

Rotary



ROTARY CLUB OF ST FRANCIS

Rotary District 9370
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CLUB NEWSLETTER No 4

MAY 2021

Hi Everyone!

As we have had to suspend our live meetings while we await the full effect of the COVID-19 third wave to pass, at least we have our newsletter to keep us all in touch. Let's hope we can get back to normality as soon as possible. If we are able to start meetings again before the winter is over, we will most likely be having to meet on the second and fourth Tuesday of each month at lunch time – because the Links closes early in the winter months as well as on Monday's. Tuesday seems to be the day which suits most members best.

Our meeting of the 26th had to be suspended which meant that we had to forgo inducting our new member, Keith Alford and listening to Cape St Francis resident and world renowned guitar maker, Mark Maingard for the time being.

At our meeting on 12th May, time was spent unpacking the Avenues of Service and Key Focus areas in terms of the allocation of club members, to the various Avenues of Service and Key Focus Areas as well as Directors portfolios, all of this being for the 2021 / 2022 Rotary year. The agreed schedules were circulated to all members following the meeting with full explanatory notes. Please check the schedules carefully to see where you have been allocated as your lead member will soon be in touch. Remember nothing is cast in stone and changes can still be made! Smaller sub groups will be able to meet and continue with their planning so more valuable time is not lost while the pandemic messes with our lives.

To recap, the various Directors / Leads for the upcoming year are as follows :

President – George Stegmann

Club Secretary – Lyn Aitken

Treasurer/Club Administrator – Ivan Beaumont

- Fellowship – Manfred Burkert

Vocational / Youth Service – Santa Zeiss

- Interact/RYLA – Jo Brown

Community Service / Education – Tom Roux

International Services – Craig Northwood

Environment / Sustainability – Paul Sherman

Health – Brian Codling

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Fundraising leads have been broken down as follows :

WOW – Craig Northwood

Golf Day – David Truter

End of year and other smaller/regular fundraisers – Jo Brown

Recipe Book – Santa Zeiss

Club Activities for May :

Lots of Feedback for you this month but first off, I hope you all spotted our Hospice donation story in the May issue of Rotary Africa (<http://bit.ly/RAMay21> Page34)?



1. WOW FEEDBACK

The Wine on Water team met this month to review the possibility of holding this event. It was agreed that the homeowners who offered their decks for the wine tastings as well as the wineries who were going to participate should be surveyed to establish if they were still happy to go ahead and if so when. Thanks to Paul Sherman for conducting the survey. The WOW team will meet again shortly and deliberate on the findings to set a date. Fingers crossed for no further postponements!!

2. Feedback on Donations to Sea Vista Clinic :

Health Lead, Brian Codling forwarded some thanks from the good doctors.

Dear Rotary Club of St Francis

It was with great anticipation that we waited for the truck load of medical equipment to come from East London.

We have been able to clean the wheel chairs and upgraded the one at the clinic. Fortunately they do have a wheel chair ramp. One of the Zimmer Frames went to the local Physiotherapist, Mr Fouche Swart for rehabilitation of knee operations especially. The yellow fracture boards went to the Life Savers and the Clinic in the township. We have collected and matched the crutches and they can be distributed by the Clinic.

We greatly appreciate the effort by the Rotary Club to donate all this gear and to see that there is a need for medical apparatus in our community.

Best wishes and regards, Dr Jean Malan and Dr Anina Ellis

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It was also really good to get some feedback on the donated Ultrasound machine from the team:



Dear Rotary Club of St Francis

We would once again like to thank you for the donation of the ultrasound machine to the Sea Vista Clinic in St Francis Bay.

The machine has added great value to the Clinic and services we provide. It is mainly used for our obstetric patients – in diagnosing pregnancy and determining the gestational age. This assists the nurses in monitoring our obstetric patients more accurately at their follow up visits. We have diagnosed a set of twins, enabling us to refer the patient directly to specialist care at an earlier stage. Furthermore, the sonar machine has been used to perform abdominal scans examining the liver, gall bladder and kidney for stones. It is also used to scan masses of the neck – specifically the thyroid gland and masses of the breast.

