

Rotary Club of Hout Bay



Bay Breezes



Issue 65. 9th Feb 2014

LAST TUESDAY

Saw David Heath in full flow again as our Sergeant At Arms.

For those not entirely familiar with Rotary Club of Hout Bay Procedure, the SAR is effectively the Master of Ceremonies and performs many of the functions that on a meeting by meeting basis, are usually carried out by the President.

Some say that we love David's sense of humour and deft touch with the public so much that we demand he do all of this every week. Some may say that we can't get him off the podium anyway.

Either way, the result is a fun packed guide through the delights of the evening and this last Tuesday was a particular delight with young Nicky Lloyd presenting on behalf of Ikhaya le Themba, the project of which she is Director. However, before we get to that we have to make mention of the "spots" and other matters taking place before the main event.

David introduced Ashley Newell of All Out Africa who, as a Hout Bay Rotary Club Volunteer, is a regular guest and the one who quite some time ago, enlightened us to the existence, and needs, of Ikhaya le Themba and brought Nicky Lloyd along to give us some in-depth learning.

John Connor from the Rotary Club of Chester was present once more and was welcomed handsomely as was Julie Searle, a repeat visitor who, with some expectation may join our ranks.

Also welcomed were President John's daughter, Joanne Roelofz who has been down for a family/business visit from JHB.

We had guests from Belgium in the delightful shape of Arlette Pylyser together with John Wilson who is a member at Roodeport Rotary Club. They attended with Jaby from Ostend who exchanged banners. [see photos later in this edition]

The Ostend Club is the oldest outside of the USA and has 45 members. Jaby told us that for the past 11 years their main project has been helping terminally ill cancer patients as well as assisting an orphanage and school for dependents of sailors and their families.

With "spots" open to the floor John Connor, our guest from Chester, stepped in with a Liverpool / Everton joke which I won't go into here. The winning protagonist of the joke though was of course Everton.

Keith Bull stood to inform the club that we are now sending two more students to University under our bursary scheme. This is a particularly difficult time emotionally for the students but in practical terms they have to have laptops, bedding and blankets. **Does anyone have a functional laptop? Maybe three or four years old max or just running well with up to date O/S. it would really help.**

Ashley Newell [Volunteer Rotarian and working with All Out Africa] took a "spot" to remind us that there is a meeting of the Imizamu Yethu Health Forum strategy group Thursday NEXT WEEK. Hans Kuhn has already said he would be there but the more the better. This institution is the driving force behind the Clinic and much more.

Ashley then informed us that she was taking on a second job over and above her All Out Africa work. She is joining an NGO called Ikasico which has been set up by Jason Roberts, the IY Restaurateur who spoke to us a while back. The organisation is taking 12 young men from the township under its wings to teach them leadership skills.

Ashley then was asked to introduce the speaker for the evening, Nicky Lloyd who heads up the Ikhaya le Themba project in Imizamu Yethu.

Ashley has been involved with Ikhaya le Themba for some time now in her capacity here heading up the All out Africa program. She and Nicky are clearly good friends and Ashley told us how impressed she is with the loyalty and respect shown by the staff toward Nicky.

SPEAKER - NICKY LLOYD - IKHAYA LE THEMBA

With a short video presentation to add to the talk, Nicky took us through the programs run at this incredible organisation where she has been Director for the past 2 years.

Ikhaya le Themba means “home of hope” and operates with a staff of eleven [mostly from the community] in the heart of the informal settlement to give faith based holistic care to the orphans and vulnerable children after school. They also home visit as needed.

The after-school program includes literacy and mathematics classes which are vital skills to progress through school. Many would fall hopelessly behind without this help which is set up to be fun and friendly.

They also work closely with parents who often are suffering from a crisis of dignity. Not being able to find work to support your family is demoralising and damaging. Ikhaya le Themba staff give classes to train these parents and the project has developed a networking system in the area making it easier in many cases to find work. As Nicky reminded us, it is so much easier to find work at a company or institution when someone within that company or institution knows you and can vouch for you.

Nicky took a moment to thank us for the towels, curtains, dressing gowns and other items which were delivered courtesy of Don Peters' initiative with Radisson Hotels.

It costs something in the order of R90,000 per month to run Ikhaya le Themba and provide the support needed. RC Hout Bay has helped in the past with feeding and kitchen utensils. More is always needed and I know that we shall be looking at assisting on a more regular basis if we can.

For those who might wish to donate and help Nicky details and further information can be found at the website below

www.ikhayailethemba.co.org



THIS TUESDAY

We have our own Rainer Jahn speaking on living in Australia for nine years.

