



# HOWZAT!



## ROTARY CLUB OF NEWLANDS

“The club that appeals”



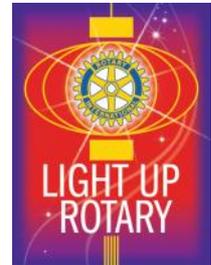
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15 June 2015

## WEEKLY UPDATE

P O Box 44735  
CLAREMONT  
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**MEETINGS:** Western Province Cricket Club Sports Centre, Ave De Mist, Rondebosch, every Monday at 18h00 for 18h15 (Except for first Monday of the Month which is a Partner's Meeting, 18h30 for 19h00).

**ATTENDANCE:** Notice of apologies and guests and/or meal specifics to email Melinda Stapleton at [mjstapleton@webafrica.org.za](mailto:mjstapleton@webafrica.org.za) and copy to Bill Holland at [bholland@wbs.co.za](mailto:bholland@wbs.co.za) before 10.00 on Monday mornings please.

### Comment

**Jana Forrester**

### THE ROAD LESS TRAVELLED

*A copy of Jana's speech at our meeting on 8 June. Thanks Jana!*

- I am a psychologist so am used to talking about matters of the heart and mind – both my own and others'.
- However ... Life events sometimes happen that awaken in us the need for a personal meaning as it helps us to see in dark and difficult times and it strengthens one's will to live
- My diagnosis in December 2013 was one such event.
- Life changed in the blink of an eye in so many ways, none more so than the realisation that we are not as bullet proof as we think and life is not guaranteed to run a particular course.
- Personally, being diagnosed with multiple myeloma, which for those of you that don't know, is a type of bone marrow/blood cancer, was a huge shock. It is incurable, but not necessarily life threatening if that makes sense and needs to be watched and treated as it flares.

- In the past year so many people have asked me how does one react? ... well you first utter a few expletives WTF !!! Even just understanding the term, as I had never heard of it before ...
- I HAVE NOT HAD ANY SENSE OF "WHY ME? But rather more one of, so where to now and how to carry on with life and make it matter as it has to date. I had kinda learnt to do that when I lost my first hubby 30 years ago, but clearly have much more to learn!!
- So began my journey down this road of discerning between what could or would cure me and what would heal me. And they are distinctly different but work in synergy and neither guarantees the other.
- Naomi Remen in her book *My Grandfathers Blessings*, makes reference to the fact that generally science and its expertise seeks to cure, but often it is meaning that heals us. So I have thrown everything at it, from cannabis oil to mindfulness training to eating well, sleeping longer, working less and just being easier on myself.
- When you first surface from the shock, you find yourself looking at life through different eyes, not only living differently but seeing life itself differently. As Mart so often says, you have to die a little to live a lot.
- Changing one's perspective has much to offer as one has the chance to come to know oneself better and to focus on what really matters. When life is stripped bare down to its very essentials, it is simple.
- Fewer things matter and that which matters, matters a great deal more. Everything comes into focus and the challenge is to hang onto this clarity when life returns to normal after the treatment and the tough stuff like 21 days in isolation, chemotherapy, allergic reactions, losing ridiculous amounts of weight, no hair, nausea etc etc etc.
- But that all fades when one realises why one is doing it all, when you realise how much life does matter and that it is, in itself, a blessing.
- So yes, I now factor my myeloma in and make every endeavour to cherish every day, live life to the full and continue my journey of self-discovery and healing in whatever way I can.
- It is not something I feel I need to fight, cos it is a part of me and I need to find ways to live well, so it stays at bay, now that I am clinically in remission. Cos it is still there, like a gentle nudge every time I get worked up or stress about things, or don't finish a report, or get cut off by a taxi etc. I try not to sweat the small stuff anymore. And realise it is not my job to fix the world (I gave it a good bash for a long time, and every now and then I get reminded that those old patterns are still there.)
- The care and support I received from the staff and fellow patients at the Sunflower ward and in the isolation unit were undeniably the most precious gift. (Can't say the same for the food at CB sadly.)
- Friends and family swarmed with support and prayers and it was truly a warm fuzzy to know I was so carried by everyone. I thank you one and all and I hope I can repay that in some way as we travel along. This journey is in part a lonely one, cos at the end of the day you realise that you have only yourself, really ... and so you better like what you see when you look in the mirror.