The Rotary Club's contribution is deeply appreciated. Not only does this sonar machine aid us in providing better care for our patients, but it lightens the patient burden at our hospital in Humansdorp.

With many thanks

Sea Vista Clinic Healthcare Providers.

3. St Francis Clinic, Sea Vista - REFURBISHMENT / REMODELLING / UPGRADE

Whilst on the subject of the Clinic, planning for the Clinic expansion project is getting under way. Craig Northwood walks us through the proposal:

In line with one of our four Key Focus Area - Health, the St Francis Clinic in Sea Vista has been identified as a specific focus area or project as most of you already know.

This is potentially our Club's flagship project over the next couple of years. The Clinic is located on the fringe of the Sea Vista township, consisting of both formal and informal (squatter) housing. This small Government run health facility serves an estimated population of +- 7 000 people who reside in the greater St Francis area and do not have access to private health care.

The existing clinic infrastructure has evolved with time and has grown to its current size / service offering through interventions from both government and the private sector. The perception is that the clinic is undersized, inefficient in terms of the layout of existing infrastructure and provides a limited-service offering.

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Our Club's objective is to facilitate an intervention that will provide an enhanced service for all who visit the clinic which must provide a sustainable solution in that the club will provide physical infrastructure and equipment only and government will have to take over and maintain the infrastructure and equipment and provide suitably qualified staff.

Funding will be sourced through grants / donations and fundraising as well as securing "matching grants" through Rotary International.

To make this happen we will be a) working with appropriately placed representatives from the Eastern Cape Department of Health to ensure that infrastructure and equipment provided conforms to government policy and b) Identifying the infrastructure required in terms of population served / services offered and measuring this against staffing requirements.

It is also apparent that the Department of health do not have the budget to employ additional staff and a phased intervention will have to be developed to ensure sustainability. Existing infrastructure will have to be assessed and remodelled considering the current staff compliment and at the same time structured so that a phased expansion can take place in the future. And, before a sustainable phased solution can be developed it will be necessary to appoint appropriately qualified professionals to follow due process to develop an appropriate phased solution.

4. Ons Tuiste – Humansdorp

President Santa and I visited Ons Tuiste home for the aged in Humansdorp this month. We met with the manager, Mrs Zeelie and head of Nursing Care, Sister Anker.

The purpose of this visit was to introduce ourselves and the Club, and to find out more about this facility and what its needs are. We asked Mrs Zeelie to put in writing a wish list with some supporting facts. She has provided us with this and the list of requirements will be assessed and discussed by the Health team and more about this will appear in the next edition.

In the meantime, we can share the letter we received telling us more about Ons Tuiste and the service they provide.

"Thank you for the opportunity to address this letter to you.

Ons Tuiste is a residential care facility which started in 1969. We provide nursing care to 110 elderly, suffering from dementia, Alzheimers disease and old age. Many residents are too frail to take care of their basic needs and need supervision 24 hours per day. It is our mission and passion to provide quality nursing care in a safe, and caring environment.

Most residents in Ons Tuiste receive only the SASSA old age pension. We are dependable on the monthly subsidy from the government to cover expenses. The home currently receives subsidy for 50 elderly frail care residents. We have no guarantee that the government will keep on paying the monthly subsidy, nor the amount to expect monthly.

Apart from keeping up with the running costs of the home, the buildings and interior maintenance and upgrading always remains a financial challenge. Consequently, we are forced to find other ways to continue the high quality of service and care that we provide to our aged.

Mrs MM Zeelie, Manager"

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5. E'Pap Success

Ivan Beaumont has been going great guns with his e'Pap project. He is seen below with Sue Elliott and Vanessa of Bright Future Creche.



