SEAL'S BARK VOLUME 33 NO 30

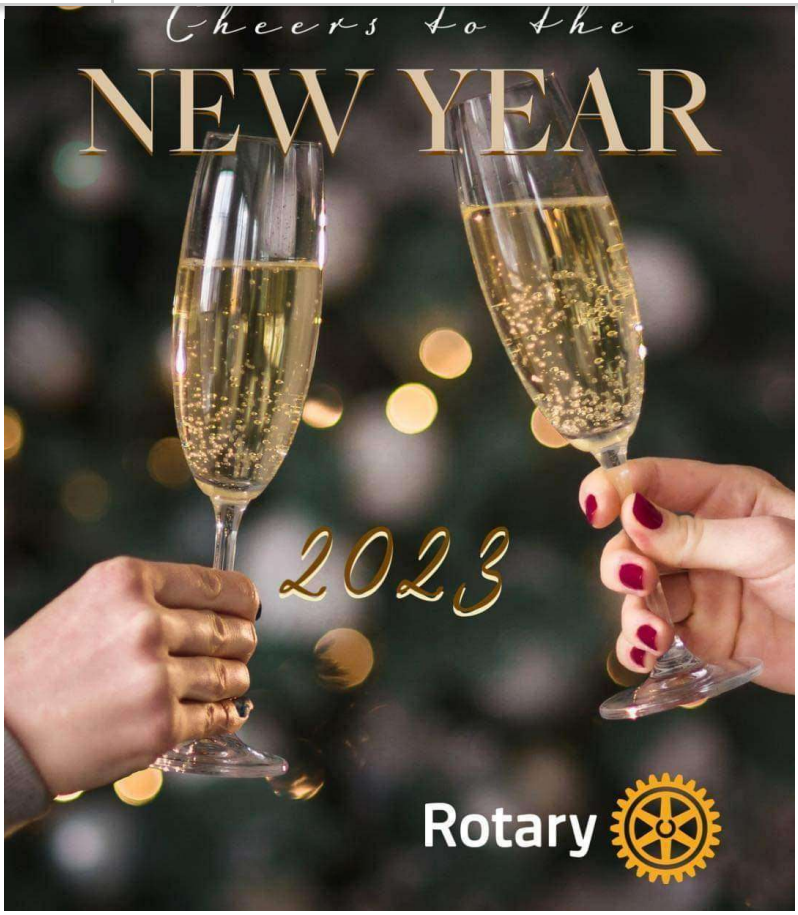
Seal's Bark
Waterfront Rotary Club Weekly Newsletter
District 9350 Chartered: 12 Sept 1992


Photograph by Greg Lumley

WATERFRONT ROTARY MEETING

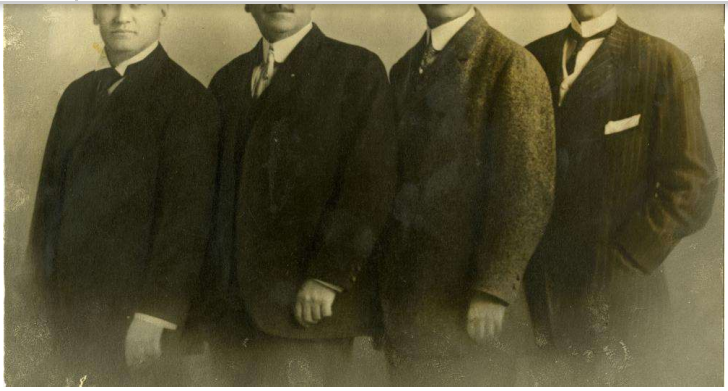
Friday, 24 February 2023 - 06:45 for 07:00 on Zoom

Captain (President): Johann Gerber; Secretary: Sue Truter
Scribe: June Webber
www.waterfrontrotary.org



CHEERS! ROTARY'S 118TH ANNIVERSARY - 23 FEBRUARY!

