

Rotary Club of Hout Bay



Bay Breezes

11th Aug 2013



Meeting last Tuesday

Last Tuesday we had Louise from Soil For Life speak to us. This is the organisation sponsored by Damian Feuilherade and which was the beneficiary of proceeds from Mick's inaugural Golf Day.

Now, you might have been forgiven for thinking that this was going to be another talk along the lines of "give a man a fish and he can eat.....give a man a fishing rod and he can feed himself". If you did, then you would have been very wrong. It is much more than that.

We learned from Louise just how in depth and long term their program is. And how broad based.

The program centres on the shack communities as one would expect. However, those who enrol for the course must dedicate one day each week for one year. There are 15 on any given course during which they learn not simply how to grow but how to nourish the soil. The one year course is extended to training programs and programs to train the trainers.

The program has established what they call Food Garden Enterprises where those in the program can use vouchers to "buy" seedlings, plants and growing materials. Worm farms produce part of the fertiliser which is mixed with manure and soil and all of this goes to produce some amazing gardens as evidenced in Louise's video.

Families can often become self sufficient in vegetables with a plot only the size of two doors and excess produce can be sold. All organic.

The organisation also has use of Pick 'n Pay's kitchens on a regular basis where they can make preserves.

I think we should all be very pleased to see where Damian requested those funds be directed.

We were pleased to welcome both Simon and Damian Feuilherade to our meeting to hear Louise. All seen together in the photo opposite.

Among other partners attending and guests was Janey Ball who is now Constantia Zone head of P.R.

Roy did his thing with the numbers and came up with 57% attendance. Oh, and Louise [our speaker] won the wine raffle. Which meant that none of us had to go through the process of winning it and handing it over to the speaker as thanks.



NO MEETING TUESDAY - read on

As President John made clear at last Tuesday's meeting and further by email, THERE IS NO MEETING AT THE ABC on this coming Tuesday. BUT.....

The invitation is to meet with the District Governor, Vyv Deacon at Kelvin Grove this MONDAY [tomorrow].

President John so far has the following coming:

six members and two partners, eight in total.

Rotarians : John Routley, David Walker, Peter Dutton, Bill Kilbride, Don Peters, Raymond Yosimbom.

Partners : Margret Walker, Margret Kilbride

I understand that Butch and Lyn will also be making it, swelling our numbers to 10. Please let John know immediately if you have now decided to attend.

Farewell to Fedde for the time being. Last Tuesday was his last before travelling back home for a short while. Safe travels and see you back soon Fedde.

Patrick was our Sergeant at Arms on Tuesday in the absence of our David Heath. Another job well done Patrick. Even though I did confuse him by my double wedding anniversary. Announcing such, he thought he had forgotten mine [Ed] on 7th August. But in fact I have two, and my second anniversary [when I got married again in South of France for my in-laws' pleasure] was on 21st. I have only the 21st in the orange book.

Anyway, that reminds me to remind you all to wish a:

HAPPY BIRTHDAY TO PATRICK

On 16th August

WHEN GOOD NEWS ARRIVES....

-----Original Message-----

From: pennym47@bigpond.com [mailto:pennym47@bigpond.com]

Sent: 05 August 2013 12:27 PM

To: patrick@yebo.co.za

Subject: penny miller president rotary club of morialta adelaide australia

Hi Patrick

My name is Penny Miller and I am the President of The Rotary Club of Morialta in Adelaide Australia.

I am a South African who has lived here since 1985.

We have put aside Aust \$5000 for a project in South Africa. I came across the one that you are involved with called Operation Medical Hope. Please could you let me know how we could help. We will be having a board meeting on Thursday and I will be telling the board that I would like to help your project in some way.

Look forward to hearing from you.

Yours in Rotary

Penny Miller

President Rotary Club of Morialta Adelaide Australia

And Patrick replies:

Dear president Penny

It's great to hear from you and to be in touch with Adelaide. A big welcome to you from all our members and compliments also from our president, John Routley. It's absolutely "lekker" and also very gratifying to learn that our website story reached you.

Yes, Operation Medical Hope is dear to our hearts. It started many years ago when there were no antiretrovirals but the project has grown to a point where, with the help of another Australian Rotary club, RC Coolamon, New South Wales, a great Australian called John Glassford, organised a team from that club who came to Uganda and climbed Mount Kilimanjaro for the sufferers, who as you can see from our website are mainly the little children and mothers in our local township. So we are very fond of Aussies. In fact we have now twinned with RC Coolamon.

