

# Rotary Club of Hout Bay

## Bay Breezes



issue 73. 6th Apr 2014

### INCOMING PRESIDENT : Rtn CHRISTINE PATERSON

It is with huge congratulation [if not relief] that I can announce that we have a new president elect in Christine Paterson. No repeat of last year [or the year previous] leaving it to go down to the wire. This really is good news and we must look forward to a year of positive energy from this, one of our newest members.

As we know, Christine is a past member at Rotary Am Kap with which she keeps strong relations. Rotary Hout Bay remains, and will continue to be, a significant contributor to the well-being of Hout Bay in general and to the poor in particular.

With yours truly, prepared to step in as President Elect as soon as Christine steps into President John's shoes we shall at last, have some continuity. But we shall need another President Elect in July. So the call will go out again.

Good luck Christine. I can assure you that you have the full support of the Club and the Board will be there to assist and guide.



### BUTCH'S BIRTHDAY

Butch turned 70 on 29th March. Something we should have cheered last Tuesday along with Allan's 80th.

Butch and Lyn have very kindly offered to provide cheese and wine following our meeting this Tuesday and in accordance with that it is suggested that this Tuesday's meeting be a ladies/partners evening.

### SPEAKER THIS TUESDAY

Thrive Hout Bay is an organization that unites Hout Bay through environmental awareness events and action projects

Bronwen Lankers-Byrne is the project's coordinator and Founding Director and will be speaking to us this coming Tuesday.

For those interested you can view more information about this project at [www.thrive.org.za](http://www.thrive.org.za)

### LAST TUESDAY

.....was another special evening [partners included] with David Heath at the helm once more as our Sergeant At Arms introducing the many guests gathered for the presentation of our Bursary Students and to lead us all in a particularly vocal [and almost in-tune] rendition of "Happy Birthday" to Allan Walker who turns 80 on 11th April. A little premature but then Allan flew off to the UK the Thursday following, so it was at least in time.

Keith Bull opened the main event of the evening with an overview of the Bursary Scheme pointing out that, so far this year, the total value to all students in the scheme was 1/3rd of a million Rands.

Keith then temporarily passed the baton to his wife Alison, who has prepared a Bursary Scheme brochure [attached with this edition].

Alison went through the main items set out in the brochure, explaining the rules governing acceptance into the scheme and requirements to continue. Certain requirements have changed and these are all clear to be seen once you read the brochure. In essence, the scheme will cost in the region of R350,000 per year with a limit of R30,000 per student per year.

Alison and Keith have put a lot of work into this scheme and this brochure. I stop only just short of demanding that you open the attachment and read the brochure.



So handing back to Keith, the stage was set for the introduction of the bursary students one by one. A particularly daunting prospect for these young people. Facing a sea of grisly old Rotarians [ladies excluded of course] cannot be pleasant. But they all met the challenge with grace and courage, to each tell us a little of their background and their aspirations

### **Yentil Aploon**

Yentil is studying for a degree in Business Retail Management at Peninsula University. She is just starting out on her course but already has her eye on specialising in Events management. Her father died of cancer leaving her mother to bring her up alone. Clearly, Yentil is indebted to her mother and appreciative of the help of Rotary which in turn recognises the assistance of her mentors, Kevin and Pat Whelan who are involved either as mentor or sponsor or both to a great many of our students past and present.



### **Primrose Zulu**

Primrose is studying for a Bachelor degree in Commerce at the University of Western Cape. She was fortunate to acquire a laptop computer from via Hans Kuhn

### **Niphelele Nongawuza**

Niphelele is studying for a Diploma Graphic Design. This is a three year course at Cape Town College. Niphelele is the proud possessor of an Apple Macbook which came to him through a friend of Hans Kuhn who upgraded his computer.



### **Aphendule Sixishe**

Aphendule is a prospective bursary student for 2015 and is presently in grade 12 at Hout Bay High. He certainly gave a spirited presentation for such a young man and there is no doubt that his enthusiasm will carry him far.

*Below is an email from Aphendule which really does show the level of his maturity, kindness and solid thinking. If only the leadership of this country [and many others] could think like this.*

Dear Rotary Club Hout Bay

I would like to say that I am grateful to have been given such a wonderful opportunity to learn more about what leadership qualities I have and how I can groom them.

I learnt about how to deal with my weaknesses and how I can put my strengths forward to make everything work. I learnt to not tolerate but to embrace other people's differences and to value their different opinions. I now know no matter how hard it is and how difficult it gets, there is always a way to overcome the hurdles and conquer whatever obstacles are in the way. I learnt to be a team player, not to be an individual in a group, but a piece of the puzzle to complete the picture.

I made many new friends over the weekend and each of them taught me something about myself. Many thanks.

Kind regards  
Aphendule Sixishe

## ROTARY FAMILY HEALTH DAY

We await a full report from Patrick and Ali [Rice] on the statistical data for the two days of the RFHD, truncated this year by one day as a result of pension day at the hall taking precedence. But there will be an additional day as I understand it to take care specifically of eyesight problems.

I have no doubt that Ali and Patrick will have plenty to say on the event and I look forward to their report for publication shortly.

For those of us on our bottoms, let us not forget that the event, logistically huge by any standards, rolled out across South Africa, did not happen by chance or without great effort and dedication.

I have been copied in on much of the correspondence flowing from District and June Webber plus many others to Ali and Patrick. I am also aware of the number of workshops and meetings they had to attend in order to make this special event possible at all.

