



Meeting Time: Tues 5.30pm for 6pm & on Zoom
Location: Atlantic Boat Club, Hout Bay Harbour
Attendance officer: Carolyn Herrick 076 012 2440

President: Alison Rice 083 6335694
President Elect: Carolyn Herrick 076 012 2440
Secretary: Harriet Purser 072 779 5489

JUNE/JULY 2021

Terry Winship - June 15



Terry, our speaker, described with photos and maps how when she turned fifty she gave up her work as an IT manager in a large international corporation, she sold all her possessions including her house and travelled around the world for a year and a day with her 9-year-old daughter, Indygo. They only had the luggage they could carry on their backs and one hand

She bought round the world air tickets and set a budget of R1000.00 a day for the two. They visited some thirty places through North and South America, hot and cold and included Easter Island and the Gallipolis. Onwards to South East Asia and the joys of Vietnam.

Terry and Indygo lived with local families, ate the local food and were not the usual family tourist persons.

Terry observed

- At no time or place did she feel unsafe and found friendship everywhere.
- Having her young daughter with her opened many doors. It was different.
- Mass tourism ruined many places of their nature and the pleasure of visiting.

- Most tourists made no effort to appreciate the places they visited – it was just another stop.
- Life is brief, do what you want and can do now.

Terry focused on spending money on travel experiences rather than 'things' which made travelling lighter and more fulfilling.

On her return, Terry opened and ran an award-winning restaurant and guesthouse in Nieu Bethesda. She lived there for four years - before moving to Cape Town so Indygo could go to High School.



On 22 June we celebrated the induction of our 2021/22 President Alison Rice via Zoom



Board structure: 2021/2022

Board of Directors

- President: **Ali Rice**
- Past President: **Ali Rice**
- President Elect: **Carolyn Herrick**
- Secretary: **Harriet Purser**
- Treasurer: **Denise Hopkins**

Directors of Services

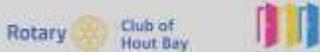
- Club Services & Public Image: **Carolyn Herrick**, supported by **Adele Hayden**
- Community Services: **Ralph Tobergte**
- Foundation: **Marcelo Andrade**
- International: **Hans Kuhn**
- Membership Retention & Development: **Marcelo Andrade**
- Vocational/Educational: **Keith Bull**
- Youth Services: **Athal Rice**

President's Award

Awarded to: **Gordon Aeschliman**

In recognition of his outstanding contribution and commitment to
the Hout Bay Community for
Love in a Bowl

Alison Rice 22 June 2021
President Rotary Club of Hout Bay Date

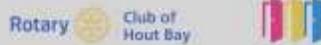


President's Award

Awarded to: **Joelle Searle**

In recognition of her outstanding contribution and
commitment for
RCHB Covid-19 Response Team

Alison Rice 22 June 2021
President Rotary Club of Hout Bay Date

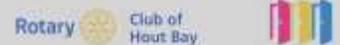


President's Award

Awarded to: **Carolyn Herrick**

In recognition of her outstanding contribution and
commitment for
The Vision Project and for Club Services

Alison Rice 22 June 2021
President Rotary Club of Hout Bay Date

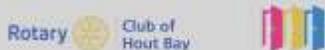


President's Award

Awarded to: **Randell and Dianne Barclay**

In recognition of their outstanding contribution and
commitment for
Guidance and Support of RC Hout Bay

Alison Rice 22 June 2021
President Rotary Club of Hout Bay Date

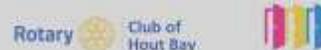


President's Award

Awarded to: **Gina Hilzinger**

In recognition of her outstanding contribution and
commitment for
#MathsHoutBay

Alison Rice 22 June 2021
President Rotary Club of Hout Bay Date

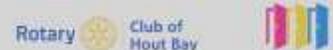


President's Award

Awarded to: **Massimo's**

In recognition of his outstanding contribution and commitment to
the Hout Bay Community for
#PayItForward

Alison Rice 22 June 2021
President Rotary Club of Hout Bay Date





On Tuesday July 6, Tjarla Norton and Uzusiphe Nkuzo

from the Community Cook Up talked to us via zoom about life in Imizamo Yethu. After the 2017 fire that ravaged the IY a group of local residents lead by Tjarla started cooking meals to feed the kids and the elderly. The volunteer group gave rise to the Community Cook Up and feeding IY's most vulnerable has gone from strength to strength.