Operation Medical Hope, has just completed a major funding exercise with Rotary Foundation, a grant for TB equipment (which is the common problem with HIV/AIDS) and to extend the clinic for HIV/AIDS counselling rooms and testing.

Now we are starting the nutritional phase for those too poor to afford food and are HIV positive, the malnutrition affecting their ability to fight off disease. These families live in our nearby township called Imizamo Yethu and I attach a picture. These are very vulnerable folk. In other words, the ARV therapy won't work because of their collapsed immune systems. We need help badly and funding is needed. This phase of the programme is now kicking off.

These poor folk have to be helped, especially those with small children in the family structure. I attach brochures of the new phase which you can print out. I can also send to a PowerPoint DVD if you give me a postal address. It is the full story, with a soundtrack, lasts about 15 minutes and you could play it one evening at Morialta Club.

We have had an interesting year. In the fight against HIV/AIDS, the club has succeeded in assisting the clinic to raise its patient visits from around 600 a month to 3000 a month and we have successfully fought off the worst of the HIV/AIDS epidemic.

There have been no new cases of AIDS deaths in Hout Bay as a result in recent months, although the number HIV positive cases discovered is for ever increasing, sadly, in South Africa, we now have 3,240 cases of HIV positives on ARV therapy just locally. But the clinic, as re-equipped is able to handle this and that's the point. We now have to get out into the townships and support those families on there on therapy as out-patients who are too poor to afford food – the right kind of food and simple essentials like incontinence wear for the very sick. The nearest full hospital is 30ks away in Cape town and they cannot afford the transport.

The clinic is a highly efficient one, has doubled its staff because of the increased patient load and Operation Medical Hope continues to issue out wheelchairs and just received a portion of a container load of medical supplies made up of incontinence wear, bedpans, syringes, infant diapers and general medical supplies from Rotary Canada clubs in District 5050. We now have to take the fight to the township itself and make Operation Medical Hope mean something outside of the clinical environment with comfort boxes as per our brochures attached.

President Penny, it was great to hear from you. Rotary is a wonderful thing. It has raised our spirits just to hear somebody read about our fight against HIV/AIDS. I do hope RC Morialta is interested. Rotarian John Glassford's address is jacksflat@gmail.com if you want to check up on us and, by the way, they fall under District 9700.

I copy pres John and Peter Dutton our international director and pps Butch and Don who have worked long and hard with me on Operation Medical Hope

regards in Rotary

Patrick McLaughlin
Rotary Club of Hout Bay
Operation Medical Hope
Hout Bay, Cape Town
patrick@yebo.co.za

Valid comment from Butch

Fantastic stuff,

What can a person say to such an offer. Rotary never ceases to amaze me ,and looking back it is so sad that many of our members don't understand you need to always put service above self to reap the rewards of giving unselfishly and making you a better person at the same time. The feeling of giving I find more wonderful than anything else I do.

Great stuff Patrick I am proud of both you and our club. I will be onto your broken door as soon as I am back(never fear while Butch is near)

Best wishes,see you on Monday 12th August

Butch.

A note from Don to John [Pres John that is]

John- Hi

Most young men (apology to the ladies) didn't really enjoy those little talks that 'Father' or the school 'Housemaster' made about good manners, respect, care, understanding, loyalty and honour but do we believe that the messages were not useful in later life? Perhaps I am fortunate, if that is the right word, to see children who have been abused frequently, or children with mothers going into the Red Cross Hospital. As I drive past each morning those are the reminders that I was lucky and that I can do something for someone else. You have no idea how much I enjoyed your story of the guy cleaning up the shopping area in Hout Bay and you giving him a blanket. I often write the odd piece for Bay Breezes, how I wish others would as well, and the attachment may seem out of place for the relaxed club that we are. I hope you are beginning to feel better,

Cheers

Don

RAGE

Pres John, Patrick and Ed. [that's me, the Editor] have been in correspondence with John Glassford at Coolamon regarding the RAG [Rotarian Action Group] for Endangered Species. I can do little more than post his latest email on the subject and ask that you read this please. Then join the Action Group if you haven't already.

Morning Hout Bay

Blowing a gale here but nothing like the winds in Cape Town.

Thanks for your comments on the crying rhino logo.

Much appreciated and taken on board.

Now I know not much is being done to save the rhino however Rotary is and will be acting to do something.

We hope to get this RAG approved by RI and we need more foundation members so would you in Hout Bay please join us and swell the numbers in our application. membership is free and you can join here:

RAGES REGISTRATION <<http://www.endangeredrag.org/contact-us/>>

Also this all started with the RC Of Kenton-on-Sea who are working hard to help save the rhino.

