



**# 8**  
**of 2020/2021**  
**ROTA VIEWS**



**25 AUGUST 2020**



**The Weekly Newsletter of the Rotary Club CAPE OF GOOD HOPE**  
**Membership & Extension Month**

**A Fantastic District Membership Webinar .....**

**“ What is the New Normal?”**

was held on Saturday with wonderful speakers and presenters including our own **Gillian Anderson**.

Coordinated by PDG David Holtzhausen and hosted by superstar MC Tracey Wilson our DGN, the meeting had 50 odd Rotarians present, with four members from our Club.

A real bonus for **organiser PDG June Webber** was the surprise attendance of RI Trustee **Geeta Manek Manek** from Nairobi and PDG **Patrick G. Coleman** from Zambia and PDG **Gerald Sieberhagen** from KZN.

**June Webber** our **“Future Pillar Coordinator”** always manages to pull the rabbit out of the hat and give us a motivating and inspiring Rotary content event with excellent value every time, thus ensuring that we leave her sessions pumped up with enthusiasm You are amazing June - Thankyou!! 🍊🍊🍊



**PRESIDENT**  
**Koos Burger** 083 484 0294  
[info@rotaryyouthcamps.co.za](mailto:info@rotaryyouthcamps.co.za)

**SECRETARY & EDITOR**  
**Bev Frieslich** 082 825 6053  
[bevrieslich@telkomsa.net](mailto:bevrieslich@telkomsa.net)

**TREASURER**  
**Irene Butterworth** 082 650 6394  
[irenebutterworth4@gmail.com](mailto:irenebutterworth4@gmail.com)

**WEBSITE**  
[www.rotary9350-capeofgoodhope.co.za](http://www.rotary9350-capeofgoodhope.co.za)

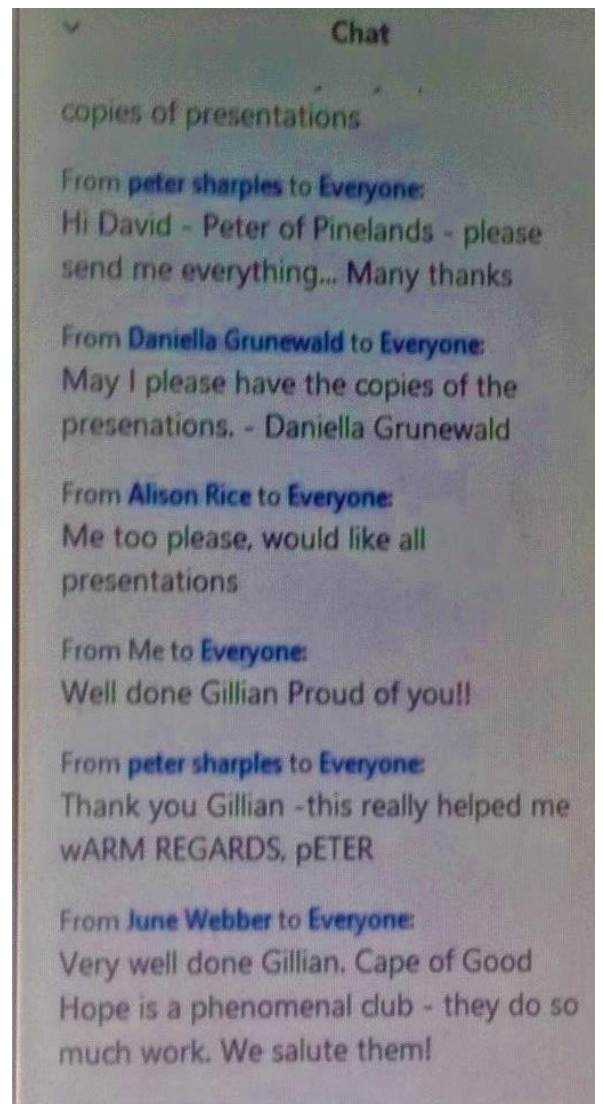
**FACE BOOK**  
[Rotary Club Cape of Good Hope](#)



Gillian did a great job of representing our Club as she gave her presentation on the Member Survey that she conducted at the beginning of her year. The copy of the webinar Chat window on the right bears testimony to the fact that it was well received

**More future District Membership Training opportunities on Zoom**

- \* **Saturday 5 September 10-11:30** - Building new Clubs together
- \* **Saturday 19 September 10-11:30** – Making Membership Inclusive Diversity; Equality, Inclusivity



## Why it is good to be good?

**Doing good doesn't only benefit other people, it helps us, too !!!**

Studies show that helping others boosts **Serotonin**, a neurotransmitter that makes us feel satisfied, and another benefit to feeling rewarded when we do good is that It lowers our stress levels.