Rotary is a global network of 1.4 million neighbours, friends, leaders, and problem-solvers who see a world where people unite and take action to create lasting change – across the globe, in our communities, and in ourselves. Solving real problems takes real commitment and vision. For more than 118 years, Rotary's *People of Action* have used their passion, energy, and intelligence to take action on sustainable projects. From literacy and peace to water and health, we are always working to better our world, and we stay committed to the end. That is the power of Rotary! We deliver with credibility and integrity. Rotarians at Waterfront Rotary wish Rotarians around the world a great day!



Rotary started with the vision of one man — **Paul Harris**. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with **diverse** backgrounds could exchange ideas and form meaningful, lifelong friendships. Over time, Rotary's reach and vision gradually extended to humanitarian service. Above pic: The first four Rotarians. From left: Gustavus Loehr, Silvester Schiele, Hiram E. Shorey, Paul P. Harris.

CAPTAIN'S LOG - FRIDAY, 24 FEBRUARY 2023



High Ethical Standards in Business and Professions

As Rotarians we are guided by the Object of Rotary which includes the above extract. There is no doubt that in today's world ethical standards are declining.

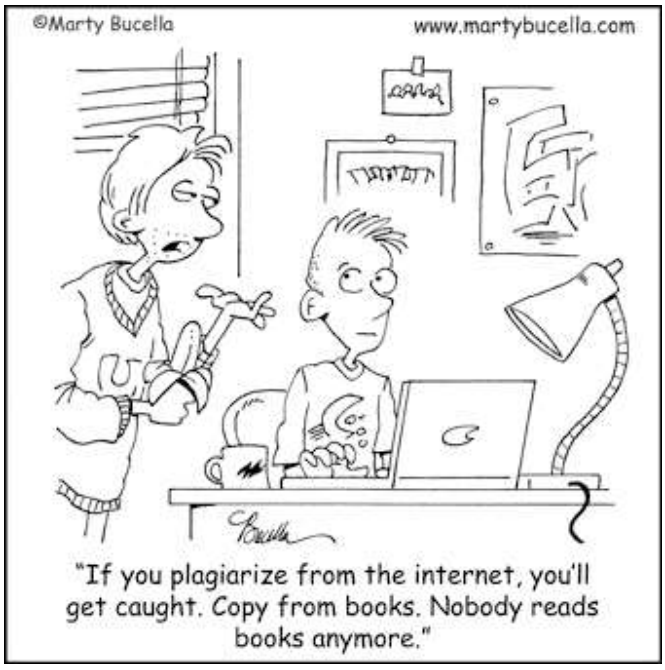
It is important that we play a role in ensuring that honesty, fair business principles prevail and that bribery, special favours and jobs for pals have no place.

If there is any doubt that there has been a transgression of any of the above, the facts should be brought into the open. Honesty remains the best policy. Applying the Four Way Test (Is it theTruth and is it fair to all concerned?), state openly that the transaction or deal was fair, just as one should also publicly state that is was not

In today's world, more than ever before, dishonesty needs to be exposed, but

This week we meet on zoom for a business meeting with focus on upcoming projects and the arrangements for the District Conference.

Happy birthday wishes to June Webber for 1 March and to Susanne Schubert for the 2nd.



WATERFRONT ROTARY MEETING - 17 FEBRUARY 2023

Guest speaker - Roxy Davis
"Teaching the physically challenged to swim and surf"



Roxy is a nine time South African Surfing Champion, professional Surf Coach, business owner, mother and founder of the Roxy Davis Foundation. In 2017 Roxy made Surfing history in South Africa with her selection as Captain of the South African Longboard Surfing Team.

She became the first individual to represent South Africa as a Shortboard Surfer, Stand Up Paddle-board Surfer, Longboard Surfer, National Surf Coach

In 2019 Roxy officially launched the Roxy Davis Foundation, an NPO that aims to affect meaningful change in peoples lives by improving their mental and physical well-being through ocean based therapy programmes. Passion, Purpose, Possibility and People are at the core of the Roxy Davis Foundation.

