



Rota Views- 16 January - Issue # 24

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*



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		



New Year message from President Marge

"The Christmas season for 2017 has come and gone and to all those that celebrated, I hope you have had a Merry

and Blessed time with family and or friends. For the others, I hope you have had a time to relax and enjoy the holidays. I cannot believe that I have reached the halfway mark of my Presidency, and at this time, I would like to thank the Board members and fellow Rotarians for all your support in making it so memorable and enjoyable for me.

We have been busy with: Rotary Family Health Days, the Dragon boating, EVS fundraising and Masque driving etc, but we have also enjoyed some fellowship times at the Galley, Andy's home and elsewhere.

I would like to take this opportunity to wish you one and all a very Healthy and Happy Rotary year for 2018, Making a Difference in the lives of those less fortunate than ourselves."

ROTARY CLUB Cape of Good Hope NEWS

Input from Koos Burger

AGAINST ALL ODDS.... Read this touching story of Emma Welch as told by her father, **Tony Welch**, who visited the Glencairn Rotary Youth Camps and told Warden/ Manager and Cape of Good Hope Rotarian, Koos Burger, the story of his 14 year old daughter, **Emma** who fought all odds against Scoliosis and her own health issues, yet was dedicated to improving the lives of others.

Emma was a young girl suffering from Scoliosis who attended Norton Hill School in Chilcompton, Somerset England. She was inspired to support Brain Tumour research, having learned that her former church minister, Andrew Stammers, had been diagnosed with an aggressive brain tumour.



Emma's last fundraiser involved taking 135 teddies up Mount Snowdon, to set a world record for that number of teddies on a mountain top.

Four days later, following complications after back surgery, she passed away at the age of 14.

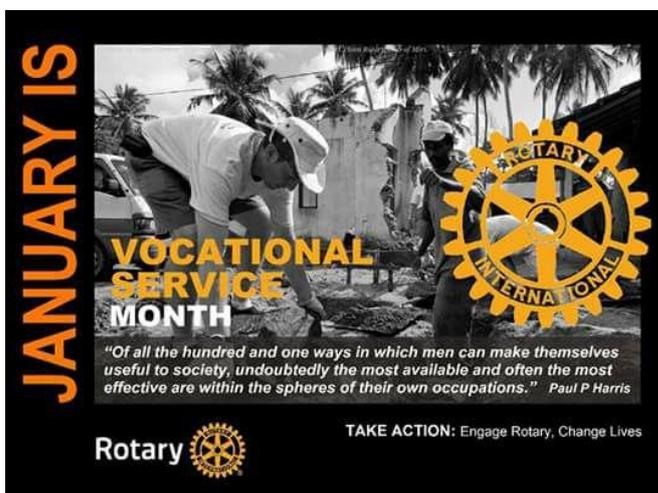
She raised more than £13,000 for the charity, through a number of daring challenges until her untimely death, almost two years ago.

Tony Welch 56, completed a 560 mile pilgrimage along the **Camino de Santiago in Spain** in her memory. **He visited South Africa and walked the Rotary Labyrinth in Glencairn as part of his completion of the Cape Camino.**

Said Koos, *"I was deeply touched by his story, and after he heard my story of what Rotary tries to achieve regarding our youth, he promised to send one of the 135 teddies to be put in the centre of the labyrinth"*



ROTARY D 9350 - NEWS



January is VOCATIONAL Month

How can YOU use your Vocation and skills to *Make a Difference?*

We challenge all Rotarians to use this Vocation month as a springboard to do something good in the community - or just to ONE person..... Go 'Mad'!!

A good way to start the New Year with some positive input which comes from Steve Reid of the False Bay College who

shares some insights on Success.... And I quote

"Your ability to learn is the same at age 15 as it is at 50. Emotional intelligence is a set of soft skills that can be improved with substantial effort, guidance, and coaching, and will contribute to your success!

In 15 years of supporting entrepreneurs, I have seen that one of the main factors leading to a business failing relates to soft skills (or the lack thereof) in the jockey. Soft skills are sometimes viewed as less important than more technical or hard skills. After all, many of the soft skills relate to emotions, and **what do emotions have to do with success?** – Plenty in fact!

Research shows that only **15% of our professional success** is due to our technical abilities with the **other 85% due to our skills in human relations, personality, and our ability to communicate, negotiate, and lead. In other words "people skills," or skills related to emotional intelligence, are crucial.**

Effective leaders draw on their EQ skills to build relationships that ultimately help propel them on their career path. It's a proven fact that people would rather do business with a person they like and trust rather than someone they don't, regardless of product or price."

This infographic for improving self-awareness which is one of 4 domains of Emotional Intelligence or EI



Emotional Intelligence

10 Ways to Improve Your Self Awareness
<http://www.fromgnometogoliath.com/>

01. Get out of the **comfort zone**
02. Identify your **triggers**
03. Do not **judge** your feelings
04. Don't make decisions in a **bad mood**
05. Don't make decisions in a **good mood** either
06. Get to the **bird-eye view**
07. Look for your **emotions in the media**
08. Revisit your **values** and act accordingly
09. **Check** yourself (especially under **stress**)
10. Fill the **blind spot** with **feedback**

Dear Fellow Rotarians,

Together, we are setting in motion our global effort to help the world better understand who we are: people of action, driven by a desire to strengthen communities, mobilize problem solvers, and find solutions to the tough challenges that affect people around the world.

