

Rota Views- 6 March 2018

31 - Weekly Newsletter 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



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](#)

The recently returned **Short Term Rotary Exchange (STEP)** student, **Claire Cuthill**, a Grade 11 pupil at Fish Hoek High School, addressed the members at the meeting last Tuesday, supported by her parents, John and Lynne Cuthill. Claire spent 6 weeks with her host sister, **Agathe Pelhate** who hails from the small town of **Saint Martin Des Champs in Brittany**, France which is in close proximity to the Mont Saint Michel. She spoke about the similarities of home life she experienced, but one huge difference was the length of the school day of about 8 hours with lunch served in the cafeteria and breaks of 20 minutes between the periods of two hour classes. Claire was hosted by the Pelhate family and their extended families, and fitted in well as she has a good command of French, so communication was easy and added to the joy of the exchange. She was lucky to travel around the area and also had a 3 day visit to Paris, and was spoiled by an extended travel tour with her Dad after her exchange, which added to the joy of her experience. Claire thanked their Rotary Club for affording her this experience of a life time and added that her bond with her host "sister" Agathe and her family will continue forever. Claire expressed a wish to remain connected to the Club and our activities and **Maughreen** volunteered to be her liaison and support person – seen above with **Lynne, Claire Marge and John**



Youth! - Youth is not a time of life. It is a state of mind.

It is not a matter of rosy cheeks, red lips and supple knees.

It is a matter of the will, a quality of the imagination, a vigour of the emotions, it is the freshness of the deep springs of life.

Youth means a temperamental predominance of courage over timidity of the appetite, for adventure over the love of ease.

This often exists in a person of 70 more than a youth of 20.

Nobody grows old merely by a number of years. We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.

Worry, fear, self-distrust bows the heart and turns the spirits back to dust.

Whether 60 or 16, there is in every human being's heart the lure of wonder, the unfailing childlike appetite of what's next and the joy of the game of living. In the centre of your heart and my heart there is a wireless station: so long as it receives messages of beauty, hope, cheer, courage and power from men and from the Infinite, so long are you young.

When the aerials are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at 20, but as long as your aerials are up, to catch waves of optimism, there is hope you may die young at 80.

ROTARY CLUB Cape of Good Hope NEWS

Reminders to support:

1. The ST PATRICK's Dance at the Catholic Church hall, on **SATURDAY 17 th MARCH**
Tickets are R70 pp Speak to Ursula for tickets
Bring your own food and liquid refreshments ... PLUS some cash so that you can enjoy some of Mrs Mc Cabe's FAMOUS (or is that Infamous) Irish coffee
Proceeds will go towards the maintenance costs of the Church and hall.
Speak to Ursula for tickets or call her on 083 685 5157



2. **"Fun"draising Bridge Drive - Tuesday afternoon, 13 March 2018 from 13:30**



Calling all Bridge players and Friends to support Gillian who is organising this event in support of The Order of St John at St Margaret's Anglican Church Hall Fish Hoek

As friends and fellow Bridge Players, could I ask that you please consider making up a foursome and come along and have a great afternoon. A delicious tea will be served and there are some amazing prizes to be won in the Raffle, including Bed and Breakfast vouchers at Boutique hotels, meal vouchers from top restaurants, chess sets, an Avon hamper and many more. To book a table, please contact: **Gillian Anderson** at: gillian.anderson650@gmail.com or cell 071 418 3070 or landline 021 782 2407. Please could you forward this to your friends and family who you think may well be interested. **If you are not a Bridge player – ne sure to get your RAFFLE tickets and stand a chance of winning some AWESOME prizes**

ROTARY FRIENDSHIP Exchange D 3141, Mumbai and D9400 with our own Cheryl Reum representing us.

