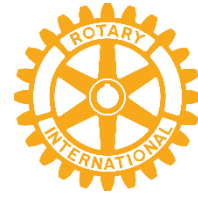




HOWZAT!



The Rotary Club of Newlands

The Club that Appeals



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Apologies before 10:00 on a Monday to Heidi Andersson, please.

COMMENT: TEN DOCUMENTARIES YOU SHOULD WATCH in JUNE (Shelley Finch)

1. Explained

These 23-min bite-sized episodes cover everything from diamonds and cults to the future of meat and why diets fail. An eye-opening mind-expanding series! There are also three special editions on The Mind, Sex and Coronavirus. **Available on Netflix.**

2. Inside Bill's Brain

This fascinating look inside Bill Gates' life today and how he became the world's biggest philanthropists is an absolute must-see – particularly at a time when there is so much fake news circulating about his "agenda" with regards to global vaccination programmes. And it's also easy to see why it is called the Bill AND MELINDA Gates Foundation. **Available on Netflix.**

3. The Innocence Files

This 9-part series tells the stories of inmates wrongfully convicted. It explores issues of police misconduct, personal bias and the differences between how the poor and the wealthy experience the justice system. If you are a supporter of the death penalty, this series may just change your mind. **Available on Netflix.**

4. 30 for 30

Sports lovers will enjoy this! In this series ESPN looks back at notable sports happenings that occurred from 1979 to 2009 with a series of 30-minute films directed by some of Hollywood's most famous directors. New episodes are added every week. **Available on Showmax.**

5. Everything Must Fall

An unflinching look at the #FeesMustFall student movement that burst onto the South African political landscape in 2015 as a protest over the cost of education. **Available on Showmax.**

6. The Shop

Snoop Dogg, Jon Stewart, Drake, Jimmy Kimmel and Ice Cube step into barber shops across America to chat to LeBron James and Maverick Carter about sports, pop culture, world events, business and more. A fantastic series if you don't recognise any of the names mentioned here! **Available on Showmax.**

6. How to Steal a Country

A compelling look into how investigative journalists uncovered the corruption scandal surrounding Jacob Zuma and the role the press plays in our relatively young democracy.

Available on Showmax.

7. Heal

Stories from spiritual leaders, physicians and those with chronic illnesses reveal the powerful connection between the human psyche and physical health. **Available on Netflix.**

8. The Story of God with Morgan Freeman

On of my all-time favourite documentary series! Morgan Freeman travels the world meeting with religious and spiritual leaders across all denominations and belief systems to discuss the *big* questions we all grapple with ... why does evil exist? Is there proof of God? Who is the Devil?

Available on Netflix.

9. Jeffery Epstein, Filthy Rich

A shocking look at how millionaire Jeffery Epstein preyed on vulnerable girls and young women for decades while his money, power and privilege protected him from being held accountable for far too long. **Available on Netflix.**

MINUTES of the PARTNERS' ONLINE MEETING, 1st June 2020

Scribe: Geraldine Nicol

Sergeant Lew Botha opened the meeting and President Terry warmly welcomed Newrots, their partners and our six visitors. The Four-Way Test and Grace and Toasts were presented by Chris and Vanessa respectively. Chris Beech "zoomed" the now hypothetical Wooden Spoon to the well deserving John Winship for his recent success in raising over R100 000 from our CCPB CSI funds towards the Newland Food Security ECD projects. John also organized an ongoing much needed weekly donation of 500 litres of water to help the cooking by Lucinda Evans of Philisa Abafazi Bethu NGO which is feeding over 3000 people daily from eight different kitchens in the Lavender Hills area.

Incoming President for 2020-21 Rotary year, Jenny Ibbotson, welcomed our speaker, Terry Winship, by enlightening the "audience" with amazing tales of Terry Winship's achievements, not least being Terry's very brave and hugely adventurous decision to do a Round-the-World trip with her 9-year old daughter, on a shoestring, having sold all her belongings, including her home, to make it all possible. This challenging and awe-inspiring trip intrigued the club and there were many questions on that world trip, following her highly motivating and dramatic talk on Resilience.