For those who don't know, the supplies of e'Pap are being funded by the Garden Route Community Trust who sent our Club a donation of R 25 125 to provide this wonderful nutrition to pre-approved schools. This amount will be repeated in June for the next 6 months.

Not only is Ivan busy supplying our local schools, but he has managed to get another recipient approved. The Bright Future Creche, in a very impoverished community in the Tsitsikamma area is now receiving e'Pap for their pre-school children which they are feeding twice per day. And Ivan hopes (with a little help and guidance from Tom Roux) to be able to get other schools approved in Hankey and Patenise soon.

Following is a heart warming letter of thanks from Sue Elliott of Bright Future Creche:

Many thanks to you for securing a year's supply of e'Pap for Bright Future Creche. And many thanks to Patrick Fleming and his team for deciding to support us!

The e'pap was delivered to the creche on Monday 3rd May. The children have taken to it slowly – they are so used to maize-meel (mielie-pap). So Vanessa and I decided to mix the e'pap into the mielie-pap and every day we will increase the ratio of e'pap and decrease the ratio of mielie-pap. This is working well and within 4 days they are getting used to the new taste of e'pap! I know Vanessa started with the Strawberry flavour – I am not sure if she has tried the other flavours yet.

I have told Vanessa how nutritious e'pap is and that it has all the necessary nutrients which are essential for growing children so she must regard it as far more than a porridge to fill the children's tummies – it is a very beneficial food, especially as these children probably don't get balanced and nutritious meals at home.

I will chat to Vanessa about how long she thinks the current stock will last and I will be in touch about collecting more when necessary.

Once again – thank you for your support. There is a little group of children in the Tsitsikamma who are definitely benefiting from your generosity. Kind Regards, Sue Elliott

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So what exactly is e'Pap?

Their website says "Backed by years of scientific research and always thinking of ways we can improve nutrition in Africa, e'Pap uses whole grain yellow maize and soya beans. We retain the essential fibres and minerals found in the whole grain and germ, making it easier for the body to absorb macro and micro nutrients and build immunity.

e'Pap is for everyone. Expecting mothers, the elderly, children, individuals with HIV/AIDS and tuberculosis - e'Pap has helped people get back on their feet. We aim to empower communities through good nutrition with its instant, precooked porridge mix."

However, we are only feeding pre school children in the areas listed above.

And who are The Garden Route Community Trust?

The GRCT is a Trust and a registered UK charity governed by UK charity law – www.grct.org.uk .

The aim of the GRCT is to alleviate poverty among children in South Africa through the provision of food and education. Founder Penny Fleming, was born and grew up in South Africa. Following her move to the UK, she continued to be concerned for those in South Africa who have so little. During this time, Penny's close friend Shelley Godsell started working with informal schools in the townships surrounding Knysna. Many of the communities in which these schools are situated have high unemployment and HIV infection rates, with many orphans and child led families.

Starting with just one school, Shelley began to provide a nourishing e'Pap meal for the children and arrange funding for the training of teachers. Penny started fundraising for this cause and the GRCT was born.

The principal beneficiary of the GRCT is still Shelley's e'Pap Children's Feeding Project, which now funds an e'Pap meal for over 5,000 children. Approximately 90 volunteers give their services freely to help with the distribution of the porridge and liaising with the schools. As a result, almost all the money (around 99%) raised by the GRCT goes directly to the point of need. The GRCT now also funds feeding projects in Port Elizabeth, Hout Bay, and Vryburg, projects reliably run by committed partners and volunteers in these areas. And St Francis Rotarians can now proudly.

6. Sibanye Ladies Group Feedback

We must congratulate the amazing Sibanye Ladies Group who have been making great strides with their projects this month.



