



Bay Breezes

Doing good in and around Hout Bay



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

SEPT/OCT/NOV2021

Uniting the Valley for the Oceans clean up day was held on **Sat 18 September**. Various **RCHB** members met at 9am on the banks of the river off Princess Street.

This was a joint initiative of Sentinel Ocean Alliance, Blue Bay 2030, Friends of the Rivers of Hout Bay, HBUFC, Eyethu Skatepark, Oceano Reddentes.



LETTER OF THANKS ...

Hi Carolyn,

We want to say a **BIG BIG THANK YOU** to you and the Hout Bay Rotary club for supporting us for International Coastal Cleanup day.

We 100% had the best cleanup out of everyone that participated in International Coastal Cleanup Day around the world. I am **SURE** of it!

Our impact was incredible. Collectively we rallied **301 participants** that took action against the waste problem in our community. Together, we intercepted **700 KGs of waste**.

See attached statistical graphics for you to take a look at.

We are forever grateful for support and look forward to working with you again in the future.

For The Oceans,
 The SOA, Oceano Reddentes & Parley Team

INTERNATIONAL COASTAL CLEANUP DAY TOTAL WEIGHT OF WASTE INTERCEPTED



INTERNATIONAL COASTAL CLEANUP DAY TOP 5 STATISTICS



FELLOWSHIP LUNCH

On Saturday 28 August our Club met for a fellowship lunch at Constantia Glen Wine Estate. What a pleasure it was to gather after so many months of isolation. We got to meet a few new faces as well as partners.



On 7 September **Noori Siddiqui**, the founder of Optimum Wellness, offered some thoughts on how to manage emotional stress based on her experiences as an emotional stress coach. Emotional stress is an experiential situation we find ourselves in based on how we choose to react or respond to various factors that may be affecting us.

How do we experience stress? Stress can create a physical response in the body, with blood vessels constricting, heart racing, sweating profusely. If we can change our body's response to stress, then we can use stress positively.

When stress response is viewed positively, your blood vessels are not restricted. When your

heart is pounding but your attitude is still positive, your blood vessels stay relaxed and it looks like the profile of joy and courage. Over time, this one biological reaction can affect your health

Reaction to stressful situations can be re-enactment of a past fear or past dread. If you are able to stay in the present and not take your past fears with you into the current moment, then your body's reaction will be helping you to rise to the challenge. How you think about stress really does matter.

Oxytocin is a hormone, known as the "hug" hormone, enables your body to experience stress positively. It is a neuro hormone that fine tunes the brains social instincts, and makes you crave physical contact with friends and family, enhances empathy, more willing to help and support. These feelings enable us to release oxytocin which has a positive effect on our health.

Human connection, connectivity and ultimately hugging aids provides a built-in resilience to stress and aids in faster recovery. So, make sure that you hug someone you love every day and be sure to hug your pet often. A hug a day can keep the doctor away!



Hout Bay Partners for Change – 21 September

Cathy Green, Chair of Partners for Change (P4C), shared some background on the organization and their mission. Last year during hard lockdown, there was a huge need for food. A tremendous coordination effort was done by Hout Bay CAN (Community Action Network) to manage the enormous amounts of food donations that come in. Once lockdown eased and there was no longer a need for CAN to manage food donations, it became clear that there remained an opportunity for NGO's to learn to work together more, trust each other and work in cooperation to accomplish all that is needed to serve the Hout Bay communities.

Partners for Change see their role as facilitating the connection of NPO's in Hout Bay by building relationships, enabling great efficiency and economies of scale, reducing duplication of effort, and identifying unmet needs. So many are doing so much for so many, however there are still unmet needs. P4C is about identifying and prioritising some of those unmet needs and responding to them in the short-term, with the goal of

transitioning to a self-sustaining position in the long-term – be it from other NPO's or from the communities themselves.

P4C's first partnership has been with Love in a Bowl. They identified a gap in need for carbohydrates (rice) and protein (beans and lentils) to be distributed along with Love in a Bowl's organic vegetables. In the last year, P4C have raised over R75k to purchase dried foodstuffs to be donated with the organic vegetables to organisations in IY and Hangberg that have produced over 69,000 nutritious, hot meals to vulnerable children and elderly. Well-balanced nutrition will have a lasting impact on these children as healthy meals will enable proper growth and development of their bodies and their brains.

