



HOWZAT!



ROTARY CLUB OF NEWLANDS "The club that appeals"



President: Graham Finlayson
Secretary: Bill Meyer



**ROTARY:
MAKING A
DIFFERENCE**

Editor: Peter Ennis

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Newlands Rotary website: www.newlands.org.za

Rotary District 9350 website: www.rotary9350.co.za

23 October 2017

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.

ATTENDANCE: Notice of apologies and guests and/or meal specifics to email Paul Spiller at dr.paul.spiller@gmail.com and copy to Bill Meyer at meyport@iafrica.com **before 10h00** on Monday mornings please.

Comment

Via Chippy Burnett

A Worthwhile Read...

Many of us are between 65 and death, the following is an excellent list for aging ... and it's good advice to follow.

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital. Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

5. Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbour and remember: "A man is not old as long as he has intelligence and affection."

7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.

9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

11. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.

15. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

18. If you've been offended by someone – forgive them. If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savour it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humour in your situation.

21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far.

There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

AND, REMEMBER: "Life is too short to drink bad wine."

Previous Meeting

Minutes of the meeting on 16 October 2017

Scribe: Richard Burnett

The meeting was opened by Regine in the name of peace in respect of our favourite Arch.

President Graham welcomed the guests being Special Guest Emma and Grant Hanal.

Bill gave us the 4 Way Test and Willie the Grace and Toast.

The wooden spoon was handed to Shelley for helping Regine's car boot problem.

The wine swindle winner after a triple of non-attendances was Geraldine.

Richard House introduced the speaker Jock McConnachie.

Jock talked about his home in the Transkei which is a home for the under privileged. No books, no computers etc etc. The services were hard work but succeeded. The centre was moved closer to the local high school. Jock explained the difficulty for ambitious youngsters to move forward in a backward environment. A good relationship has been created between Rondebosch School and the Education Centre in the Transkei.

Other Rotary clubs are supporting Jock. The successful Transkei going to University is a massive adjustment and needs support. Both financial and mentorship. The parents are not capable so can Rotary step in.

Lack of skills to use the resources provided as teachers are not suitable trained.

Jock explained how a good headmaster can change society. Also a few examples of success stories based on Jock's involvement.

Jock showed some slides of his involvement in the community. Well done Jock.

Shelley thanked the speaker.

Jock answered some questioned which gave to some serious thoughts.

Supper was served. Not too shabby.

Spots.

Dotty was welcomed back. As always inspirational.

Colin boasted a third at the Dragon Boat Racing. Fire fighters deserve our support.

Shelley said Santa Shoe Box dead line is 21st Oct. Free boxes from storage.

Jenny said the Stellenbosch Cycle Tour race will finish an hour earlier than usual. How about a braai. Great idea.

Brian Pickup has a new washing machine to go to a worthy cause.

Geraldine talked about Steenberg Interact re shortage badges for new members. Graham Lowden offered to sponsor 100 badges.

Menno has a box of Newlands Rotary caps. Wendy Goddard took responsibility.

Presidents Slot

A Rotary cricket tour of India is offered. Pay for your air ticket and the rest is on the house.

An email from Pat Young. Thanks for our involvement.

Mini conference at Lord Charles Hotel Somerset West this Saturday.

Well done Vanessa for all her involvement with the youth.

Do not forget Santa Shoe boxes.

Happy birthday to Lyn van der Lith and Avrill Meinesz.

Regine asked for Happy Rands and enjoyed an excellent response and duly closed the meeting.



HITTING **FIRE & DISASTERS** FOR A SIX

FEATURING SA LEGENDS

WATERSHED

SUPPORTED BY

MADE IN AFRICA jazz and **ROBIN JACKMAN, MC**

7 PM - 11 PM • FRIDAY, 10 NOV 2017

FISH HOEK CIVIC CENTRE, RECREATION ROAD, FISH HOEK

Tickets R250pp. Bring your own picnic basket and drinks.
Autographed Proteas Cricket Jersey and Cricket Bat on auction.

zapper™

SCAN & PAY
WITH YOUR SMARTPHONE



THE ROTARY CLUB -
CAPE OF GOOD HOPE

Fundraiser in aid of EVS Volunteer Disaster & Fire Crews

To book your seat, make payment using Zapper from your smartphone.

Ticket Sales/Enquiries: contact susan@jap.co.za or 082 964 9698 to confirm your reservation.

Rotary



www.evs.org.za



[Newlands Rotary Club Runner Calendar](#)

FUTURE FIXTURES

Year Planner

Please advise the secretary promptly of any additions or changes

October 2017

Mon 23 Business

Mon 30 Stop Hunger Now food packing

November 2017

Mon 6 Ordinary

Mon 13 Partners <- **Note change**

Mon 20 Ordinary

Mon 27 Business & AGM

December 2017

Sun 3 Stellenbosch Cycle Tour

Mon 4 Year-end Function

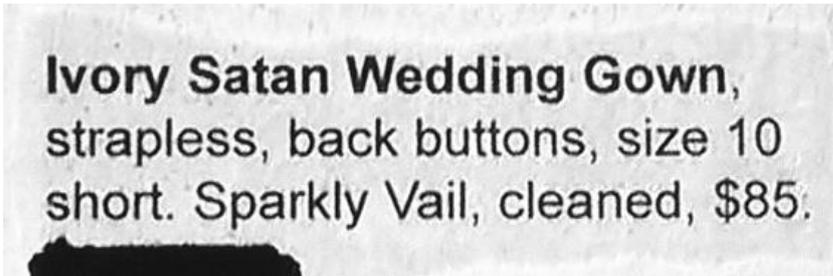
**Happy
Birthday**

27 October
Melinda Stapleton

24 October
Linnell Holland

28 October
Inez Arendse

For sale



Ivory Satan Wedding Gown,
strapless, back buttons, size 10
short. Sparkly Vail, cleaned, \$85.

UMPIRES AND SCORERS

DATE	23 October	30 October	6 November	13 November
MEETING	Business	Stop Hunger Food Packing	Ordinary	Partners
SERGEANT	Lucian Pitt	Bill Holland	Pieter van Aswegen	John Winship
4 WAY TEST/ OBJECT	Geraldine Nicol	Jenny Howard	Henry Campbell	Heidi Andersson
GRACE & TOAST	Jana Forrester	Willie Wijenberg	Terry Lancaster	Garnet Carr
ATTENDANCE	Wendy Goddard	Jerome Eckles	Brian Pickup	Tony van der Lith
FELLOWSHIP	Peter Henshilwood	John Stephenson	Colin Burke	Richard Burnett
MINUTES	Rochelle Malherbe	Johan Beukman	Menno de Wet	Jenny Ibbotson
COMMENT	Wybe Meinesz	Paul Spiller	Jamie Hart	Vanessa Rousseau
THANK SPEAKER			Ian Pursch	Barbara Murphy
INTRO SPEAKER			Lew Botha	Regine le Roux

Invited
GUEST SPEAKERS

13 Nov Dr Sylvia Whitlock

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.

**“Hey guys,
we’re getting
a dog! Isn’t
that great?”**



Rotary Club of Newlands Office Bearers

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Bill Meyer	Secretary	meypport@iafrica.com
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Chris Beech	Past President	christopher.beech67@gmail.com

Books for the World

For all educational school books and novels for age from early education to High school

CONTACT: FRANCOISE NDAYIZIGIYE 0737317056

St Anthony's Catholic Church, Ndabeni Street, Langa

