



Bay Breezes

NEWSLETTER | October 2025

Meeting time : Tuesday 5:30pm for 6pm
Location : Atlantic Boat Club, Hout Bay Harbour

President : Adele Hayden | 082 807 0087
Secretary : Tim Smith 076 583 9875

Thank you to The People's Post for the fantastic article highlighting our Family Clinic Day!

We truly appreciate your support in showcasing this special event and helping us celebrate community, health, and togetherness. Your coverage means a lot to our team and the families we serve.

6 NEWS

Healing hands and open hearts

HANRILA MONAKALI
WWW.PEOPLESPOST.CO.ZA
Before the sun had fully risen on Saturday 13 September, long queues were already forming outside Sentinel Primary school. Parents clutched children's clinic cards while the elderly leaned on walking sticks, patiently waiting for a chance to be seen.

By day's end, the annual Hout Bay family health day clinic had provided help to over 420 patients, with more than 1 500 consultations across dentistry, general medicine, gynaecology, paediatrics, eye testing, mental health services, trauma counselling and more.

For many residents of Imbamo Yeha and Hauling, accessing healthcare can be a challenge. Public clinics are often overwhelmed, while private care remains unaffordable for most.

That is why the Rotary Club of Hout Bay, together with SHAWCO (Student's Health and Welfare Centre Organisation), EMPC Dentistry and a wide network of partners, has continued to host this free clinic each year.

Hout Bay rotary club president Adele Hayden said the event's popularity speaks for itself.

"We were able to assist 420 patients and provide over 1 500 consultations this year. From dental extractions to trauma counselling, the range of services alone just how important this clinic is. Each year it grows, and each year the feedback from the community reminds us why we must keep going. Behind the scenes, the event was

A VITAL SERVICE IN A COMMUNITY OF NEED

powered by more than 300 volunteers. Medical specialists, therapists, community health workers, and even high school learners all pitched in. Some travelled from as far as Durban to act as runners and assistants.

Learners from Westford High School Shared with their principal, showing that community spirit crosses age and background.

Hayden said the atmosphere was one of generosity. "This was an all-round community effort. Even local businesses stepped in. Clay Café cooked 300 hot meals. Love it a food delivered them, and Massimo's Pizzeria donated garlic pizza breads. No one went home hungry."

Beyond medicine, the clinic went far beyond medical check-ups. Disability awareness workshops, gender-based violence

counselling and parenting support for the first 1 000 days of a child's life were offered.

For mothers like Thandwe Jacobs that was invaluable.

"I learned so much today about how nutrition affects my baby. I never knew the first two years of life are so important."

"This information will change how I raise my child."

The Family Health Day has become a fixture on Hout Bay's calendar, and Hayden believes its community matters as much as its scale.

"This is more than a one-off clinic. It is a reminder that people care, that communities can work together to meet needs. Each year we are humbled by the gratitude of patients and the commitment of volunteers."

From the first patients arriving in the early morning to the last consultations finishing after 10:00, the day was a marathon of service, yet, for those who left with brighter smiles, stronger hope, or simply less pain, it was a gift beyond measure.



Health workers examine one of the children during a free clinic session on Saturday. PHOTO SUPPLIED



A mobile clinic visited Hout Bay to offer medical assistance to hundreds of needy residents. PHOTO SUPPLIED

IN THIS ISSUE:

- Family Health Day
- Adventure into citizenship Student Feedback
- ABC FOR LIFE Finished Classroom Painting
- Rotaract on Family Health Day
- Kindness in Action – Ziyaad's Skate School
- Photos
- Birthdays

OCTOBER 2025 CALENDAR

AUG 2025	Time	Venue	Speaker / Event	Sergeant
3rd	5pm	Woocutters	FELLOWSHIP DRINKS	
7th	6pm	ABC	OCEANS ALIVE – CHRIS SPARKS	ADELE
14th	-	-	NO MEETING	
17th	10.30AM	DELISH RESTAURANT	COFFEE MORNING	
19th	Time tba		CAPE TOWN MARATHON	
21st	6PM	ABC	DENNIS GOLDBERG – HOUSE OF HOPE presentation	TBC
28th	6PM	ABC	SA GUIDE DOGS PRESENTATION - LEANNE	TBC
31st	5PM	TBC	FELLOWSHIP DRINKS	

Family Health Clinic Day - Compassion and Care in Action

In South Africa more than 80% of people depend on the public healthcare system. For many families, this often means spending long hours at overcrowded clinics with limited staff, missing work, and losing income in the process. Against this backdrop, the annual Family Health Day in Hout Bay — hosted by the Rotary Club of Hout Bay in partnership with SHAWCO Health — continues to stand out as a day where compassion, collaboration, and service bring quality healthcare directly to the community.