P4C plans to hold the first virtual gathering of Hout Bay NPO's on 1 December to enable NPO's to get to know each other and identify what they do, what they could use help with and where they could offer help. And, start the conversation about unmet and pressing needs.





On 14th of September, our weekly club meeting welcomed Leigh Robertson and Firdous Hendricks from Lalela. Leigh is Lalela's Executive Director. She joined the organization two years ago following many years of experience in the publishing industry, as a journalist and editor, and oversees its operations and strategic development, in liaison with the US and South African Boards. Firdous is Lalela's Senior Programmes Manager. She has spent the past 12 years developing multi-disciplinary arts-based youth programmes in the NGO sector and is passionate about igniting youth's creativity, imagination and collective healing through her work.

Lalela is a Hout Bay-based organization focused on providing educational arts programs for at-risk youth to spark creative thinking and awaken the entrepreneurial spirit. Lalela is a Zulu word meaning "to listen". By listening to children's stories and each community needs, the organization is able to understand their challenges and assist in identifying creative solutions and a way forward. In 2010, during the FIFA World Cup in South Africa, Lalela started as a holiday programme using the creative arts to inspire and motivate school children in the township of Ymizamo Yethu. Since then, the organization evolved to provide safe spaces for children and youths after school and during the holidays – in the hours when they are most vulnerable to abuse of every kind. In the 10 years since launching its life-changing art programs, Lalela has positively impacted on the lives of more than 55,000 children across South Africa. Currently, there are about one thousand students enrolled in Imizamo Yethu and Hangberg schools.

Lalela's starts early (age 6) in developing the art of imagination and continues through grade 12 to connect the arts and creativity to everything important in a child's life, from core academics and social cohesion to critical life skills. The organization's goals are achieved through a carefully crafted curriculum implemented through after-school workshops and holiday programme activities at partner low-fee or no-fee schools in Imizamo Yethu, Hangberg, Masiphumelele, and Bonteheuwel. All students are allowed to enrol cost-free, anytime during their school years, the only rule being that they have to participate regularly. In partnership with ZeitzMOCAA, the largest museum of African contemporary art in the world, Lalela launched educational arts workshops targeting inner-city communities such as Salt River and Zonnebloem. Partner programmes were also implemented with Bertha Foundation at Boschendal and Philippi Village. In addition to the Cape Town area programmes, Lalela has also established the Center for Arts and Innovation in Maboneng, Gauteng, where most of enrolled students come from immigrant families. Female empowerment and leadership programmes for high school students were also implemented to transform students into role models and strong leaders who can become trailblazers for change.

The speakers informed us that actions were adopted in response to the Covid-19 crisis. Lalela virtual was launched to continue to engage with students during lockdown or quarantine. In partnership with COURAGE and HOPE SA, about 800 parcels or vouchers have been provided monthly to students and their families, an initiative expected to run until December. A Guide for Educators Working with Children Affected by Trauma has been developed to assist them to navigate through traumatic and uncertain times.

The speakers encouraged those who would like to find out more about Lalela to explore their site www.lalela.org or instagram @lalelaproject.



Coping with Covid in a Retirement Village – 28 September

Rotarian Monique Norman, CPOA Operations Manager, shared her experiences in managing a retirement village during Covid.

Health & safety were the top priority challenges, including daily screening of 120 residents and 15-20 staff per home. Identifying the positive cases was extremely difficult as some felt stigmatized and didn't want to communicate how they felt. People were scared and did not want to associate with others who had Covid. Residents feared the staff were carriers and staff feared the residents were carriers. Getting the staff to agree to take the vaccination was a challenge as they were generally much younger and initially did not see the need.

Residents were isolated in their own units – the communal dining hall was closed and meals served to each individual unit. No visitors were allowed. Residents became irritable and it was a challenge to keep everyone entertained. Passage dancing was initiated, with music playing through the passages in the morning while everyone had a little jiggle. Residents were encouraged to go back to their youth, think about what were their hobbies and rekindle those, whether it be guitar playing, a love for sewing or puzzles.