We also have the Rotary Club of Am Kap raiding us so a good turnout is a must.

And as I usually request on occasions such as this, no tantrums, shoe throwing and food fights please.

UPCOMING

ADG Mike Schaschat is giving us a talk on his recent trip to Finland with a group of Exchange students. I don't know how many of us have been fortunate enough to visit this part of the world but if you haven't been able to experience the miraculous vistas and stunning countryside Mike's slideshow will give you a taste.

ARGUS CYCLE TOUR

All available members needed

9th March

ROTARY FAMILY HEALTH DAY

Same as above. All hands to the wheel

3rd and 4th April

MICK FEUILHERADE MEMORIAL GOLF DAY

Can I remind all members that we need now to fill the Four-ball slots. Register now.

11th April

Also we need sponsorship and prizes urgently

TWO OCEANS ULTRA MARATHON

Terry not going to be here this year for this so Don Peters will be taking over. Has he told Marilyn that we are all coming back to his place after?

19th April

HIKEFOR Event

Sunday, Feb 16th, 08.00h for 08.30h

(we want to go early to avoid the midday heat)

Meet at the parking area of the Silvermine Dam at 08.00h

Bring your Wild Card, Green Card if you have

There will be 2 hiking variations again: **The flatfooters** will circle the dam and enjoy themselves in the cool forest. The leader will be Anton.

The **mountaineers** will go up via Noordhoek Ridge to Noordhoek Peak (see description and pictures below). Leader is Colin.

Walking time 2 hrs including 1/2 h rest at the viewpoints. We walk from 450m above sea level to 800m.

After the hike we will have fellowship, swimming and a good braai at the dam. **Bring your swimsuits!** You need to bring along only your braaivleis, food, drinks, glasses and some camping chairs. HIKEFOR provides braai hout, charcoal, firelighter and braai grids.

We need two people who stay behind to reserve the braai places from the outset. They will be rewarded by not having to walk or hike and still get braaivleis.

Please confirm participation with me and Adele (adele@walkermare.com). Thank you.

There will be an e-mail at short notice if the weather is unfriendly to the extent that we cannot hike.

Pick n Pay Argus Cycle Tour 2014

Affectionately know as “the Argus” and the “Rotary cycle tour” but probably to most of us in Hout Bay Rotary its just the “Argus”.

This year 2014 will be the 28th time I have helped to organise the marshal activity for Hout Bay Rotary. Why does Hout Bay Rotary help ? Who do we help ? and How do we help ? all questions I am sure you can answer.

The word monotonous – lacking in variety, tedious through sameness, boring and tiresome; so each year seeking expressions of encouragement for the members of Club who are going to volunteer yet again to marshal have to be found.

On Wednesday evening at an Argus briefing a representative of the Cycle Trust, a member of Claremont Club and an old friend actually of our Club, PP Paul de Groot was given an opportunity to say thank you for other Clubs assistance. Paul did give us what I earlier referred to as expressions of encouragement and I will share them now with you all.

The Cycle Tour this year will have 35 000 riders, 7500 of those riders are part of the ‘Charity Bonds’ scheme the Cycle Trust created and these riders are representing 113 individual charities. In simple terms, the charities approach the Trust and “buy” entrance for their selected number of riders. The estimates are that each of these ‘charity riders’ will raise R3000 so charities will benefit to the tune of R22.5 million. All that money going directly to the charities concerned with no percentages being left behind for the Trust or anyone else. Of course there are also riders sponsored by friends, businesses, etc for named charities at so many rand a KM completed, I am not going to guess on a total.

But in addition to this R22.5 million the Cycle Trust will generate approx. R6 million which is divided 50/50 between Claremont Rotary and Pedal Power. As we are aware the Claremont Club generously pay out an extra ‘bonus’ to those clubs that have assisted and this is in addition to the ‘earnings’ our Club makes per head for marshalling.

I will not dwell on the historic values our Club has gained over the 28 years of participation by our Club, it has been substantial and without any doubt the ‘Argus’ earnings have been significant. The figures above makes us realise the value of the ‘Argus’ to so many charities and it gives each of us an opportunity to ‘sell’ the event to any critic who is supposedly inconvenienced for a few hours once a year.

President John and indeed all previous Presidents of Hout Bay Rotary have, do and will recognise your contribution as a member of the Club and that wonderful band of friends and relatives who add to our number on that one special day for the ‘ARGUS’, thank you for your participation.



