

Rotary
District 9350



Always something happening at our meetings....

ROTARY CLUB Cape of Good Hope NEWS



Rota Views- 29 May 2018

40 - 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

Excellent meal served

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Treasurer: Irene Butterworth	082 650 6394	
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Our guest speaker last week was Alice Ashwell accompanied by her husband Pat Garratt, the ex CEO of the Two Oceans Aquarium. – see right Also present were Antoinette Burger, Fred Hammond and Dawn Shrock



Alice Ashwell can be found on Face Book under: **Dementia Connections SA** which gives no indication of the amazing warmth and passion that Alice showed when telling us the compelling story of her journey with her own mother who suffered with Dementia. Under the title of **“Living with Dementia – of Loss and Love”** we got to know Mrs Elizabeth Mildhay Ashwell 1927-2016 and shared so much of her life, thanks to the vivid story-telling of her daughter, Alice.

There are some 15 million people living with Dementia worldwide which is characterised by LOSS.....

Loss of: Memory, Identification, Loved ones, Respect, Recognition and Connection, to name but a few, and for the person it **becomes a loss of:** Family and Friends, the Life you knew, Partnerships. Conversation, Support, Security, Predictability, Freedom, Ease of connections, and so much more.....

Having said that, Alice said, that although there is so much of this **erosion**, there is the plus factor of something new and beautiful that emerges, that this dementia brings about, as she described it, certain things about her Mum like the fun-loving graciousness of her behaviour; the fact that she started doing things that she had always told Alice NOT to do; the lack of her sense of restraint and open public display were a constant source of amazement and sometimes embarrassment to Alice and the family!

Alice went on to explain the physiology of short and long term memory loss and how the Dementia occurs. She then gave us some helpful hints when dealing with such people, which include:

- Stop asking questions (They don't know the answer and this causes them to stress)
- Stop contradicting and correcting them
- Focus in what they love and what they CAN do
- Morph and play-act to be the people they think you are rather than correcting them
- Use music to unlock their happy memories

And finally, she ended with some blessings that can be counted- such as the fact that painful memories fade away and are replaced by child-like spontaneity and joy. Remain in the present, touch and hold the person as one would a small child.

In conclusion she quoted Victor Frankl who said

“When we are no longer able to change a situation, we are challenged to change ourselves”

Alice is available to talk to groups and can be contacted via her Face Book Page or alice@heartofnature.co.za

SERVICE PROJECTS / DISTRICT MEETINGS:

- **Entrepreneur Workshop** on Wednesday afternoon at Kelvin Grove was attended by Bev. More information will be forthcoming in this regard re Mentoring possibilities for us Rotarians
- **GrowSmart** Project (Barbara.) Maughreen has already been marking and thoroughly enjoyed it
- **Rotary Workshop on Community Engagement – Change 4 Success** - Saturday 26 May
- **Governance Seminar- Hosted by Waterfront RC** – Saturday 2 June to be attended by 4 of our Rotarians
- **Mandela Birthday Project 18 July**
 - Ideas need to be finalised Andy is to submit a proposal for a District Grant for the Learning in Reach project in Lavender hill
 - Barbara to give more input on the idea of sandwiches we could make and distribute on the s=day

District 9350 and Rotary International NEWS

Rotary wins Best Non-profit Act for its polio eradication work

Rotary's commitment to eradicating polio worldwide won Best Non-profit Act in the **Hero Awards** of the One Billion Acts of Peace campaign, an international global citizens' movement to tackle the world's most important issues.

The campaign is an initiative of **PeaceJam Foundation** and is led by 14 Nobel Peace Prize laureates, including the Dalai Lama, Desmond Tutu, and Rigoberta Menchú Tum, with the ambitious goal of inspiring a billion acts of peace by 2020.

Each year, the campaign picks two finalists in each of six categories for their work to make a measurable impact in one of the 10 areas considered most important by the Nobel laureates. Winners are chosen by people from around the world.

Rotary and Mercy Corps were the two finalists in the Best Non-profit Act category. Rotary and the five **other winners** will be recognized at a ceremony on June in Monaco.

Betty Williams, who won the Nobel Peace Prize in 1977 for her advocacy for peace in Northern Ireland, will present the award.

