



14
of 2020/2021
ROTA VIEWS
6 October
2020



The Weekly Newsletter of Rotary Club CAPE OF GOOD HOPE

Red Alert.... Shark Warrior Speaks !!



Our guest speaker , **Lesley Rochat** is a passionate extreme marine and shark conservationist, wildlife filmmaker, campaigner, underwater photographer, environmental writer, author, activist, and... an *excellent speaker*

PRESIDENT

Koos Burger 083 484 0294
info@rotaryyouthcamps.co.za

SECRETARY & EDITOR

Bev Frieslich 082 825 6053
bevrieslich@telkomsa.net

TREASURER

Irene Butterworth 082 650 6394
irenebutterworth4@gmail.com

WEBSITE

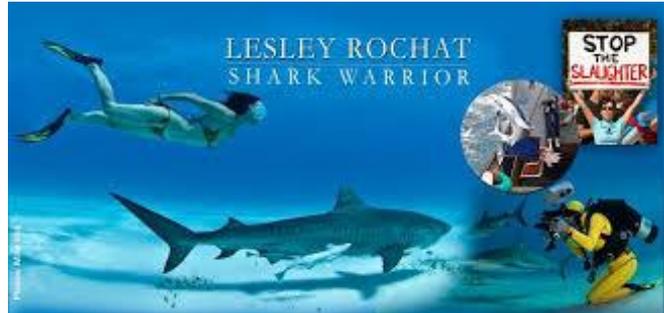
www.rotary9350-capeofgoodhope.co.za

FACE BOOK

[Rotary Club Cape of Good Hope](#)

She founded the NPO **AfriOceans Conservation Alliance** near Kalk Bay and focuses on marine and shark conservation and produces campaigns aimed at raising awareness about critical ocean issues. In 2012 she launched the **Shark Warrior campaign** through AfriOceans which identifies high profile individuals who lend their fame and name to the shark conservation cause.

In her talk Lesley spoke eloquently and with such feeling about the sharks, giving the true facts in a very down to earth way, but what captured our hearts was the story of how she saved a particular shark from certain death, and nursed it back to good health. They then transported her in a special bath of water on the back of a truck and set her free into the ocean so that she could rejoin her natural migratory path. The responder embedded under her skin successfully tracked her for many miles for over two years and then the battery gave in - **see below left** and organises many children's education programmes **see below right**



For more information which tells many more stories please contact on Face Book at **Lesley Rochat + Shark Warrior+ AfriOceans**

For more information which tells many more stories please contact on Face Book at **Lesley Rochat + Shark Warrior+ AfriOceans**



International News

Also at our meeting we were “Raided “ by the RC of Royal Wootton, Bassett and District D9220:

President Richard Everett: Sent greetings from his Club and complimented us on the excellent speaker. They have a Club of 39 members with the current DG being a member. They meet on Zoom 2/3 of the time He spoke of the Community Corps that they have operating very successfully and agreed that the age profile, like many clubs, is a problem

Keith Griffin: Has visited SA many times and has established a number of projects in the Port Elizabeth area, including the Calabash Trust and another in the Joe Slovo Township where they also have started a feeding scheme for 2 groups of children

Linda Clarke moved from the Edenvale Rotary Club in South Africa when they relocated back to the UK she joined the Club. She is extremely passionate about Mental Health and has started a project called “*Playlist for life*” with all the songs that the old folk remember, which is a boon for the patients with Dementia. She has also set up the “*Alliance of Carer Support*” which has proved to be most beneficial for the people who are Carers

Other visitors to the meeting were: Hilde Ibsen, Annabel & Peter Eggeling and Jenissa Muthuunian who is a Rotaractor from Mauritius who really enjoyed the meeting and stayed on to chat with us for quite a while after the meeting. We will hopefully see more of her and also link her to the D9350 Rotaract group. Sadly a number of expected visitors were not able to join due to a technical hitch with the Zoom address. We apologise for the disappointment and frustration caused

October is Economic & Community Development month



With the economic slump of Corona, this is perhaps a good time for us to reassess the work we are doing in the communities and think out of the box for different and more innovative ways of serving those in need

The EcoHoek “Dignity Day” market on

Saturday 10th October has been organised in honour of **World Homeless Day**, brings awareness to the reality of a community's homeless. We have been invited to participate and Gillian Anderson has already donated the Rotary boerewors for the rolls that will be on sale on the day, but perhaps we could all pop in and support them in whatever way we can **and this community braai is one such opportunity. The location is in Kommetjie Road opposite Fourth Avenue. It starts at 9am**

GROOMING - Haircuts: Can you cut hair? We have a bathroom and a room available for cutting and grooming.
- **Manicures and pedis:** Can you do some personal grooming? Homeless people spend a lot of time on their feet and their hands are the most exposed. A little care would go a long way to making someone feel good!
- **Vouchers:** Whether you can attend on the day or not, if you are a business offering a service, please consider offering "vouchers" for the homeless to come to you for a haircut, laundry services, meal, medical care (Opticians and Dentists are needed).