Driving through IY for years has raised Tjarla's awareness for the difficult living conditions of its residents. Tjarla focused on what she perceives as the biggest challenges facing IY residents, resulting from failing infrastructures in light of the huge population growth. An outdated population census and big delays in finishing ongoing upgrading projects further increase the pressure on systems that have been designed for far less people. Tjarla spoke of the challenges and dangers of the current waste management system and the limitations and delays in the implementation of the super block system. Currently, each family is allotted a blue bag for solid waste to be deposited at designated sites for collection by the contractor. However, as collection can take days, many blue bags are ripped apart leaving behind a trail of rubbish. The community initiatives to tackle this downstream problem are insufficient to prevent that loose rubbish ends up in the storm water drain systems. Also, under the ongoing super block system, 6 to 8 families share a toilet block managed by the community and requiring

each person to pay R2 to use the toilet, adding up to the already strained family budgets. Tjarla also mentioned the insufficient availability of taps requiring residents to queue to have access to water for all their needs.

IY residents are resilient and face the difficulties with hope, determination and a big sense of community and a true ubuntu spirit. Despite the difficulties, there is joy and life is celebrated in different forms. Our speakers talked about the role of the skate park and soccer field, widely used by different age groups and currently being upgraded. Residents gather in the many churches, organize clean up sprees, and watch over the community kids as best as they can. The younger generation gather mostly around weekend dance groups and fitness drives are becoming more popular, including hiking and open-air gym classes.

What the Community Cook Up have done for those needing love and support in IY, is mind blowing. Currently it is providing about 600 meals per week, directed to the kids and the elderly organized mainly in three points of distribution.

The Community Cook Up follows the commitment not to bring single use plastics into the community and although most of the beneficiaries bring their own recipients, there is always a need to provide for extra bowls. Yogurt tubs have proved to be very useful and can be dropped off at Massimo's or the Caltex station. Glass jars, such as coffee jars, are also very useful to provide dry ingredients for nourishing meals.



The Shikoku Pilgrimage to Japanese Temples: A Journey of the Soul – 13 July

David Moreton, Associate Professor at Tokushima University in Japan, provided some fascinating background on the Shikoku pilgrimage which encompasses 108 temples over 1200km. This pilgrimage originated over 1200 years ago, based on faith in the teachings of Shingon Buddhist priest Kobo Daishi. It is believed that his spirit did not die but went into eternal meditation that it follows the pilgrims on their journey.

The first guidebooks and maps for this pilgrimage were published in 1690. It was not easy to do this pilgrimage 200+ years ago. Pilgrims walked in straw sandals, which fell apart very quickly. Local people would weave sandals and put them in unmanned stands, leaving a bamboo tube for people to put money into and take pair of sandals, functioning like an ancient vending machine.

As they went around, pilgrims used a pilgrimage book that would be signed and stamped at each temple. Some people put the book into the coffin, believing it to be a sort of passport to heaven. The more stamps, the more merit points to get into heaven! Pilgrims also used a paper slip on which their name and wishes were written, which was deposited at each temple. The colour of your slip was based on how many times you made the whole journey.

In Shikoku there is an old custom of helping one another – called osettai. An unsaid rule of the pilgrimage is that no matter where you go, to please help and support each other as much as possible. Every year charitable hands are opened along the pilgrimage route, giving food, drink and other gifts to the pilgrims.



People are now coming from around the world to participate in the Shikoku pilgrimage. Between 2014-2019, the number of foreign visitors at one temple increased five-fold to 541, from 31 different countries. Modern pilgrims can complete the journey by walking (35-40 days), bicycle (15-20 days), car/taxi/bus (10-15 days) or even by helicopter (4 days). It does not matter how you complete the pilgrimage.

The appeal of the Shikoku pilgrimage is: the wonderful, kind people; the beauty of nature and the mountains; feeling safe; experiencing the old and new Japan; democratic – does not matter how you do it; and good amenities – clean toilets, vending machines, convenience stores, laundromats.

A 2014 pilgrim said, “It was a journey to lighten my soul. I am more at peace. The osettai has been overwhelming. The combination of the beauty of Shikoku and its temples, the incredible sincere niceness of the people here, having the time to de-stress and reflect on my life has been incredible and life-changing. It was the hardest, more rewarding thing I have ever done in my life.”



