

Meetings (in person & Zoom):

Jun to Oct - 1st & 3rd Tuesday: 6pm

Nov to May - 1st, 3rd & 4th Tuesday: 6pm

Location: Atlantic Boat Club, Hout Bay Harbour

President: Carolyn Herrick 076 012 2440

Secretary: Harriet Purser 072 779 5489

Club Services: Adele Hayden 082 807 0087

www.rotaryhoutbay.org September 2022

Important dates to diarise:

Saturday 15th October 2022:

District 9350 Health Outreach Day in Hout Bay (tbc)

Saturday 15th October 2022:

District mini-conference

Sunday 16th October 2022:

Cape Town Marathon – marshalled by Rotarians

Monday 24th October 2022:

World Polio Day

Tuesday 17th January 2023:

DG visit to RCHB

Sunday 12th March 2023:

Cape Town Cycle Tour - marshaled by Rotarians

6th September 2022 Regine Le Roux – Re.Bag.Re.Use by Marianne Marsh



On Tuesday 6th September we were spoiled by having two speakers. First up was Regine le Roux from Re.Bag.Re.Use who introduced us to her initiative. Regine is a resident of Hout Bay, owner of Reputation Matters and a double recipient of the Paul Harris Fellow award from the Newlands Rotary Club.

Re.Bag.Re.Use started off as Regine's hobby during the Covid-19 lockdown, but she quickly realized that this hobby can be put to good use in the community. Clean soft plastic such as bread bags, shopping bags, six pack wrappers, courier bags and old VHF tapes are collected. There are collection points at

Fiddlesticks, Hout Bay Library and Pick & Pay. Instead of landing up in landfills, this plastic is then cut into long strips and crocheted into beautiful functional items.

Regine brought some samples and the variety of items as well as the quality and colours are gorgeous! There are currently ten ladies from the community crocheting and five ladies are cutting the plastic into long strips. They are all making a modest living out of this initiative.

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Regine is currently looking to increase the number of outlets to maximize sales. Suggestions are welcome! The items are robust, colourful, functional and funky, great souvenirs or presents for tourists. A selection of items are available at Colours and Roots Earthworks. For individual requests please contact Regine via her website; www.Re.Bag.Re.Use.com or on Instagram re.bag.re.use. Due to technical difficulties we could not share the talk, so all zoomers are encouraged to have a look at Regine’s website.

Secondly we welcomed Rex Ip Omameh from Rotaract Blouberg and Sisipho Khwatshube the Vice President of Hout Bay Rotaract.

Rex and Sisipho came to tell us more about their initiative in raising funds to eradicate Polio. This is a project close to Rex’s heart. In 2018 he led a Rotaract delegation to Nigeria, his home country and a visit to Mozambique and Malawi is planned for later this year. To raise the R50k minimum they are promoting the “End Polio Masquerade Ball”. This prestigious black tie event will be held at the Fountains Hotel in the Cape Town CBD on Saturday 29th October 2022. All proceeds will go to the End Polio Campaign. Although tickets are officially sold out, Rex has some available to Rotarians! He feels it is important for us to share and support this initiative to illustrate the power of working together. Any raffle or auction items will be welcomed. Colin thanked our guests and another informative evening was brought to a close.



Rotary Club of Blouberg Youth Service

END POLIO Masquerade Ball

SAT. 29TH
OCTOBER, 2022

FOUNTAINS HOTEL

DINNER | COCKTAILS
AUCTION | LIVE MUSIC
FORMAL ATTIRE
CASH BAR | RAFFLE

Red Carpet: 4PM
Event proper: 6PM

Ticket Price R250 PP Rotarians - R350 Sponsorship Table: R6000	Tables 8 - 10 Available	Dress Code Black Tie & Mask (NO MASK NO ENTRY) <small>THEME: POLIO COLORS (White, Red, Black, Yellow)</small>
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All proceeds to go to The End Polio Campaign

For Sponsorship please contact us at:
annualendpolioevent@gmail.com
+27 (73) 125-0398 (Call/WhatsApp)

Rotary Club Cape of Good Hope have taken a table of x10 seats @ R350 each and need x4 more to fill the table. Please support the Rotaracters! Members can contact Bev at bevrieslich@telkomsa.net for the tickets. If you are interested in going, it would be nice to be seated with some of our RCCOGH friends.

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Friday 16th September 2022 - coffee morning at Delish. Those attending the coffee morning were joined by Rotarian Ana Fournaris from Coral Gables, Florida, USA and a banner swap took place.



20th September 2022 Biffy Danckwerts – Getting local schools involved in eco brick construction by Ingrid Kupper

At the 20th of September RCHB meeting, Elizabeth (Biffy) Danckwerts taught Rotarians how to create eco bricks, and shared with us how she is getting schools involved in this environmental initiative. An eco brick is a plastic bottle densely packed with used plastic. It can be used as a building block to produce items such as benches, garden walls and other structures.

