



Official newsletter of DG Jacques Benter.



August 2023

Presidential Initiative

Issue 2



Prioritizing mental health:

Rotary International President R. Gordon R. McInally encourages clubs and districts to focus on initiatives that address mental health needs during this Rotary year. This effort is deeply personal to Gordon as he knows what it's like to see someone close to suffer in silence. He has also witnessed the power of personal connections, the value of discussing emotional and mental well-being, and the lifesaving impact of preventive care and treatment. Research shows that performing acts of kindness is one of the most effective steps any of us can take to protect our well-being and make us more resilient to all the challenges we encounter in life. As part of providing a welcoming, equitable, and inclusive environment for everyone who interacts with Rotary, we also want to create a space where people feel safe. How can you take action?

- Download the <u>Prioritizing Mental Health</u> <u>brochure</u> to learn how you and your clubs can support mental health.
- Consider connecting with the <u>Rotary Action</u> <u>Group on Mental Health</u> initiatives.
- Browse the Mental Health Initiatives campaign through <u>Rotary Showcase</u> to find out how other clubs and districts are identifying and addressing mental health priorities in their communities. Share your own efforts to destigmatize mental health issues and erase misperceptions about these issues. (Article supplied by Club & District Support, Zurich)

"Peace is the soil where Hope takes root".

RI President Gordon McInally.

Inter Country Committees

During my DG visits to the Clubs in our District, I have mentioned that our District is in the process of joining several ICC's. Herewith a brief explanation of what an ICC is:

An <u>intercountry committee</u>, or ICC, is a relationship between two or more international districts or countries working together to increase fellowship and intercultural understanding, foster stronger ties between members, clubs, and districts from different countries, and establish networks across borders. They're formed with the approval of district governors. You might work with an ICC to:

- Develop a sister or twin club relationship between clubs in participating countries.
- <u>Create a Rotary Friendship Exchange</u> between two countries.
- Cooperate on international service projects.
- Share best practices for sponsoring new clubs and engaging existing members.

Should you and your Club be interested in joining our ICC Fellowship, please contact our District International Chair, PDG Kevin Dersley on kevin@handm.co.za



State of our District

Total membership	1 July	30 Aug	Change
Rotarians	1 128	1 152	+24
Rotaractors	52	52	0
Honorary members	238	238	0
Total Clubs			
Rotary Clubs	81	81	0
Interact Clubs	11	11	0
Satellite Clubs	2	2	0

Twenty-four new Rotarians were welcomed into Rotary during the month of August. What a wonderful achievement. Congratulations to all the Clubs concerned.

The month that was:

August saw me visit 14 Clubs in our District and I also attended two Induction Dinners. Once again, I was left absolutely stunned by the wonderful projects being done throughout the District. Herewith just a few of the highlights we experienced:

Rotary Club of Bloemfontein Thabure have adopted Morafe School and have used funds and partnerships with local businesses to upgrade and stock the school library, which includes a mobile unit to take books to the Foundation Phase of the School, and this year partnered with Spar to provide 50 pair of shoes to the disadvantaged learners.



Two of the new library book racks and the mobile unit.



The School Management, Rotarians and some very happy learners.

The Rotary Club of Chatsworth are also extremely busy in their community. We were shown three of their projects, two of which are really worth mentioning. During the floods of 2022, an area known as 7 Tanks was damaged. This area is the home of a number of Herb Farmers and their homes and crops were totally destroyed by the flooding. With the help of twinning Rotary Clubs and the local Hardware Store, they were able to restore the Community.



President Cogie Muthulingum and the board honouring the donors.

A second noteworthy project where they are involved, is the Sarva Dharma Ashram, where there is not only a Skills Development Centre, but they also feed 3 000 meals a day to their community. This entails cooking roughly 3 tons of rice a month along with vegetables and soya mince as a supplement. The rice is cooked in 3 large gas-powered steam pressure cookers, the design of which originates in India.



The 3 pressure cookers with the gas-powered steam generator on the right. Past District Governors all speak of how wonderful the Chatsworth visit always is, and our visit did not disappoint. They are proud members of their community and Lynda and I were treated like royalty. As is tradition, the Ann's took care of Lynda and dressed her in a Saree for the Club Meeting and delicious Dinner which followed.