We should also thank Am Kap for their input and assistance this year. This was in preparation for them undertaking their own RFHD perhaps next year.

Patrick has emailed me and asked that I put out a thank you to all of the RCHB helpers who mucked in on Thursday and Friday and helped make this possible.

I have to apologise to President John for omitting him from the group photo on Thursday but he was temporarily absent at the time. On a mission no doubt to purchase more drawing paper or crayons for the kids. John was instrumental in the set up and one has to worry seeing the photo of such a venerable gent at the top of a ladder fixing the RFHD sign to a palm tree.

Well, over for another year. Let's see what next year brings and we look forward to hearing of some of the success stories of this year's efforts.

I shall be posting photos on photo bucket shortly. In the meantime here are some samples:





## HOUT BAY VOLUNTEER MEDICAL SERVICES

As the membership knows, we are supporters of HBVEMS which does such vital work in saving lives in Hout Bay. We provided a state-of-the-art defibrillator/monitor not so long ago and have helped with the ever so vital petrol costs. We are due a talk from Matthew Rosenberg on 15th April which I hope will be well attended. Below are photos of the affixing of the Rotary decal on their ambulance as well as the banner to go above the ambulance station.



**ROTARY CLUB  
OF HOUT BAY**  
Supports  
Hout Bay Volunteer EMS

## SPEAKER PROGRAM

- 8TH APRIL**      **BRONWYN "THRIVE"**  
*Bronwen Lankers Byrne. Please see "Speaker this Tuesday" heading.*
- 15TH APRIL**    **HOUT BAY E.M.S. TALK BY MATHEW ROSENBERG**  
*We are big supporters of HBVEMS having donated a state-of the-art defibrilator/heart monitor recently and petrol for their vehicle. Put simply, the bay can't do without them.*
- 22nd APRIL**    **ROY GRAHAM TALKING ON COIN COLLECTION** *(partners evening).*  
*A soaking from Roy's fountain of numismatic knowledge*
- 29th APRIL**    **BRIAN BALDWIN (A PAST DIPLOMAT) TALK ON TRISTAN DE CUHNA AND GOUGH ISLAND.** *I wonder if he knew my brother in law who was a the island's medical officer for a while?*
- 13 MAY**        **JOELLE SEARL LIFE TALK**  
*An insight into the life and times of our newest member.*

## HEADLINES THAT CONTINUE TO APPEAR - Don Peters

With acknowledgement to Barbara Maregele, Xolani Koyana and the Cape Times .

Friday the 28th of March 2014, schools breaking up, children relaxing and free to wander during a weeks holiday and the newspaper has three horrific stories about RAPE.

A man accused of raping 62 children aged 6 to 12 years and identified using DNA analysis.

Murder charge added to rape of a 9 year old girl who was set alight in January and died last week. Lihle Hlanjwa had told relatives that she recognised the man who had raped her and that he had laughed as he set fire to her.

Khayelitsha Commission reports that the Rape Unit is the worst in the Province.

Actually its not just headlines, its become so 'matter of fact' that its story throughout the news papers and only the sensational rape case are reported.

How many more children and women are to be raped ? Will the justice system be altered to inflict harder sentences ? Will there be a public outcry about rape ? Will our Government spend as much money on helping victims as it spends on so many frivolous matters.

Hi Peter

The article in last week's BB about the surplus kit in Afghanistan, reminds me of a situation when I was the Chief Engineer of Ministry of Defence of Sultanate of Oman.....a while ago!

The Sultanate, was undertaking joint military operations with the United States of America - at a time when the war with the Yemen had just finished. The Americans flew into our major airbase at Thumrait bringing all their kit in six huge Lockheed Starlifter aircraft. Everything for 200+ marines rolled out the back of the aircraft.....trucks, supplies, people..the lot! Impressive!

A couple of days later I received an urgent call from the US Commanding Officer demanding I attended (some 100+ kilometres away....and a weekend!). The problem, his beefy GI's who were staying under canvas, were complaining that the water for their showers was too cold.....so Joe Soap had to arrange for immersion heaters in the water tanks! So much for the beef-cake image !

Well, at the end of a day's combat operations, the Omani pilots (all loan service or contract Brits) were allowed 10 mins recreational flying in their Jaguar aircraft. Their favourite pastime was to lock their Jaguars onto 50 feet and buzz the marine's tents. Well at that level the Jaguar really screams. The US troops were not happy!

After a week's exercise it was time for the marines to depart.....in flew the Starlifters, and impressively all the kit just rolled into the back of the aircraft.....and took off. HOWEVER, the six aircraft regrouped, and one after the other, in close formation, they flew over the military quarters at a similar height. There was almost an international incident.....but my chaps had to replace some 2000 broken windows!

*Keith Bull*



#### **From Don Peters – for those intending to run the Two Oceans**

Forget latest trainers and buy plimsolls

Human feet are designed to land on the front part of the foot when running, but modern trainers with cushioned heels make it virtually impossible to do so. Instead, they force the foot to land on the heel, which causes a sharper shock and puts more strain on joints such as the knee. We should be encouraged to wear shoes with thin, flexible soles such as plimsolls to help develop a natural “barefoot” running style. There is evidence to suggest that the foot is structured to be able to cope with the forces of running on the midfoot or barefoot. Barefoot running has become popular because studies have shown that humans are built to run long distances, absorbing the impact on the front foot.

Of course as Rotarians we will draw a line, we are subjected sadly to jeans but let us keep the plimsolls for home and recreation use. Thanks to Nick Collins, Science correspondent for the Daily Telegraph for parts of his story.