- Remen talks about service in her book and she makes reference to the fact that we only really serve (and we call ourselves a service organisation) when we extend not only a hand, but also heart and soul. We forget to do that in our busy lives and even here in Rotary, we could do better to look out for each other and not make only our rotary work the point of contact. I am so grateful to have such a big circle of connection to others in my life.
- Mart is not here tonight, but he has been a proverbial rock of Gibraltar. As has my extended family. He is a pragmatic man and has painted, cleaned and gardened himself into a standstill as he works through it for himself.
- We have pledged to make every day count - I had lost track of that and have put others' needs before myself for too long ... so self-fully I pedal on and do things with a different set of priorities to guide me. And it feels good. I don't always get it right, but there is now a niggly gentle nudge from within me that reminds me to bless every day and everyone and everything in it. Sounds twee I know, but it works to stay mindfully present.
- I try to notice the good, understand the difficult, forgive the bad and just approach life a little softer than before (less of the "just one click" stuff).
- So I thank you all for being in the wings and blowing hard to keep me afloat when I needed it. I shall cherish this recovery like gold and when it shifts, embrace the next part of the journey.
- As Remen says so beautifully, ... Life is a blessing and we live not by choice, but by grace.

Thank you.

8 June 2015

## Previous Meeting

**Minutes of the meeting on 8 June 2015**

**Scribe: Vanessa Rousseau**

**Sergeant Lucian Pitt** opened the meeting.

**President Wybe** welcomed guests: 3 speakers – Chris Moir of the Sunflower Fund and Reza and Zeenat Price. Also Nick Marnitz, our bursary student, Robert Kleinschmidt (friend of Brian Pickup) and 'old friend' Don Peter of RC Hout Bay.

**Corinne Hudson:** 4-way test

**Mike Young:** Grace and Toast.

**Richard Burnett** did the wine raffle, which was won by Melinda Stapleton. Richard suggests renaming it the 'Nkandla Raffle', as after 49 weeks he has not yet won.

**Jana Forrester** introduced the speakers and noted that 8 June marked one year since she came out of isolation during her treatment.

**Chris Moir**, who has taken on the portfolio of Donor Recruitment at the Sunflower Fund, spoke about the challenges of recruiting new donors, particularly amongst Black, Coloured and Indian ethnic groups.

18 year-old, **Reza Price** gave a personal testimonial of his 6-year battle with Aplastic Anaemia, a condition that occurs when your body stops producing enough new blood cells – essentially 'bone

marrow failure'. He has to receive blood on a weekly basis. He is waiting for a donor: "Finding a donor would be my doorway to freedom."

**Jana Forrester** gave a poignant account of her 'journey' after being diagnosed with Multiple Myeloma in December 2013. She has pledged to make every day count. "We only serve when we extend not only a hand, but a heart and a soul."

Reza's mother, **Zeenat Price** spoke about how the experience had taken her to a point of enormous gratitude for what she has. Her philosophy is: 'Today for today'. She is a teacher in Lavender Hill.

**Jenny Ibbotson** thanked the speakers.

**Sergeant Lucian** regaled the meeting with many fascinating facts and figures about the oceans, seeing that it was World Oceans Day.

#### **SPOTS:**

**Nick Marnitz:** Paramedic funded by RC Newlands to do a short course, which he passed with distinction. This opened up the door to his 'dream job': ICU helicopter paramedic in Mali. When he returns to Cape Town he will serve as an NSRI cox at Kommetjie.

**John Winship:** Brought our attention to the fact that the Rotary Convention would be in Seoul at the end of May, beginning of June 2016. He suggests booking soon to benefit from early booking discounts.

Report back on ECD project in Masiphumelele. Plans passed, site cleared and building will commence in the next few days. A further R0.955m was received from Medicor resulting in total funds available for the building and some fit out of R3.9m.

Maintenance at the Emmanuel Centre in Atlantis has been completed and the Club has received a letter of appreciation.