Members and Ann's of the Chatsworth Club.

Our visit to the Rotary Club of Shelly Beach was a formal affair as it coincided with their Induction Dinner. I had a brief meeting with the members before the Dinner where I highlighted our focus areas for the year. During the Awards Ceremony, I was awarded the "Stirrer of the Year Award". The first non-club member to receive this award. I wonder if my emphasis on DEI and the fact that they are a men's-only Club had anything to do with it?



Receiving my Award from Club President Callie van Loggerenberg.

During our visit to the Rotary Club of Port Alfred, I had the honour of Induction three new members, although one was a re-induction, as Jo Wilmot has once again joined Rotary. The Club also presented a Paul Harris Recognition Award to Tori Stowe, a local community member who does amazing work in and around Port Alfred.



Newly inducted members Jo Wilmot, Claire Wright,& Rita de Sousa with Club President Carol Oliver.



PHF recipient Tori Stowe and Club President Carol.

The Rotary Club of Bothaville did not have an Induction Dinner as President Gerdie Visser was doing a further term, however, they had a Formal Dinner in which they recognised the Bothaville Pharmacy for their continued support of the community and awarded the owner, Rudi Scheepers with a Paul Harris. The second highlight of the evening was the Induction of three new members.



President Gerdi with new members Jason & Taleen Hardy and Leandra Nel. Bothaville also celebrates their 50th Anniversary this year and I had the honour presenting President Gerdie with a Certificate and a message from RI President Gordon McInally.



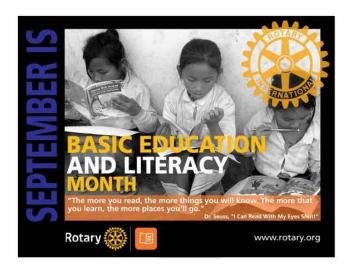
President Gerdie receiving their 50 Year membership Certificate.

The month ahead:

September is going to be another busy, but enjoyable month. The Zone 22 Institute takes place on 8 & 9 September in Lusaka and our District will have a couple of representatives attending. We wish DGE Raj and DGN Steve all the best with their respective Training Sessions which take place in Lusaka from 5 to 7 September.

September Diary

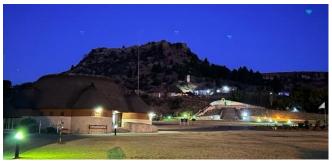
Day	Date	Club / Event	
Thursday	7 th	Depart for Lusaka	
Friday	8 th	Zone Institute, Lusaka	
Saturday	9 th	Zone Institute, Lusaka	
Sunday	10 th	Return to Johannesburg	
Monday	11 th	Return to Aliwal North	
Thursday	14 th	Lukhanji Queenstown	
Monday	18 th	Arcadia (13h00)	
Monday	18 th	Bonza Bay (19h00)	
Tuesday	19 th	Gately (12h40)	
Tuesday	19 th	Gonubie (19h00)	
Wednesday	20 th	East London Fellowship	
Thursday	21 st	East London (12h30)	
Thursday	21 st	Stutterheim (18h30)	



Save the Date!



The 2024 District Conference is going to be held at Thaba Bosiu Cultural Village on the outskirts of Maseru in the Mountain Kingdom of Lesotho on 2 & 3 May 2024.



Thaba Bosiu, the backdrop to our Conference venue.

PDG Maud and her organising committee are hard at work to ensure that all Rotarians have a memorable visit to the Mountain Kingdom. We are planning to have recommendations for pre- and post-conference sightseeing tours in and around Lesotho. Those concerned about the roads in the Eastern Free State, will be supplied with route maps as to the safest routes to get to the venue.





Some of the traditional homes on display in the Village.



District Conference 2024

Watch this space for more details!



Odds and ends



The Rotarians in attendance at the Shelley Beach Awards Dinner. Spot the odd one out! Okay, I'm just stirring, again!



The Management from the Bothaville Pharmacy and their Certificate.



The Rotarians from Bothaville and their Paul Harris recipient, Rudi Scheepers.



Lynda and I receiving gifts from Chatsworth President Cogie and Ann's IPP Linda.

Until next month, keep safe and, as always, remain mindful of the needs of others!