One of the biggest problems we face is that the SA Government want to sell their stock pile of rhino horns. This will only increase demand not to reduce it.

Then there is an Aussie EX SAS Soldier who is in SA doing some good see:

IPAF <<http://www.iapf.org/en/>>

John G has also sent us a slide presentation which John R or myself or both will run through at the next meeting at ABC [other speaker engagements permitting].

John has put his usual 100% effort into this and getting the Rotary Action Group going should be our concern as well. This, after all, is a problem on our doorstep.



On Tuesday President John mentioned that Biffy from Wynberg RC was holding the first of what should be many meetings between clubs in the District to discuss which projects we are individually involved with. This is so obviously necessary and logical but a long time in coming. Unfortunately, we don't have an incumbent Community Services officer or Projects Manager but anyone who has the time to go along to this meeting please do. We can't leave everything to President John. Below is Biffy's email of invitation for 15th August. This is right on top of us so please respond smartly if you are going.

From: Elizabth Danckwerts [mailto:aecon.e@mweb.co.za]
Sent: 02 August 2013 05:46 PM
Subject: RE: Projects: first joint meeting

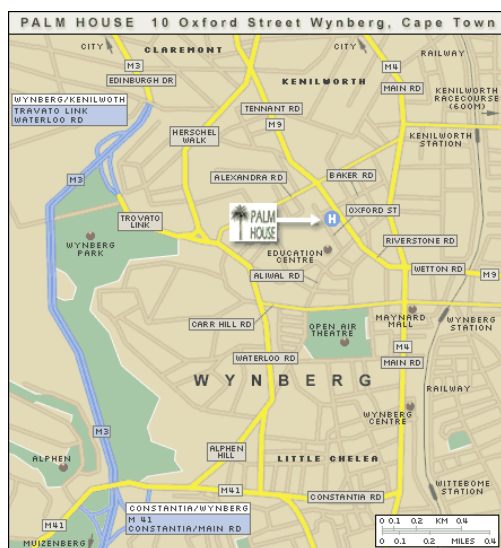
Hello Everyone

No-one is putting their hand up for hosting the first meeting or having a good speaker etc. So here goes you get the best that Wynberg has to offer.

How about we meet at The Palms Guest House on Thurs evening 15 August at 5pm in Wynberg. The speaker that night is an Ambassadorial student speaking on AIDS/HIV in Malawi - NOT the usual Ambassadorial talk.

The address for The Palms Guest House is 10 Oxford Street, Wynberg. Oxford Street is a one-way and you have to enter from the Aliwal Road side. GPS co-ords are Latt 33°59'59.90"S - Long 18°27'55.32"E

Map:



Menu options for supper are:

Soup of the day - R40
Fish and chips - R70
Calamari and chips - R70
Curry and rice (often a choice between beef and chicken curry) - R70
Bangers and mash - R70

You can make up your mind on arrival. No pre-ordering necessary. Do you have dietary requirements that cannot be met with the above menu? The meal comes with breads, salad, fruit juice and tea/coffee afterwards.

We meet at 6 of 6:30pm.

Is there anything else that you need to know?

Please can I have RSVP's and if staying for the meeting and supper?

