

Rotary Club of Hout Bay

Bay Breezes



ROTARY INTERNATIONAL®
THE ROTARY FOUNDATION®

issue 140. 7th Dec 2015

CHRISTMAS PARTY

It's that time of year again. Let our hair down and enjoy the festivities this Tuesday [tomorrow]

I have no doubt that Joelle, David and the rest of the party committee have something special in mind again. Please don't make me sing again though, it is not fair on the rest of the population in hearing distance.

Don't forget your R50 [minimum] donation per person to go to charity.

And don't forget your hat.

INDUCTION OF DENISE HOPKINS

Our December 15th meeting sees the induction of Denise Hopkins as our newest member.

This is an important date not just for Denise but for the club as a whole. Denise's CV has been posted to you all so you know that she comes from a "financial" background. Which Service Denise decides to work within will be her choice but hopefully she will also be able to take some of the strain off our treasurer Colin.

So please, all members to be present for Denise's induction.

OPENING OF THE LITTLE ANGELS CONTAINER TOILET

Thursday 19th November 2015

Little Angels Educare Centre in the village of Hout Bay was the scene for the delivery of a new container toilet opened today on World Toilet day, the 19th November 2015. The day has special significance because around the world 2,4 billion people do not have access to proper sanitation, and in South Africa 1.4 million households do not have sanitation at all. The children at this centre had previously had to make use of two portable toilets which were hired.

The toilets, donated by the generous donors of Breadline Africa consisted of a six metre container converted into four children's toilets and one adult toilet, plus washing basins. The children will be taught how to use these facilities and how to keep themselves healthy and free of diseases like diarrhoea which cause so much illness amongst children living in poverty.

Speakers at the occasion included the Chairman of Little Angels Board, Mr. Peter Dutton, the Director of Breadline Africa Tim Smith and the Manager and Founder of Little Angels Liezl Matthews. Liezl spoke passionately of her work with the centre which cares for the children of so many parents who are unemployed and sometimes addicted to alcohol or drugs. She thanked the many partners who had helped her over the years in so many ways, among them Builders Warehouse, the Oceana group, the Rotary club of Hout Bay and Breadline Africa.



photos can be accessed at:

<http://s827.photobucket.com/user/pdutton/library/Little%20Angels%20Breadline%20Africa>

CLUB VISIT TO NSRI HOUT BAY



HANDOVER OF DONATION

a cheque for R5,000 was handed to Lyall Pringle, Station Commander of NSRI Hout Bay



HOUT BAY UNITED FOOTBALL COMMUNITY, YOUTH DEVELOPMENT & EDUCATION

Past President Christine handing over a donation cheque for R5,000 to Simon Trupp

THANKS FROM CHANTAL

You may recall that we recently donated R5,000 to the AIKIDO HOUT BAY project. This is a letter of thanks from Chantal Ellis, wife of Saud the Sensei.

Dear Peter and members of the Hout Bay Rotary club.

I hope you are all well. Thank you for your contribution towards our project it is much appreciated.

I have ordered 15 uniforms for the children and will use the balance towards traveling expenses. Please see the invoice for the uniforms and one Jo attached. I will try my best to send you copies of the traveling slips.

Saud is currently training at the Aikikai Foundation (Hombu Dojo) Tokyo Japan to further his knowledge and skill in Aikido. He is also looking for an professor (Shihan) in Aikido to host yearly seminars in Cape Town.

The Community project is being run by Allexandre Maurer one of our senior students until Saud returns.

With Respect
Chantal Ellis
0763516005
Community project website: www.aikidohoutbay.com

MONRAVIAN SCHOOL

Five years ago, Butch Liebenberg hosted some Aussies here on a trip. As part of a trip around the Bay, Butch introduced them to Chloe de la Harpe who, as you may recall, gave us a hugely enlightening talk on her Moravian School Remedial work with the less able kids. Well, as a result of that, and making good on their promise, the Aussies returned and have donated Aus\$5,000 to the school. This works out at a little under R50,000.00.

The funds are in and have been transferred to the Monravian School. This will enable Chloe to employ a vitally needed extra teacher and to expand her already successful ideas on reading advancement.

RESPONSE FROM CHLOE BELOW

Oh Butch!