“WHEELCHAIR BUTCH” STRIKES AGAIN

We delivered a wheelchair to Marilia Bartlett in



Hangburg on Friday this week She has severe Rheumatoid Arthritis as well as severe Ostia Arthritis .



We delivered a second wheelchair to Benjamin Peers of Hangberg. He is 72 years old and had his one leg amputated two weeks ago caused through sugar diabetes.

Regards
Butch

Opposite is a photo taken at last year’s Rotary Family Health Day in IY.

Patrick and Ali Rice are hoping that we shall have the same great experience this year with all the help we had from members. Don’t forget the dates. 3rd and 4th April. keep them free.



ATT: MR. DONALD PETERS

The Centre (through its partnership of 5 NGO's) assist approximately 500 – 600 clients on a monthly basis – and we accommodate approximately 30 women and 50 children who live in our Shelter for a period of 4 – 5 months and then 2 years in second stage.

We thank you once again for your kind donation and for keeping the Centre in mind as one of your beneficiaries.

Kind Records

Dear Mr. Peters,

RE: DONATION RECEIVED

We would like to extend a big thank you to the Rotary Club, Hout Bay for the generous donation of curtains.

We confirm that the ~~George Burdette~~ Centre for Women and Children received the notification from the St. Andrews church and the Radisson on ~~22 January 2014~~. The curtains will be used predominantly within the residential ~~programme~~ (shelter) where the beneficiaries are 98% black. The term Black refers to African, ~~Coloured~~ and Indian South African citizens as per the DCC notes.

We really appreciate your thinking of us.

As I am sure you are aware the women and children seeking refuge at our Centre and Shelter often flee here with just the clothes on their back and we try to meet their every need by providing them with clothes, toiletries, stationery (for school children) and food – Not to mention safe accommodation, skills training, legal intervention and counselling services.

Har. F. 8121 (G. L. Baker, Esq., No. 814, 121 HPD)

[illegible]

VIOLENCE ENDS HERE ● ONE STOP



E-mail of Wangsunwei: G.Wangsunwei@bnuhsp.com.cn; L.Chen@bnuhsp.com.cn; J.Feng@bnuhsp.com.cn;
 H.Hu@bnuhsp.com.cn; Z.Wang@bnuhsp.com.cn; H.Zhang@bnuhsp.com.cn; Y.Fan@bnuhsp.com.cn; H.Zhang@bnuhsp.com.cn;
 J.Chen@bnuhsp.com.cn.

VIOLENCE ENDS HERE ● ONE STOP

FROM OUR MATE DOWNUNDER

G ' day

Some of you who know me will understand that I use the Internet a fair bit to get a message over. I urge you all to look at this video which will help you understand what we have to do. It is a long video I know however it will help with the understanding. More importantly any ideas on how we can support this work being done by this very brave and very strong woman? It is usually the women who are the bravest watch it to the end you will not be disappointed.

<http://youtu.be/ijKR18MZ2NA>

I have also posted it to our RAGES Web Site along with a few other stories and videos lately.

Please get back to me with any ideas and thank you.

Yours in Rotary
John Glassford
Chair 2013 -2014
Proposed RAG for Endangered Species
Rotary Club of Coolamon District 9700
New South Wales, Australia

Dear Rotarians, New Rotarians, Rotaractors, Early Act and Interact Teachers, Interact presidents and all interested in youth development

YOU ARE INVITED TO :-

ROTARY DISTRICT 9350 QUARTERLY YOUTH SERVICES WORKSHOP: SAT 15TH FEBRUARY

WHEN : Saturday 15 February,

TIME : 8.00 till 12.00

WHERE: Settlers High School, Bellville – see easy directions below

This workshop is for YOU if you are:

- Ø A Rotarian responsible for Youth Services in your club and wanting to find out more about youth projects & programmes
- Ø A new Rotarian wanting to learn more about how the many Rotary Youth Services programmes work
- Ø A teacher responsible for either Early Act (Primary schools) or Interact (High schools)
- Ø An Interact President / or Interact Committee member
- Ø A prospective youth exchange student/; or prospective host family
- Ø Keen to help improve education & literacy in local communities - through helping set up Nal'ibali Reading clubs
- Ø Intrigued to hear about new research which has established that a child's brain develops almost 85% in the first 1000 days of life – come and find out how you or your Early Act or Interact club can get involved in the new EMBRACE programme to support parents and young babies in their first 1000 days of life – their first two years.

