Seal's Bark: Weekly Newsletter of the Waterfront Rotary Club

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SEAL'S BARK VOLUME 33 NO 19

Seal's Bark

Waterfront Rotary Club Weekly Newsletter

District 9350 Chartered: 12 Sept 1992



Photograph by Greg Lumley

WATERFRONT ROTARY MEETING

Friday, 18 November 2022 - 06h30 for 07h00

at the Metropolitan Golf Club

Captain (President): Johann Gerber; Secretary: Sue Truter

Scribe: June Webber

www.waterfrontrotary.org



NOVEMBER IS ROTARY FOUNDATION MONTH

For the 11th consecutive year, The Rotary Foundation has received the highest rating — four stars — from Charity Navigator, an independent evaluator of charities in the U.S. The Foundation earned the recognition for demonstrating both strong financial health and commitment to accountability and transparency. The rating reflects Charity Navigator's assessment of how the Foundation uses donations, sustains its programs and services, and practices good governance and openness.

CAPTAIN'S LOG -18 NOVEMBER 2022



Let's bring Rob the Seal out of Hibernation!

David Bradley recalls that the founding members of the Club we were sitting at breakfast at the Royal Cape Yacht Club when there was a loud splash and a thump and a large grey fur seal heaved itself out of the water and onto the floating dock to sun itself outside the window.



Almost in unison was the call for adopting the Seal as the Club's logo and the newsletter to be called Seal's Bark. Being bilingual another exclamation translated seal to Afrikaans Rob and so Rob the Seal became our mascot, our logo and our friend! The ideas then arose to create a forum for new Members to get to know their fellow Members.

The Seal logo and title was printed on a white board and it was passed on from one Member to another at an informal get together such as a small private meal, a coffee or drinks session or meeting at some interesting venue.

Unfortunately the white board was lost but Rob was fortunately reincarnated into a fluffy white seal. Then we let him hibernate during Covid but now we again have the perfect opportunity to keep this tradition alive (even via Skype or Zoom!) – so let's keep Rob the Fellowship Seal moving and not let him drown!

This week we welcome Jo da Silva the Fundraising Manager of the Salesians Institute Youth Projects who will talk to us about the risks today's youth are facing and how to change the narrative when dealing with these.

Happy birthday to Anne Postema for Thursday the 17th and to Debby Daniel and Carren George (Matthew Andrews's partner) for Saturday the 19th.

MEETING FRIDAY - 11 NOVEMBER



Michelle Weber
Waterfront Canal Challenge Ambassador
2 x Olympic Swimmer

"Swimming across the English Channel - My story"

It was a privilege to welcome Michelle Weber and her father Frank to our meeting on Friday, all the way from Franschhoek.

Michelle started her talk by sharing that three years ago in 2020 she thought "I can swim the English Channel in two years time". Since then she had experienced the hottest swim in Tokyo in 35 degree water, had been swimming 80 kilometers a week, training at Langebaan every second week in 13 degree water and had done the fastest Blouberg to Robben Island crossing (goggles, cozzie, cap and boat). In a nutshell, she was exhausted.

Her "Mt Everest" of swims took place on 23 August. On the second last day of a window of a week, wind, tide, and weather conditions were favourable she was given the thumbs up by her pilot to swim to be accompanied by Derrick Frazer of Big Bay Events.

Michelle walked onto the pebble beach of Dover, terrified - shaking with nervousness, but once she hit the water she was surrounded by a surreal calm, "filled with joy and embraced the beautiful experience".

The swim was much longer than 35 kilometers because of the tide and currents. The sight of the shores of France was exciting, only to realise that she had another 20/25 kms to swim. When her pace dropped and she knew she was in trouble - her mantra to energise her body - "arms, legs, head" worked. She completed the swim in ten hours, twenty minutes. Once having reached the shore she was greeted by an exciting cheering crowd welcoming her with

jubilant "hi-fives". She then had to swim back to the boat. Would Michelle do it again? "No ways!".

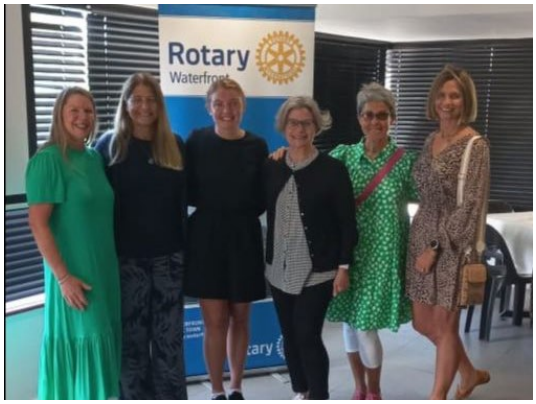
A tradition of the swimmers who successfully crossed the channel is to sign a wall in a pub in Dover, which she did, then went on to London. What's next? The Elite Swim at the Waterfront Canal Challenge on Sunday and then possibly the Olympic Games in 2024, in Paris.