**Who couldn't use that right now?** *When we are all feeling lower than we are used to feeling, with some levels of situational depression, we all need a boost,"* says psychologist Mary Berge, a member of the Rotary Club of Johnstown, Pennsylvania, USA, who has led discussions with many Rotary clubs about coping during the pandemic. *"There has been a lot of research that when we are helping others, or when we are doing something for someone else, our Reward Centres light up in the brain and our stress levels go down as Cortisol is released."*

In a [2016 study](#), researchers asked participants about scenarios in which they either gave or received support. The study, published in *Psychosomatic Medicine: Journal of Bio-Behavioural Medicine*, found that MRI tests showed only the instances of giving correlated to reduced stress and enhanced activity in the brain's reward centres — which suggests that **giving support ultimately had greater mental benefits than receiving it**.

**Editor's note:** This is part of the latest in a series of posts for [Membership Month](#) which Rotary celebrates in August. Find [resources to strengthen your club](#) on My Rotary.

## Club Meeting & Speaker Programme August - October 2020

<b>Guest Speaker</b>	<b>25 August</b>	<b>Zoom</b>	<b>Guest Speaker – Dr James Rawlings</b>	<b>7pm</b>
Early Act	29 August	Zoom	Early Act Workshop with Barbara Hurwitz	9am
Crowd Funding	29 August	Zoom	BackaBuddy Workshop	10-12:30
Speaker	1 Sept	Zoom	Club meeting	7pm
Membership	5 Sept	Zoom	Membership W/shop -Building new Clubs	10 – 11:30 am
Committee Feedback	8 Sept	Zoom	Sub - Committee – report back meeting	7pm
Meeting in Coved times	12 Sep	Zoom	How to operate meetings under Covid	10am
<b>BOARD</b>	<b>14 Sept</b>	<b>Zoom</b>	<b>BOARD MEETING</b>	<b>5pm</b>
<b>BUSINESS</b>	<b>15 Sept</b>	<b>Zoom</b>	<b>BUSINESS MEETING</b>	<b>7pm</b>
	19 Sept	Zoom	Membership W/shop-Making Membership Inclusive	10-11:30
	22 Sept	Zoom	TBA	7pm
<b>Guest Speaker</b>	<b>29 Sept</b>	<b>Zoom</b>	<b>Guest Speaker Meeting</b>	<b>7pm</b>
	6 Oct			
<b>BOARD MEETING</b>	12 Oct		<b>BOARD MEETING</b>	5pm
<b>BUSINESS MEETING</b>	13 Oct		<b>BUSINESS MEETING</b>	7pm
RFHD – Dept of Health	14 Oct		Rotary Family Health Day - Webinar	TBC
RFHD – Rotary Clubs	15 Oct		RFHD – Public Handout ceremony	TBC
	20 Oct			
<b>Guest Speaker</b>	<b>27 Oct</b>		<b>Guest Speaker Meeting</b>	<b>7pm</b>

## Meeting Agenda details and Rotarian Duties

	TUESDAY 25 - AUGUST	TUESDAY 1 - SEPTEMBER
WELCOME by PRESIDENT KOOS	Members & guests	Members & guests
LOYAL - TOAST to SOUTH AFRICA	Maughreen Ladbrook	Susan O'Hagan Ward
TOAST to RI & other appropriate clubs	Eddie Stevens	Marge Upfold
TOAST to Frontline Workers	Marge Upfold	Hans Zwets
SECRETARIAL NOTICES	Bev Frieslich	Bev Frieslich
Introduce Speaker	Hans Zwets	
SPEAKER & TOPIC	Dr James Rawlings	TBC
Thank Speaker	Susan O'Hagan Ward	
SERGEANT	Eddie Stevens	Marge Upfold
FOUR WAY TEST	Peter Gray	Barbara Hurwitz
THANK YOU & GOODBYE	President Koos	President Koos



All the humans with muzzles!! Who did they bite????!!!!

### PUNS GALORE

The meaning of opaque is unclear.

I wasn't going to get a brain transplant but then I changed my mind.

Have you ever tried to eat a clock? It's very time consuming.

A man tried to assault me with milk, cream and butter. How dairy!

I'm reading a book about anti-gravity. I can't put it down.

It's a lengthy article about ancient Japanese sword fighters but I can Sumurais it for you.

It's not that he couldn't juggle, he just didn't have the balls to do it.

Police were called to a day care centre as a 3-year old was resisting a rest.

The other day I held the door open for a clown. I thought it was nice jester.

I used to have a fear of hurdles, but I got over it.

Did you know they won't be making yardsticks any longer?

I used to be allergic to soap but I'm clean now.

What did the man say when the bridge fell on him? The suspension is killing me.

My tailor is happy to make a new pair of pants for me.... Or sew it seams.

A relief map shows where the restrooms are.

There was a big paddle sale at the boat store. It was quite an oar deal.