WORKSHOP PROGRAMME:-

8.00 – 8.15: Registration, refreshments and networking

8.15 – 10.15: Plenary session: -

- Welcome and brief overview of all Rotary Youth Service Programmes
- MAIN FOCUS: Project work for Youth Services project work through Early Act, Interact and Rotaract Clubs
- The WHY, WHAT and HOW of Youth Services project work
- Introduction to the new “EMBRACE” project and how your school /Rotary clubs can get involved in this project
- How to set up Nal'ibali reading clubs & introduction to the new Nal'ibali mentors and the resources available
- Presentation by two Interact clubs on their most effective projects

10.15 – 10.40 Tea

10.40 – 11.20: Breakaway sessions

- Ø Early Act – Sharing ideas on how Rotary clubs & Schools can help strengthen & consolidate our Early Act clubs
- Ø Interact clubs –sharing ideas on how to grow our Interact clubs and make them more effective
- Ø Establishing Nal'ibali literacy reading clubs in your community, school or surrounding crèches
- Ø Rotary Opportunities for High School Students: International Youth Exchange; Adventure into Citizenship; RYLA camps

11.20 – 12.00

Plenary session :

- Brief report back from breakaway sessions
- Communication, Networking & Data base
- Public relations: Your input requested into our quarterly Youth Services Newsletter & our planned Youth Services Video
- 2014 Diary of Rotary Youth Services activities ; dates and venues for second and third term YS workshops

We look forward to sharing ideas with you at this Youth Services workshop. RSVP: Please confirm your attendance by email to Rotary9350youth@gmail.com by 13th February or phone District Youth Services chairman, Geraldine on 082 857 7044.

Directions to Settlers High School

- Ø Take the N1 from Cape Town / Khayelitsha/ Northern Suburbs
- Ø Take Exit 20 off the N1 (signposted as both Jip De Jager and Mike Pienaar Road.)
 - Coming from Cape Town take Exit 20 and turn RIGHT into Mike Pienaar Road, crossing over the N1 towards Bellville
 - Coming from Helderberg/ Boland/ Paarl, take Exit 20 and turn LEFT off N1 into Mike Pienaar Road
- Pass Karl Bremer Hospital on your right
- Cross over Frans Cronradie road
- Ø Immediately after passing tennis courts on your right, turn right into Oosterzee Road,
- Ø See gates to Settlers High ; Park inside and come into Settlers High School Hall for workshop- see Rotary signs outside
- Ø For detailed map follow link to Settlers High : <https://maps.google.co.za/maps?ie=UTF-8&q=The+Settlers+High+School&fb=1&gl=za&hq=settlers+high+school&cid=15718574153271959418&ei=p3nrUvmGKM2EhQeT-YCoCw&ved=0CIYBEPwSMAo>

We do hope you will join us on Saturday 15 February.

Yours in Rotary

Geraldine

Geraldine Nicol

Rotary District 9350 Youth Services Chairman

See below the link to a page scan which Keith Bull sent in. A kind reference by Hout Bay Volunteer Emergency Medical Services to our donation of the defibrillator.

<https://www.facebook.com/hbvems/photos/pcb.797338483613080/797338250279770/?type=1>

LIVES REMEMBERED - Don Peters

Recently we have been reminded about certain anniversaries, some we need to remember, some perhaps not that important and some because we are reminded. Is it not a very personal matter, is there really a need for everyone to be reminded. Yes, there are those special anniversaries, Christmas comes to mind as does Easter, but then I am a Christian but I note that other religions have their anniversaries.

What we are reminded more frequently, and sad as it is, are obituaries, lives remembered. In late 2013 Brian Sollitt passed on, he was a couple of years short of a member of our clubs' recent birthday. I suppose the question must be asked do we take more interest in the anniversaries of those who have passed on to higher service ?

Brian Sollitt was the inventor of the 'After Eight Mint', that paper thin chocolate square in a paper sleeve that changed the way aspirational middle classes rounded off their dinner parties. It was Brian's greatest triumph when the After Eight Mint was launched in 1962. The After Eight Mint made people feel 'expensive', pampered and gay. The mints sell in their billions to some 50 countries.

Good reason to remember Brian Sollitt's anniversary; just wondered if he was a Rotarian and whether anniversaries were that important to him, after all receiving a box of After Eight Mints on his birthday

A challenge for our Rotary members, those over retirement age, perhaps to enjoy in BB ?
Best.

Neville (Morris)

This is a real . . .

**** MOVING PUZZLE ****

If you can put this puzzle together, Alzheimer's will not be on your radar !

As we older people become increasingly concerned with Alzheimer's disease, this puzzle may help dispel some apprehension.