A Real Highlight of the Year

This year's Family Health Day was one of the most impactful yet. With more doctors, expanded medical services (especially in women's health), and a larger number of patients, thanks in part to a shuttle service from Imizamo Yethu, the event reached more people than ever before.



In total, over 424 patients registered for care. 14 doctors and medical students consulted with around 250 patients. The UWC Faculty of Dentistry treated over 120 patients, highlighting the great need for accessible dental care. I Love Boobies screened 168 women for breast health, with 9 referred for further treatment. 24 community health workers from TB/HIV Care and RES Health Champions assisted with screenings and received in-service training. A fully stocked dispensary ensured patients received prescribed medication at no cost.



Behind these numbers were powerful stories of care and impact — a diabetic emergency identified and treated just in time, a 9-year-old boy referred for an abdominal growth, and a 34-year-old woman diagnosed with a splenic abnormality and referred for specialist care.



More Than Just Check-ups

The day was about more than medical treatment. Families enjoyed a welcoming atmosphere filled with community spirit, educational workshops, and activities for children. Clay Café played a huge role, preparing food for 600 people, complete with containers and cutlery, while Massimo's generously provided 160 portions of pizza. Partners like Jonga Trust offered eye screenings and free spectacles, while previous clinics have featured occupational therapy, social work, and even dance and hip-hop workshops for children — making these events truly holistic.



Family Health Clinic Day

....continued



The Power of Collaboration

This success was only possible thanks to the dedication and teamwork of many partners and volunteers, including SHAWCO UCT, UWC Faculty of Dentistry, I Love Boobies, Jonga Trust, Community Cohesion, Hangberg Dreams, the Department of Social Services, View Church Table View, Funda Kunye, TB/HIV Care, and many more.

From our own club, nine Rotarians (led by Alison Rice) and two Rotaracters played key roles in registration, food distribution, and patient guidance. A special word of thanks goes to Shelli Marx, whose tireless energy and leadership were the driving force behind making the day such a success.

As one volunteer aptly said, *"You're running a little mini health system here."*

Looking Back, Looking Forward

The Family Health Day reminds us that healthcare is not just a service — it's a shared responsibility. When we set aside egos and come together, we create lasting impact. Dentistry once again stood out as one of the most needed and appreciated services, underscoring the ongoing healthcare challenges faced by our communities.

To every volunteer, partner, and patient — thank you. You are the reason this day was possible.

If this story inspires you, please consider donating to or supporting any of the participating organisations. For information about future Family Health Days or opportunities to volunteer, visit our website at rotaryhoutbay.org

Together, we are building a healthier, stronger Hout Bay.



• Inspiring Young Leaders - Adventure into Citizenship Student Feedback

At our recent Rotary Club of Hout Bay meeting, we had the pleasure of hosting two exceptional students from Hout Bay who shared their experiences from the Adventure into Citizenship program – and what an inspiring evening it was!

The 2025 Cohort of Adventurers was nothing short of extraordinary. From the moment they arrived, there was a spark – a blend of curiosity, eagerness, and purpose. This was more than just another youth camp; it was a transformative experience designed to shape culturally aware, socially conscious young leaders who understand the value of service and community.

Over the course of a week, 55 learners, sponsored by 25 Rotary Clubs across South Africa, gathered in Cape Town for a journey of discovery and growth. They explored what it truly means to be an active citizen through thought-provoking discussions on justice, ethics, and leadership, while visiting significant landmarks including the Western Cape High Court, University of the Western Cape, University of Cape Town, District Six Museum, and the Heart of Cape Town Museum.



Our two visiting students spoke passionately about their experience. Both described it as “life-changing” and said they had an “absolutely amazing time.” One student shared that before the program, university had never seemed like an option, but after hearing from inspiring mentors and visiting campuses, he now believes that with hard work and determination, his dream of studying further and building a successful future is possible.

The students also reflected on the friendships they formed with other learners from across the country – connections that have lasted well beyond the camp itself.

Adventure into Citizenship is a reminder of what Rotary stands for: creating opportunities, inspiring young minds, and empowering the next generation to serve with purpose.

We are deeply proud of these young ambassadors from Hout Bay and grateful to be part of their journey.

“There’s something truly powerful about seeing potential turn into purpose.”

KINDNESS IN ACTION - ZIYAAD'S SKATE SCHOOL

by Janice grant

In a heartwarming initiative, a group of young participants from Ziyaad's Skate School took to the streets of the city, armed with nothing more than 11 loaves of bread and a powerful lesson to learn: that kindness begins with a willing heart. What began as a simple idea turned into a deeply impactful experience, as the group set out to connect with those living on the streets — not just to give, but to engage, listen, and learn.

Ziyaad Davids, who lead the outreach, reflected on the experience: "We wanted to show our participants that there's always someone in greater need, and that kindness doesn't require much — just a willing heart," he said. "The people we met weren't just grateful, they were kind and open. They shared real life lessons with us in return."

