



1925

2025

Facing a new dawn — with new energy, ideas and challenges

OUR MORAL COMPASS

FOUR-WAY TEST

of things we think, say, or do



Is it the **TRUTH**?



Is it **FAIR** to all concerned?



Will it build **GOODWILL & BETTER FRIENDSHIPS**?



Will it be **BENEFICIAL** to all concerned?


Rotary





TABLE TOPICS

14 JANUARY 2025

President: STEVEN BOERS

Mother Club of District 9350

Editor: Myra Goldenbaum



Where we meet ROYAL CAPE YACHT CLUB

Visitors please contact our secretary if you wish to join either the 2nd or 4th Tuesday of the month for particulars or link contact secretary.

TABLE TOPICS

Myra Goldenbaum

Please send your news pictures or enquiries to

myra.goldenbaum@newneon.co.za



PRESIDENT STEVEN BOERS

steven@archiba.co.za



Meets

2nd & 4th Tuesdays
Royal Cape Yacht Club
at 17.30 for 18.00

GPS COORDINATES

- South 33 o 55" 14'
East 18 o 28" 33'

TREASURER :

Barbara Whitfield
clubrcct@gmail.com

Club Secretary

Dr Pat Mayers

0824672302

secretaryrcct@gmail.com



Message from President Steven

'Centenary Chatter'

Dear Reader - member and friend of the Rotary Club of Cape Town

The year 2025 has arrived !!!

Did you know that on 29 April 2025 our Rotary Club of Cape Town will be 100 years old.

Just imagine!!: a whole century lies behind this Rotary Club - from 1925 to 2025

The interesting fact is that not only our Club, but our entire Rotary District is 100 years old.

District 9350 is one of roughly 535 Districts in the Rotary world.

Ours encompasses Angola, Namibia, Northern Cape and Western Cape up to Plettenberg Bay along the SA south coast.

And thus some celebration and review is called for:

The first event of note to recognise this auspicious year will be a 'Rotary Expo' titled "*100 years of Service & Impact.*" This is to be held at the Victoria and Alfred Waterfront, abbreviated to 'V&A' amongst locals.

The dates are Tuesday, 04 to Thursday, 06 February.

Numerous Rotary Clubs and the District committee of this year are contributing to this, to display the *Areas of Focus of Rotary*. To show the input Rotary makes: in the past, but more importantly now and in the future. We, the Clubs and its approx 1400 members (including Rotoractors) in this District, are continuing with committed ongoing support and upliftment of our communities and individuals in our regions. It is our belief that our time and energy, knowhow and investment can improve the current and future of our society.

There are many and varied projects, and these include amongst others the promotion of peace, nurturing and aiding education from early childhood through to support at tertiary levels, health and wellbeing ie inter alia fighting diseases such as polio and malaria, providing nourishment and promoting self-reliance in the form of gardening for own consumption, supporting the elderly where there is need, making environmental experiences possible right down to seeing in detail and experiencing 'gogos' i.e. insects and creepy-crawlies, so that our environment and the protection thereof becomes a joy and is a reality to all. Our own Glencairn Youth Camp is focused on this - it features regularly in this Table Topics newsletter.

The other major celebratory event is the actual marking of the Centenary of RC Cape Town: that event has been set for Saturday, 10 May 2025. More information to follow!

Greetings and we wish all our readers a successful, inspirational and fulfilling 2025 year.

Steven Boers

Current president of the Rotary Club of Cape Town - during this auspicious centenary year.





JANUARY ...

The 'Mouse's Click' from ... Myra

'This 'n That'

Rotary 

JANUARY IS VOCATIONAL SERVICES MONTH

"TEAMWORK IS THE ABILITY TO WORK TOGETHER TOWARD A COMMON VISION. THE ABILITY TO DIRECT INDIVIDUAL ACCOMPLISHMENTS TOWARD ORGANIZATIONAL OBJECTIVES. IT IS THE FUEL THAT ALLOWS COMMON PEOPLE TO ATTAIN UNCOMMON RESULTS."

- ANDREW CARNEGIE



Rotary 

THE FOUR-WAY TEST
of the things we think, say or do

- I. Is it the TRUTH?
- II. Is it FAIR to all concerned?
- III. Will it build GOODWILL & BETTER FRIENDSHIPS?
- IV. Will it be BENEFICIAL to all concerned?

Rotary International - District 9350
Angola - Namibia - South Africa



DisCon 2025
Hosted by the Rotary Club of Worcester

Rotary 
Club of Worcester
District 9350

Welcome to the Care Capital of South Africa

District Conference 2025 | 1-3 May



Stephen Young
District Governor
District 9350

Save the date....

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Save the date...

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More information to follow!