On Tuesday 20th July 2021 we were thrilled to welcome ex-Rotary Club Hout Bay member Tim Smith to our meeting to tell us about his work with refugees across southern Africa. The Jesuit Refugee Service specialise in providing education at refugee camps. We learnt that refugees spend, on average, 15 years in a camp and Dzaleka camp near Lilongwe has a population of 50,000. The smaller camp of Tongogara in south east Zimbabwe is home for another 14,000 refugees also mostly from DRC. A new camp is sadly having to be planned in Mozambique where many people in Cabo Delgado province have been displaced by violence. I'm not sure any of us had previously considered the fact that South Africa is very different to all our neighbouring countries in that refugees are not accommodated in camps but are integrated into life in the cities. This leads to different problems to those experienced by refugees in camps (especially xenophobia) and requires different types of support for both education and skills training which JRS supply in Gauteng.

Tim ended on a positive note with the story of Mireille Twayigira and her astonishing journey as a child, on foot, from Rwanda across the Democratic Republic of Congo to Angola then on to Zambia and Malawi where she finally reached Dzaleka camp having lost, along the way, almost every member of her family who had survived the Rwandan genocide. Here she proved an award winning student and won a Chinese government scholarship that she couldn't take up due to having no citizenship. The Malawian government eventually awarded her with citizenship and she studied Mandarin in China before qualifying as a doctor. Mireille returned to Malawi and ended up working as a doctor at Dzaleka camp helping to inspire other students there and show what can be achieved with a refugee camp education. Currently she is back in China studying psychiatry. Tim answered a range of questions about funding and the effects of COVID-19 on the work done by JRS. It was a thought provoking and interesting presentation.

Our Region

- Continuing instability in DRC/Burundi
- Occasional conflict in Mozambique
- Economic collapse in Zimbabwe
- Xenophobia in SA



Hout Bay Food Gardeners Group – 10 August



Jill MacKay from the Hout Bay Food Gardeners Group spoke to RCHB via Zoom about her group's initiatives. Passionate about permaculture, urban food gardening and developing resilience in a rapidly changing world, Jill started the Hout Bay Food Gardeners group in 2018.

The aim of the group is to develop a community of food gardeners who swap seeds, plants and cuttings, and to share gardening tips and ideas, as well as knowledge and experience. They hope to not only grow food to enjoy in their own kitchens, but to also make a contribution to greater food security for Hout Bay. Members range from those with large plots to those who garden in a few pots on the windowsill.

The group continues to grow steadily embracing members from all communities within the Bay.

They have built up a diverse seed library which includes many varieties of heirloom seeds. Monthly activities include an email newsletter and monthly visits to different gardens in Hout Bay. A seed swap will take place at 2:30pm on 21 August at First Fruits (Trees and Hedges) on Valley Rd, between Ave de Chevonnes and Valley Farmstall. Attendees are encouraged to bring and share or swap seeds, plants, pots, etc, or just say hello. All Rotarians are welcome to participate.

Following the meeting, Rotarian Keith Bull shared photos of the bounty he is producing on his allotment in the UK. All that rain must be good for something!

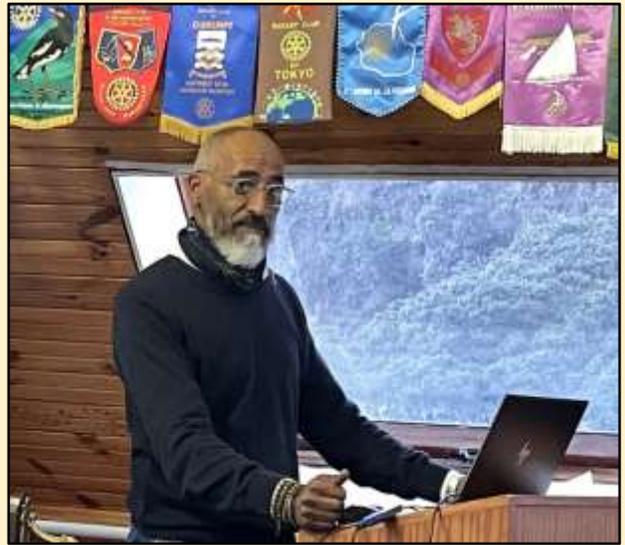


Zaid Adams - 17 August - StreetSmart

Zaid is the Chairman of StreetSmart and joined our meeting to share information on StreetSmart. StreetSmart South Africa has been in operation since June 2005 under the founding patronage of Emeritus Archbishop Desmond Tutu. The funds raised go to selected and approved organisations that run programmes for the normalisation of street and vulnerable children's lives. The restaurants, accommodation establishments and wine tasting centres in each town raise funds for their own community street children programmes.

R2m is raised annually by StreetSmart. During 2020 due to Covid, StreetSmart still managed to raise R700 000.

StreetSmart has 36 beneficiaries nationally helping 3000 people. StreetSmart gives diners the opportunity to give responsibly. The beauty of StreetSmart is its simplicity.