I am just in floods of tears!!

I want to say THANK YOU soooooo much for facilitating the donations to help Fred and I!!!

WOW!!! I really didnt expect to hear such amazing news and I just know Fred is so happy too!

I thought you just wanted a meeting to discuss financial planning specifically with Fred! haha otherwise I definitely would have been there this morning! My apologies!! I am so happy and over the moon I am just shaking with delight!!!!

Please may I invite the donor to visit us? Even if he/she visits us this week at Sijonga Phambili or next year end of January at Moravian is also fine! I really want to say thank you in person!

Thanks again and all my love and respect for your kindness and your time!

I dont know if I told you already but when I was 15, 16 and 17 years old I took part on 3 Rotary youth exchange trips, living with families in Turkey, Germany and then India. It was these Rotary experiences which helped build me into the person I am, because I was supported and immersed in different cultures in my teens, and it was on these trips that I was taught respect and shown how each club gives back, it was something that resonated with me a long time ago and for which I am forever grateful.

all my love! Chloe :)

GRCT [Garden Route Childrens' Trust

Through Keith Bull we have been feeding Little Angels and two other local crèche with e-pap donated by the GRCT

Regular readers of Bay Breezes will be aware of the hugely beneficial effect of this program.

We get a mention in the GRCT newsletter.

The newsletter is a little large [in file size] for me to embed it in BB but you can

Read it at:

www.grct.org.uk

DONATION TO LIZ HUCKLE [LIONS]

At Tuesday's Board meeting a R5000 donation was agreed for the Lions Club to purchase care packages for the elderly and needy at Christmas.

We know that you also will be working with PP Christine again this year to distribute the toys that you and Bernadette have collected and kept back over the past months. It should be a great Christmas for the kids who would otherwise have nothing.

I am only sorry that Bernadette and I shan't be here at Christmas to help out. I know that you and Christine work very hard delivering these.

WANTED

Ikhaya le Themba need a fridge - can anyone help if they are replacing a fridge ?

CHRISTMAS PUDDINGS

The Kroomboom RC project selling Christmas puddings at R80 each has been advertised but no one is buying please think again about giving some support.

What about giving a Christmas pudding as a Christmas gift.

SYLVIA HEATH

As many of us are aware, Sylvia Heath took a tumble last week and broke some ribs [puncturing a lung in the process]. For what is a very painful injury this was an added problem. In any event she is well on the road to recovery and back home doing her [painful] breathing exercises to ward off pneumonia.

Note of thanks from Sylvia:

Hi Everybody

A big thank you for the many good wishes and kind thoughts. My beautiful orchid will be a reminder to be more careful in the bathroom.

The rib cage has a amazing ability to remind you that the healing process has a time of its own, and none of your short-cuts will be accepted, the pain threshold is used to reinforce this fact.

*A big thank you.
Sylvia*

Dear President Peter, Hout Bay Rotary Club Board members and Hout Bay Rotarians

I should like to thank you all for welcoming me so warmly to your fellowship filled club last week.

It was a real pleasure to spend time visiting your astounding and challenging but oh so rewarding Little Angels project and thank you President Peter and Keith for the time you made to take me there and explain the history, the future plans and the very many partnerships you have created to ensure a sustainable future for this crèche, set up by the amazingly dedicated and forward planning, Liezel.

It was great to then return to your club house and hear about the other wide range of projects with which Hout Bay is so involved, with so many partners, and it was particularly heart-warming to hear of your many efforts to work with the local communities across the board. I thoroughly enjoyed the valuable, informative and interactive discussions with your board and learnt much from you all.

Thank you also for hosting me to a delicious dinner, with much fun and fellowship, crowned by the surprise of the evening, being able to award President Peter with his very well deserved Paul Harris- well done again, Peter!

Thank you again to all Hout Bay Rotarians, for all you do for and through Rotary, for so many deserving people, in so many areas, that you serve in so many ways.

May your club continue to grow from strength to strength

Warm regards
Geraldine

Geraldine Nicol
District 9350 District Governor
082 857 7044
geraldinicol@global.co.za

BOARD MEETING

Our Board Meetings are usually very busy affairs and this last meeting was no exception. Our Treasurer, Colin runs a tight ship and keeps us fully up to date on our club finances.

