

Rotary Club of Hout Bay



Bay Breezes

1st Sept 2013



ROTARY INTERNATIONAL®
THE ROTARY FOUNDATION®

MEETING LAST TUESDAY

Last Tuesday evening we had as our guest, the lovely Elaine Maloney and her husband Chris. With Pres John away I joined them at the top table and asked Elaine them both to say a few words of introduction about themselves and the Angel Starfish project in Imizamu Yethu which they founded in 2005.

I know that we, as a Club have helped the project in a small way. We don't have all the funds we would like or indeed the available Rotarians to undertake the work needed or we would be more actively involved in this and other projects such as this. But we were delighted to have Elaine and Chris as guests.

As David Heath described it, Elaine's "spot" turned into a "puddle" which turned into a "lake". But Elaine could have gone on until the cows came home and we would have listened with rapt attention. To put it as succinctly as I can, Elaine and Chris are head teachers in the UK. They come from a small village endearingly called Crank but all those years ago came to Cape Town to attend a conference at the CTICC.

In the time that they were here they witnessed the deprivation in the townships and in particular in IY.

Now, most people [even the best intentioned and kind people] just keep those difficult experiences and sights as a memory. Not Elaine and Chris.

On their return to the UK they set up a fund and charitable organisation which they called Angel Starfish. For those who don't know, this is a daily refuge for the very young and possibly somewhat along the lines of the Little Angels project in Hangberg which we have recently been supporting.

Elaine and Chris started by educating the local educators and others in their neighbourhood in the UK as to the deprivations here. With monthly donations coming in they were able to set up this wonderful charity ALL of the donations to which are put directly into the project. And this has grown now with more

involvement abroad and more donations, all to help on the ground here in our little part of the world. Angel Starfish now looks after the welfare of 110 children.

They are working with Ashley Newell of All Out Africa, our own Volunteer Rotarian here in Hout Bay and clearly we must keep in touch with Elaine and Chris and help where we can.

Go to

<http://www.angelstarfishproject.com/>

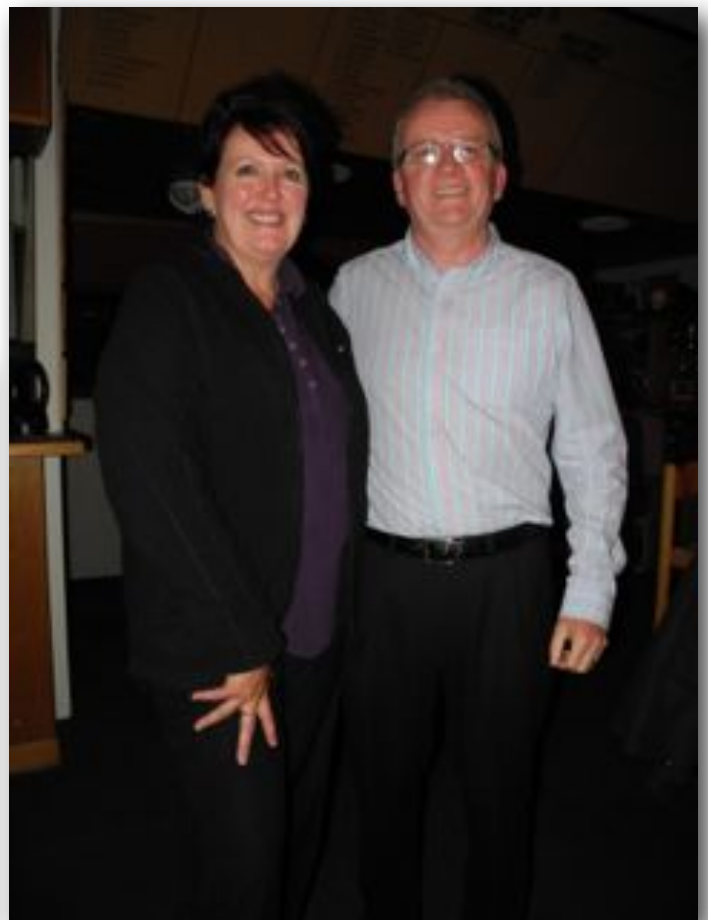
to learn more

I just have one question in my mind. Why aren't Elaine and Chris Rotarians? We really need people like them in our organisation. Committed not just in mind but in action. We have a symbiotic relationship.

After Elaine's "spot" Alison did her thing with the Quiz.

Our individual teams of four, again in the unseemly squabble for points in order to win a mini box of Smarties. Of course yours truly and his team would have won except for the very unfair round of questions on ancient South African TV advertisements. Only one team stood a chance of winning that [Athol Rice!]. I harbour no grudge.....much.

Great fun. Thanks for that Ali.