After 1.5 years of living with Covid protocols and isolation, many people are reluctant to come back out. They have deteriorated, have become weaker, are not walking as steadily anymore. Constant encouragement is needed to build up their confidence to get dressed, comb their hair and eat in the dining room again. Depression is a concern that counsellors are mindful of. The residents also feel the loss of life around them on a daily basis and it is not easy for them to deal with this loss.

Residents now appreciate being able to communicate with one another again and continue to need social interaction. We are all social beings and we do need one another to survive! The challenge is – let's just keep one another safe.



The 35th Cape Town Cycle Tour took place on Sunday 10 October. Despite strict Covid protocols, the day went off well. Thanks to the IY Team and Rotary members for all the marshalling assistance !



From: **Donald Peters** <donald.leslie.peters@gmail.com>

Date: Tue, Oct 12, 2021 at 5:18 PM

Firstly my special thanks to everyone, secondly the IY Team wish to say a big thank you for engaging them to help. And with apology to anyone that feels I should have said more about them.

- So John Routley an ex member now Probus took on Flora Bay bend now known with affection as " Rainer Bend" its a challenging point. He was helped by Noori with very special thanks.
- At the Circle at Princess and Main, thanks to all who helped during the day and so well led by Ralph Tobergte.
- To John H who manned the Rotary desk at the Post Office and the extras he did. John was nearly inducted that morning but that is soon to happen - well done.
- Jill and Dave at Dorman Rd cones all tidy, shoppers well looked after.
- To Monique at Princess Beach flats with the extra hustle of drivers behaving like spoilt children.
- Colin at Dream RD congrats on lasting out.
- RS 10 led by Adele, what a star, first time to run a RS and with COVID on top of it. So glad the Penbev guys were super.
- Carolyn who moved from the Post Office circle to the circle at Princess and Victoria. There is special reason to write words which convey, hardworking, cheerful, organised, thoughtful, caring, understanding and truly exhibiting the way a REAL ROTARIAN is. Carolyn was all and her extra effort so welcomed by me. Louise I didn't forget you thank you.
- So good to see yet another ex member, Tim Smith at Brighton Rd many thanks. Earl Rd and the circle had Ali and Athol together with a brace of IY members. What do we remember, well the encroachment on to the road of a fence, music yes not as loud as last time (phew).
- The two Rice's sorted out the over efficient Metro people about the race not being for spectators, wait till you hear about Suikerbossie.
- Charles at Oxford well done. Then 11 roads with IY Team members perhaps the only real excitement was the lady who drove across Victoria Rd driving under a hazard tape closure only to find 3 Police Officers at the road she turned down. The car was "confiscated" and all went back to normal.
- Then the big robot intersection at Victoria Rd and Ave thanks to Sue Dods and Nosi. It was here that I had organised for 5 IY marshals to mingle and watch out for pick pocket individuals. We then arrived at Bishopp Rd and another amazing RS Manager - Harriet who like Adele carried out her role with cheerful brilliance.
- The IY Team again saved the day finding 45 marshals would have been an impossible task and the lassies and lads did a great job it was a privilege to give each a hug at the end.

So to the cut off at 3-30pm - successful and it always hurts me stopping riders and telling them its over. Bless the young lady who when I gave her a hug said " well more training next time so I will finish" I wish she hadn't cried as she said it. We packed up and had the beer at Woodcutters, Peter Dutton and David Heath were there in spirit. So then back to Athlone to hand all equipment in. One special thing and an apology to Monique for the damage to her car.

All of you mentioned and not mentioned are just special people and Rotary is lucky to have you, Hout Bay is lucky as well and first prize for me is you all.

Cheers

Don



Empowering Women & Girls Initiative

On 12 October, we had the pleasure of viewing a recording of Rotaractor Emily O’Ryan’s dynamic presentation made on 2 October at District 9350 Mini-Conference. Emily introduced the **Empowering Women & Girls Initiative** from Shekhar Mehta, RI President, through which Rotary members worldwide can enhance girls’ safety, health, education, and well-being. Educated girls have better educated children and earn higher wages, helping get their families out of poverty and making families healthier.

In our own country, significant work is needed to address the problems of gender-based violence and teen pregnancy. The femicide rate in South Africa is five times the global average with an equivalent of one woman being killed every three hours.

In South Africa, one in three girls who are age 10-19 years old fall pregnant and don’t return to school.

