



June 2011

ROTARY INTERNATIONAL



President Cheryl's Message

Dear Fellow Rotarians,

And so the time has come and we are close to completing the circle of Rotary life for 2010/2011. What a phenomenal year it has been for Pretoria East - both busy and exhilarating. We planned well and dug deep into our energy reserves to accomplish all we set out to do. And what we did not end up doing!

We ventured into new directions with our Clarion and banner as voted on by the members. We undertook numerous fundraisers to sustain our projects and honour our commitments. We were fortunate enough to be able to embark on new projects that were most rewarding and will have a lasting impact on the lives that they touch as well as maintaining our longstanding projects. Fellowships were varied and rewarding and have cemented relationships amongst Club members. The Club was blessed to induct 4 new members who have already jumped in and shown their worthiness as Pretoria Easters and that they subscribe to the motto "Service Above Self". We have contributed to the sustainability of Rotary with the charter of our Interact Club and we need to nurture and treasure the relationship we have with them. The guidance we give them and the example we set will determine the future Rotarians they have the possibility of becoming. We also managed to secure various items of silverware from other Clubs during raids which developed a sense of camaraderie amongst us and the Clubs we visited.



All we achieved obviously did not come easy and was not always accomplished without some form of lively debate. However, for me that is the miracle that is Rotary. We are all so different. We have different cultures, religions, values and morals – yet Rotary makes us one. Rotary gives us a common set of values and allows us to dream and strive for the betterment of others, not alone – but as one. We can celebrate being different, being diverse but still be part of a collective that has the ability to make a huge impact in the world. We are part of an organization that has garnered so much respect in the world and I am so proud to be part of it. What I can do as an individual amounts to mere crumbs. Yet as a Rotarian all our individual crumbs combine to a formidable piece of cake that can make such a difference.

To my Anns President Edie and her fellow Anns – thank-you for always being there for Pretoria East. You have been a source of support for our Club and District and have greatly assisted to the success of our Club.

I thank you all once again for the privilege it has been to be your oarsman for the year. Your support and encouragement, your trust in my ability and appreciation for what I have been able to do will remain with me forever. Even though I was a recycled president I managed to learn a great deal personally and professionally from you all this past year. We experienced many exciting Rotary adventures and were successful in reaching our goals for the year. We were certainly able to honour the theme for the year to Build Communities and Bridge Continents.

My best wishes to PE Ivan and his team for a successful and magical year. I know our organization will be safe in their able and willing hands.

So, for the last time,

As always, Rotary Regards,

President Cheryl



ANN PRESIDENT EDIE'S REPORT

Thank you to all the Anns who made the Christmas in Winter a success. Your hard work and enthusiasm does not go unnoticed. The hall looked festive and the food was delicious. Thank you also to all the Rotarians and friends who attended. It is wonderful to have enthusiastic Anns.

The Anns catered for the PDG and PDG Anns Advisory Council on the 7th May at Niche. All went smoothly and the Anns had just enough time to change and be at Ernie and Merilyn's house at 5pm for the Rotary Progressive Dinner. What a lot of fun was had by all. The journey on the bus, with our dear President Cheryl in good form, was certainly not to be missed. Thank you to Margaret and Terry, Oliver and Janine, Marco and Kerstin and Ernie and Merilyn for opening their homes to us and hosting in perfect style. We look forward to a next Progressive Dinner.

The Anns made up some more Comfort packs for Women against Rape. These will be handed to the police station at Silverton, where Adri Pienaar counsels rape victims.

On the 4th June is the Fun Run at Swartkop Airbase. The Anns will be selling boerewors rolls. We need as many hands as possible. Please come and assist us if at all possible.

Our next meeting is the Rotary Anns AGM. The meeting will be held on the 13th June 2011 and not on the 20th June 2011 as noted in the Rotary calendar. We had to change the date, as Robin and I will be in the UK to visit family. At this meeting I will hand over the reigns to Jenny Rabinowitz. Mayda de Winter agreed to be secretary again and Janine Krah will be the treasurer.

