



HOWZAT!



ROTARY CLUB OF NEWLANDS

“The club that appeals”



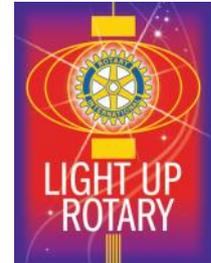
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20 April 2015

WEEKLY UPDATE

P O Box 44735
CLAREMONT
7735

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 and copy to Bill Holland at bholland@wbs.co.za before 10.00 on Monday mornings please.

Comment

Richard Burnett

GOEDGEDACHT

A while ago a gym friend introduced me to Goedgedacht Olive Farm near Riebeeck-Kasteel. This farm is a non-profit organization for the benefit of helping the Rural Child.

For a small donation the farm buys an olive Tree in your name or dedicated to someone or something of your choice. After five years the olive trees bears fruit which are processed and packed and sold to raise funds for their project. Every donor gets a plaque which goes on a memorial Wall in the olive grove.

I choose to donate an olive tree for each of my 4 new grandchildren and was invite to a dedication service on the 21st March. It was an inspiring event.

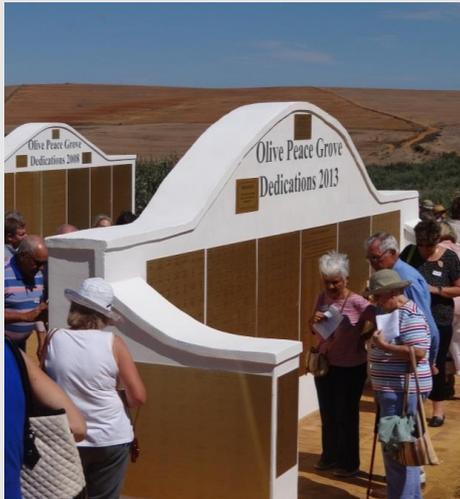
Goedgedacht now has over 13 000 olive trees and will harvest over 100 tons of Olives this year. It is well worth a visit.

Help the Rural Child works extensively with the Goedgedacht Trust, Path out of Poverty (POP) Rural youth Centres whose strategies built on four core values: Education Health, Personal Development and care of the Environment. These POP Centres are tangible and very much part of the Community Life, in fact largely run by the Community.

One of the ways Help the Rural Child supports its running costs of the centres is through charity shops that sell high quality well priced books, clothing and other items donated by the public.

Those involved are passionate about turning the “invisible “rural child into a happy and secure citizen.

A visit to their web page www.goedgedact.org will tell you more. It is a wonderful way to remember someone or something. My name is on a plaque for reaching three score and ten and being a survivor. Thanks to my Gym friend!



Previous Meeting

Minutes of the meeting on 13 April 2015

Scribe: Graham Finlayson

President – Wybe Meinesz | Sergeant – Johan Beukman | Guest Speaker – David George

President Wybe Meinesz welcomed everyone and their partners

The following special guests were welcomed:

- Guest speaker: Dave George
- Friend of Rochelle – Justin Tuck
- Special guest of Menno de Wet - Francois de Jager
- Rotary Club of Claremont - President John Jacobs (JJ)

The four-way test: John Stephenson

Grace & Toast – Jenny Ibbotson

Wine swindle: No swindle / raffle tonight. Double draw next year.

Wooden spoon: Lew Botha not at the meeting.

Minutes: Regine le Roux

Guest speaker: David George, the highs and lows of pro-cycling

Introduce guest speaker: Rochelle Malherbe

One of the best cyclists South Africa has produced. Olympian and an array of other accolades. Tested positive in 2012 for doping. Activist against drugs and still very involved in the sport.

Grew up in Jameson Road; attended Bishops.

New from early age it was a career he wanted to pursue. After matric went abroad. It was his dream to become a professional cyclist. 1999 – signed up for United States Postal Systems part of Lance Armstrong’s team this is where many of the deceptions started and he learnt about everything that needed to be covered up, this was 15 years before it all came out.

Young age, 20 years faced with decisions that had to be made.

November 2012 – day of reckoning – received the call he hoped he would never get, he was tested positive for a banned substance. Need to live with decisions made. Tough thing to deal with, especially with it all being in the media and social media.

Decided to tell the truth and be a vehicle for change. When an athlete returns a positive test, there is a hearing that needs to be attended. David did not attend his as he admitted the truth. He chose to accept his sentence and interact with anti-doping stakeholders. Good collaborative decisions. It is not about catching athletes, it is about changing a culture. Collectively make a difference, as an individual you can’t.

All sports are polluted, cycling has faced up to their truth, other sports are on their way. David indicated that he did not regret much, he was given the opportunity and joy to travel abroad and learned several languages. Choices were few and limited, you had a choice to get in or get off.

He is now blessed with two children and a growing business. In life until you are challenged you don’t see growth.