**Don Peters:** Thanked President Wybe for the ex gratia payment to RC Hout Bay for the 2015 Cycle Tour. Invited members to have lunch with him at the Child Rape and Abuse Centre in Khayelitsha to see what is being achieved there.

**Graham Finlayson:** Informed members that ex gratia payments are being made to clubs/organisations who lost out on income due to the shortened route of the 2015 Cycle Tour.

Will be meeting with the organisers of the Cape Town Marathon, who would like RC Newlands to be involved again. This will be in September. Invited President Wybe to be his 2IC.

**Andy Ismay:** Asked members to accompany him at 2.30 pm on Wednesday 10 June to the Red Cross Hospital to hand out teddies.

**Bill Holland:** Asked members to let him know if they wanted to join the Strategic Planning Committee. Johan Beukman suggested that new members should consider this.

**President Wybe:** Requested that someone take over Rotary Family Health Days from DGE Ian Pursch. Daphne Lyell volunteered. Noted a suggestion by Terry Lancaster that we should try and sign up new bone marrow donors at the Family Health Days. Thanked Graham Finlayson for his 'invitation' to be 2IC for the Cape Town Marathon and accepted.

Thanked all speakers.

**Sergeant Lucian** closed the meeting with a quiz on his fabulous Ocean facts, which was won by guest, Zeenat Price.

## Stirrer's Spoon

Regine le Roux

[Newlands Rotary Club Runner Calendar](#)

### FUTURE FIXTURES

#### Year Planner

Please advise the secretary promptly of any additions or changes

#### **June 2015**

Mon 15 Ordinary

**Fri 19 Induction Dinner**

Mon 22 Business

Mon 29 Ordinary

#### **July 2015**

Mon 6 Ordinary

Mon 13 Ordinary

Mon 20 Ordinary

Mon 27 Business

# Happy Birthday

15 June  
Lorraine Winship

Sounds like a plan.  
What could possibly  
go wrong?

Please, when using the stairs  
Stay to the right when going up,  
stay to the left when going down.  
This will keep people from  
running into each other.

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For the record

*The editor apologises to Ian Pursch for publishing Howzat! early last week without caution and prior warning, necessitating him to publish said minutes privately and independently lest his carefully crafted words do not ever see the light of day. Here they are for all posterity.*

## **Minutes of Partners Meeting held 1 June 2015**

### **Scribe: Ian Pursch**

Sergeant Menno De Wet got off to an inauspicious start by forgetting President Wybe, who marched forward anyway and introduced: the evening's speaker, Mel Elliott, and his wife Carine; President Rod Palmer and Sally, from Kromboom RC; President Elect Stephen Bredenkamp, from Wynberg RC; Regine's guests, Marjorie Bell and Guillame Cillie; special guest Willie Wijnberg and Sue; and all Partners.

Mike W recited the 4 Way Test after Rochelle's Grace and Toast, and President Wybe was recalled to the front for the pleasant task of inducting Willie Wijnberg. An ex-Tokai Rotarian, introduced to the club by Terry, he gave the club an admirably short maiden speech, simply informing us that he considers Newlands "a nice place to be".

Richard conducted the Wine Swindle (which he, alone, still insists is a "raffle"), delivering bounty to Janey (for Keith) and to Lucian, and announced the happy news that the long-delayed Jo'burg leg of the Wine Auction had been held on Thursday at the Bryanston Country Club and yielded R220k for the NSRI.

Sgt Menno displayed a hitherto unguessed-at flair for stand-up comedy, before encouraging Corinne to produce the Stirrer's Spoon. She fittingly re-christened it the "Spoon of Recognition" and passed it on to Regine for "PI perfection".

John Winship introduced the speaker, Mel Elliott, whom he and Lorraine had met while attending a painting course, and explained that Mel would produce a work of art in front of us and would then donate it to the next Wine Auction event. Mel, an active Round Table, gave us some background on the Dale (his father) and Mel Elliott Art Gallery and Studio in Villiersdorp; its activities, including various painting courses; Villiersdorp (who knew that it was the South African "tractor capital"?); and explained the process he would follow as he painted for us.

Mel then treated the club to a virtuoso display of skill, applying acrylics, oils and gold leaf with palette knives, brushes, rollers and Carine's hair dryer, while regaling us with an eclectic musical playlist that ranged from opera to country. The club showed its appreciation and dinner was served, after which Mel answered various questions.