The Foundation sustainably focuses on understanding, broadening, connecting, educating and sharing evidence-based best practice principles through delivering ongoing life changing ocean based experiences with the intended outcome of enhancing both people's physical and mental well-being.

They say a picture is worth a thousand words, these pics below provide a visual understanding of the Vision and Mission of the Roxy Davis Foundation.




The Foundation aims to affect meaningful evidence-based change in people's lives by improving their mental and physical well-being through ocean based therapy programmes.
The Foundation sustainably focuses on understanding, broadening, connecting, educating and sharing evidence-based best practice principles through delivering ongoing life changing ocean based experiences with the intended outcome of enhancing both peoples physical and mental well-being.
OUR 2022/2023 GOALS
ADAPTIVE SURFING
SURF THERAPY
TRAINING & EDUCATION
MENTORSHIP & LEADERSHIP
FOUNDATION BUILDING
ENVIRONMENTAL AWARENESS
RESEARCH


PHYSICAL BENEFITS OF SURFING?
• BOOSTS HEART HEALTH
• HELPS COORDINATION AND BALANCE
• IMPROVES SLEEP
• STRENGTHENS MUSCLES
• BURNS CALORIES
• CARDIOVASCULAR FITNESS
• IMPROVED FLEXIBILITY
• IMPROVES MUSCLE TONE
• IMPROVES SHOULDER, BACK, LEG AND CORE STRENGTH

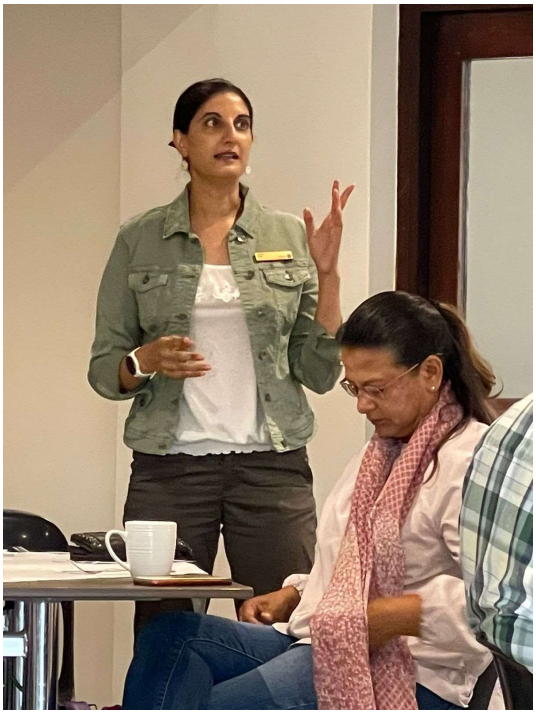




Roxy was introduced by Siham Boda and thanked by Brendon Beack above. Brendon said that getting back into the ocean again after ten years with Roxy

talk was inspirational.





Martin and Ralph and left - Siham giving feedback on ARCoM with Mymoena..