And once they fall pregnant the first time,

they are more likely to fall pregnant again while they are not remaining in school

Actions already taken this year within our District are: Fundraising for Menstrual Products Dispensers (RC Century City), Care Packs for Victims of Abuse (RC Constantia), Entrepreneur & High School Funding (RC Hermanus), Mentoring Formerly Incarcerated Women (RC E-Club), Empowering ECD Women (RC Newlands), Post Office to Parliament postcard campaign against GBV (RC Newlands).

What else can we do about this? First, start by helping to change perceptions. Gender-based violence is often referred to as our other pandemic at the same time as Covid-19. Share information about this key issue. Secondly, start a new or modified project to support women and girls.

Together we can serve to change lives by empowering women and girls.

The Wilderness Between Us by Hout Bay author, Penny Haw

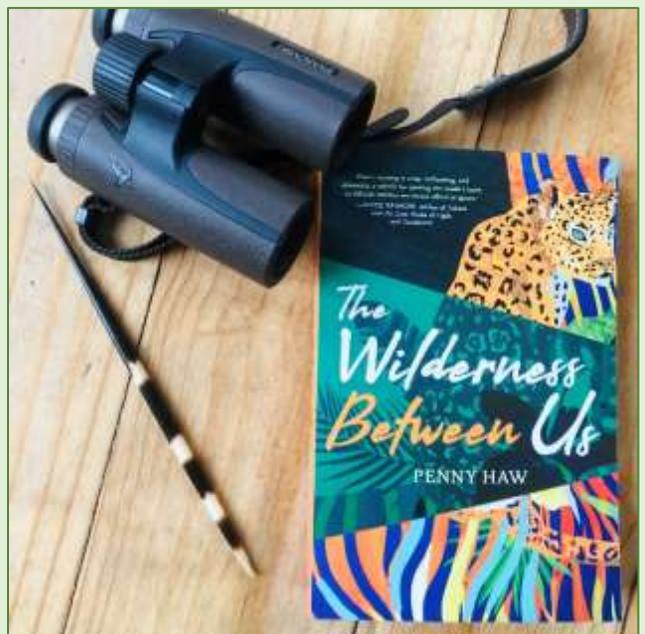
On 2 November, long-time journalist and columnist, and latter-day author Penny Haw shared some insights into her love of writing since an early age, and the genesis of her new novel. *The Wilderness Between Us* is her debut novel for adults, which continues to expound her interest in strong women and her love for animals and nature. Her children's book, Nicko, The Tale of a Vervet Monkey on an African Farm was published in 2017.

Inspired by the author's experience of hiking the Tsitsikamma trail, *The Wilderness Between Us* tells the story of a group of friends who set out on the route looking forward to a challenging but rewarding hike through the beautiful area with its mountains, forests, rivers, fynbos and fauna. A storm, however, splits the group and Faye, wife of the bullying Derek, and her friend Geoffrey's anorexic daughter Clare are thrown together in one camp while the rest of the friends battle on to the next. This sets the stage for drama, danger and distress, both physical and emotional as the journey of more than one character becomes one of self-discovery.



When and if they are reunited, certain members of the party will need to re-examine the truth of their lives and their relationships with one another.

The Wilderness Between Us is available to purchase at The Bay Bookshop for R280.





CHELO chair Karin Kanewske Turner speaks at 9th November Club meeting

CHELO – Children of Hout Bay Education and Learning Opportunity.

(See www.chelo.org.za)

CHELO is a bursary programme, started in 2007 by a group of parents who wanted to see an international school integrating global and local diversity, and at the same time provide opportunities for previously disadvantaged communities in Hout Bay with a world-class education.

The International School provides for one bursary each year (there are 12 in total currently) and CHELO provides a supporting programme including mentoring, clothing, laptops, data, other equipment and so forth.

Karin explained that all was not plain sailing in the beginning. Taking children from High School meant that those that were selected, whilst they had the potential they unfortunately did not have the basic grounding in many subjects

especially maths and science. This resulted in some failures. It was then decided that the bursaries should be offered to Primary school children where a sounder grounding could be achieved through foundation education. This has proved successful.