A few spots were taken:

- Bill suggested that we should provide better name badges for our Partners and it was agreed that this would be discussed at the next business meeting.
- Jenny told us that Jo Maxwell, of Claremont RC, is working on a project to provide cradles for new-borns and needs foam for little mattresses and is looking for knitters.
- Jenny also suggested a raid to the Breede River Winelands RC to attend Tim Harker's induction dinner(?) from 2pm on 27 June.
- Tinus, celebrating (yet another) birthday, told the club about a joint project at a Bothasig school that had provided various needs including toilets and had included books from the Books Project.

In President Wybe's slot he gave us the sad news that Pat Stewart had resigned due to personal pressures.

Sergeant Menno reinforced his comedic credentials before closing the meeting and sitting down.

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## UMPIRES AND SCORERS

| DATE                  | 15 June           | 22 June           | 29 June           | 6 July              |
|-----------------------|-------------------|-------------------|-------------------|---------------------|
| MEETING               | Ordinary          | Business          | Ordinary          | Partners            |
| SERGEANT              | Graham Lowden     | Christine Wilke   | Jenny Howard      | TBA                 |
| 4 WAY TEST/<br>OBJECT | Jana Forrester    | Richard Burnett   | Norman Pudney     | Bill Meyer          |
| GRACE & TOAST         | Brian Pickup      | Regine le Roux    | Menno de Wet      | Shân Biesman-Simons |
| ATTENDANCE            | Terry Lancaster   | Garnet Carr       | Heidi Andersson   | Lucian Pitt         |
| FELLOWSHIP            | Nora See          | Bill Holland      | John Stephenson   | Jenna Monk          |
| MINUTES               | Corinne Hudson    | Paul Spiller      | Andy Ismay        | Jenny Ibbotson      |
| COMMENT               | Peter Henshilwood | Melinda Stapleton | Christine Calothi | Janey Ball          |
| THANK SPEAKER         | Graham Finlayson  |                   | Rochelle Malherbe | Michael Walwyn      |
| INTRO SPEAKER         | Chris Beech       |                   | Johan Beukman     | Mike Young          |

### Invited GUEST SPEAKERS

- 15 Jun **Ron Zeeman** – *Caving*
- 29 Jun **Annette Jahnel** – *Driving humanity back into the economy*
- 6 Jul **Hein Gerstner** – *Eco Hotel Verdi*
- 13 Jul **Maggi Golding & students** – *Makaton / Autism*

If you cannot do your job on the day, please find someone who can do it instead of you, then contact the Sergeant on the day to update the roster. Please don't leave this until the Monday afternoon – let the Sergeant know in advance if you have not been able to arrange a swap. If you are going to be away for particular future meetings let Peter Ennis know.

Student on  
Facebook

A screenshot of a Facebook post. The user's profile picture is a black silhouette, and their name is redacted with a blue bar. The post text reads: "i miss my washer and dryer at home." Below the text, it says "Like · Comment". There are three thumbs-up icons and a blue bar, followed by the text "and 9 others like this." Below that, there is another thumbs-up icon, a blue bar, and the text "I have a name." To the right of this text is a blue handwritten signature that says "mom" with an arrow pointing to the text "I have a name." The post is timestamped "6 hours ago" and has "Like · 9" reactions.

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## Rotary Club of Newlands Office Bearers

|                |                            |                                |
|----------------|----------------------------|--------------------------------|
| Wybe Meinesz   | President`                 | wybe@insectcontrol.co.za       |
| Lucian Pitt    | Secretary                  | secretary@newlands.org.za      |
| Peter Ennis    | Treasurer                  | treasurer@newlands.org.za      |
| Colin Burke    | President Elect            | colinburke@mweb.co.za          |
| Brian Pickup   | Community Services         | brianp@automac.co.za           |
| Bill Holland   | Club Services              | bholland@wbs.co.za             |
| Menno de Wet   | Past President             | menno.tricorp@gmail.com        |
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| Chris Beech    | Membership                 | chris@aaam.co.za               |
| Regine le Roux | Public Relations           | rotary@reputationmatters.co.za |

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