It was interesting to receive Don Peters' contribution in respect of Charity Donations [below] which came quite separate to Chris Maloney's talk on Tuesday when he made clear that ALL of the money donated to Angel Starfish goes to the charity proper. please see Don's article below.

Charities are not businesses - Don Peters

As members of Rotary International we can be proud of our organisations's ethics in respect of donations from the public for causes we champion.

Christopher Hope a senior political correspondent of the Telegraph has written an article on the pay packages of charity chiefs in the UK.

'The leaders of some of the biggest charities risk bringing, "the wider charitable world into disrepute" by taking large pay rises while donations are falling. The number of executives receiving six figure salaries at Britain's 14 leading foreign aid charities has risen by nearly sixty percent, from 19 to 30 over the past three years. Eleven of the executives were paid more than the UK Prime Minister's GBP 142,500 a year annual salary. Charities were risking their reputation if they were not seen to get a grip on Boardroom excess. Here are some charities top paid executives- amounts in GBPounds so you can imagine the value in Rands, lets say today by 16 times !!

National Trust CEO	219 999
British Red Cross CEO	184 000
Save the Children CEO	163 000
Christian Aid CEO	126 072
Oxfam CEO	123 729
WWF CEO	140 000
NSPCC CEO	170 000

Charitable funds are meant to be used for charitable purposes - not for personal benefit. These are charities not businesses. The above figures deal only with the CEO bracket, each of the charities have substantial staff to consider as well. The major task for the CEO is fund raising, yes for the charity.

La Cr merie

We should all know Suzanne Himely of Claremont RC. We have raided her club and she has graced us with her presence on more than one occasion. She is the Past President of Claremont Rotary and current Assistant Governor. Having lost her long time partner just recently Suzanne has really thrown herself into work and quite apart from her responsibilities at Rotary she has, as many of you know, been selling cheeses and dairy products at the Biscuit Mill on Saturday mornings. Her business has now expanded to opening an outlet on the 1st Floor at Gardens Shopping Centre. The business is called "La Cr merie". As those of you who have visited Suzanne at The Biscuit Mill will know, she has the best cheeses by far.

Following is a short article from Suzanne.

Dear French Market Shoppers,

This week has flown by in my new shop, La Cr merie. It has been great with so many of you coming to say hello. Its amazing how many people needed a "Cheese fix" I felt as if I have been depriving you of your favourite tastes. Now I am based here for at least 3 years so you don't need to worry about cheese withdrawal symptoms .

My challenge is getting used to getting up early every day, the first time the alarm went off I could not work out what the horrible noise was. Anyway I will slowly get into my new routine.

The best thing with having the shop is that I can bring in lots of interesting cheeses. Today I felt like it was Christmas when I unpacked my newest stock. I have some Crottin de Chavignol, baby munster and 2 boxes of a very special cheese - epoisses washed with Chablis. In addition I have a good stock of all my other favourites.

I have received a small quantity of Merguez, the special lamb sausage. If you want some please contract me as stock is limited.

On the pate side I now have Pheasant with Armagnac, Wild Boar

with cognac, pure goose liver mousse, country pork and tomato terrine and rilletes de canard to mention just a few. In addition I have Rosette de Lyon, Saucisson sec with herbs or hazelnuts.

At my shop I also have plenty of other French food products such as the condiments, marrons, sauces, confit de canard to name a few.

My recipe this week is very simple and delicate. I had some artichokes in the fridge , I combined these with fresh cream and a lemon from my garden, to make a delicious sauce for chicken breast. Its so easy to make and very delicate. See attached recipe.

After 7 years of running the French Market stand at the Old Biscuit Mill I have decided to close the stand at the end of August and concentrate on my new shop. Its so much easier to park here and I am open every day. We will be open there on this Saturday 24th and 31st. My sincere thanks go to my helper Richard who has been looking after the stall over the last few months.

I look forward to seeing you soon at La Cr merie, upper level near Clicks, the Gardens shopping Centre

Best Regards
Suzanne

The French Market
La Cr merie,
The French Market Shop @The Gardens Shopping Centre
open Mon-Fri 9am-7pm, Sat 9am-5pm, Sun 9am-2pm
Market day:
Saturdays 24th and 31st August

9am - 2pm
The Neighbourgoods Market, Old Biscuit Mill, 375 Albert Road,
Woodstock

Operation Medical Hope - the final episode?- *I think not*

Operation Medical Hope - *update by Patrick McLaughlin*

The last of the medical equipment goes in.....

After a major round of discussions between myself, suppliers and the nursing staff under Sister Babs at Main Road Clinic, known as Coolamon House, the final equipment needed to conclude our matching grant with Rotary Club of Coolamon for buildings and medical equipment will be concluded.

