



CONGRATULATIONS TO THE AMBASSADORIAL SCHOLARS

Dear Rotarian Friends,

At approximately 10:34 am Sunday 1 November, I crossed the finish line of my first marathon! The locals of Soweto came out in full force to cheer on runners as we climbed up and down the hills, thanking us for coming and cooling us down with water from their garden hoses. I had 4 hours and 34 minutes to take in all of the sights and sounds of this wonderful place, including running past Nelson Mandela's and Desmond Tutu's houses and seeing the Hector Pieterse Memorial. We were also so lucky to see some familiar faces in the crowds as friends from Jo'burg came out to support with cheers and more Energade.

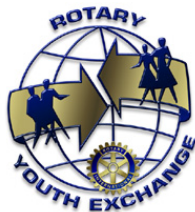
I'm attaching a photo us after the race. Zuma and Bennett, the two teachers from the Khulanathi Music Project, also cheered us on and were there to greet us as we crossed the finish line.

With your help, we've raised nearly \$2500 for their school which will make an enormous difference in their efforts. We're all incredibly grateful for all of the support over the past months. We couldn't have done this without all of you!

*All my best,
Katharina Obser
Ambassadorial scholar – Michigan
Hosted by R C Blackheath 9300*



Lindsay, Kat, Mary and Chris



All Clubs are reminded that it is time to start thinking of participating in the Youth Exchange programme!! Interviews take place early in 2010 for both the Short Term and Long Term students.

“The Future of Rotary is in your Hands” and young people are the future. What better way to promote the advancement of international understanding, goodwill and peace?

For more information: www.youthexchange.co.za or contact galemoffatt@gmail.com (Administrator D9300/D9250 YE Committee).



- e'Pap is a pre cooked full grain fortified food supplement that uses state of the art nutritional chemistry and delivers in a food portion, 28 nutrients in a bio-available form.
- e'Pap delivers for the poor, at an affordable cost, many of the important nutrients contained in a well balanced diet.
- e'Pap is used (over 15 countries and up to 2 million portions a month) in HIV/TB Hospice support, crèche and school feeding (early childhood development).

Most people in Africa do not die from HIV but succumb to opportunistic diseases such as TB. This means an effective nutrition intervention is an important support tool for malnourished people.

The SA Hospice Association and the TB Association (SANTA) and the Alexandria project (early childhood development to crèches) are seeking donor funding to put e'Pap into all their programs across South Africa. Where TB drugs are distributed to malnourished people, drug compliance is a serious problem. As a result, drug resistant TB is now the evolving new threat (confirmed by WHO). The TB program run by the South African TB Association SANTA are showing a 39% improvement in cure rates with stunning improvements in the quality of life.

We have a special price structure for community based outreach programs and registered NGO's such as Rotary.

Recommended usage and price

Children 6 months to 6 years - 25 grams per day (2 table spoons per day) = 1.5kg per month

Older Children and Adults - 50 grams (4 table spoons a day) = 1.5kg per month.

1 x 20kg (40 x 500grams) = R345 (sachets for home use)

1 x 25kg BULK (2 x 12.5kg) = R410.40 (Family Pack or Institutional feeding from a canteen)

Transport

We would supply a transport quote once we know what quantity and address of destination.

We try and negotiate with logistic companies deliveries to outreach programs and hospices to be done as part of their CSO budgets where possible.

For more information please contact

Basil 082 804 3818 or 011 726 5634

Rose 011 726 5634

Mona 011 726 5634

E-Mail info@epap.co.za

29 8th Avenue, Melville, 2092 Johannesburg, South Africa

80th Birthday celebrated amongst Rotary and Vaal Old Wheels friends.

On the 21st October 2009 Past President of Rotary Club Vanderbijlpark, Dudley Walker, celebrated his 80th birthday amongst some of his very best friends: the members of his Rotary Club and those of the Vaal Old Wheels Club. His two sons also attended the occasion and were happy to see how their father thrives from basking in these friendships. Dudley had been the D9300 Youth Exchange Chair during the years 1986 -1988 and still has many fond memories of the travels and adventures shared with Exchange Students during the years he served on that committee. He also holds a reward from his club for 35 years of 100% attendance. Sadly, Dudley lost his beloved wife Dawn, to whom he had been married for nearly 55 years, two years ago.



WHY JOIN WASRAG?

We live in troubled times. The financial carnage in the developed world has severely hampered the efforts of philanthropic groups and NGOs to help those in desperate need. The Rotary Foundation itself has had to make significant cuts in the funds it provides for projects, thus the plight of the almost one billion people who lack safe water and the estimated two billion without safe sanitation worsens.

Wasrag was launched in 2007 to support Rotary clubs in their WASH (water, sanitation and hygiene) projects. Our goal is that every project should be well-planned and SUSTAINABLE. We have made great strides.