Given available funds we are able to make some valuable donations.

The Rand 10,000 which Harold brought over from Luton Chiltern RC is to go towards our e-pap feeding scheme for Little Angels, the IY Clinic and two other crèches.

I have emailed RC Luton Chiltern's president and treasurer with the news and I hope that they will be fully supportive of our direction for their donation.

We have donated R5,000 to the Aikido School run two days a week at Hangberg and a further R5,000 to the Carmel Park which is kept so immaculately by Una Holiday.

We have donated R5,000 to Lions Club for Liz Huckle to source presents and seasonal fare for the less able and older citizens in Hout Bay.

Coolamon Weekly Bulletin #19

A reflective bulletin on the events of last week including Armistice Day 2015.

We wish all our farmer members a good harvest and a safe one.

This week the raffle question is:

What % of New Zealand soldiers were casualties from the Gallipoli campaign?

Yours in Rotary
John Glassford

Here is our weekly bulletin.

Coolamon Weekly Bulletin #20

I do not as a rule send anything to the list of those who receive our Coolamon Club Bulletin.

However this month the Rotarians On The Internet, or ROTI, of which I was Vice Chair of this fellowship for Rotarians who use the Internet, has their monthly bulletin, the Breadbasket, which is particularly good.

[Welcome to ROTI - the home of Rotarians on the Internet](#)

If you like this issue consider joining us on the Internet, after all most of us now use the Internet for all manner of things. The information that Chair Gloria Nethercutt has included for the Seoul RICON is particularly informative.

Enjoy.

G ' day from Aldinga South Australia

Apologies for the late bulletin beyond my control.

Here is the bulletin for this week:

[Coolamon Weekly Bulletin #21](#)

JE SUIS PARIS – DON PETERS

On Friday 13th November the Nonceba Child Counselling Centre hosted a visit by the Rotary Exchange students from District 9400. Amongst their number was a French student, Lucie Lascar. The visiting students watched the Ashley DVD, made a tour of the Centre, purchased some dolls, played with the children and had lunch.

Little did we realise what was to transpire in Paris on that Friday night when terrorists carried out deeds so foul that none cannot be numbed by the carnage carried out.

On the following day, Saturday, while I watched the detail unfold of the tragic events my thoughts went out to Lucie, I am sure that I am not alone when I say she was much in our thoughts and ready as so many were with the cry of "je suis Paris"

GHANDI'S WORDS

Keep your thoughts positive
Because your thoughts become your words

Keep your words positive
Because your words become your behaviour

Keep your behaviour positive
Because your habits become your values

Keep your values positive
Because your values become your destiny.

Best wishes
Don

ADELE HAYDEN – CLUB 790

We are running a competition whereby we are inviting 8-12 year olds in Hout Bay to draw a picture or do a painting of their interpretation of Hout Bay. The winning picture will be the **front cover of the next Club 790** which runs from Feb-April next year. The winner will also received a R500 voucher from Annie's Toy Box.

Please can you include the attached poster in your year end newsletter so the kids can work on it during the holidays. Competition closes 30 Dec.

Kind regards
Adele



Club 790

Calling all 8-12 year old Hout Bay Girls & Boys

**Draw or paint a colorful picture of your interpretation of Hout Bay.
The winning picture will feature as the front cover
of the Feb-Apr'16 issue of Club 790 Business Directory.**

**The winner will receive a R500 gift voucher from Annie's Toy Box.
(Prize sponsored by Annie's Toy Box and AB Promotions).**

**Please email your picture to club790@abpromotions.co.za or
you can drop it off at Videorite on Victoria Avenue.
Please include your full name, contact number, age and school name
on the back of your picture or on the email.**

**Competition closes on 30 December
and the winner will be announced on 12 January.**

**ANNIE'S
TOY
BOX**

**ab
PROMOTIONS**
graphic design & print

Rotary District 9350 has recently partnered with the Western Cape Department of Social Development (DSD) to reach out to even more learners to make a meaningful difference by investing time and relevant resources into ECD initiatives.

Ninety percent of a child's brain development happens before they turn two. So, are we doing enough to provide our children with the correct nutrition, necessary mental stimulation, and support to ensure their optimal development that will ultimately make them active members of society that contribute towards improved social and economic development?

