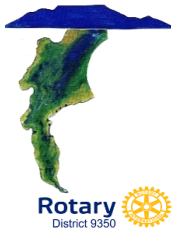


Rota Views

Bulletin of the Rotary Club Cape of Good Hope

We meet every Tuesday evening near the tip of the Cape Peninsula at
The St James Hotel, Main Road, St James, Cape Town

Time: 18:30 for 19:00 - Visitors are always most welcome



The 2016-2017 theme of RI President John F. Germ
Rotary Serving Humanity



7 March 2017 – Issue # 32

We had a number of guests at the meeting, namely, **Tony and Carole Raylor** (nice to see Tony back after his knee op), **Gordon Mitchell**, our friend from the Bedford RC in the UK who returns home this week, plus regulars **Jill Rumbelow**, **Dagmar Falkenberg** and our guest speaker, **Kelee Arrowsmith** is a local, who is an accomplished Martial Arts practitioner & now uses her knowledge to empower the Youth with self-defence skills. **“Crime is not going away”** she said **“in fact the statistics show that 1:3 children are sexually abused before the age of 18, and that includes boys and girls in equal numbers”**. She went on **“31% of molested girls report the incident but 0% of boys do”**. She uses the **BEAR** approach with the help of the community Press – namely the People’s Post

B= Boundaries – to mitigate risk

E= Evade and Escape a hostile solution

A= Awareness of real life threats

R= Recognising danger and acting accordingly.

She empowers the youth, starting in the Pre School classes, without creating fear – by giving them the skills to avoid having to face these risks

Some important items of note:



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Face Book page:
[Cape of Good Hope Rotary Club](https://www.facebook.com/CapeofGoodHopeRotaryClub)



Cape Cycle Tour – SUNDAY 12 March @ 6am – Susan has the list will contact each marshal



Friendship Exchange team – The Icelandic Team arrives on Thursday 16th March for 3 days

- **Last Night at the Proms - 23 APRIL 2017 at 5pm** --- Marge has booked the tickets
- **Golfing Tournament 9-10 November at Clovelly Country Club** – members to assist with the sending out of letter to the German Club Presidents. Alan Walters will be in touch soon.

What some of our Members were up to in the last week.....



Tom Rockliffe had an altercation with an angle grinder and had to be hospitalised a few times for surgery and treatment on his arm. We trust he is well on the mend. (No update on the angle grinder yet!! Lol)



Cheryl Reum is having fun with her daughter Karin in Austria

RI and DISTRICT MATTERS

The Rotary International Convention continues to be a big draw as the June 10-14 event gets closer. **There were 40,855 Rotarians registered for the convention in Atlanta with 18 weeks to go.** RI has almost 10,000 hotel rooms blocked off for the convention. Rotarians from the USA make up the largest group of registrants, followed by Japan, India and the Philippines. Organizers say the convention will be the most convenient ever, with the convention center and many of the events in walking distance.

CELEBRATION CORNER



BIRTHDAYS – Happy Birthday

3 MARCH - Chetna Patel

8 MARCH – Dagmar Falkenberg



ANNIVERSARIES – Congratulations

WEEKLY CLUB MEETING DETAILS & EVENTS CALENDAR – 2017

Speaker	7 Mar	St James	Koos Burger – The Labyrinth	
KIDS Interact Day	11-Mar	Fish Hoek Beach	Interact Day on Fish Hoek Beach	
CT Cycle Tour	12-Mar			
	14-Mar	St James	TBC	
Friendship Exchange	16 - 19 Mar		Icelandic Team	
Icelandic visitors	17-Mar	Catholic Church	St Patricks - Quiz Evening	
Icelandic visitors	18-Mar	Galley	Dinner & ETE Presentation	
Public Holiday	21-Mar	Public Holiday	No meeting	
	28-Mar	St James		

DUTY LIST ALL members are asked to help with the setting up and breaking down of the Meeting venue each week. Let's share the job instead of leaving it to the same few every week. Thanks!

MEETING AGENDA	ON DUTY: 7 MARCH	ON DUTY: 14 MARCH
Set up banners & flags	Jean, Di, Ursula, Gillean	Jean, Di, Ursula, Gillean
Door & Guests	Thereasa Strano	Thereasa Strano
General Welcome	President Peter	President Peter
Welcome to Visitors	Thereasa Strano	Thereasa Strano
Toast to RI & Other Clubs	Luise Rouessart	Andy Rumbelow
	Luise Rouessart	Andy Rumbelow
Secretary – Notices	Susan O'Hagan Ward	Susan O'Hagan Ward
Grace	Marge Upfold	Alan Walters
DINNER	DINNER	DINNER
Intro Speaker	Alan Ferguson	
Speaker	Koos Burger	TBA
Topic of Speaker	Manager Rotary Camps - Glencairn	
Thank Speaker	Hans Zwets	
LUCKY DRAW	Thereasa Strano	Thereasa Strano
Sergeant at Arms	Christine Mueller	Susan O'Hagan Ward
Closing remarks & Thanks	President Peter	President Peter
Four Way Test	Gillian Anderson	Gillean Arnott
Pack away	ALL TO HELP PLEASE	ALL TO HELP PLEASE

FOOD FOR THOUGHT Getting Things Done by Edwin C Bliss

- Indecision is nearly always the worst mistake you can make.
- The pursuit of excellence is gratifying and healthy. The pursuit of perfection is frustrating, neurotic and a terrible waste of time.
- If your office is typical, roughly three-quarters of the items in your files should have been placed in the wastebasket.
- There's a common belief that tension is bad, that quiet and tranquillity are goals for which we should strive. Nonsense. Without tension nothing gets done.
- Of all the time-saving techniques ever developed, perhaps the most effective of all is frequent use of the word "no."

SMILE

A blonde man shouts frantically into the phone,

"My wife is pregnant and her contractions are only two minutes apart!"

"Is this her first child?" asks the Doctor.

"No!" he shouts, *"this is her husband!"*

QUOTE

"The last of the human freedoms is to choose our attitude in any given circumstance"

Rabindranath Tagore

PS Smile. It makes people wonder what you've been up