



Bay Breezes

Meeting Time: Tues 5.30pm for 6pm & on Zoom
Location: Atlantic Boat Club, Hout Bay Harbour
Attendance officer: Adele Hayden | m: 082 807 0087

President: Ralph Tobergte | m: 082 080 3662
Secretary: Carolyn Herrick | m: 076 012 2440

www.rotaryhoutbay.org April 2024

District Conference 2024

The annual conference of Rotary District 9350 took place on 18 – 20 April in Mossel Bay. “The warm fellowship with Rotarians from Angola, Namibia, and South Africa made the event truly special”, said District Governor Ann Wright.

RCHB president-elect Carolyn Herrick, who attended the event together with husband John, will share her impressions with us in next month’s edition of Bay Breezes.



DG Ann Wright with District Governor Elect (DGE), Stephen Young



Flag bearers from Angola, SA, Namibia and RI during the playing of the national anthems.



RI President Representative, Phil Dyer, had travelled from the UK.



Carolyn (left) and John (right) enjoying fellowship with Rotarians from far and wide.



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Penny Haw - Writing Historical Fiction

By Marianne Marsh

Penny Haw, a Hout Bay resident, visited our club this month to tell us more about her recently published book and about the process of writing historical fiction.

Penny grew up on a farm in KZN. But as she has been in Hout Bay for more than 30 years, we can claim her as a local! Penny is a keen runner and regularly walks her dogs on the slopes of the Karbonkelberg.

She started her career writing articles and columns for leading newspapers, magazines and, eventually, websites. But she had a lifelong yearning to create fiction and to be a full-time writer of stories. She followed her dreams and became very successful at it!

Her first book, "*Nicko—The Tale of a Vervet Monkey on an African Farm*" is a children's book and was published in 2017. This was followed in 2021 by her first novel for adults, "*The Wilderness Between Us*".

Utilizing her strengths as a researcher and author she decided to concentrate on historical fiction, writing books that feature strong, interesting, and independent women.

In 2022 her debut historical fiction was published: "*The Invincible Miss Cust*" tells the story of the first female veterinary surgeon in Britain and Ireland, Aleen Cust.

This was followed in 2023 by "*The Woman at the Wheel*" which is based on the life of Bertha Benz, wife of the 'Father of the Automobile', Carl Benz.

Both these novels have been very successful in the US. "*The Invincible Miss Cust*" has also been translated into Chinese and "*The Woman at the Wheel*" into Polish! Audio versions of both books have been published.

Penny was also recently honoured by receiving the 2024 Philida Literary Award, which celebrates the life of renowned South African author, André Brink. This is awarded annually to a writer mid-career for an oeuvre of between three to five books of any genre.

According to Penny she spends a long time researching each subject before she starts the writing process. With historical fiction it is important to get the known facts correct, i.e. that which is known to the public at large, and then fill in the unknown. It is important to know that her books are fiction and classified as novels.

A lively Q&A session followed Penny's talk.



Vision Testing Programme completed for 2024

By Carolyn Herrick

This year, we helped more children than ever to be able to see properly, screening 1979 learners and delivering 534 pairs of spectacles.

Primary Schools: Vision Testing for Grade 1, 5 and 7 learners as well as those who received spectacles in prior years was completed from 23 Jan – 12 March at five Hout Bay schools: Disa, Kronendal, Hout Bay, Oranjekloof, and Sentinel Primary Schools. Working with our optometry partners from Jonga Trust, **we screened 1491 children, of whom 365 (25%) required spectacles** and 29 needed eye drops for infections. This is 116 more pairs of spectacles than were needed last year when only 18% needed specs. Almost all specs were delivered in March and April.

Overall, we continue to see an increase in the need for spectacles, with a particularly high increase at Disa Primary (41% versus 30% last year). Also concerning is that 20% of Grade 5 learners at Hout Bay Primary required spectacles, an 11 point increase vs 2023. All primary schools have a higher need for spectacles that when this project's testing was done at the first school in 2019.

High Schools: Vision Testing for Grades 9 and 11 students as well as those in Grades 10 and 12 who received spectacles last year was completed from 13 Feb – 5 March at Hout Bay High and Silikamva High School. **We screened 488 students, of whom 169 (35%) required spectacles** and 4 needed eye drops for infections. Spectacles were delivered in April. This was our second year in the high schools, where we saw the need increase from 30% last year to 35% of learners screened this year.

(article continues overleaf)



In discussions with teachers at the school, we are unable to identify a reason why learners at Disa Primary seem to have worse eyesight than in other schools. Certainly, eye strain is likely caused by too much screen time on small cell phones (no tablets/computers) as well as poor lighting/loadshedding at home by which to do homework. However, these conditions would be similar for many learners at the other schools.

This programme is a significant investment in the future of the children of Hout Bay, costing over R500 000 this year. We are very grateful for the financial support of:

- Horwood Family Foundation – supporting Silikamva High School
- D9350 District Grant – supporting Hout Bay High School
- Rotary Club of Grand Bend (Canada) – supporting Grade 5
- D6330 + Rotary Club of Festival City Stratford – supporting Grade 7
- Rotary Club of Festival City Stratford Foundation (Canada)
- Rotary Club of Banbury (UK)
- Numerous individual contributors

These learners truly need our help as children who cannot see, cannot learn. With this programme, we are investing in improving the education of children in Hout Bay.