The RCHB meeting commenced with a hands-on workshop as Biffy taught us the basics: Take a 1 or 2 litre empty cool drink bottle, stuff it with plastic and compact the content to a high density by pushing the plastic down with a screwdriver or dowel stick.



The bottom of the bottle is best filled with soft plastic such as shopping bags or black rubbish bin-bags, taking care to push the plastic firmly into the little indentations in the bottom of the bottle. The middle layer of the bottle can be filled with hard plastic that has been cut up, such as triangular sandwich containers, plastic disposable cups, vegetable “clam-shell” boxes etc. The top layer of the bottle must again be filled with soft plastic. All plastic used should be clean and dry to prevent growth of bacteria.

Rotarians focused with much concentration and some jollity on this task. We were amazed what volumes of plastic each eco brick can take and how densely one needs to compact the contents in order to make the brick solid and ensure that it is not combustible.

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Biffy then shared some of her experiences with local schools. Her initiative focuses on Isiphiwo Primary School in Khayelitsha where she has taught the children to create eco bricks. Together they have constructed several “wishing well” structures in which plants are grown and have also used eco bricks to edge garden and playground areas. It takes approximately 1000 eco bricks to construct one of the wishing wells.



The eco bricking process raises awareness of the proliferation of plastic in our environment and encourages the community to take responsibility for its used plastic. Biffy has an army of neighbours and supporters who collect their bottles and household plastic to contribute toward the school projects. She also cooperates with the Pristine Earth Collective on various plastic redemption projects.



Biffy is a Rotarian and has twice won the Paul Harris award. She is now in the process of forming a “MAD Rotary Club” – Moms and Dads making a difference. This club is aimed at a younger demographic from most Rotary clubs, including former Rotaractors.

DID YOU KNOW POLIO COULD BE THE SECOND HUMAN DISEASE TO EVER BE ERADICATED?

WORLD POLIO DAY IS 24 OCTOBER

#EndPolio | endpolio.org

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Don and Marilyn Peters

On 7th September 2022 Harriet drove to Rondebosch in what turned out to be a search for Don in a house filled with packing boxes as he and Marilyn prepared for their move to Harkerville via a short holiday in Plettenberg Bay. After 33 years at the helm of the Hout Bay sector for the Cycle Tour and Two Oceans Marathon and helping, with Mhinti Pato, to set up the IY marshal team Don has been an example to us all of 'Service Above Self'.



As well as being a charter member of the Rotary Club Hout Bay Don has been a trustee at the Nonceba Centre and for many years ensured all new club members visited the project and had a chance to see the video of Ashley's story:

<https://www.youtube.com/watch?v=YdukbouY83E>

It is heart-wrenching that the work done at the centre continues to be necessary but heart-warming that they receive continued support from Hout Bay and around the world.

Best wishes to Don and Marilyn as they make their new house into a home and unpack a lot of boxes.

Club members are asked to please give Adele their apologies before each Tuesday meeting so that she knows how many people will attend meetings in person or online.

week	October 2022	Time	Venue	Speaker / Event	Sergeant at Arms
1	4 th	6pm	ABC	Tina Irvin – Induction talk	Athol (tbc)
2	11 th	4.30pm	ZOOM	Board meeting	
2	11 th	6pm	ZOOM	Carolyn Herrick – Club business meeting: 2022/2023 budget and goals	Marianne
2	14 th	10.30am	Delish Café	Coffee morning @Delish	
3	18 th	6pm	ABC	Joelle Searle – My Writing Journey	Ingrid
4	25 th		ABC	Carole Armstrong-Hooper – Health & Wellness Initiatives at HOPE Centre in Delft	Charles

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TO BE A ROTARIAN

It takes a unique quality to set aside one's needs
and join a special club to ensure dreams succeed
It takes determination that comes from deep within
It takes one of a kind – to be a Rotarian

It takes one who is willing to heed a call for help
It takes belief to act in SERVICE ABOVE SELF
It takes a heart of gold to say 'Yes, count me in'
It takes rock-solid character – to be a Rotarian

It takes time and patience and staying to the end
and a stranger's cry for help for you to be their friend
It takes dealing with rejection and leading with your chin
It takes real humility – to be a Rotarian

It takes far reaching vision to see when people fall
and a hand outstretched to help them again stand proud and tall
It takes a shoulder to the wheel and words of "Let's begin"
It takes a voice of hope – to be a Rotarian

It takes a kind of magic to achieve the things they've done
Teamwork – Trust – Tenacity and of a course a lotta fun!
It takes all of the above but when all is said and done
It just takes one who cares – TO BE A ROTARIAN
Doug Slater

Louis Pasteur affirmed 'Wine is the most healthful and most
hygienic of beverages'

Aesop said 'No act of kindness, however small, is ever wasted'

October Birthdays:
10th October – Ali Rice
18th October – Noori Siddiqui



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