The exchange proved to be a two-way street. While the group offered food, they received something arguably more valuable: perspective, gratitude, and a glimpse into the strength of the human spirit. "Sometimes, the greatest lessons come from the most unexpected places," Davids added — a sentiment that will stay with everyone involved for a long time to come.



BOOK NOW!

Rotaract District 9350   

8th Annual End Polio Event

Africa Unite
A Gala for Peace and Polio

Meet Our Speakers



MARLENE LE ROUX
CEO, Airscape Theatre

Topic:
Strength Beyond Polio



PROFESSOR JONATHAN JANSEN
Distinguished Professor of Education,
Stellenbosch University

Topic:
Africa Unite: Building One Africa



JANET JOBSON
CEO, Desmond and Leah Tubb Legacy Foundation

Topic:
Building Peace in Africa

LIMITED TICKETS AVAILABLE AT  **R700** PER PERSON

 **SAT. 8TH NOV, 2025**

5PM - RED CARPET
6PM - MAIN EVENT
9 Kelvin Grove Club

Let's raise our glasses to peace and a polio-free future!

For tickets, sponsorship and inquiries contact: **Rex: 0731250398**  annualendpolioevent@gmail.com





COMMUNITY COLLABORATION IN ACTION

by Adele Hayden

Members of Hout Bay Rotary, Rotaract, and Interact recently came together for a few spirited mornings of teamwork and transformation—refurbishing the ABC for Life classroom with energy, laughter, and purpose.

In partnership with ABC for Life, a registered NPO, the Rotary Club of Hout Bay is proud to support the launch of a new Literacy Centre at Oranjekloof Moravian Primary School. This initiative is about more than just upgrading classrooms—it's about giving struggling learners the focused literacy support they need to catch up, thrive, and unlock their full potential.

A heartfelt thank you to our generous supporters:

Peninsula Glass – for donating replacement glass for broken windows

HiDe Flooring – for contributing 36sqm of carpeting

Jack Hammer's – for donating 10 litres of paint

Hout Bay Mica – for offering discounted paint supplies

Your contributions made this transformation possible!

ABC for Life works with Foundation Phase learners in Grades 1 and 2 who are falling behind and not coping in class. You can learn more about their impactful work at abcforlife.org.

This marks ABC for Life's fifth school partnership, with most learners coming from the nearby Imizamo Yethu community. Thanks to Principal Mr. Ryan Crouse, two classrooms have been allocated for this initiative, and we're currently focused on refurbishing one to serve as the Literacy Centre.

A huge thank you to all the volunteers who rolled up their sleeves and helped bring this vision to life!





The SHAWCO Family Health Day, hosted at Sentinel Primary School in Hout Bay, once again proved to be a day where community, care, and compassion came together in the most meaningful way. The event provided essential health services to hundreds of local residents, many of whom rely solely on public healthcare.

As our Rotaract members joined the teams of volunteers, we witnessed firsthand how much difference a single day of coordinated service can make. The day offered a wide range of health programs — from medical consultations and dental care to psychological counselling, breast cancer screenings, and mental health support. Together, these services addressed not just the physical needs of patients, but also their emotional and mental well-being, offering holistic care to the community.

We helped with patient registration, guiding individuals between departments, and offering a friendly face to those waiting for treatment. They described the experience as eye-opening and inspiring, a reminder of why “Service Above Self” lies at the heart of Rotary and Rotaract’s mission.



The Family Health Day was more than an outreach — it was a day of connection, learning, and purpose. It showed what’s possible when different organisations, volunteers, and professionals unite for a common cause: to bring health and hope directly to the people who need it most.



HERITAGE DAY

Heritage Day was a vibrant celebration of our diverse cultures, embracing the spirit of the Rainbow Nation. The event featured interactive quizzes that educated and fascinated participants, showcasing the rich tapestry of South African heritage.



September 2025 Photos



Birthdays



October

10 Ali

NEW ZOOM LINK FOR 2025 FOR WEEKLY MEETINGS: Join Zoom Meeting
<https://us02web.zoom.us/j/82462683356?pwd=2TYjUfplzKzN6uOzVU7W3hUeAg6b4K.1>

Meeting ID: 824 6268 3356
Passcode: 569941

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.

"The greatest moments in life are not concerned with selfish achievements but rather with the things we do for the people we love and esteem, and whose respect we need."

- Walt Disney

**Thank You
For Reading!**



President: Adele Hayden
Treasurer: John Herrick
Secretary: Tim Smith
Club Services: Michele Grant

Vocational: Keith Bull
Community: Ralph Tobergte
Youth: Marianne Marsh
Public Image: Janice Grant

Membership: Ali Rice
International: Hans Kuhn
Foundation: Carolyn Herrick