It's relatively easy to put together if you are not affected by the disease, but impossible to do for someone who is.

Give it a try. Just remember, if you can put this puzzle together, your radar screen will have not a single "blip". Really neat !

CLICK BELOW:

<http://www.brl.ntt.co.jp/people/hara/fly.swf>

AND FROM HBVEMS - THEIR NEWSLETTER

please note that I can't attach their newsletter as it exceeds something like 5gb of space. but you can access it from the link at the end of this message

Dear all

I hope you've all enjoyed a good start to 2014!

Please find attached the latest Newsletter for Hout Bay Volunteer Emergency Medical Service. This newsletter highlights the busy festive season over December and January.

We aim for this to be a monthly newsletter to showcase some of the work that the service does and to highlight interesting calls / events we have dealt with as well as some information from lectures held at the monthly meetings.

Please feel free to share this newsletter with everyone, and if anyone else would like to receive a copy they can email me to be added to the mailing list. Comments, criticisms and suggestions are also most welcome.

Like our Facebook Page to stay up to date with the latest developments in the service and help us to grow the support that allows us to keep serving the community.

Be sure to see our YouTube channel for some great videos of our crews in action!

Thank you to all of our supporters for your generosity! We could not do the work we do without your support. If you or anyone you know would like to support the service by making a monthly debit order, our bank details are in the newsletter.

Thanks

Kind regards

Matthew Rosenberg

Hout Bay Volunteer EMS
Public Relations & Social Media
www.facebook.com/hbvems
www.houtbayems.org.za

NOW WE KNOW WHAT'S THE BEST CURE FOR A HANGOVER – GETTING OLDER.

Thanks to Max Davidson, Telegraph, Oct 2013

There are not many compensations for ageing, but one has been unearthed by Danish researchers that will bring a glow to the cheeks of oenophiles of certain age.

In a study of 50,000 adults published in the journal, Alcoholism: Clinical and experimental research, the Danes found that both men and women report markedly fewer hangover symptoms as they get older. In plain terms, people take their drink much, much better as they get older. They have learnt to act sober, even when they are not.

Learning to handle a hangover with grace is as much part of the education of an English gentleman as learning to ride to hounds or tie a Windsor knot. But the point about the most memorably awful hangovers is that you vow not to repeat them if possible.

There are, praise be, some life skills that only experience can teach.

Cheers.

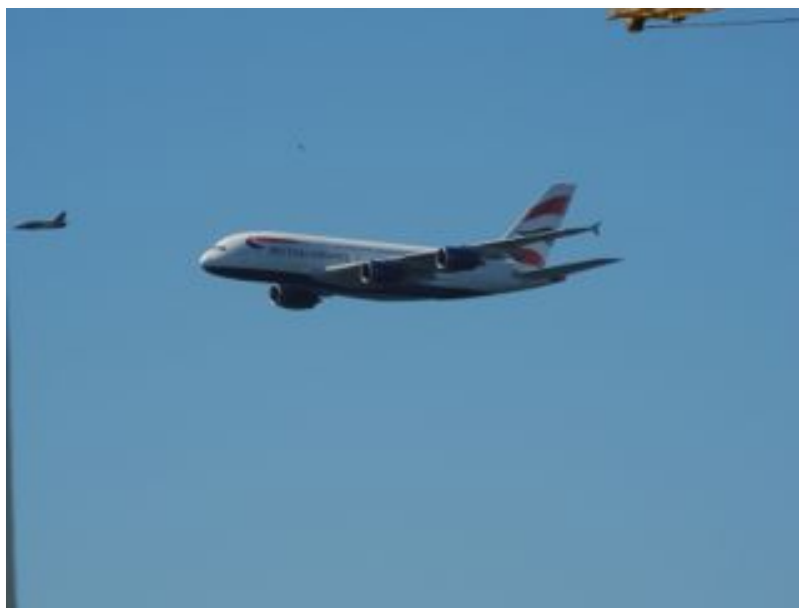
Don Peters



banner exchange on Tuesday



Jaby wins the wine raffle



A380 Airbus flies past editor's window

SAVING A BABY HUMPBACK WHALE FROM CERTAIN
DEATH ENTANGLED IN NETS.

<http://www.youtube.com/embed/EBYPlcSD490>

It may be time to introduce the time-honoured practice of adding the punchline or quote to a photograph or cartoon [as was so popular with Punch magazine]. so I reckon that the club can spring for a bottle of wine for the winner of the best caption to this one below:

entries by email to the editor please

PS any resemblance with Don Peters to the guy on the horse is entirely coincidental