The sad truth is that currently about 70% of South Africa's youth don't have access to effective Early Childhood Development (ECD) support. "There is a dire need for early childhood development support in our region," says Governor of Rotary International's District 9350, Geraldine Nicol. "One of the key focus areas for Rotary's District 9350 (which covers the Western and Northern Cape, Namibia and Angola) is to look at strategic ways to make a meaningful difference in our communities by investing time and relevant resources into ECD initiatives."

Rotary believe that children from all walks of life, regardless of their background, deserve effective early childhood development opportunities to ensure they are school ready and to look after their overall well-being. "We need to invest in our youth and give them a solid foundation. Too many children aren't getting the necessary, love, food, security, and stimulation they need. Only about a third of our children have access to effective ECD programmes."

To tackle this problem, Rotary District 9350 has partnered with the Western Cape Department of Social Development (DSD) which already funds more than 1000 ECD centres. Western Cape MEC for Social Development, Albert Fritz, who is delighted with this exciting partnership, said that his department would provide Rotary with a range of data which includes geographic mapping, identifying where the ECD centers in need of most support are located. The centers which care for children up to the age of two-years are most critical. Fritz says that the first 1000 days of a child's brain development are crucial and this is when interventions could have the biggest impact.

Nicol adds that Rotary is looking forward to the partnership that will result in significant improvements in ECD throughout the Western Cape. She said Rotary clubs and Rotarians who committed their time, effort and knowledge would work together with DSD staff and pre-schools to ensure they establish strong foundations for the future of the youth of the country.

Social Development Head of Department Dr Robert Macdonald welcomed this partnership and said, "We appreciate the opportunity to partner with Rotary. They are a solid organisation that have set a bench mark for volunteering and will align well with the DSD's drive to improve ECD services to vulnerable communities."

"We are calling on corporate South Africa and individuals to join hands with Rotary International to support our ECD initiatives, be it though nutrition, health, social services, training or care giver support," says Nicol.

"At Rotary we pride ourselves that 100% of the funds entrusted to us are invested directly back into the projects that we are involved with. We are looking for more people to join hands with Rotary and help us create effective well trained and managed Early Childhood centres, for children in the 0- 6 age group, as we strive to improve the future for the children of our country" concludes Nicol.

Should you wish to get involved in Rotary and participate in any of the projects they manage e-mail pr@rotary9350.co.za or ecd@rotary9350.co.za

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Released by Rotary District 9350

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St Luke's Hospice* (NPC)
Accredited to the Hospice Palliative Care Association of SA

Making a difference,

providing quality Palliative Care

Rotary Hout Bay
~~Dear Donor~~

Thank you very much for your kind donation to our Hospice.

We have a number of charity shops throughout the greater Cape Town region that sell good quality second hand clothing, household goods, collectables, bric-a-brac & furniture.

The shops provide a steady income for the organization & it is only with the thoughtfulness & support of people like yourself that the shops can continue to bring in much needed funds.

Through your generosity & concern for others, we are able to carry on our specialized service of care for the terminally ill members of our community.

Please forgive us for not addressing this letter to you personally, but we attempt at all times to keep our administration costs to a minimum so that all available funds can be spent on direct patient care. We trust as a caring supporter you will be comfortable with this policy.

With best wishes,

Yours sincerely,

Michele Mckenzie
Retail Manager
St Luke's Hospice

MEDICINES TO THE VALUE OF

R10,000

VICKS

Some people have used Vicks Vapo rub for years for everything from chapped lips to sore toes and many body parts in between. But one usage is getting a lot of attention lately because studies show that it works 100% of the time. Although scientists discovered this remedy, they are not sure how or why it works, but it does. And it works everytime. To stop night time coughing, you put Vicks Vapo rub generously on the bottom of both feet at bedtime, then cover with socks. Even persistent, heavy, deep coughing will stop in about 5 minutes and will stay suppressed for up to 8 hours of relief. Studies show that it is more effective in children than some of the strongest prescription cough medicines on the market today. In addition, it has a soothing and comforting effect that brings on a sound and peaceful sleep.

