

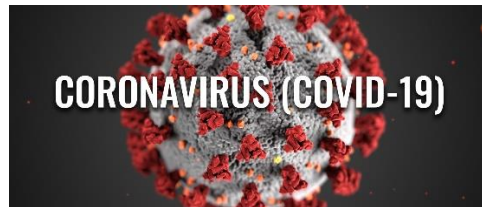


District 9350

Connecting the World™

Weekly Newsflash – Covid-19

9 June 2020



A weekly update during this time of crisis

Those were the days my friend... We thought they would never end (Mary Hopkin -1968)

I chose the above lyrics to open up to highlight an important issue that faces every one of us during this difficult time. Dealing with a situation that is out of our control is extremely stressful, and often we don't realise the impact on ourselves or those around us.

When looking at the typical symptoms of depression / anxiety, a few of them stand out, and probably resonate with many of our members:

- decreased energy, chronic fatigue
- Sleeping issues (waking early, oversleeping)
- gain in weight, overeating
- difficulty concentrating
- persistent feelings of sadness, anxiety or emptiness
- anger, irritability or restlessness
- Loss of interest in hobbies or interests

Recognise any of these in yourself? I know I do!

Rotary is more than a service organization, we are very much a family and need to be aware of the problem and how to respond when our members, family or friends show signs that they are struggling.

There is not sufficient space in this newsletter to develop a plan of action, but research found a suggested summary of key points to help deal with the issue. These are to promote: 1) a sense of safety, 2) calmness, 3) a sense of self- and - community efficacy, 4) connectedness, and 5) hope

In Rotary, we tend to do all of the above without realizing it, so reaching out to our members and focussing on who we are will help get through this difficult time:

1. **A sense of safety.** Rotary is a close knit community so talking to our fellow members helps keep us on an even keel going forward.
2. **Calmness.** Clubs tend to develop their own style of dealing with whatever is thrown at them (see below) so a sense of calmness and "we will get through this" is part of the ethos of Rotary.
3. **A sense of self and community efficacy.** Be proud of what Rotary is doing (again, see below) and realise that each and every member is contributing in their own way to helping others. Don't be concerned if you are unable to directly participate in these projects – just by being a member you are involved – be proud of it.
4. **Connectedness.** I don't really need to expand here, but Rotary connections tend to be stronger in difficult times than we realise. Take advantage and talk to each other.

5. **Hope.** We know that not only will we get through this, but Rotary will ensure we come out stronger at the end than when we started. Being a part of Rotary ensures we keep this in focus.

My final point is to reach out – if you are concerned, speak to your members, or ask for help. As club members, reach out to those who have gone quiet – maybe they just need to talk to someone to get them to change their state of mind. And if you are seriously concerned, ask for professional help. You would not hesitate to go to a doctor if you have a physical injury, so if struggling mentally, recognise this and do the same!

Inductions update

As requested by a number of members, I have attached the list at the end of this newsletter together with the name of the incoming president, rsvp details (where provided) and date. Please forward your clubs details as well

Covid-19 report back

How do Rotarians react to a crisis?

- With determination, commitment and non-stop hands on involvement!
- By working side by side in partnership with other Rotary clubs, local communities, NGOs and municipalities
- Using every contact and network they can find, old and new, within and outside South Africa, to raise the vital funds for their much needed COVID support
- Rolling up their sleeves to source the best prices, pack food parcels, cook huge pots of food, make regular sandwiches
- Making or sourcing thousands of masks, and in some cases contributing to job creation by helping local communities to set up income generation mask making teams
- Providing much needed Personal Protective Equipment to protect the hospital and clinic staff working so hard with those infected.
- Providing vital hospital equipment
- Establishing new partnerships to maximise impact and together reach more people



Rotary 
District 9350

COVID-19 Support



All I can say is WOW – well done to everyone (and PS – we don't have all the data in yet)

Our Virtual Conference

The virtual conference is on **Saturday 20 June 2020** from 9am till 3pm, and will then go into the opening of the virtual convention until 4.15pm. A program will be on the website in the next day or so

Please stay safe, stay connected and let's keep up the great work!

Yours in Rotary

DG David



Inductions: Please send me your details as they become available

Date/Club	Incoming President	Time	RSVP to:	RSVP Date
11 June				
Oshikati Rotaract	Maguno Kathindi	19h00	Daniella.grunewald@yahoo.com	
13 June				
Helderberg Sunrise	Anthony Wait	19h00	alubbe@icloud.com	
15 June				
Greyton Launch!	Leon	14h00	annwright@telkomsa.net	
17 June				
Kromboom	Steve Theron	18h00	rodp@saia.org.za	
23 June				
Hout Bay	Alison Rice	17h00	harrietpurser@yahoo.com	19 June
Melkbos	Angela O'Brien	19h00	angelamuspratt@gmail.com	
Luderitz	Erich Looser	19h00	Nest hotel, Luderitz	
25 June				
Strand	Robert Adcock	19h00	Annelie.r@mweb.co.za	
26 June				
Windhoek Rotaract	Kauko Herunga	18h30	Nadiahondjera51@gmail.com	15 June
27 June				
Newlands	Jenny Ibbotson	19h00	Christopher.beech67@gmail.com	
Tygerberg	Nigel Lambert	09h00	Willy.watson1@gmail.com	
30 June				
Paarl	Bryan Anderson	18h00	bryana@winesolutions.co.za	
Constantia	Peter Rogers	19h00	gvk@iafrica.com	
Claremont	Monique Stuart-Fox	19h00	claremontclub@rotary9350.co.za	1 June
Cape of Good Hope	Koos Burger	19h00	susan@jap.co.za	
2 July				
Blouberg	Richard Wade	18h30	jeanfreebs@iafrica.com	30 June
Blouberg Rotaract	Sai Girish Gandepalli		Combined induction!	
Wynberg	Justin Schongevel	18h00	stacyed@gmail.com	27 June
4 July				
Claremont Rotaract		11h00	RotaractClaremont@outlook.com	
6 July				
Pinelands	Peter Sharples	18h30		
7 July				
Century City	Diedre Crouser			
E-Club	Koos Stassen			
14 July				
Bellville	Pam Rawbone	18h30	rawbone@mweb.co.za	