MEDICAL

- Can you provide health checks and referrals (where necessary) on the day?
- Are you a Dentist or Optician who can do basic check-ups and referrals?
- Can you offer gift vouchers or sponsor appointments?

NEEDED ITEMS- There is always a need for good quality flat shoes (for men and women, all sizes).

The following are to be used at The Net and are needed for those using our ablution facilities:

- Nail brushes
- Towels
- Toilet paper

There will be a collection bin on-site.

**** If you would like to be a collection point for The Net, please contact us at info@thenet.org.za.**

ECOHOEK MARKET will run in the morning from 09h00.

Vendors can contact Leigh at ecohoek@gmail.com to reserve or confirm a booth space.

AFTER THE MARKET....A COMMUNITY BRAAI

Meet your neighbours, whether they live on the street or in a house.

Boerewors rolls and salad will be on the menu and you can order your ticket at info@thenet.org.za at **R35 each**.

BUY ONE, SPONSOR ONE Share a meal with a homeless person by sponsoring another's meal. Please specify how many tickets you are purchasing and how many you are sponsoring.

Proceeds go to The Net's programmes. Payment can be EFT, Zapper or Snapscan.

EFT: Bank: Capitec Branch Code: 470010 Account **Name:** Mrs CMA Axmann **Account Number:** 1688770605 Reference: Braai/(Your Surname) *Please make sure you email us so we can confirm receipt.*

Zapper or Snapscan:

Please visit the EcoHoek page to scan on your phone app. Let us know to expect your payment, including number of tickets purchased/sponsored, by emailing info@thenet.org.za. If you do not receive a confirmation, please try again!
<https://www.ecohoek.com/local/ecohoek-the-net>

District News

News Flash #1



ROTARY FAMILY HEALTH DAYS – FEEDBACK & FOLLOW UP

1. Introduction Setting the scene

- **October is traditionally the time of the year for the Family Health Days, which many of our Clubs have always supported whole heartedly.**

*The emphasis at our RFHD sites has always been to **make our clients feel special**, to use the RFHD's to **provide a service**, (with varied Add Ons) to **market the Rotary Brand** in our communities, and to **form strong bonding partnerships** with the medical staff at the clinics, within the communities and NGO's, and also the many loyal businesses and other partners that have been prepared to make donations, and help and support us year after year*

- Due to the COVID-19 pandemic, the Annual **RFHD** (Rotary Family Health Days) programme planned for 14 - 16 October 2020, was cancelled.

In its place, the Dept of Health (**DOH**) and the Rotary Action Group for Family Health & AIDS prevention (**RFHA**) have arranged a major and high profile webinar to be held on the **14th October from 6-8pm, with exposure on National TV News stations** (we hope) featuring amongst others, the **Minister of Health, Dr Zweli Mkhize** and our own **RI President Elect, Mr Shekar Mehta from India**, which is a major privilege for us Rotarians.

It will also include the **Recognition of 2020 being the International Year of the Nurse**, as declared the **WHO** (World Health Organisation) in memory of Florence Nightingale's 200th birthday, will be accessible for all to view by streaming on Face Book and other platforms.

2. The Nurse Recognition Event

- **It was agreed that the following day, the 15th October** be used for Clubs to honour and recognise the Medical Professionals and other Volunteers who have assisted us so well over the years at the RFH Days , and in particular, the Nursing professionals of all categories, in **the Year of the Nurse** as an acknowledgement and thanks for their continued **support of Rotary and the RFHD**

This event will also act as a **gesture of goodwill to pave the way in preparation for the 2021 RFHD campaign** which is I believe, going to be fantastic because of the innovative Add-Ons you always devise to delight our patients / visitors/ clients !!

- **A Certificate** has been designed which each club can get printed, signed by the Club President, and framed, which will be handed over on the day and will, hung in pride of place on the wall.

Once this has been finalised – which will be soon – we will share it with you.

It contains the Nurses' Pledge, and you may want to suggest that the staff read this out at your ceremony. **Each certificate can be individualised** as there is a space to fill in the Rotary Club name and the name of the Clinic/ Institution

- **Freedom of choice**

1. It is important to note that each Club has the freedom to **arrange their event to suit their own needs, desires and pockets**. Sadly, there is no RFHD budget to assist us this year.

Each Club can choose what they want to do, where they want to go and the timing of the event to suit the staff – it is up to each the Club to decide.

We suggest that you discuss the preferences of number of people to be present with the Manager of the Clinic.

This is important as many Rotarians are in the “vulnerable” category – which the staff are conscious of – and we must not compromise anyone's health

2. Sites for Recognition

It has been agreed that we recognise and honour the Nursing and Frontline staff in an institution other than a RFHD clinic – on the understanding that these fall within the parameters of a “Care giver”.

