



BAY BREEZES - 17 APRIL 2012

The Praise Singer's Gazette

Firstly my grateful thanks to Patrick for "holding the fort" taking the Chair and reporting on the excellent speaker.

One of the articles I forwarded to our Editor was the Story of the Argus Cycle Tour written by PP Paul de Groot. (see the District Digest attached - Scribe) I would encourage all to read his article and one very relevant part dealt with the title of the "project" and the often heard complaint that Rotary's name was not at the forefront. Paul's explanation about R2.5 million from sponsors potentially being lost clearly underlines the very acceptable reasons for Rotarians to stand back on demands for better recognition.

On a serious but very parochial note may I mention the subject of Rotary protocol and etiquette. There is a need infrequently to identify some simple procedures and common courtesy to fellow members and further to recognise the command structures of our Organisation and Club. We are not strict in our adherence to Rotary rules but our Sgt leads us very capably. It is in the area of correspondence that I would like to comment and mention. Where a member and perhaps more so a Board member circulates emails and memos that have a bearing or a criticism on the operation of the Club it is surely incumbent on that member to afford the courtesy of advising or speaking to the President personally prior to circulation. Infrequently we have situations where it appears that the author of critical or inadvertently thoughtless comment is causing unnecessary distress and annoyance and when confronted uses the throw away line.... "I did copy you".

The President of a Rotary Club represents the Club, and he or she together with Board Members and Club members deserve simple common courtesy. When a member of the Club visits another Club it is incumbent on that member to seek out the President of the Club being visited and convey the normal Rotary message; "Mr President may I convey to you and your members greetings from President X of the Rotary Club of Hout Bay." Normally the resident President will ask that his greetings are returned to your Club and you would at the next meeting of the Hout Bay Club you attend either ask for a spot, tell the President directly or advise the Sgt to make an announcement. Most certainly if you are visiting another Club where the District Governor is present you should apply the same procedures as mentioned above. In the case where you are travelling abroad in both the sense of overseas and within our District and wish to offer a banner mention to both the President and the Director of Club Services prior to your departure will allow for them to ask that a suitable greeting is conveyed by yourself.

But let me end with some Club news. President elect Peter and Club Services have selected Friday 22nd June as the induction evening which will be held at the Suikerbossie restaurant further details will follow. The departure of swallows continues and one swallow is flying the wrong way as Neville and Joyce Morris will be back with us in late April.

Antelers,

Why a good diet is important - PP Patrick McLaughlin



Last Tuesday the club was privileged to hear Alma Torien, friend of Anne and Mick Feuilherade, speak about our bodies.

Alma has been a dietician for 45 years and all of us received the benefit of her wisdom and experience in what we should be eating; what is good for us; and what is bad for us. Much of what Alma spoke about was in the light of the many illnesses and medical disadvantages that have come to haunt us in later years. Problems such as arthritis, cardio vascular disease, thyroid problems and liver and renal complaints.

Everything is tied up to the food we eat, Alma told us. What's more, she told us why certain foods were wrong for us and what we should be eating. Most importantly, Bill Kilbride got his morning cereals sorted out - although Alma had a bit of a problem understanding what "pourrige" was. We all explained to Alma it was a bit like pap.

What thrilled our sergeant-at-arms was that Alma proclaimed that red wine "came from up there - in fact from heaven - from the Big Man Himself. Don't drink gallons of water", she said, "but two glasses of red wine when you are thirsty." David has always said this and has now found the reason to replace the kitchen geyser with a large keg from Stellenbosch.

Allan Walker, who doesn't drink, said Alma Torien was one of the best speakers we have had for months. Authoritative, informative and highly knowledgeable. All were agreed and Alma has been invited back as soon as possible to give us the same kind of "straight from the shoulder talk" on vitamins, minerals and trace elements.

I have booked ahead. Thank you, Mick and Anne, for sharing Alma with us.

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie.
Jim Davis

April Birthdays

Shona Smith	1
Allan Walker	11
Ria Gibb	11
Dagmar Sutherland	12
Gillian Renkema	18
Sylvia Heath	21
Loes Schuchard	22
Alison Bull	25



Diet Quotes

Don't dig your grave with your own knife and fork. ~English Proverb

Your stomach shouldn't be a waist basket. ~Author Unknown

A diet is the penalty we pay for exceeding the feed limit. ~Author Unknown

More die in the United States of too much food than of too little. ~John Kenneth Galbraith, The Affluent Society

The cardiologist's diet: If it tastes good, spit it out. ~Author Unknown

One should eat to live, not live to eat. ~Cicero, Rhetoricorum LV

Inside some of us is a thin person struggling to get out, but they can usually be sedated with a few pieces of chocolate cake. ~Author Unknown

When friends tell you how awesome you look, drop the "I still have more to go" crap. You worked hard and you deserve the compliment!
~Jillian Michaels