Club members first meeting 2025 at the Royal Cape Yacht Club



TOP PICTURE: Members & guests
ABOVE L: President Steven & Myra Goldenbaum
ABOVE R; Graeme Smith & Nigel Ryder
LEFT : Dr Juliet Colman & Dr Tony Colman

ContinuedClub Meeting



Dr Phil Turner and wife Dr Wendy Turner



Meeting venue



Denise Boers, Tony Holmes and Juliet Colman



Sara Parhikari & Klaus Neumann



**LEFT: Achim
Kuessner &
Klaus
Neumann**

**R: Achim
Kuessner &
Dr Rainer
Brinkmann**



STOP PRESS !!

YOUTH from all over
the country are
visiting our camp
GLENCAIRN ...



TABLE TOPICS

Our Rotary Youth Camps GLENCAIRN—ideal venue for our youth....

AT LAST OUR PLAYGROUND HAS BEEN ASSEMBLED

.....Exciting news! Rotarians make things happen.
A container filled with playground equipment
donated by The Rotary Overseas Playground
Equipment organization finally arrived in Cape Town
from Australia.

Driven by Wayne Jenkins (RC Mt Martha) and
connected by Rtn Carol Allen (sister of PP Jenny of RC
Newlands) this initiative will reach 10 clubs in D9350
from Cape Town to Swellendam.

Special thanks locally to Pres Willy & PP Nigel (RC
Tygerberg), the Northern Suburbs Clubs, PP Dave
Rawbone for their stellar efforts in organizing,
offloading and warehousing the load.
These Australian playgrounds will soon bring joy to
countless children, and we look forward to seeing
photos of happy little faces and the completed
installations.

**GLENCAIRN WAS A RECIPIENT OF PLAYGROUND
EQUIPMENT**



ABOVE: BEFOREWHEN DELIVERED

**NOW: AFTERCONSTRUCTION ALL READY FOR
THE YOUTH ... and our members !**



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GLENCAIRN ...



Our Rotary Youth Camps GLENCAIRN—ideal venue for our youth....

OCEANVIEW FOOD GARDEN at Glencairn

"You might recall our first seedlings went into the ground in August, this week brings us to five months of activity and the garden is really flourishing. We've been experimenting with a great diversity of vegetables to supplement the bulk greens of Swiss chard, celery, kale and pole beans. At the moment we have about 14 different vegetables growing, some in great abundance like the enormous marrows and bean forest in the centre. Later this month we should see the brinjals fruit and we're leaving the green peppers on the vine for them to turn red, thus a sweeter pepper for late summer. We've experimented with growing some corn in the '3 sister's method' – growing corn with cowpeas or beans and squash or pumpkin. The enclosure is currently being taken over by trailing squash and cowpea vines! Just before Christmas we had to pull up the baby potatoes as the giant moles were edging in on them. Our carrot beds grew successfully until the mole found them too so we're not too successful with root crops (well they grow, but the moles get to them first ☹). We'll probably try some raised bed/ containers for the root crops as the moles have declared right of way regardless of the fencing.

Some of the more unusual vegetables include water chestnuts in the tractor tyre pond and a few ochre plants, along with artichoke and asparagus (grown from crowns, the fern just appearing after 5 months underground). The squash family are trying hard to outsmart the stinging fruit fly and we have a few gem squash, butternut and 4 varieties of pumpkin. We're trying to stay ahead of the hottest months by keeping the soil well covered with mulch/ straw, which helps retain soil moisture. As the humidity climbs the weaker plants get knocked out by aphids and the tiny crickets/ locusts, unless the ladybirds and frogs come to their rescue first. We're supplementing the nutrient/ compost & water cycle by doing foliar spraying of kelp water by hand. This seems to help the plants when water stressed. It's been a wonderful time of observation – keeping an eye on the plants growth and then observing the diversity of insect life that feed on the plants or each other in maintaining balance!



CONTINUED... OUR ROTARY CAMPS GLENCAIRN...Food Garden....

We've had a 2 week break from the weekly harvest as the community kitchen in Ocean View closes over Christmas, but we'll be back to our regular Tuesday harvests from next week again.

Last month I sent a soil & water sample off to a lab to get a baseline on the nutrient availability and soil organic matter so we can compare this year on year and ensure we are being regenerative in that the soil organic matter and nutrient quality improves y-o-y. I also wanted to ensure the water quality was still suitable for crop irrigation as we enter the drier months. Fortunately no nasty surprises in the chemistry or micro-biology! It is an incredible spot to grow food and we are so grateful to be there.

Michele Harvey

Kate Squire-Howe





NEWS of our projects

Our property 'House of Youth' in Salt River—Youth Solutions SA are running their 'Feeding Scheme' and after-care projects besides 'Skill training' opportunities at this property.....

CHRISTMAS LUNCH FOR THE HOMELESS

From John Philmon the Director of 'Youth Solutions SA'

Last night "as I laid me down to sleep and prayed the Lord my soul to keep", I thanked Him for another opportunity to share the good news of the birth of Christ our savior as we shared a meal with many homeless and destitute families on the streets and in our night shelter.

