

Rota Views- 12 September- Issue # 11

Weekly News bulletin of the Rotary Club Cape of Good Hope

We meet on Tuesday evenings near the tip of the Cape Peninsula
at the St James Hotel, Main Road, St James

@ 19:00 - Visitors are always most welcome
Excellent meal served



ROTARY:
MAKING A
DIFFERENCE

President: Marge Upfold 082 456 7453 marge_upfold@telkomsa.net
Secretary: Susan O'Hagan Ward 082 964 9698 susan@jap.co.za
Treasurer: Irene Butterworth 082 650 6394
irenebutterworth4@gmail.com

Web Site: www.rotary9350-capeofgoodhope.co.za
Face Book page: [Rotary Club Cape of Good Hope](#)



ROTARY:
MAKING A
DIFFERENCE

ROTARY CLUB Cape of Good Hope NEWS

Following on the Business meeting last week – some items are noteworthy:

1. **Exciting ROTARY SHOW CASE Meeting planned for the 31st October** – Save the date!! and be sure to plan your schedules so that you do not miss this special event.
2. **Booking of meals each week** - It was agreed that members be more diligent in letting Jean know when they will NOT be at a meeting so that she can phone in the correct numbers for catering. Apply the 4 Way Test every Monday and make that call – or send the email to Jean. We want to avoid punitive measures at all costs. Also bear in mind that the fantastic food and service that Johan and his team gives us at all times, deserves our support and respect.
3. **Rotary Family Health Days**– Bev will put on her District Steering Committee hat and give an overview presentation of the past 5 years of the RFHD. An update on our sites is listed below

ROTARY FAMILY HEALTH DAYS – 3 - 6 OCTOBER - It is official....

We have had the stakeholder and NGO meetings PLUS the site meetings, so I can officially state that we will have FOUR sites planned for this year:

- **3 October - Tuesday 9 - 1pm** – Red Hill Informal Settlement
- **4 October – Wednesday 9 - 4pm** – Masiphumelele community Hall
- **5 October - Thursday 9 - 4pm** – Ocean View Community Hall
- **6 October - Friday 9 -1pm** – Fish Hoek Catholic Church Hall – to service *specifically, but not exclusively*, the aged residents of Fish Hoek
- All sites will be manned by the Cape Town City Clinic staff assisted by the Living Hope – Home Based Care nurses. In addition, St John and the Fish Hoek Lions will amongst other things, assist with the vision testing.

In collaboration with the **She Conquers** programme and **Phila** campaign, we will be offering:

For **ADULTS**

- Blood Pressure & Pulse checks
 - Blood Sugar and Cholesterol tests
 - BMI Measurement and TB Screening
 - HIV testing & Counselling plus STI screening
 - Family Planning & Counselling and distribution of condoms
- See next page



PLUS for CHILDREN:

- Malnourishment screening, Vitamin A supplements & Deworming medication
- EPI - Measles and Polio

ADD-ON SERVICES:

- Vision testing & supply of Readers plus referrals to Optometrists for further testing in deserving cases
- Hand washing and hygiene with water conservation
- Dental care
- She Conquers tent

FUN ITEMS:

- Games for the children
- Music
- Handouts for the clients of gifts, fruit, soaps, toothbrushes etc to the clients

REFRESHMENTS:

- Tea/Coffee and biscuits all day
- Sandwiches and chicken bites & salad for the Health care professionals, Volunteers and Rotarians
- Sadly we will not be feeding the clients

More details will be shared with everyone as the planning and organisation proceeds.

All Rotarians are asked to spare some time to assist on one or more of the days and to source potential helpers in your friends, family and churches. All volunteers will be most welcome save the **dates: 3-6 OCTOBER**

In the Sick Bay.....

- **Luise Rouessart** has had knee surgery. We wish her a speedy recuperation
- **Janet Holwill** is getting along following her hip replacement – we look forward to having her back at the meetings soon



DISTRICT NEWS

Cape Town Marathon- Sunday 17 September. Susan has this under control and the marshalling sites have been identified. We will be at the start and the finish of the race, so will have a great time!! **Looking forward to it 😊😊**

RI President Ian Riseley's Visit to Cape Town:

Firstly, on Tuesday 19 September, is the Cocktail Party @ Kelvin Grove with 4 representatives from COGH to meet RI President Ian Riseley.