3. Some ideas for “gifts”

(We do not expect you to do this, but a small gesture would be nice)

- * Hand out PPE's and sanitiser with perhaps some nice hand cream,
- * Have a Tea party with cakes
- * Ask the staff for a 'wish list' or perhaps suggest an improvement to the Clinic (like a reading/ activity corner in the Clinic for the kiddies)
- * Donate of an item that would make the working day lives of the staff better (eg a new kettle, microwave, toaster, coffee cups)

4. Covid-19 Precautions at site events

- **Protocols of:** Masks, Social distancing, Control of numbers and hand sanitisers must remain in place
- Follow the protocols of the clinic and respect their rules

4. Your event NEED NOT be on the 15th October – you have until the end of November to have your celebration, but we would suggest that it happens sooner rather than later as there will be a lot of advertising at the time on TV, the various Radio stations and in the newspapers – similar to what they have for the RFHD advertising - so you want to try to catch the vibe around that time

3. Please do take note

a) A VERY IMPORTANT request is that:

You notify me asap regarding your VENUE details, & DATE and TIME

The reason is so that I can report in to the **DOH next week** as they have indicated that they are very keen to have their own Senior staff getting involved in the events if possible.

This is a fantastic plus for us, as it will help to form relationships with the DOH staff and bodes well for 2021 RFHD programme

b) Take lots of photographs and download them to Face Book and to the #Hashtag address that I will supply you closer the time

c) Use the opportunity to brand ROTARY and your Club. There are often unexpected membership/ sponsorship and many other collaborative networking opportunities as you go about the arrangements of your event. Be aware and act upon them

4. Official Site Handover

This section is for your information only which I share with you as a courtesy so that you feel part of the bigger picture

Although this is not yet confirmed, but we are hopeful that it does happen, it has been proposed by the **DOH that the Minister of Health does a handover** with a plaque unveiling at one of the sites **on the 15th October**

The proposed site is in Masiphumelele in the Deep South, near Fish Hoek, Cape Town as Parliament will be in session at that time, and the Minister will thus be residing in Cape Town. You will see more about this in due course

5. Thankyou

I would like to thank each and every one of you for your pledge of support.

We are a TEAM and without your help and support I can achieve very little.

*Let's go out there and do what Rotarians do best – Make a difference in the world, Open up Opportunities but most of all, **LET'S have FUN***

I thank you all and look forward to a fantastic Rotary Family Health Day with a difference, as we Honour and Salute the Nurses and Frontline workers who are doing an amazing job of looking after the health of our loved ones under very trying circumstances. We are humbled

Bev Frieslich - Steering Committee Head -D9350

Meeting & Speaker Programme September - November 2020

Speaker	6 Oct	Zoom	Douglas Anderson talks on recent Earthquake	7pm
APD - AGM	8 Oct	Visit	Association for Persons with Disabilities	3:30pm
Speaker	13 Oct	Zoom	Steve Reid – Entrepreneurship in Rotary	7pm
RFHD – Dept of Health	14 Oct		Rotary Family Health Day – Minister of Health - Webinar	6-8pm
RFHD – Rotary Clubs	15 Oct	Various	RFHD –Public Handout ceremonies	TBC
Rotary Fellowship Hike	18 Oct	HIKE	Hiking Fellowship hike near Betty's Bay	
BOARD MEETING	19 OCT	Zoom	BOARD MEETING	5pm
BUSINESS MEETING	20 Oct	Zoom	BUSINESS MEETING	7pm
District Mini Conference	24 Oct	Zoom	Virtual Mini Conference	
Guest Speaker	27 Oct		Guest Speaker Meeting	7pm

Meeting Agenda details and Rotarian Duties

	TUESDAY – 6 OCTOBER	TUESDAY – 13 OCTOBER
WELCOME by PRESIDENT KOOS	Members & guests	Members & guests
LOYAL - TOAST to SOUTH AFRICA	Hans Zwets	Gillian Anderson
TOAST to RI & other appropriate clubs	Susan O’Hagan Ward	Kirti Patel
TOAST to Frontline Workers	Barbara Hurwitz	Maughreen Ladbrook
SECRETARIAL NOTICES	Bev Frieslich	Bev Frieslich
Introduce Speaker	Gill Anderson	Bev Frieslich
SPEAKER & TOPIC	Douglas Anderson	Steve Reid from the Westlake Campus of False Bay College
Thank Speaker	Alan Ferguson	Entrepreneurship and Rotary
SERGEANT	Peter Gray	Barbara Hurwitz
FOUR WAY TEST	Jean Smythe	Eddie Stevens
THANK YOU & GOODBYE	President Koos	President Koos

Kindly note that the BOARD MEETING scheduled for 12 OCTOBER has been rescheduled for the next week

le

19 OCTOBER and the BUSINESS meeting will take place on the 20th OCTOBER