Starting now, you can visit the [Brand Center](#) to download new People of Action templates for social media posts and print ads. You can also download the video public service announcements that debuted at the Atlanta convention, as well as guidelines and tips on using the campaign. Use all of these to tell your own stories about how your club and district are taking action and bringing leaders together to make an impact in your community.

We are very proud of this new campaign and the opportunity it gives us to tell a consistent, compelling story about what makes Rotarians people of action. In the coming months, we'll add more resources to the Brand Center. We hope that you take advantage of these materials, because they'll help you to get the full benefit of the campaign by promoting both your club and Rotary in your community. Join us and bring the People of Action campaign to life by visiting the [Brand Center](#) today. The more we build awareness of Rotary, the easier it will be to make an impact in our communities' right across the world.

— Ian Riseley
President, Rotary International

[VISIT BRAND CENTER](#)

100 Percent Club Attendance As we have seen, not every club member understands the importance of regular club attendance. **Regular club attendance is essential to a strong and active Rotary club.** The emphasis on attendance is traced back to 1922, when Rotary International announced a worldwide attendance contest that motivated thousands of Rotarians to achieve 100 percent attendance year after year. Many Rotarians take great pride in maintaining their 100 percent record in their own club or by making up at other Rotary club meetings.

Times have changed since 1922 and RI is aware of this. **Rotary's e-clubs** make it easy for members to make up meetings online. To earn an attendance credit, Rotarians log on to an e-club's Web site, read online material on a range of subjects, post comments, and submit a form to their own Club Secretary. Find a complete list of Rotary e-clubs and the languages "spoken" at www.rotary.org.

Although the RI Bylaws require members to attend only 60 percent of all meetings, many clubs encourage more frequent attendance because the **absence of any member deprives the club** of the value of its diversified membership, the contribution of all members to ongoing club projects, and the personal fellowship of each member. The Club's Board of Directors may determine appropriate reasons for excusing absences. From time to time, proposals have been made to give attendance credit for various reasons or to lower the minimum requirement, but such attempts have not been adopted by the Council on Legislation.

Our club has made it easy for its members to achieve a 100 percent attendance: Attend not only the Tuesday night meetings regularly, but show up at Committee meetings, Project meetings, Visit other clubs at home and when you travel or Go online www.rotary.org.

Be an active Rotarian to make our club stronger.

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CELEBRATION CORNER - JANUARY

BIRTHDAYS – Happy Birthday

5 – Alan Walters, Neil Rockliffe 8 – Janet Holwill 9 - Claire Rockliffe 20 - Jill Rumbelow
 23 – Kylie Zwets 27 – Neil Butterworth 30 - Luise Rouessart

ANNIVERSARIES – Congratulations 30 Tom & Norma Rockliffe

Event	Date	Venue	Details	Time/ Cost
First meeting of 2018	16 January	St James Hotel	Fellowship / First meeting of 2018	7pm
	23 January	St James Hotel	Koos Burger – Ice Breaker talk	7pm
	30 January	St James Hotel	Flo Borchers – Child Protection Unit	7pm
Board Meeting	5 February	Galley Restaurant	Board Meeting	5:30pm
Business Meeting	6 February	St James Hotel	Business Meeting	7pm
	13 February	St James Hotel	TBA	7pm

MEETING AGENDA	ON DUTY 16 JANUARY	ON DUTY 23 JANUARY
Reception & Greeting Guests	Norma Rockliffe	Norma Rockliffe
General Welcome	President Marge Upfold	President Marge Upfold
Welcome to Visitors	Norma Rockliffe	Norma Rockliffe
Toast to RI and South Africa	Gillian Anderson	Gillean Arnott
Secretarial Spot	Susan O'Hagan Ward	Susan O'Hagan Ward
Spots from the floor		
Grace	Janet Holwill	Ursula McCabe
DINNER	DINNER	
SPEAKER		Koos Burger
TOPIC	Fellowship Meeting	Introduction/Ice Breaker
INTRODUCE Speaker		President Marge Upfold
THANK Speaker		President Marge Upfold
Sergeant at Arms	Andy Rumbelow	Jean Smythe
Closing remarks & Thanks	President Marge Upfold	President Marge Upfold
Four Way Test	Hans Zwets	Di Williams

In conclusion: What CONFUCIUS MAY NOT HAVE SAID

Passionate kiss, like spider web, leads to undoing of fly.

Lady who goes camping must beware of evil intent.

Man who leaps off cliff jumps to conclusion.

Man who runs in front of car gets tired... Man who runs behind car gets exhausted.

Man who eats many prunes gets good run for money.

War does not determine who is right; it determines who is left.

Man who fight with wife all day get no piece at night.

It takes many nails to build a crib but only one screw to fill it.

Man who drives like hell is bound to get there.

Man who stands on toilet is high on pot.

Man who live in glass house should change clothes in basement.

Man who fish in other man's well often catch crabs.

And finally - CONFUCIUS DID SAY. "A lion will not cheat on his wife, but a Tiger Wood!"