Let it be know that God is our provider and He deserves all the glory. Great is the Lord and greatly to be praised.

Thank you to all our sponsors and donors.





News from District 9350

ROTARY NEWLANDS invites you to a



Single entry or teams
Max 4 per team
Friends & family welcome

**Booking
Essential**

Friday 24 January 2025
at WPCC Bowling Club
First question at 18h45
R110 per person
(includes dinner)



RSVP by 13 January
Teresa 083 461 6168
Judy 072 431 4721

Helderberg Sunrise

is hosting a horse racing event at Stellenberg Wine Farm on the 14th March.

A fun evening which is great for socialising, team building and enjoying yourself.

We also have Golden Circle tables of 10 at R600 a head. If interested, please contact the organisers at race@hsrotary.co.za



Rotary
Club of Durbanville
invites you to a...

**Valentine's
Gala Evening**

Friday February 14th
At Durbanville Golf Course
18:00 for 18:30
Cost: R750pp
Meal Included
Cash bar available

Proceeds go towards Rotary's Dental
Day Project for new equipment.



**THE MAGIC
OF ROTARY**

RSVP by 15th January 2025
Coleen on 082 338 8949 or Email: coleen@wplocks.co.za
To confirm via EFT enter "Gala" and surname

BANKING DETAILS:
The Rotary Club of Durbanville
Nedbank Durbanville
Branch Code: 103710
Account Number: 1037 029 240
Type of Account: Cheque



Helderberg Sunrise
Rotary
Club



A Night at the Races

Formal
Dinner

Cash
Bar

Big
Prizes

RAFFLE

Join in this amazing fundraiser for Charity Projects in the Helderberg Basin

STELLENRUST WINE FARM

14 March 25 | 18:00 for 18:30 | R 450pp

RSVP: race@hsrotary.co.za by 7 March 25

Dress Code: Formal (Ascot/Durban July)



Happy
Birthdays

21 JANUARY

BOARD MEETING

28 JANUARY

Club meeting

JANUARY

MEMBERS: 24– Francois Coetzee

PARTNERS: 21 –Denise Boers

26– Alison Smith

Apologies I do not have details of new members

Thoughts and
more thoughts !

For news, photos, jokes etc
PLEASE CONTACT ME ...Myra
myra.goldenbaum@newneon.co.za

Anniversaries

Nil for Now

Likeable young man –not too ambitious—dating girl for a few years and finally proposes.

Her parents are delighted but her father worried that his future son in law will not be able to provide for his daughter and so offers him a 50% share in his business stating that -

- you will start on the factory floor and work yourself up

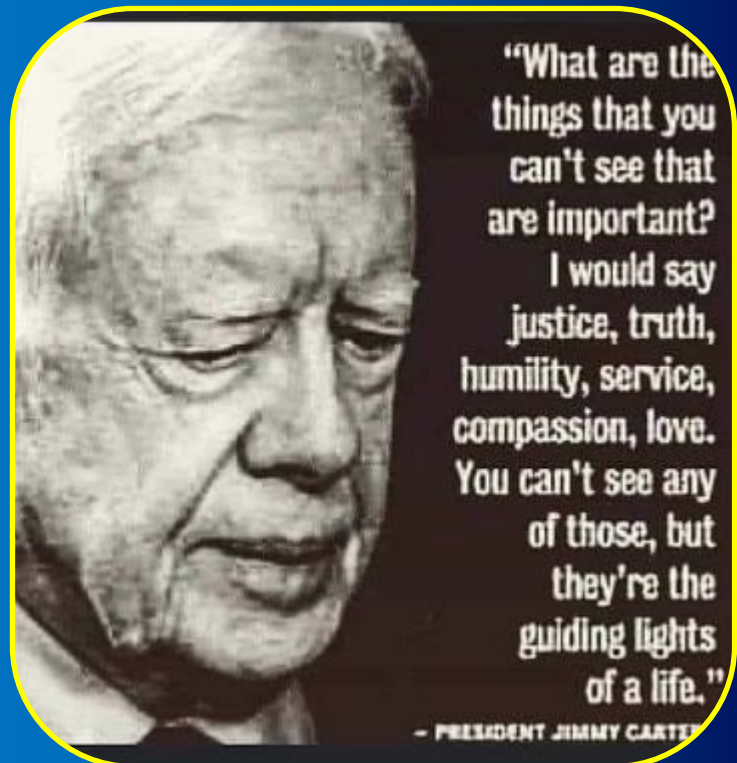
- the young man replies-I have a problem with your kind offer – I am allergic to dust.

The father thinks awhile and then states- in that case you can start in the admin department and work yourself up -

- the young man replies - again thank you for your kind offer but I am really not a pen pusher.

The father now rapidly losing his patience then says to his future son in law—look I am giving you 50% of my business what is it you exactly want -

to which the young man replies – buy out my 50%.



Until next time