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Firstly – The [Sibanye](#) Boys Empowerment Group - Haydn Holmes of Liquid Lines is giving his free time to teach these boys life skills in the water which in turn can offer these children lifeguard training and swimming lesson instructor training as well enabling them to stay safe in the ocean. They train at Main Beach which is walkable from Sea Vista but training will also be held at Seals, CSF and Shore Road. Look out for donation tins at cafes and venues very soon! Your pennies will pay for transport needed to get them to their weekly lessons.

And .. Check out this amazing bead work they are teaching to ladies in their community! And yes the beadwork is for sale !



7. FOSTER Feedback

Paul Sherman – our lead for Environment asked that we include an appeal to anyone who hasn't already done so to support FOSTER by paying an annual subscription. We plan to support this great cause as soon as we can get some much needed fundraising going!

FOSTER has now successfully initiated fire-prevention measures along the eastern boundary of Cape St Francis. It ensured that Working on Fire cleared a firebreak between the Cape St Francis Nature Reserve and the eastern boundary of the village, leaving where possible, a strip of vegetation, while maximising access to the two fire hydrants. FOSTER also arranged for the removal of the cuttings, a job which falls outside of WfFire's responsibility. So the Kouga Municipality will be bundling the cuttings closer to road access for subsequent removal by truck. Please support FOSTER by becoming a member - www.foster.org.za



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8. Sea Vista Primary Mandela Day Fundraiser



Mandela Day is coming up next month and if you're still wondering how to contribute, Sea Vista Primary could do with some support.

The School Governing Board aims to raise R67 000 from now until 18th July 2021 by encouraging a thousand or more people to donate just R67 each.

They have had a hard time raising money since March 2020 as the lockdown prohibited gatherings and made it impossible for the planned events of 2020.

The school has managed so far to raise funds for the day to day running expenses. However they need to raise a significant amount of funds to ensure the school operates effectively and can afford the SGB appointees in Grade R and Grade 4. 490 learners stand to benefit from this exercise.

In addition the school will be taking part in a community clean-up outreach as their 67 minutes volunteering for Mandela Day.

For more info : 042 294 0450

Donations to be made into the school's account:

Bank: Nedbank

Type of Acc: Current Account

Acc number : 1263021689

Reference: (Name)-Mandela Day

9. Bits and Bobs

We were able to facilitate some happy donations this month – an anonymous donor provided a double door fridge for a couple moving to St Francis whose removal truck full of their worldly goods was burned en route in protest action.

A magnificent dish washer was also donated through us to Hospice to raise much needed funds. Great jobs to all those working quietly behind the scenes to make these meaningful acts possible!

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Last but not least, if you haven't already done so, please bring your dues up to date. As you all know the Club has to pay Club dues for each of its members to RI and District ahead of members being invoiced. So effectively the Club is out of pocket if dues are outstanding. Membership dues will again be invoiced in July so best not to get behind.

The dues for the July-December period will be: Rotary International \$36. District R230. Rotary Africa R135. The basic cost of being a Rotarian is R1900 pa, or R160 pm.

WHAT IS ROTARY?

What you see before joining

- BBQ Fundraisers
- Helping the community

What you see once you join

- Teamwork and communication skills
- New friendships and connections
- Speaking and professional development opportunities
- Opportunities for collaboration and networking
- International aid, travel and worldwide friendships

Design by Rotaract Club

Rotary Australia

The infographic is a vertical poster with a blue background. At the top, it asks "WHAT IS ROTARY?". Below this, it is divided into two sections: "What you see before joining" and "What you see once you join". The "before" section includes "BBQ Fundraisers" (with a fork and sausage icon) and "Helping the community" (with a recycling symbol icon). The "once you join" section lists several benefits: "Teamwork and communication skills" (with a group of people icon), "New friendships and connections" (with a heart icon), "Speaking and professional development opportunities" (with a person at a podium icon), "Opportunities for collaboration and networking" (with a handshake icon), and "International aid, travel and worldwide friendships" (with a globe icon). At the bottom left, it says "Design by Rotaract Club" with a small logo. At the bottom right, it says "Rotary Australia" with the Rotary International logo.