Induction of New RCHB Members



Our club was thrilled to welcome two new members this month: Tim Smith (left) and Birgitta Cederstrom (right). Club President Ralph Tobergte officiated at the induction.

Birgitta presented her “Life Talk” on the same evening (see next article), while Tim will be sharing his life story at a future date.

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Introducing Birgitta Cederstrom

By Ralph Tobergte



On 23rd April, the Club inducted another new member to Rotary, Birgitta Cederstrom.

Birgitta is a Swedish national but has been living and working in the Middle East and Africa for many years. She has also been a Hout Bay resident for a long time.

Birgitta has been active as a management consultant for more than 25 years, covering various business sectors from energy, health care, renewable energy, to telecommunication and space.

Recounting her life story, she shared with us her personal and business journey. Besides working as a management consultant for international clients, identifying growth opportunities and reshaping market segments, she is also experienced as a keynote speaker on digital transformation and sustainability. She is passionate about women's empowerment and leadership in the specific market segments in which she consults.

Besides her busy working schedule, she is also a dedicated horse rider, dog lover and overland traveller in her cherished Land Rover.

We are confident that Birgitta's considerable business experience will form a valuable contribution to the various projects and activities of our Club.

RC Hout Bay raids Rotary Club of Constantia

By John Herrick

On 9 April 2024, RCHB performed a raid on the RC of Constantia. For newer members, a raid is when one Rotary club attends the meeting of another Rotary club instead of having its own meeting. The idea is to meet other Rotarians and enjoy their fellowship while learning about each other's projects. This cross-fertilization can lead to ideas for new projects for both clubs.

The meeting was held in a private room in the Stonehurst Estate Lifestyle Center, a sports and recreation facility on the estate that features a bar and restaurant. Members of both clubs enjoyed drinks in the bar before the meeting as well as a catered dinner after the meeting kicked-off.

The guest speaker was RC Constantia Honorary Member John van der Linde whose talk was entitled "A Little Book that Changed the World." Surprisingly, the little book was the Football (Soccer) Rulebook. John



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spoke at length about the history and evolution of both the game and its rules, starting out as a game played by the elites of English public schools and universities with different rules at every venue, evolving to a game played by the same rules everywhere in the world with a gradual shift in the composition of the players from elite to working class. John mentioned how the concept of standardized rules, obvious to us, was a new idea at the time and would allow teams from all over the country and world to compete on a level playing field (pun intended). The shift from elite to working class also explains why football (soccer) is often described as a “gentlemen’s game played by ruffians.”

An excellent time was had by all.

RYLA Students Feedback

By Dee Winsper

Rotary Youth Leadership Awards (RYLA) is a training program for potential leaders from high schools in the Western Cape. In March, the Hout Bay Rotary Club sponsored two local students to join 50 other students at Camp Karmel in Franschoek: Ashwin Swartz from Hout Bay High and Olisha Smoko from Silikamva High were the two fortunate students to be selected.

Olisha reported back on her amazing experience. She was thrilled to be accepted as she’d heard about it from her Interact group and had been dying to go. The teamwork challenges engaged her mentally and physically and taught her the importance of trusting your teammates. She made great new friends and has wonderful memories.

Ashwin is also an Interact member and was nervous when he first arrived at the camp, but he was blown away by how everyone was so welcoming and enthusiastic. He especially enjoyed the silent day when they learned sign language and used it to communicate with each other, and other teamwork challenges which taught him how important it is to trust your partner to succeed.

They were both sad to say goodbye to their new friends but are keeping in touch. They thanked Rotary for giving them this wonderful opportunity.



Ashwin (far right) and Olisha (2nd fr.right) arriving to blue skies in Franschoek.



Olisha (left) and Ashwin (right) sharing their experiences of the camp at the RCHB meeting.



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RCHB Programme for May 2024

N.B. Calendar is subject to change

MAY	Time	Venue	Speaker / Event	Sergeant
3	5PM	Woodcutters	Fellowship Drinks (arranged by Charles)	
7	6PM	HB Yacht Club	Dr Lee Kingma – Enneagram Introduction	Candida
10	10.30AM	Deli Delish	Coffee Morning	
14	6PM	Atlantic Boat Club	Tim Smith Life Talk & New Member Induction	Ralph
17	5PM	Woodcutters	Fellowship Drinks (arranged by Charles)	
21	6PM	Vida Nova Retreat	2024/2025 President Induction	
24	10.30AM	Deli Delish	Coffee Morning	
28	6PM	Atlantic Boat Club	New Member Life Talks	Ali

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.

Zoom Meeting link for 2024:

<https://us02web.zoom.us/j/84852612997?pwd=Wi84RVk1S1MyOXUyTXlJcmdqK0k0dz09>

Meeting ID: 848 5261 2997

Passcode: 248734

May Birthdays:

2nd May – Jutta
11th May – Marianne
13th May – Ian

RCHB Vision Statement: *We unite to take action that contributes to lasting change in our Hout Bay community and beyond, and in ourselves.*

RCHB Mission Statement: *We focus on improving lives in our Hout Bay community, primarily by providing programmes for youth from early childhood through to young adult, and other support for those in need.*



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