MEETING AGENDA	29 MAY	5 JUNE
Reception & Greeting Guests	Norma Rockliffe	Norma Rockliffe
General Welcome	Pres Marge Upfold	Pres Marge Upfold
Welcome to Visitors	Norma Rockliffe	Norma Rockliffe
Toast to RI and South Africa	Gillian Anderson	Koos Burger
Secretarial Spot	Susan O'Hagan Ward	Susan O'Hagan Ward
Spots from the floor		
Grace	Andy Rumbelow	Jean Smythe
DINNER	DINNER	DINNER
SPEAKER		CHERYL REUM
TOPIC	CLUB ASSEMBLY &	"India An All"
INTRODUCE Speaker	DISCON FEEDBACK	Pres Marge
THANK Speaker		Kirti Patel
Sergeant at Arms	Thereasa Strano	Peter Gray
Closing remarks & Thanks	Pres Marge Upfold	Pres Marge Upfold
Four Way Test	Alan Ferguson	Bev Frieslich

CELEBRATION CORNER - MAY

11 – Norma Rockliffe & Karin Reum

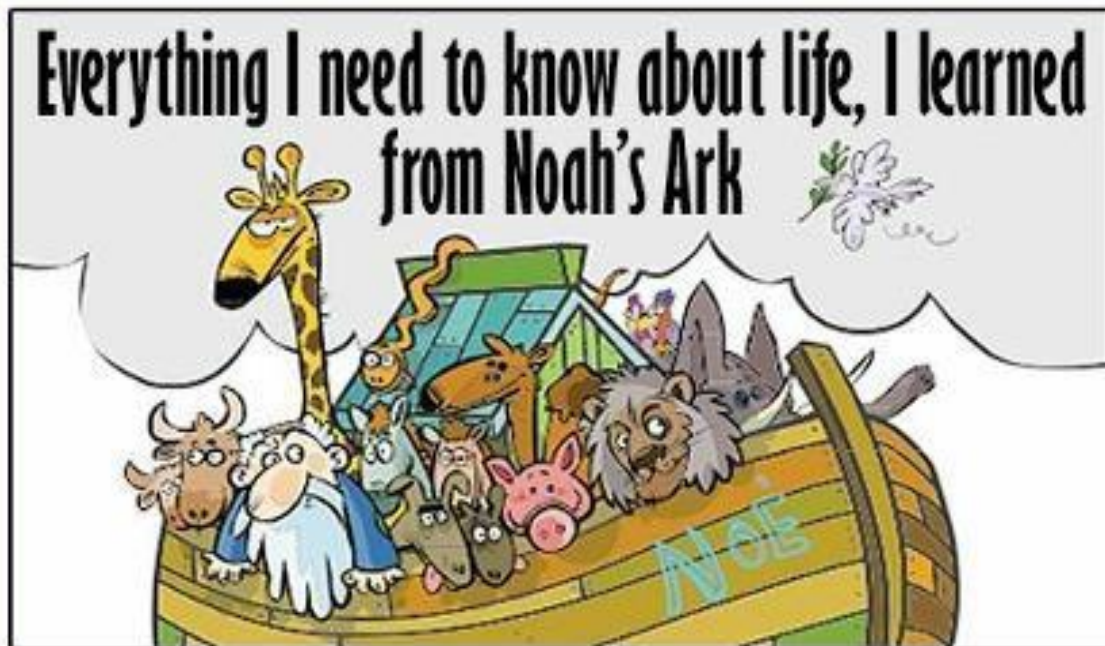
19 – Manu Choudree

22 – Jayati Patel

27 - John Armstrong (Susan's son)

ANNIVERSARY: - 7 May Kirti and Nisha Patel

Event	Date	Venue	Details	Time/ Cost
Club Assembly	29 May	St James Hotel	CLUB ASSEMBLY – NO visitors please	7pm
Regular Meeting	5 June	St James Hotel	Cheryl Reum – Friendship Exchange In India – She will share her experiences with us of her time travelling in India	7pm
Board Meeting	11 June	Galley Restaurant	Board Meeting	5:30pm
Business Meeting	12 June	St James Hotel	Business Meeting	7pm
Speaker	19 June	St James Hotel	RYLA & INTERACT Students	7pm
Regular Meeting	26 June	St James Hotel	Steve Hamilton Drugs are Cool – But they kill you	7pm
Induction Evening	3 July	St James Hotel	Induction – Pres Susan O'Hagan Ward	7pm
	9 July	Galley Restaurant	Board Meeting	
Regular Meeting	10 July	St James Hotel	Business meeting & Aims & Plans of Susan	7pm



- 1 Don't miss the boat.
- 2 Remember that we are all in the same boat.
- 3 Plan ahead. It wasn't raining when Noah built the ark.
- 4 Stay fit. When you're really old, someone may ask you to do some thing really big.
- 5 Don't listen to the critics; just get on with the job that needs to be done.
- 6 Build your future on high ground.
- 7 For safety sake, travel in pairs.
- 8 Speed isn't always an advantage. The snails were on board with the cheetahs
- 9 When you're stressed, float a while
- 10 Remember, the Ark was built by amateurs; the Titanic by professionals.
- 11 No matter the storm, when you are with God, there's always a rainbow waiting..