Questions:

1. If you had not been caught would you still do the same thing?
Answer: possibly, the culture is there and drummed into you. It’s cathartic. You need to view all sports with one lens. Probably not, had to face the pain to make change.
2. Was this the first time you were tested?
Answer – I had been tested previously, but got through it. Testing has narrowed the gap exponentially. I got tested a lot and not my competitors.
3. Why is it difficult to test you all?
Answer: Money, too expensive to test everyone.
4. To achieve top performance, you need to be part of a program?
Answer: yes
5. Details – what is the program?
Answer: Every sport different requirements. Oxygen in key. Every sport has their drug
6. Rising popularity in mountain biking, is it as prevalent there?
Answer: Yes. You have access to South Africans and foreigners can still get away with it.
7. Side effects?
Answer: Young athletes with side effects are blinded by passion. You may be a healthy individual now, yes but who knows what will happen 20 – 30 years from now?
8. Was the group dynamic an enriching experience?
Answer: Destructive dynamic. One objective – to win at all costs. They were not nice people to their team mates. No regard for future of the person, all about winning.

9. On assumption that everyone got onto the program, was management aware of it?
Answer: initially yes, then a shift of management being involved and turning a blind eye. Management only gets paid when management are winning. Management 100% aware of what was going on.
10. What type of training do you do? Weight / endurance?
Answer: Besides doping, lots of heats. We are all type-A personalities. Working solid hours. 35 hour weeks of riding. 7 – 8 hours at a time. Various intensities and races. 80 – 100 races per year.
11. Did Lance Armstrong get all the money?
Answer: Yes, he took all the money and takings. It all eventually imploded.
12. Why have the medical people not been roped in?
Answer: Money, disproportionate amount of money that goes to anti-doping.
13. To move to positive side, if 17 year old came along to you or advice, what would you say to them?
Answer: Collective responsibility. Peer pressure difficult. Personal decision that you need to make.
14. Knowing what you know now, would you make same decision.
Answer: Few would, if it is your goal to win, you will do what you can.
15. What can we do?
Answer: Engage. Collective responsibility. Create awareness.
16. Is it true if you are a foreign athlete, SA can't test him; they need to be tested by their own country?
Answer: Correct, we can't test them
17. Why is it not being stopped by source?
Answer: Money
18. Is there an advantage in taking drugs for a sport like golf?
Answer: Money. 5mm further could make a different.
19. Negatives / side effects?
Answer: Huge emotional negative side.
20. In your opinion what can Rotary do?
Answer: Constructive engagement with organisers. Organisers are fundamental to understand what is going. Understand who is winning and how, then formulate a plan.
21. Yellow armbands?
Answer: Funds distributed: 33% - Cancer | 33% to Nike | 33% to Lance Armstrong
22. Has the sport improved? Lance Armstrong was the scapegoat – has it changed?
Answer: it is still there.

Spots

- Melinda Stapleton – met up with Fabian, ambassadorial student, he trained for the Ultra Two Ocean Marathon, however retired after 36kms. He has good job working at Messe Munich. They have just opened a Jhb office. Sent love to everyone.
- Jenny Ibbotson – Encouraged Rotarians to read Lucian's email about the Rotary Foundation UNESCO scholarship and help identify students that would like to study at Delft campus. Regine will put information on Facebook page.

- Graham Finlayson – approach from group in Mitchell’s Plain – Tour de Plain. Steering committee has been formed, this will take place on Sunday, 26 April 2015. Looking for five sector marshals and five refreshment stations managers. Rochelle is sourcing marshalling from other clubs. Max 3000 riders. Max four hours. Race starts at 07:00.
- Regine – Zip Zap are performing, “Hey that’s my hat” – on Saturday, 18 April at 15:00. This show was sold out in Namibia. Rotary Club of Newlands encouraged to support. R70 for tickets if you book via Regine (will book online) / R100 if you book at the door. Also supporting an initiative that does a lot of good with communities.
- JJ – Thanks everyone

President slot

- Reiterate what Graham said, make services available. May be able to charter a club in that area one day. Possibly get more members from there too.
- Thanks David for the talk – by all the questions, it went down very well.
- Birthdays: Belated birthday to Geraldine on 11 April 2015 | 15th Tony van der Lith | 16th Jenna | Ian Pursch 19th |
- Anniversary: 15th – Lew and Hilary Botha

Sergeant’s slot

Next week’s business meeting roles confirmed.

Rotary Africa – please read it, Regine doing a great job there (**thanks Sergeant! RIR ☺*)

Happy Rands

Jenny | Johan | Richard | Brian | Mike | Pieter | Kenny (delayed happy Rand)*

*Old Boys of Rondebosch – challenge, current head boy, his mother died of cancer and his father is busy dying. Please help to sort out.

No fines for the evening

Good judgement comes from experience, and a lot of that comes from bad judgement.

