Johan Cloete doing a great job of sweeping



Chris Mathews & Team Two members



Terence Adams & Team Three members



Rotarians planting crops



Cea-Jay Baily with a few bags to taken away



Rotarians (I to r) Lynn Wade, Janet Kriseman, June Webber AG Peter Sharples, Bev Frieslich, Richard Wade.

See you again next month!