CHELO is structured in a very professional manner, and depends on funding through various sources from individual monthly donations to fund raising events and used-clothes sales. A great emphasis is placed on the mentoring process {indeed much like our own Student Support Scheme (SSS)} to the extent that mentors are encouraged to embrace their mentees within the family environment.

At the present time there hasn't been sufficient time for any of the CHELO students to graduate from the International School and attend university. There is clearly a link between our own undergraduate university Student Support Scheme and CHELO. Perhaps in the near future we shall see applications from CHELO students for our SSS.

Karin was thanked for her presentation and complimented on CHELO being a very well structured and professional organisation.



SPOTLIGHT ON



John Herrick was born on 29 February 1956 (Leap Day) and raised in St. Paul, Minnesota, USA. He graduated from Dartmouth College in Hanover, New Hampshire, USA, with a BA in Physics and a minor in Engineering. He also holds an MBA in Finance, Marketing, and Statistics from the University of Chicago Booth School of Business.

Life and Work . . . John spent 25 years working in financial positions for multinational companies including Seagram, PepsiCo, and Colgate-Palmolive Company. During his 16 years at Colgate-Palmolive, John spent two years working in Brussels, Belgium, as European Treasurer and 3 years in Paris, France, as Finance Director of Colgate-Palmolive Global Export, a \$60 million subsidiary selling products in over 50 countries. Prior to leaving Colgate, John was Director of Corporate Finance and Foreign Exchange in the Corporate Treasury Department where he had overall responsibility for foreign exchange exposure management as well as responsibility for Latin America operations financing.

From 2007 to 2011, John was an independent Treasury consultant for several large, multinational clients. From 2011 to 2013, he worked at PricewaterhouseCoopers as a manager in the Corporate Treasury Solutions Practice working on engagements for Fortune 100 clients in the area of Treasury and Cash Management.

In 2013, John's wife, Carolyn, accepted a transfer from Colgate-Palmolive Company, moving from New York City to Cape Town, South Africa, where she was General Manager of the Hill's Pet Nutrition Division of Colgate for sub-Saharan Africa until June 2019 when she retired. John retired in 2013 and now makes his home with Carolyn in Hout Bay as well as Stratford, Canada.

Hobbies and Clubs . . . John is an avid amateur actor and made his South African debut in *A Bunch of Amateurs* in July 2019 at The Masque Theatre in Muizenberg. He has been a member for 40 years of The Amateur Comedy Club in New York City, the oldest continuously performing amateur theatrical society in the USA.

John is food and wine enthusiast and started collecting wine when he lived in Paris, France. He is a member of the Cape Town chapter of La Chaîne des Rôtisseurs, the oldest and largest food and wine society in the world. John is also a member of The Circumnavigators Club, a private US and international club whose sole qualification for membership is circumnavigation of the globe, crossing every line of longitude. He is also a member of The Royal Canadian Military Institute in Toronto, Canada. John is an avid traveler and writes a travel newsletter called *Cape Town Capers* about his travel experiences in Africa. John speaks conversational French, has a working knowledge of Spanish, and speaks a bit of Afrikaans.

On Rotary . . . "Before COVID, I was cast in the lead role in a play at the Masque Theatre. I had such a good time that I thought that I would again pursue my lifelong acting avocation. Unfortunately, COVID has been particularly tough on the performing arts, and I fear that it will be some time before theater returns to its status quo ante. So I think that it is time for me to turn my time and talents to Rotary and help to give back to the community."

Our newest Rotary Hout Bay member :

On 19 October John Herrick was inducted as a Rotary member by our President, Alison Rice. John entertained us with a humorous and informative presentation about himself and his life.



NOVEMBER/DECEMBER CALENDAR

For the remainder of the year, we will hold hybrid meetings every week (in-person & on Zoom)

	<i>Nov 2021</i>	<i>Speaker</i>	<i>Subject</i>	<i>Sergeant at Arms</i>
4	26th	FRIDAY COFFEE @10:30	Delish Café	
5	30th	New Member Induction @18:00 at ABC	Charles Deacon	Joelle
	<i>Dec</i>			
1	7th	Christmas Celebration @ 18:30 for 19:00	Quentin's Restaurant	
2	10th	FRIDAY COFFEE @10:30	Delish Café	

NEXT MEETING on 11 JANUARY