Meeting ends: 20:56

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Pet of the Week

Cuddles needs a new home

By Paul V. Guilbeault
Citizen reporter



This cat we call Cuddles needs someone to give a little love and care along with a vet trip.

Cuddles was brought into Paramount Pets, 11518 E. Apache Trail in east Mesa, as a stray cat and was not a very nice kitty at first. When her cage was being cleaned out on her second day, she

We just recently were able to catch Cuddles and now she is a very sweet and lovable kitty, but needs to be seen by a veterinarian.

Cuddles needs a carefree home with a quiet, loving family to call her own and share the bundles of love she has to give. Please give Cuddles a good home. Call Paramount Pets at (480) [REDACTED]

who turn in any animal(s) are required to bring a bag of unopened food and litter for cats and unopened food and toys for dogs. We put the animal(s) up for adoptions - which is adoption by donation - and that lets the customer tell us how much they are willing to donate for the animal. There is a \$5 minimum for cats and a \$10 minimum for dogs. The non-

CUDDLES
She found herself into the [REDACTED] Cuddles came into us as a [REDACTED]

Stirrer's Spoon

Lew Botha

[Newlands Rotary Club Runner Calendar](#)

FUTURE FIXTURES

Year Planner

Please advise the secretary promptly of any additions or changes

April 2015

Mon 20 Business

Mon 27 No meeting (Freedom Day)

May 2015

Mon 4 Partners

Mon 11 Ordinary

Mon 18 Ordinary

Sun 24 Social: Car Rally

Mon 25 Business

Thu 28 Wine Auction - Jhb

June 2015

Fri 19 Induction Dinner

Happy Anniversary

22 April
Mike & Pat Young

Happy Birthday

20 April
Larry Hester

25 April
Peter Ennis

Quote

“Knowledge is knowing that a tomato is a fruit. Wisdom is knowing that a tomato doesn’t belong in a fruit salad.” — Miles Kington

UMPIRES AND SCORERS

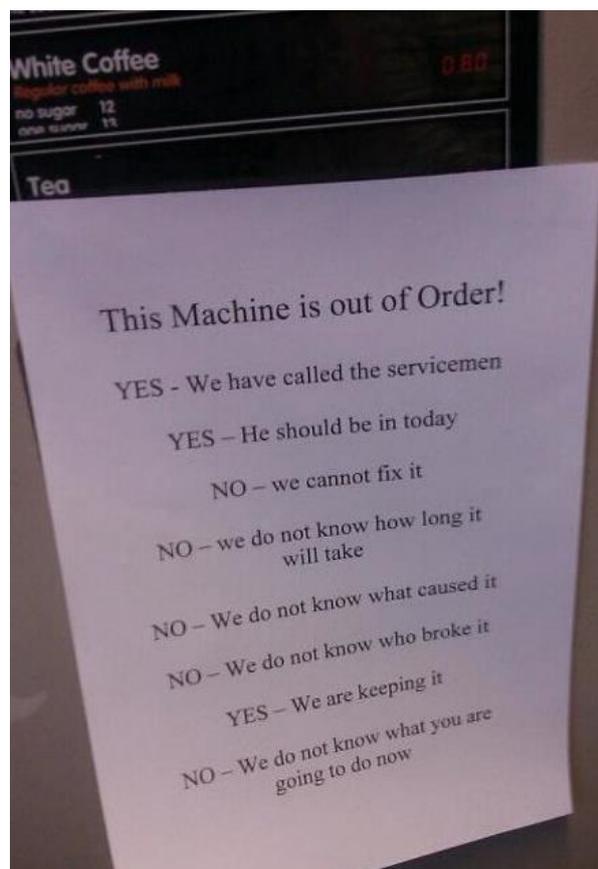
DATE	20 April	27 April	4 May	11 May
MEETING	Business	No Meeting Public Holiday	Partners	Ordinary
SERGEANT	Sue Trott		Lew Botha	Colin Burke
4 WAY TEST/ OBJECT	Chris Beech		Tinus de Jongh	Corinne Hudson
GRACE & TOAST	Graham Finlayson		Lucian Pitt	Paul Spiller
ATTENDANCE	Nora See		Michael Walwyn	Jenny Howard
FELLOWSHIP	Vanessa Rousseau		Garnet Carr	Tony van der Lith
MINUTES	Bill Holland		Shân Biesman- Simons	Mike Young
COMMENT	Heidi Andersson		Glynis Menné	Jenna Monk
THANK SPEAKER			Andy Ismay	Jenny Ibbotson
INTRO SPEAKER			Pieter van Aswegen	Vanessa Rousseau

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.

Invited GUEST SPEAKERS

4 May **Suzanne Ackerman**
– TBA

11 May **Ronell Jordaan** –
*Children's Hospital
Trust*



Rotary Club of Newlands Office Bearers

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