DON

MASSAGING FEET - *with Vicks if you want!!*

This Is the Reason Why You Need To Massage Your Feet Every Night Before Bed

By massaging you help the blood circulation and by doing so it is clear that all parts of the body all the way to the cells get oxygen and nutrition.

It is amazing how by only putting pressure or massaging the proper spots lead to instant relief. Be it on the foot or on the palms or on the body and the face, reflexology has proven to treat discomfort fast.

The accent here is on the importance of Foot Massage before bed time.

The feet are full of nerve endings that if pressed and massaged properly, can relieve tension to such a point that a person can experience a complete change of the situation.

The foot is linked to all parts of the body. For example if you massage the thumb, it helps the lungs and the brain. The other three toes help treat toothache. The pinky toe is linked to the ear, so it is advised to massage it when having ear ache.

Rubbing children's feet before sleep has always worked to make them sleep easier and stop their crying.

Treat yourself nicely and massage your feet before bed time. It is always best when someone does it for you

Incase you don't know what's happening in the middle east.

President Assad (who is bad) is a nasty guy who got so nasty his people rebelled and the Rebels (who are good) started winning (Hurrah!).

But then some of the rebels turned a bit nasty and are now called Islamic State (who are definitely bad!) and some continued to support democracy (who are still good.)

So the Americans (who are good) started bombing Islamic State (who are bad) and giving arms to the Syrian Rebels (who are good) so they could fight Assad (who is still bad) which was good.

By the way, there is a breakaway state in the north run by the Kurds who want to fight IS (which is a good thing) but the Turkish authorities think they are bad, so we have to say they are bad whilst secretly thinking they're good and giving them guns to fight IS (which is good) but that is another matter.

Getting back to Syria.

So President Putin (who is bad, cos he invaded Crimea and the Ukraine and killed lots of folks including that nice Russian man in London with polonium poisoned sushi) has decided to back Assad (who is still bad) by attacking IS (who are also bad) which is sort of a good thing?

But Putin (still bad) thinks the Syrian Rebels (who are good) are also bad, and so he bombs them too, much to the annoyance of the Americans (who are good) who are busy backing and arming the rebels (who are also good).

Now Iran (who used to be bad, but now they have agreed not to build any nuclear weapons and bomb Israel are now good) are going to provide ground troops to support Assad (still bad) as are the Russians (bad) who now have ground troops and aircraft in Syria.

So a Coalition of Assad (still bad) Putin (extra bad) and the Iranians (good, but in a bad sort of way) are going to attack IS (who are bad) which is a good thing, but also the Syrian Rebels (who are good) which is bad.

Now the British (obviously good, except that nice Mr Corbyn in the corduroy jacket, who is probably bad) and the Americans (also good) cannot attack Assad (still bad) for fear of upsetting Putin (bad) and Iran (good / bad) and now they have to accept that Assad might not be that bad after all compared to IS (who are super bad).

So Assad (bad) is now probably good, being better than IS (but let's face it, drinking your own wee is better than IS so no real choice there) and since Putin and Iran are also fighting IS that may now make them Good. America (still Good) will find it hard to arm a group of rebels being attacked by the Russians for fear of upsetting Mr Putin (now good) and that nice mad Ayatollah in Iran (also Good) and so they may be forced to say that the Rebels are now Bad, or at the very least abandon them to their fate. This will lead most of them to flee to Turkey and on to Europe or join IS (still the only constantly bad group).

To Sunni Muslims, an attack by Shia Muslims (Assad and Iran) backed by Russians will be seen as something of a Holy War, and the ranks of IS will now be seen by the Sunnis as the only Jihadis fighting in the Holy War and hence many Muslims will now see IS as Good (Doh!.)

Sunni Muslims will also see the lack of action by Britain and America in support of their Sunni rebel brothers as something of a betrayal (mmm.might have a point.) and hence we will be seen as Bad.

So now we have America (now bad) and Britain (also bad) providing limited support to Sunni Rebels (bad) many of whom are looking to IS (Good / bad) for support against Assad (now good) who, along with Iran (also Good) and Putin (also, now, unbelievably, Good) are attempting to retake the country Assad used to run before all this started?

So, now you fully understand everything, all your questions are answered!!!!

Best wishes

Keith Bull