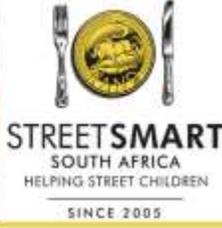
In a StreetSmart restaurant a small, elegant card on the table informs patrons that a voluntary R5 will be automatically added to the table's bill. If diners would like to add more - or none at all, they just need to inform their waiter.

Every cent of the funds raised through restaurants goes to the beneficiaries. All of the operational costs of StreetSmart are sponsored.

Give responsibly

**Changing children's lives,
R5 at a time!**

Be part of the solution
BE STREETSMART



STREETSMART
SOUTH AFRICA
HELPING STREET CHILDREN
SINCE 2005

StreetSmart South Africa raises funds for street children's education, skills training and family reunification programmes for vulnerable and street children through fundraising partners.

StreetSmart ensures every cent donated in local areas goes towards social and educational upliftment projects in that community or town.

**Donate via any of these
secure platforms**



streetsmartsa.org.za/donate-to-streetsmart

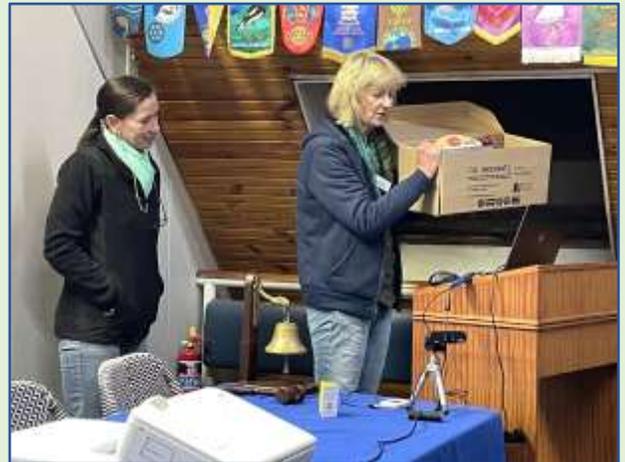
Donations are tax-deductible, as allowed by South African law.

BE KIND. BE STREETSMART
Be Part of the Solution



Karen Temlett from Funda Kunye visited us on 17 August to show us the Edubox.

Rotary Hout Bay (courtesy of Hans Kuhn) have donated 50 Eduboxes to assist caregivers to help children supported by Funda Kunye. Each box costs R100 and can be used to help 5 children. If you would like to donate a box please visit www.fundakunye.com



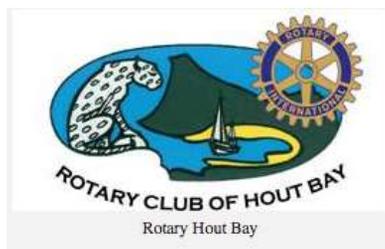
RCHB'S NEWEST MEMBER!

On Tuesday 17 August Louise Uys was inducted via Zoom as the latest member of the Rotary Club of Hout Bay. Louise recently moved to Cape Town from Natal and is a Grade One school teacher at the Hout Bay International School. Congratulations Louise and welcome to Rotary Hout Bay !



Louise Uys





AUG/SEPT MEETING CALENDAR

Meetings alternate between Hybrid at ABC & Zoom only

Zoom Link (same as previous)

<https://us02web.zoom.us/j/85812817268?pwd=R2FrRkN3QVpjRzB6U3ZFSIBGRFo1UT09>

Meeting ID: 858 1281 7298

Passcode: RCHB

	August 2021	Speaker	Subject	Sergeant at Arms
4	24th	NO MEETING		
4	28th	FELLOWSHIP LUNCH - SAT 28 AUG @13:00	Constantia Glen	
5	31st	Marguerite Kimberley, Sentinel Ocean Alliance @18:00 via ZOOM	Overview of Sentinel Ocean Alliance Initiatives	Keith

	Sept 2021	Speaker	Subject	Sergeant at Arms
1	7th	Penny Haw, Hout Bay Author @18:00 at ABC	Her new novel: <i>The Wilderness Between Us</i>	Carolyn
2	14th	Leigh Robertson, Executive Director, Lalela	Educational Arts for At- Risk Youth	Marcelo
2	17th	FRIDAY COFFEE @10:30	Delish Café	
3	21st	Cathy Green, Founder @18:00 at ABC	Partners for Change Hout Bay	Colin
4	28th	Monique Norman, Operations Mgr, CPOA @18:00 via Zoom	Coping with Covid in a Retirement Village	TBC