Pictured here is the D9400 Fellowship team at the **Vipassana Buddhist Centre** with **Cheryl Reum 3rd** from R

From what she is saying, they have been treated like Royalty. The team returns on the 13th March and we will book Cheryl to give us a feedback talk,



ROTARY D 9350 and RI - NEWS

Thanks to the generosity of the **ROTARACT CLUB of Wynberg**, some of the toys donated at the **"Uncle Pauls" Xmas Party** at Groot Constantia were handed over to **Sinethemba Special Care Centre in Masiphumelele** Some of

our Rotarians **assist** the Wynberg Rotary Club members each year to get the cars parked before each Uncle Paul's show, and as a show of gratitude, the Wynberg Rotaract Club gave some toys for local a local Fish Hoek charity, and Sinethemba was the chosen recipient. In addition, the Health Professional staff of the Western Cape Department of Health who work so closely with the Rotary Clubs on the 3 day **Rotary Family Health days (RFHD)**, agreed to assist with the distribution of the toys, and as a show of gratitude and solidarity, this joint venture took place between the Health Professionals and the Rotary Club Cape of Good Hope



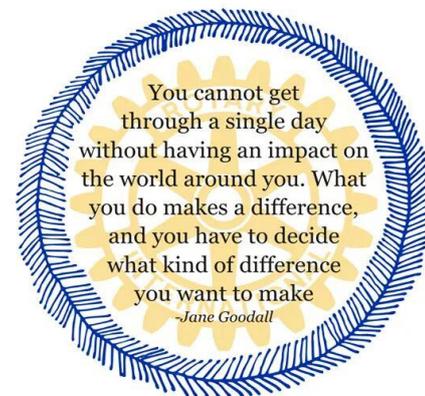
Seen above are: Sr Yvette Andrews, Bev Frieslich, Sr Nomakhaya Mfundisi. Marge Upfold, Sr Beulah Arendse and Sinethemba CEO Lezanne Raath with some of the excited children in the front

It was a happy and humbling experience.
Thankyou Wynberg Rotaract

Rotary Information: OPPORTUNITIES FOR FELLOWSHIP

Most Rotarians are successful professional and business executives because they hear opportunities knock and take advantage of them. **Once a week the opportunity for Rotary fellowship occurs at each club meeting**, but not all members hear it knocking. The weekly club meeting is a special privilege of Rotary membership. It provides the occasion to visit with fellow members, to meet visitors you have not known before, and to share your personal friendship with other members. Rotary clubs which have a reputation of being "friendly clubs" usually follow a few simple steps: **First**, members are encouraged to sit in a different seat or at a different table each week. **Second**, Rotarians are urged to sit with a member they may not know as well as their long-time personal friends.

Third, members invite new members or visitors to join their table just by saying: "Come join us, we have an empty chair at this table." **Fourth**, members share the conversation around the table rather than merely eating in silence or talking privately to the person next to them. Fifth, Rotarians make a special point of trying to get acquainted with all members of the club by seeking out those they may not know. **When Rotarians follow these five easy steps, an entirely new opportunity for fellowship knocks each week. Soon Rotarians realize that warm and personal friendship is the cornerstone of every great Rotary club.**



CELEBRATION CORNER - MARCH BIRTHDAYS – Happy Birthday everyone!

- 3 - Chetna Patel
- 5 - Koos Burger
- 8 - Dagmar Falkenberg
- 18 - Jean Smythe
- 21 - Hilary Ladbrook
- 27 - Cheryl Reum



Event	Date	Venue	Details	Time/Cost
Business Meeting	6 March	St James Hotel	Business Meeting – AG Visit	
Cycle Tour Marshal	11 March	Fish Hoek Main Road	Marshall for Cape Cycle Tour	
	13 March	St James Hotel	Cobus vd Merwe – Life in the SA Navy	
	20 March	St James Hotel	Fellowship Evening	
	27 March		TBC	

MEETING AGENDA	6 MARCH	13 MARCH
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	Alan Ferguson	Bev Frieslich
Secretarial Spot	Susan O'Hagan Ward	Susan O'Hagan Ward
Spots from the floor		
Grace	Luise Rouessart	Andy Rumbelow
DINNER		
SPEAKER		Cobus vd Merwe
TOPIC	Business Meeting	Life in the SA Navy
INTRODUCE Speaker		Koos Burger
THANK Speaker		Andy Rumbelow
Sergeant at Arms	Jean Smythe	Alan Walters
Closing remarks & Thanks	President Marge Upfold	President Marge Upfold
Four Way Test	Hans Zwets	Gillian Anderson