On order now from Italy is a wall “stand-alone” defibrillator, the kind of life saving equipment you see in movies with electrical pads to resuscitate patients in distress particularly TB cases (we will tell you when the first life is saved!), sterilizers, baby scales and plenty of ante-natal equipment which is so important with HIV mothers and the infected child. This will include a Doppler foetal digital display and a basic set up of 7 gowns, 7 speculums and foetal stethoscopes for the seven nurses/sisters (would you believe they have none). The final piece of equipment will be a good old-fashioned tumble-drier, making Margaret’s life so much better who handles all the couch sheets, nappies, towels and various garments and will see the end of washing lines in bad weather.

At a cost of R50,000, this sees the conclusion of phase two of Operation Medical Hope which thanks to RC Coolamon mainly in Australia and also RC Tokyo, plus contributions from Rainer Jahn, RC Luton Chiltern and of course the club’s own contribution of R40,000 as “match” to RC Coolamon and R12,000 “match” to RC Tokyo, ending what was originally a controversial but, in the end, a highly successful project. I will finalise, after three years, all issues with Rotary Foundation in a few weeks, knowing that funds in our Operation Medical Hope more recently received into our “war chest” for phase three have not been touched.

The total cost was around R800,000. Much of this raised by John Glassford and Rotary Club of Coolamon with a public lottery in New South Wales, climbing Mount Kilimanjaro and then later

climbing the Mountains of the Moon in Uganda. When this is all over John and I need to tell the story with a book. I have included a picture of John Glassford getting his Paul Harris award from Hout Bay past president Peter Johnson. John has just written from Coolamon wishing us his club’s continuing support. A wonderful letter to us all.

The first work on phase three of Operation Medical Hope has now started, the feeding of HIV positive and AIDS vulnerable families in both Hangberg and Imizamo Yethu with Rotary Comfort Packs. This is the field work to follow what we have done with the clinic.

We all know that ARV therapy will not be successful if the immune system has collapsed through malnourishment and the same applies to TB. Certain families or households supporting such AIDS patients or those really poor, who are HIV positive, will receive a monthly nutritional pack on a “prescribed” basis by a sister or doctor and reached through the Isibindi feeding programme, run by the wonderful ladies of that team from James House. Keith and Alison Bull, John Glassford and the Nice Rice pair will remember that wonderful day when we all went with the feeding teams to IY with the Australians. At last we have reached the stage, now the equipment is finalised, when we can start this.

Carrie Smith from Kendon Medical and I are now investigating the production of plastic returnable boxes (you get another when you return the old) with the Rotary symbol as a “comfort pack” and we are dealing with Shawco and Liz Huckle on Hout Bay Health Forum to establish the nutritional contents and basic medical needs built around a staple food called “e-pap”. We shall work through Simon at Spar on ordering supply and packing.

This is the real thing starting.... again pioneering in the fight against HIV/AIDS where Rotary Club of Hout Bay has always led.

On we go....

AND FROM OUR GOOD FRIEND AT COOLAMON - JOHN GLASSFORD

G ' day Patrick
Good on you mate!
On behalf of our club and all our members congratulations.

What can I say old mate you have gone beyond service above self and we all thank you for that.

I love the final paragraph and we will keep on the road together.

The comfort box, good one, maybe you can do something like we did with the ORK (Orphan Rescue Kit) give one box to the DG or DGE and ask them to take it around to all the clubs. We also have a donation trail on our web site which looks like this:

The ORK.com

When you open the site you will see some icons below the heading such as a mossie net place your cursor over the item and see where it takes you.

Our next adventure is not until 2015 April Mount Kenya so let us know what you are looking for in these comfort boxes how many are required how much etc etc and I will do my best this end. Also photos of the beneficiaries in Imizamo Yethu and any promotional material and I will get them up on our web sites and send them to our DG.

Even though I am now working on the rhino and elephant with RAGES, once that is up and running, I can then do both. We will not let you down Hout Bay and some of us will be there in May 2015!

Yours in Rotary
John Glassford
Foundation Director
Past President 08/09
Rotary Club of Coolamon District 9700
New South Wales, Australia

QUOTES - Just for laughs

A computer once beat me at chess, but it was no match for me at kickboxing.

Emo Philips

Wood burns faster when you have to cut and chop it yourself.

Harrison Ford

The best cure for sea sickness is to sit under a tree.

Spike Milligan

Lawyers believe a man is innocent until proven broke.

Robin Hall

Kill one man and you're a murderer, kill a million and you're a conqueror.

Jean Rostand

Having more money doesn't make you happier. I have 50 million dollars but I'm just as happy as when I had 48 million.

Arnold Schwarzenegger

I was once so poor that I didn't know where my next husband was coming from.

Mae West

We are here on earth to do good upon others, what the others are here for, I have no idea.

WH Auden

I would like to live in Manchester, the transition between Manchester and death would be unnoticeable.

Mark Twain



"Are you sure you're comfortable like that?"



"Can't you help me catch the canary?"