Programme - April's Speakers and Schedule

- 17th - Lionel Human - The Hout Bay Festival - chairman of the Hout Bay Festival, which will take place from Dec 14-17. Lionel is also chairman of the Kronendal Music Academy. He has a business in executive recruitment. He will outline the activities which will take place and tell us something of the other people in his team.
- 24th - TBC

MEALS AND ATTENDANCE

Please would all members advise Attendance Officer Mick Feuilherade prior to the Tuesday meeting if you will not be attending or not dining or bringing your partner or guests by 5:15pm on Monday at the very latest, Mick's details are:- email: annmick@webafrica.org.za - Cell: 082 550 1654

Events and Rotary in Action


Classics in the Bay

Sunday, April 22
3.30pm

Kronendal Primary School
Hout Bay

Cape Philharmonic Youth
Orchestra
and
Wind Ensemble

Sponsored by

Rotary Club of Hout Bay and
Kronendal Music Academy

Tickets at the door R50
Music-loving children R20

CAPE PHILHARMONIC Youth ORCHESTRA

**WHEELCHAIR REPORT**

Lyn and I delivered a wheelchair to the 24 year old girl Loren Abrahams.

She is mentally disabled due to contracting meningitis as a baby,.

Her mother who lived in the fishing village in Hout Bay passed away a few years back. Loren can neither walk or talk. Loren now lives with an Aunt Sanet.

Regards
Butch

WHY ROTARY?

Chrysula Winegar is community manager for the United Nations Foundation's Million Moms Challenge and a former Rotary Youth Exchange student to South Africa. When I was 17 years old, Rotary International gave me the opportunity to live in South Africa for 12 months.

My parents and brothers worked seven jobs to pay my way. That year changed everything about my life's path and shaped my world view. It has impacted every major decision I've made since.

Many decades ago, Rotarians began creating these Rotary Youth Exchanges to foster global understanding and respect. A young girl or boy from an average family could spend a year in foreign lands, while in the safe arms of local families who created a framework for exploration.

I observed the last hurrahs of apartheid. We lived under a state of emergency with intense military presence including soldiers on our school buses carrying automatic weapons. The media was under total censorship. But even then, in the pre-internet world, ways were found to share truths.

Much of it didn't make sense to me then. But I took it all in. Twenty-five years later, as a mother, I unlock these observations with a different perspective. My youth exchange experience is a lens through which I examine life's challenges, thanks to Rotary, and my families both here and there.



Around the time I went on my youth exchange, Rotary International was embarking upon its campaign to eradicate polio. I vividly remember those beginnings. I saw the ravages of the disease up close.

We are "this close" to ending polio because people like you created a culture of global thinking for people like me. We are "this close" because you have never given up. We are "this close" because your hearts are big and you were willing to take a multi-generational position. You knew it wouldn't be solved in 5 years or even 10. You knew it would take a truly long view.

And all the while you sent young girls and boys out into the world so we could learn, engage, and be passionate about people from everywhere. It is true, Africa takes a piece of your heart and claims it for her own. It's been 25 years since I breathed African air. I long to return. But I don't need to be there to love that great continent or her many peoples; and to work with them for a better future.

Chrysula Winegar is a mother, social media consultant and work life advocate. She is passionate about mothers and their capacity to change the world. She blogs at WORK. LIFE. BALANCE. and When You Wake Up A Mother as well as a regular contributor for MomsRising.org, the Huffington Post and BlogHer. She is also community manager for the United Nations Foundation's Million Moms Challenge.



The Rotary Club of Claremont
District 9350



You are cordially invited to attend the
Induction Dinner
of
President Suzanne Himely
which will be held at
Kelvin Grove Club, Campground Road
Newlands
on
Tuesday 12 June 2012
19H00 for 19H30

Dress
Men : Black Tie or Lounge Suit - Ladies : Smart
Rotary Regalia

Cost : R100 per Person

Meals : Please Advise Dietary Preference

★ **RSVP by e-mail to Lester Cameron**
camles@telkomsa.net

www.rotary-claremont.co.za



THE ROTARY CLUB OF KIRSTENBOSCH

cordially invites you to attend

the **Induction Champagne Breakfast**

for **Incoming President, Bob Harvey**

Date: Saturday, 12th May 2012

Time: 09h30 for 10h00

Venue: "Charlie's Hope", Rustenburg High School for Girls
Campground Road, Rondebosch

Dress: Smart/Casual

Cost: R100 per head, payable upon arrival

RSVP: mjc@mweb.co.za no later than **30 April**

Kindly let us know if you have any special dietary preferences



DIET SODA

Two blondes decided to share a can of diet soda. One blonde opened the can, poured half the contents into her own glass, and the other half into her friend's glass. Before throwing the can away, she stopped to read the nutritional information on the side.

"Wow, there's only one calorie per can," she commented.

"Hmmm," replied her friend,
"I wonder which glass has the calorie!"