We invite all Rotarians to join us on the 13th June, after their meeting, for fellowship, a good glass of wine or coffee and some light refreshments. We hope to see all of the Rotarians after the meeting. Our meeting will be as usual at my house.

Edie Jones—Ann President



4 June 2011

Swartkop Airbase

For all the details visit

<http://www.picknpay-rotaryfunrun.co.za>

Flyers available from committee

or on www.rotarypretoriaeast.org.za

CULLINAN CARE AND REHABILITATION Centre

CHRISTMAS IN APRIL

Since my first official meeting with Dr. Robert Oedipe, the then Chairperson/Acting CEO and his senior staff, numerous attempts have been made to assist the Centre in providing them with equipment for its Occupational and Physiotherapy Departments as well as supplementary needs in the wards.

One of these attempts in 2010, when we approached D7630 for support in obtaining a matching grant, resulted into an unexpected and indeed wonderful gift to the Centre. Utilizing our request's motivational details as a base, DG Don Hackett of D7630 applied for a global grant to finance the visit of a Vocational Training Team to D9400 and in particular to our Cullinan Centre.

Global Grant No 25012 financed a two-week visit to Cullinan by a team of five members to provide training to the Care Givers (staff) in utilizing an internationally acknowledged mobilization-training programme named MOVE. Special equipment used by trainers, valued at more than \$20 000, was sent to Cullinan and is now the property of the Centre. A further bonus is that Cullinan is the first and at present the only MOVE certified Centre in Africa!

The 142 care users as well as the care givers at Cullinan benefit directly or indirectly from the MOVE programme, as it assists individuals with profound disabilities by teaching new skills, using motivating techniques and experiences. The



equipment, namely Pacer Gait Trainers and Medium Activity Chairs, primarily helps individuals with disabilities to improve their lives – both physically and emotionally. These repositioning exercises afford the users various advantages and combat various associated diseases.

It is difficult to verbalise the tremendous, and in many ways miraculous, change these two weeks in April have made to the Cullinan Centre. MOVE training has given the care givers a whole new perspective in assisting those with disabilities. For the first time they realise that the caring they provide does not only consist of physical assistance. Motivational techniques and experiences provide the care users with a new lease on life and their new found mobility holds out the prospect of a healthier and more active future.

Apart from the highly emotional nine working days we spent at the Centre I had the privilege, thanks to the Club, of providing the team with some light relief which include a “snotty” kiss from an elephant on my cheek, stroking a live cheetah and being offered a rather strange looking and smelly squatter camp brew – a privilege I suppose I will be paying for in the future!

The next phase in our Cullinan project is the challenge of providing the equipment we originally identified as being needed. In the meantime there are several “material needs” we can provide.

April was certainly Christmas-time for Cullinan.

PDG Eben



Progressive dinner



On the 7th May, a fellowship was held in the form of a Progressive Dinner. With the generous assistance of Union Caterers who provided a bus and driver, we were transported from the Sterne's home where we enjoyed starters, to the Watkins' for soup.

From there we once more piled into the bus and headed for the Krah's where Janine and Kirsten set out an elegant main course.

We finally left the warmth of Oliver and Janine's home and set off once again for the Sterne's for coffee and dessert.

Our thanks and appreciation go to all those who made the arrangements, prepared the delicious food and provided transport, not to mention our hosts for opting not to accept compensation for expenses incurred, but donated the funds to the Admin Account.

An enjoyable evening was had by all and there have been many requests to repeat the Progressive Dinner next year.



Not so dumb!

A trucker came into a truck stop cafe and placed his order. He said, "I want three flat tires, a pair of headlights and pair of running boards."

The brand new blonde waitress, not wanting to appear stupid, went to the kitchen and said to the cook, "This guy out there just ordered three flat tires, a pair of headlights and a pair of running boards.. What does he think this place is, an auto parts store?"

"No," the cook said. "Three flat tires means three pancakes, a pair of headlights is two eggs sunny side up, and running boards are 2 slices of crisp bacon.."