In West and South Africa a \$1million has been negotiated for Rotary clubs' water projects

The Wasrag website helps Rotarians find partner-clubs and get support for their projects. Our technology team is evaluating the best methods to use in rainwater harvesting, boreholes, toilets and latrines, filters, and solar disinfection of water.

Also on the website, Rotarians can find PowerPoint presentations, brochures, photographs, posters and the widely-acclaimed documentary "Rotary - the Water Story" - all excellent tools to help Rotarians communicate Rotary's commitment and achievements in water and sanitation programs.

We need help to fund this growth. As a Rotarian Action Group, Wasrag is authorised by Rotary International, but receives no funding from it. We depend entirely on members' fees and donations to fund our administration costs.

Please help us by becoming a Wasrag member. Just visit the website www.wasrag.org

Yours in Rotary
Ron Denham
Chair - Wasrag

ROTARY INTERNATIONAL - MEDIA RELATIONS - TSUNAMI STORIES

The RI PR department are currently planning a media outreach for the upcoming 5th anniversary of the Boxing Day Tsunami that destroyed much of the coastline in Southern Asia killing thousands and leaving over a million people homeless.

Shelter Box immediately sent over 12,000 boxes to the worst affected areas in Indonesia, Sri Lanka, the Maldives and India. Rotary clubs donated \$6 million to the tsunami relief fund to assist communities recover from this devastating disaster.

In the overall press release (that is to be translated into all languages) RI would like to

highlight some of the outstanding recovery projects sponsored by Rotary clubs around the world.

French clubs sponsored a wonderful house building project in Thailand. German districts help reconstruct a baby hospital in Sri Lanka.

Are there any Rotary members in District 9300 who have a personal connection to the affected region or experienced the Tsunami first-hand?

If so please contact PR Chairperson Shirley Downie with you input as soon as possible: shirleyd@phomella.co.za



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WANT TO DRAW OR PAINT A PICTURE OF STONEHAVEN AND WIN SOMETHING?

1. Stonehaven means so many different things to different people ... why not take your crayons, pencils, oils or paints out and put on paper, board, wood, plastic, material or canvas the way you would portray Stonehaven on Vaal. It could be roses, an herb garden, a sunset over the Vaal, boats, children playing, a wedding ... there are so many facets to Stonehaven.
2. There will be prizes for five different categories, nursery school, junior primary school, senior primary school, high school and adults. Each category will win a R 500 Stonehaven Voucher and there will also be an overall winner who will be awarded a R 1,000 Stonehaven Voucher. In addition to this, there will be a special private Cruising Breakfast or Luncheon for all the Teachers of the school, where the overall most creative pupil is chosen from.
3. You have the opportunity of submitting your pictures from now up until Friday the 27th November, please place your name, school name (if applicable), category and contact number clearly on them at the back. They will then be judged on the 28th November, the winners notified and the paintings displayed prominently at the Rotary Day & Night Christmas Market on the 29th November which also coincides with the official lighting of The Rotary Tree of Remembrance. They will then be sold at the Christmas Market on that day besides the other Rotary Christmas Markets on the 6th, 13th and 20th December. All the money raised will go to buying presents for children in need over the Christmas season.
4. So get your artistic juices flowing and have some fun and at the same time benefit someone less fortunate than yourself at this special time of the year. You never know it could be the start of something great!

info@stonehaven.co.za

www.stonehaven.co.za

016 982 2951/2

The Rotary Club of Johannesburg

Carols by Candlelight

25 November 2009
18:00 for 18:30
Zoo Lake

Bring your own picnic, chairs & blankets.

SNIPPETS CLASSIFIEDS

CHANGE TO CONTACT DETAILS

New venue - Rotary Club of Three Rivers now meets at Mariachi's Restaurant, The Barnyard Villiage, General Hertzog Road, Vereeniging. Time: 18h30.



Sail away on the Sinfonia for the DISTRICT 9300 CRUISE CONFERENCE 2010 Cruise SI35 - Friday 12 March to Monday 15 March 2010

Have you always wanted to go on a cruise or have been promising yourself a fabulous experience for a long time? Well..... Now is your chance!

2009/2010 DG Beth and DGA Sylvia invite you to sail away on the Sinfonia from Durban to Portuguese Island, off the coast of Mozambique. The cruise will incorporate the District Conference at a cost of only R250 pp!!

Book your passage directly with Starlight Cruises by emailing Cyd Septon cyd@starlight.co.za or Gill Bunting gill@starlight.co.za or call 011 807 5111 (select option # 4 for Groups). For conference details, email Bev on cosmos12@telkomsa.net or fax 086 504 4221

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Snippets will be published in the third week of the month. The cut off date each month will be the 2nd Tuesday. Unfortunately any late submissions will have to be carried over to the next edition. Submit your articles to Lynne and Peter Ward peterw@zmail.co.za

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