DIGITAL SKILLS TRAINING TRANSFORMATION AT THE SALESIAN INSTITUTE YOUTH PROJECTS

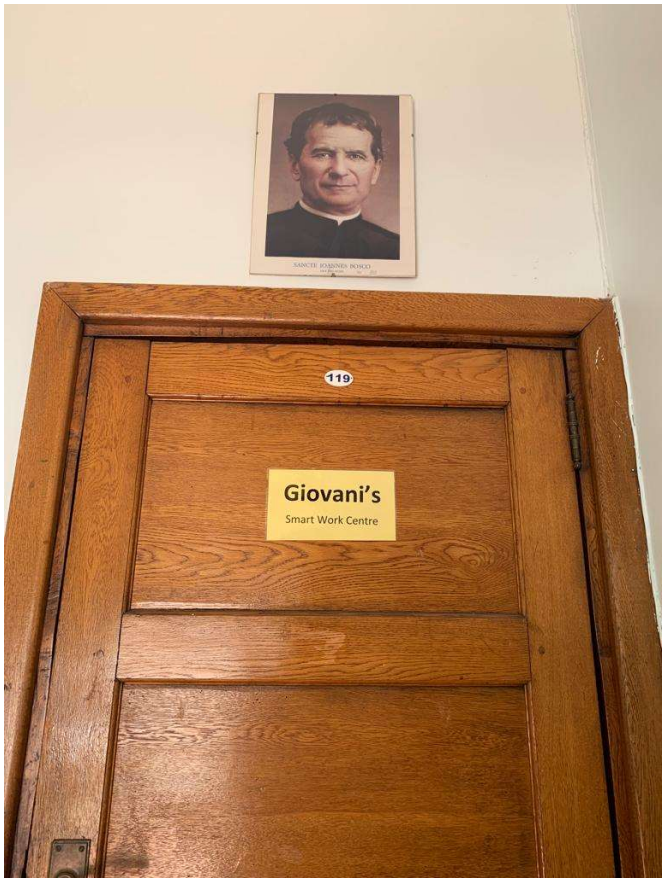
Incubated and supported by the Rotary Club Waterfront and in collaboration with Computer4Kids, 16 teachers from the Learn to Live School of Skills and the NEETs Youth Employability Programme received training in the use of digital content mapped to the programme curriculum. Maxine Frazer, the Project Based Learning Curriculum Manager for the Learn To Live School of Skills, expressed the staff's excitement about this new offering to learners creating a modern teaching environment on a digital platform. She went on to describe the enthusiasm shown by the learners in looking forward to using the Smart Work Centre for their lessons. “They cannot wait to get started!”

The vision of SIYP CEO, Father Francois Dufour, is to instil hope by ensuring that learners leaving SIYP are equipped for employment and able to break free from poverty. While experiencing the training with the staff, he was impressed with the effect that the training had on the staff and was assured that this in turn will provide relevant impact on the learners. The Smart Work Centre supports

called the Father and Teacher of Youth and included God in all his daily activities and teachings.



Off the mark - first day teaching training taking place at the Smart Work Centre at Salesians. It was great to see the CEO participating in the training.



The Giovanni Smart Work Centre at SIYP is our legacy project and we welcome donations in making a difference in the communities we serve. Do visit our