The rest of the members will be entertained by **Andy with a Gin Tasting**. Apparently this is the new "in thing" to do with Gin becoming more and more popular. Hopefully someone will be in a sober state to take some pictures and write a report for the next newsletter – **There everyone, the Challenge is out!**

The next day, on Wednesday 20 September RI President Ian will officiate at a tree planting of an OAK TREE ceremony in the **Company Gardens in central Cape Town** next to the tree that was planted by Paul Harris when he visited Cape Town in 1934!! This event is a HUGE Rotary publicity event with all Rotarians and friends welcome to attend if you can get into town to join us. P
res Marge and Bev will be there to experience the event and take some pictures

Wynberg Rotary Club QUIZ Tuesday 26 September –

This is being listed as a RAID on Wynberg Rotary Club, so there will be NO meeting at St James that night

Most of our members will be present to make up our three teams which we are entering into the Corporate Challenge – so this is serious stuff and should be great fun!!

St James Hotel to be notified of a NON meeting night on the 26 September

ROTARY INTERNATIONAL NEWS

Something a little different from the USA –

The Singing Rotarian – Harry Ruggles

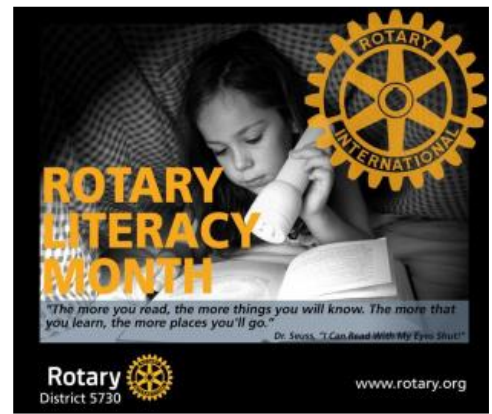
100 years ago, Chicago Rotarians sang enthusiastically during their meetings.

Harry Ruggles, who served as the club's first Treasurer, was as enthusiastic a contributor to Rotary as any man. He was the club's fourth President, provided all the printing gratis, served on the first Board of Directors of the International Association of Rotary Clubs in 1912, but Ruggles will forever be remembered for a spontaneous act that went on to become a century-long tradition.

There was a lull in the meeting one autumn night in 1905. The buzz of conversation had inexplicably ended. Without warning, and at his own initiative, Harry Ruggles sprang to his feet and called out, "Hell, fellows, let's sing!" He led them in several popular songs of the day, and singing at Rotary meetings thereafter became a tradition. Harry printed the first of many editions of a Rotary songbook in 1910. For decades afterwards, whether during a boisterous dinner at Ireland's Restaurant following a club bowling event or at the more formal regular meetings, Harry would bring the group together in song.

Even today, long-time members of the Rotary Club of Chicago tell how the President would call the meeting to order, and then the Sherman Hotel's Grand Ballroom would go dark. A solitary spotlight would pierce the blackness to highlight a slight man on the west balcony. With the room in hushed anticipation, **Harry Ruggles** would raise his arms and cry, "Come on, fellows, let's sing!" And sing they did. Harry led the singing at his club, at District Conferences around the country, even at International Conventions.

On 23 October 1959, while on the way to speak at the Rotary Club of Cathedral City, California, Harry had a heart attack and the voice, which had brought song and sunshine to Rotary for 54 years, was silenced.



CELEBRATION CORNER

*BIRTHDAYS – Happy Birthday
Congratulations*



ANNIVERSARIES –

11 Sept – Mike Walker and **14 Sept** - Anne-Marie Losman

DUTY LIST

MEETING AGENDA	ON DUTY 12 SEPTEMBER	ON DUTY 19 SEPTEMBER
Door & Guests	Thereasa Strano – or Other	Thereasa Strano – or Other
General Welcome	President Marge	PP Peter Gray
Welcome to Visitors	Thereasa Strano – or Other	Thereasa Strano – or Other
Toast to RI & South Africa	Cheryl Reum	Jean Smythe
Secretarial Spot	Susan O'Hagan Ward	Nil
Spots from the floor		
Grace	Andy Rumbelow	Thereasa Strano
DINNER	DINNER	DINNER
Speaker	Bev Frieslich	Andy Rumbelow
TOPIC	District Steering Committee Chair for	Gin Tasting
Introduce speaker	Rotary Family Health Days	
Thank speaker		
Sergeant at Arms	Peter Gray	Mike Heffernan
Closing remarks & Thanks	President Marge	PP Peter Gray
Four Way Test	Mike Heffernan	Ursula McCabe

WEEKLY CLUB MEETING DETAILS & EVENTS CALENDAR – July 2017 to December 2017- See in next issue