"Oh, OK!" said the blonde. She thought about it for a moment and then spooned up a bowl of beans and gave it to the customer.

The trucker asked, "What are the beans for, Blondie?"

She replied, "I thought while you were waiting for the flat tires, headlights and running boards, you might as well gas up!"

Christmas in Winter



On 28 May, the Anns held a Christmas in Winter fellowship, a tradition started by families who were separated by continents and could only visit family in South Africa during our winter months.



Janine and Kirsten provided the glühwein and there was a traditional Christmas menu to follow, including plum pudding and brandy sauce, accompanied by Christmas décor and music.

Thank you to the Anns for the excellent cuisine and a fun-filled evening. We trust that you will allow us to share another similar fellowship with you in the future.



The Rotary Club of Pretoria East
invites you to celebrate with them
The Recycling of a President
DC Ivan Rabinowitz
will be inducted once again



on Monday 27 June 2011
at Utopia Place - Union Caterers
18h30 for 19h00



Dress: Black Tie, Dark Suit, Traditional
Kindly RSVP to Judy Warren
before 17 June 2011 - judyw@naptosa.org.za - 074 215 1490
Cost: R130 per person



Aiden Robertson thanking our guest speaker, Prof Carel van Aardt, who spoke on the subject Poverty, Injustice and Unemployment in Pretoria.



The members of the **TSHWANE EMERGENCY SERVICES**, who assisted in Japan after the devastating tsunami, were present with Vocational Awards, and members of the press were present to take photos for the media. From the left the team members are **George Vosloo, Fanie Brill, Charles Mabaso, Linday Mnguni and Marius du Toit**, who also addressed the club, sharing their experiences in Japan.



President Cheryl returning the gong to **Pres Priscilla Schutte** of the Waterkloof Rotary Club which was seized during a recent raid.

Pres Priscilla Schutte attended a meeting together with other members of her Club. We trust that we will see more of Waterkloof Club in the future.



Members of the press from the **Rekord, Eastern and Silverlakes News** who attended the presentation of Vocational Awards to the Tshwane Emergency

Sweetness and Warmth at Winterveldt

On Thursday 28th April an expedition to the HIV/AIDS Project in Winterveldt took place. Bernard's bakkie was filled to capacity with 150 blankets, and Clive's car was filled with boxes of Easter Eggs.

On arrival we found that the staff had organized the elderly, handicapped folk and children who patiently waited in rows. It did not take long to give everyone a blanket or Easter egg. Whilst Clive supervised the distribution of blankets and Easter Eggs, the de Winters collected food for the monthly parcels. Some of the children came with their caregivers and many collected 'ouma's' or 'oupa's' blanket if they were unable get there. It was obvious how much the elderly and children appreciated this little bit of comfort. The photos tell their own story. It was a great morning.



Blankets for Viva Village

Pretoria East donated 150 blankets to the Viva Village in Mamelodi and Terry and Margaret were present when they were handed out on Saturday, 28th May.

There was a sea of faces at the distribution point, which was quite overwhelming. The number of families being monitored by Viva Village caregivers multiplies on a regular basis, fifty families being added in the past week alone. Whilst orphan and vulnerable children are housed with families where possible, it is difficult to ignore the needs of the rest of the household when supporting the children. One blanket was handed out to households with less than eight children, and two blankets if there were more!

The need in the area is beyond comprehension. However, this community project is multi-faceted and Viva Village is gaining recognition with authorities in all areas. The environment is upbeat and positive and it was a joy to be able to contribute towards the comfort of some of the families.



Birthdays and Anniversaries



Badie was inducted as a member into Pretoria East on 9 May 2005, whilst Judy was inducted on 24 May 2004. Congratulations!



Candy celebrated her birthday on the 11th May and was considered officially old enough to be called a Rotarian, whilst Margaret celebrated her birthday on the 19th May, Ernie's was on the 20th May and Johan the 25th May. Have a great one!



*Margaret's picture
is last month's winner!*