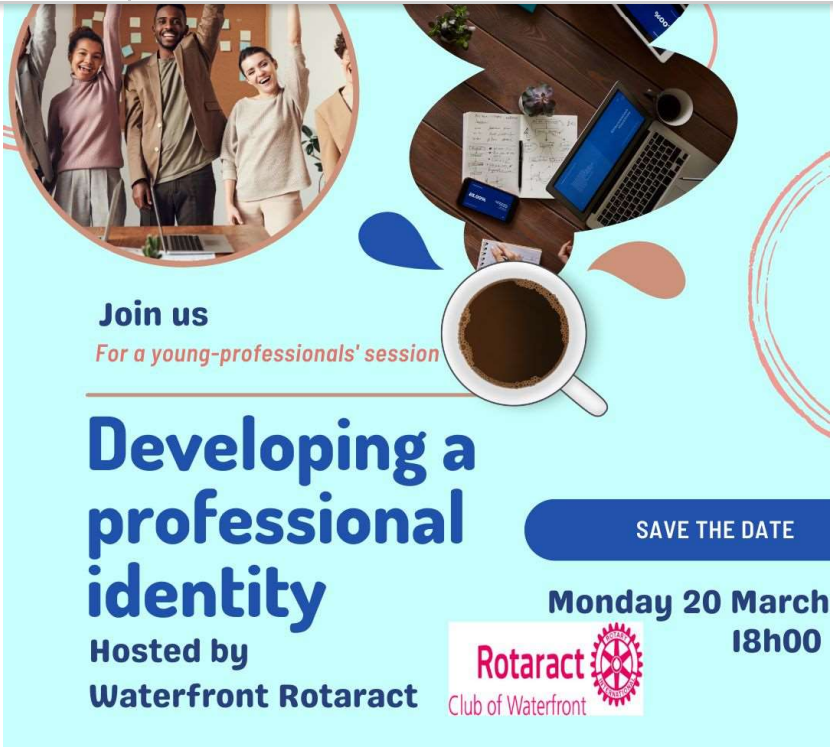


David Bradley wrote this message on our whatsapp group: "Dear Mymoena, what an historic day. It is hard to believe that the locked door we met has now leaped into vibrant action. Seeing Fr Francois in there made me forget my aching leg! Do I see correctly that the raised island was removed as planned? As soon as our power is back I will forward to Thomas & Bobby Graham. Visible delivery on the **Legacy 30 Dream** has been demonstrated in earnest. Heartfelt thanks to you for bringing your huge expertise to deliver for us. Congratulations to all involved." (A 21 gun salute to Mymoena Ismail who drove the initiative with passion, to make this dream a reality!)



Thanks to crew who have registered to attend the Conference, Assembly and other events. We have two months of hard work ahead to ensure we cover all the logistical components of the numerous events. If anyone can assist with the formatting of our **e-programme**, that would be valued. Chat more on Friday.

Waterfront
Rotaract



Great initiative - Save the Date!

DISTRICT EARTHQUAKE DISASTER APPEAL TO CLUBS



The death toll estimate in both countries is now 46 000!

CALENDAR

Speakers / Events

February 2023

Friday, 24 February - Business meeting on zoom (Rotary's birthday on 23 February)

March 2023

Friday, 3 March - Mbuyi Jongqo Programme Manager of Cooktastic -

Friday, 10 March - Cape Town Cycle Tour Briefing - in person at the Metropolitan Golf Club
Friday, 17 March - Business meeting - on Zoom
Friday, 24 March - Vaughan Pierce Our Honorary Member) will be speaking on ECG (Sustainability, Stakeholder and Community) - in Person at the Metropolitan Golf Club (ESG is a framework that helps stakeholders understand how an organization is managing risks and opportunities related to environmental, social, and governance criteria)
Friday, 31 March - Speaker to be confirmed.

CAPE TOWN CYCLE TOUR | Pick n Pay
ROTARY • PEDAL POWER ASSOCIATION

NEWSFLASH!

All hands on deck! The date for the Cape Town Cycle Tour is confirmed - Sunday, 12 March 2023. In person briefing by Team Leader Dirk Hoffman at the Metropolitan Golf Course on Friday 10 March for all those marshalling. Sue Truter needs help with ticket sales on Thursday, Friday and Saturday, before the big race. Please let her know your availability.

Rotary Club of Waterfront

ATTENDANCE REPORT - 17 FEBRUARY 2023

Bosun: Nadene Rolston; **Attendance Officers:** Maryka Vermaak.and Mymoena Ismial

Apologies

Matt Andrews (Silent); Nikki Behr; Matthew Booth; David Bradley (Excused Attendance); Spiro Mitchell; Alex Schubert (LOA); Pieter Swart; Derek Wrankmore (Excused Attendance).

Visiting Rotarians:

None

Guests

Roxy Davis (Guest Speaker); Vic Hamaty (Hon Member)

Make Ups

None

Membership 33

Attendance 66%

Birthdays in the coming week - 24 February - 3 March

June Webber (1 March)

Partners' birthday - 24 - February - 3 March

Susanne Schubert (2 March)

Anniversaries in the coming week - 24 February - 3 March

None

Rob the Fellowship Seal on the move - now with Dirk Hoffman - Alert Level 1

P.O. Box 510, Century City, 7446 - South Africa

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