This remarkable committed swimmer, with her strong core values, integrity and commitment to inspire youth through her "Shared Lane" swim project and swim achievements, is the role model that any sponsor wanting a role model to promote swimming as a healthy lifestyle for our youth, could want.



Waterfront Canal Challenge Project Leader Siham Boda, warmly thanked Michelle Weber for her inspiratioal talk, saying that as a role model, she epitomised the values of Rotary.





Above L: Crew were rivetted by Michelle's talk - Robert Magotsi deep in thought. Right: Janet brought along four of her Sea Point Pavilion morning swimmers, who found Michelle's talk inspirational: L to R: Nadine Pincus,

Monika Heyes, Michelle Weber, Janet Kriseman, Lynne Gordon and Marisa Smalberger.



Bosun Spiro Mitchell was delighted to have Michelle and her father as guests, as were we all!

WATERFRONT CANAL CHALLENGE - 13 NOVEMBER

After a hiatus of two years the **Waterfront Canal Challenge** returned to its pre-Covid venue in the Battery Park Canal at the V&A Waterfront on a near perfect day on 13 November when Africa's **only** urban canal swim event took place at the V&A Waterfront's Battery Park Precinct. The Event comprised a one-mile (1600m), and half-mile (800m) open water swim.

Some of South Africa's top swimmers, including our brand ambassador, Michelle Weber participated in the invitational swim event and was awarded the **Waterfront Canal Challenge Theodore Yach Elite Mile Trophy.**



Waterfront Rotary crew pic.



Above: Battery Park precinct in the V&A Waterfront.



Roxy Davis: Ocean Freedom commernted: "Thando and Raemondo learnt to swim yesterday without lifejackets. The event, paddling the canal and the supportive environment gave them the courage to test themselves and they couldn't believe what they had achieved. We are so grateful and really appreciate the opportunity."



Waterfront Rotary could not have staged this event without the generous support of our sponsors who are acknowledged with sincere appreciation:

1. V&A Waterfront Henry Mathys - his team Yumna Mathys, Matthew Andrews and Tamsynn Maart.
Who sponsored the venue, security, medical, waste removal.
2. Red Bull - Bokang Mapese
Amazing contributions of Red Bull drinks, use of Beast and operator.
3. Turqle Trading - Pieter Swart - all prizes.
4. Ocean Freedom - Roxy Davies- contribution of 2 prizes plus supply of free sun screen to all participants. Also brought guides/support for Para athletes from the Roxy Foundation, including the Para athletes.

5. MayekawaMycom - Spiro Mitchell, sponsored the Elite prizes.
6. Stadel- Greg Deans, cash sponsorship.
7. Maurten-Charl Souma - Free nutrition gels to participants.
8.High Impact Public Speaking- Andre du Toit, provided free MC services for the day.
9. Sportsmedia - Shelley Finch - Facebook posts, marketing leading up to event.
10. Big Bay Events - Derrick Frazer- all water logistics and support.
11. Phoenix Insurance - Derek Wrankmore, ensuring our insurance was in place.
12. Michelle Weber- Brand Ambassador.
13. Enid Vickers - PI and marketing.

Salesian Institute
Youth Projects

All funds raised at the Waterfront Canal Challenge go towards Waterfront Rotary's 30th Legacy Project - Salesian Institute Youth Projects "Smart Work Centre".



Captain Johann Gerber presents Derrick Frazer of Big Bay Events with a Rotary Vocational Service Award for his professionalism in assisting Waterfront

Rotary stage this event over the last four years.



Above: Piet Postema with Siham Boda - Project Team Leader of the WCC - who faced multiple challenges and time constraints to get the event off the ground this year. Well done!





L: The V&A Waterfront, Cape Town provided these beautiful floral festive displays. R: Michelle with the Waterfront Canal Challenge Theodore Yach Elite Trophy.



Above: Derrick Frazer of Big Bay Events briefing the Elite Mile Swimmers.









Top left: Our stalwarts Maryka, Janice and Sue: Right swimmers in the first race; Below left: Michelle Yach and her sons handing out awards - Right: The group from Ocean Freedom.



Above: Andre du Toit, the Big Positive Guy who has generously been our MC for all the Waterfront Canal Challenges, with Michelle and Janice.



Above: Michelle Yach (wife of the late Theo Yach) with the swimmers competing in the Waterfront Canal Challenge Theodore Yach Elite Mile event, won by Michelle Weber. An end to another amazing fun filled family event!

REQUEST FOR FUNDING PROJECTS

Members are asked to please provide a motivation when submitting requests for funding for projects.