thanks

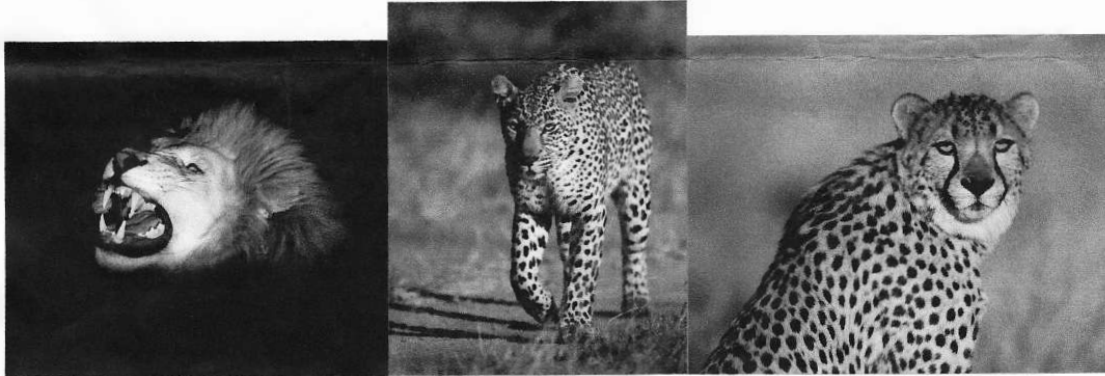
Biffy

SERVICE ABOVE SELF

Service Above self is the principal motto of our organisation but there are other guiding pointers. As a Rotarian we are guided in numerous directions, by our motto, Service above self, by the Four way test and by the responsibilities and obligations when we become members. Is there a need for frequent reminders of these guiding pointers? You as a Rotarian at your induction heard the words.... you have been chosen to be a member of the Rotary Club of Hout Bay. The principles, responsibilities and obligations of Rotary have been explained to you and you have expressed your willingness to become a Rotarian. That invitation to you to join the Rotary Club was because the members believed that already you upheld the principles that Rotary stands for. Perhaps the most poignant part of the induction is the line, "knowing you to be a Rotarian, the world will judge Rotary by your conduct".

thriving IN A wild WORLD

Keynote presentation by performance consultant, speaker and former game ranger, Lorne Sulcas, on the simple, powerful lessons we can learn from Africa's big cats about how to continually prevail in a competitive, challenging environment.



"It's a jungle out there"

How can you thrive in a competitive, demanding marketplace?

In a world where competition, change and uncertainty are the norm, survival and success proffers universal challenges:

- 3 productivity
- 3 sustaining growth
- 3 genuinely effective teamwork
- 3 achieving excellence and true high performance

In the often ruthless marketplace of Nature, where it's frequently "eat or be eaten," Africa's three big cats – cheetah, leopard, and lion- are supreme predators that have been thriving in the wild in the face of constant competition, change and adversity for millions of years. Each cat is a **potent high-performance hunting machine** that has a proven and clear track record of success in the toughest of worlds. What can we learn from their evolved behaviours and strategies that have allowed them to **continue to be so successful for so long?**

Motivational speaker, Lorne Sulcas, has spent more than two decades observing and photographing Africa's great wild creatures as a game ranger-guide and highly accomplished wildlife photographer, and since 1988 has been addressing and training audiences and organizations through his Bushveld Lessons™ seminars and presentations in South Africa, the United States and Canada. In this highly entertaining and exciting 40-minute presentation, Lorne shares his knowledge, real life personal stories and experiences, and his much-awarded photographs, to **transform the audience with simple yet powerful lessons** on what we can learn from how these super-predators **continually thrive and triumph in a wild world.**

Lorne presents this dynamic keynote globally to **motivate and inspire audiences** of individuals, teams and organizations who are **in pursuit of excellence:** from businesses large and small, to athletes and sports teams. He has worked with employees and officers of US organizations such as NASA, Lucent Technologies, Bank One, AT&T, and Sony Music Corp. He is passionate about his subject, and loves to share it with audiences striving for **growth and high performance.**

if you are interested in attending the above would you either contact the club directly or let Alison Rice know. This certainly looks like a worthwhile trip over the hill to Kelvin Grove.

**Kronendal Music Academy and
Riverside Estates**

Cape Town Tango Ensemble

In Concert!

With a chance to
let your hair
down and join the
Milonga!

**24th August
7pm**

R120

**Riverside Estates
Valley Road,
Hout Bay**

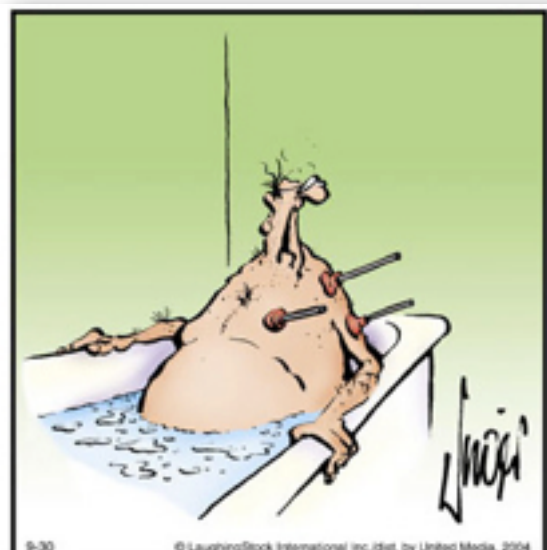
**Includes sherry
upon arrival**

**Cash Bar
and Snacks for sale**

BOOKING ESSENTIAL 021 790 7475



"Now, now. ... What's all this I hear about you
not wanting to come into my nice hospital."



"What time do those kids go to bed?"

GREEN POINT PARK (also known as the Urban Park in Mouille Point):

As magnificent as usual!!

The Park has been voted the BEST MAINTAINED GARDEN IN SOUTH AFRICA

The Park also received Gold Awards for maintenance of the Park and the Biodiversity Gardens

The Park is to replicated in poorer areas of SA