Waterfront Rotaract



This is a very special and enjoyable outing for the children.


MERRY CHRISTMAS!
It's a Wonderful Time Indeed.
It has been a tradition for us every year to organize a childrens party just a few weeks before Christmas, as a way to bring JOY
We need the following items to create a Santa Shoebox
A facecloth
A toothbrush
A bar of soap
Toothpaste
Deodorant
Body lotion
An item of Clothing
Gift
Donate now via EFT- box valued at R150.00
BANK: Standard Bank
Account Number: 10112094269
Branch Code: 5909
Referance: Sanitary Pack
Questions or concerns about the event? Contact us at 0768941499 or Email chevskitchen@gmail.com
CHEV'S

INNER WHEEL CLUB OF WATERFRONT

CHRISTMAS HAMPERS 2022

All Proceeds to IW Projects

R10 FOR ONE TICKET OR R100 FOR TWELVE

To purchase tickets please deposit money in the Inner Wheel Bank Account.

CAPITEC Savings Account Waterfront

1820313717 Reference: YOUR NAME

DRAW WILL TAKE PLACE AT THE WATERFRONT ROTARY FAMILY BREAKFAST

Thank you for your support Anne Postema 072 610 2848

Funds raised through this raffle are for worthy causes.

ROTARY CLUB OF CAPE OF GOOD HOPE - DUCK RACE GRAND PRIX



DUCK TICKETS: R100 EACH

On payment, please WhatsApp 076 939 2200 to get a copy of your Duck Race Ticket.



12 November 2022
10am to 2pm
Rotary Camps, Glencairn,

zapper

YOCO

EFT

Account Name:	Rotary COGH
Bank:	Nedbank
Account Number:	1169110207

Unable to attend? Why not just buy a ticket and support the RC of the Cape of Good Hope to raise funds. This club does sterling work in their community.



NEEDS LIST

Disposable Nappies: sizes 2-5	Fresh Veg and Fruits	Washing Powder Auto	Dressing Bandages
Non-fragranced wipes	Chicken/Mince/Beef/Fish	Dishwashing Liquid	Wound Bandages
Lactogen formula 1,2,3	Yoghurt	Jik/Pine Disinfectant	Burn Gel/Shield
Nido Milk	Sugar/Flour	Handy Andy	Soft Swabs
Non Fragranced Vaseline	Fish Oil	Toilet Paper	Steristrips
Non-Fragranced Aqueous Cream	Rice/Pasta	Sanitizer	Brushes
Milton Soltion	Peanut Butter/Jam/Cheese Spread	Hand/Paper Towels	Combs
Bottle Brushes	Tinned food	Mops/Brooms	Nail Clippers
Baby Bottle and teats	Full Cream Milk	Dishwashing Cloths	Thermometers
A4 Copy Paper			

CALENDAR

Speakers / Events

November 2022

Friday, 18 November - Jo da Silva - Fundraising Manager Salesians Institute Youth Projects ""“Youth at risk – changing the narrative” - in person at the Metropolitan Golf Club

Friday, 25 November - Business meeting - on zoom.

December 2022

Friday, 2 December - Annual General Meeting - on zoom

Saturday, 10 December - Family festive breakfast in person at the

Metropolitan Golf Club

Friday, 16 December - No meeting Public Holiday

Friday, 23 December - Fellowship meeting – no speaker - Venue to be advised.

ATTENDANCE REPORT - 11 NOVEMBER 2022

Lucky Draw: NA; **Grace/Meditation:** Lionel Daniel; **Peace Candle**; Janet Kriseman; **Rotary Toast**: Jacqueline Tamri; **Four Way Test:** All; **Bosun**: Spiro Mitchell; **Desk:** Maryka Vermaak.

Apologies

Matt Andrews (silent); Brandon Beack; Matthew Booth; David Bradley (Excused Attendance); Jan Buurman; Martin Colman; Dennis Figov (Excused Attendance); Kirshia Govender; Dirk Hoffman; Derek Pead; Nadene Rolston; Curtis Rooibaatjie; Alex Schubert (LOA); Pieter Swart; Jacinta Subjee (LOA); Derek Wrankmore (Excused Attendance); Ashleigh Wrensch (LOA); Jonathan Yach.

Visiting Rotarians:

None

Guests

Guest Speaker Michelle Weber and Frank Weber, Nadine Pincus, Monika Heyes, Lynne Gordon and Marisa Smalberger.

Make Ups

None

Membership 37

Attendance 57%

Birthdays in the coming week 18 - 25 November

Debby Daniel -19 November

Partners' birthdays 18 - 25 November

Carren George (partner Andrew Matthews) - 19 November

Anniversaries in the coming week 11 - 18 November

None

Rob the Fellowship Seal is with Debby Daniel - Alert Level 1

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