Terry Winship works in partnership with our well known Mr Positive, Rotarian Andre du Toit, and both are members of Toastmasters, with whom Rotary International has just formalised a partnership. Andre has offered to run Public speaking courses for Rotarians through Rotary District and if anyone needed motivation to join these courses, Terry's exceptional presentation skills were the best reason to join. Terry wowed us all and if we had all been together in a single audience we would have seen that everyone was completely spellbound by the superb way in which she shared the absolute importance of ensuring we build our Resilience in order to cope not just with COVID but with life in general. Terry gave us three specific actions to follow in order to become more resilient:-

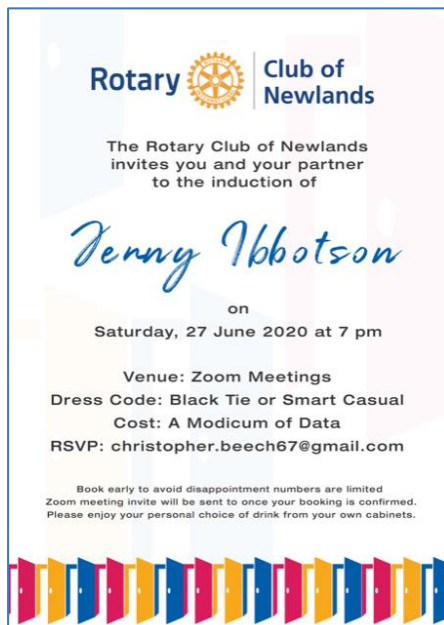
- ***Listen to your body: start the day on an even keel and decide what emotion you want for the day***
- ***Practice letting go of how you believe the world should be; align with reality and don't fuss about things you can't change***
- ***You have Choice; use them! You can choose to feed your bad emotions or you can choose to have a calm, rational outlook on life. Replace every destructive, negative thought with a positive thought, remembering that every coin has a flip-side. Focus on what you can do and find a gift / practice gratitude every day. Understand it's a whole new world out there resulting from COVID—so rise to the challenge; find a positive way to lead your "new life".***


Tony Davidson thanked Terry Winship for sharing her personal tough experiences and how she had developed her resilience to get through them and was now sharing this much needed skill with so many others. Newrot John Winship and Terry Winship agreed to check their family trees to see if they are indeed “second cousins twice removed” or more, as they share the same surname.

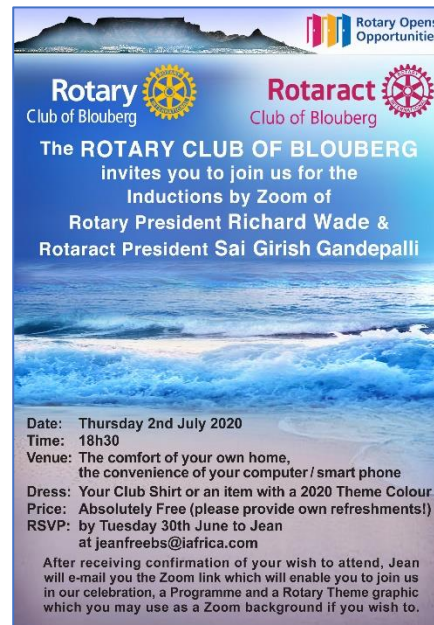
Jenny Ibbotson reminded all that applications for the R25000 District Grant closed on 30 June. Lew reported on the excellent District COVID seminar which focused on partnerships, fundraising and the importance of Rotary fellowship and the need for clubs to stay in touch with their members.




President Terry closed the meeting, cautioning all to stay safe and continue practising social distancing despite the apparent freedom of level three. He encouraged all to attend COGH Koos Burger’s induction on **30th June** which follows our own Newlands induction of incoming president, Jenny Ibbotson on **27th June**, so save both the dates!! He thanked all our visitors and hoped they would re-join us next week to listen to the talk on the West Coast Music Academy.

FORTHCOMING EVENTS



Rotary  **Club of Newlands**
 The Rotary Club of Newlands invites you and your partner to the induction of
Jenny Ibbotson
 on
 Saturday, 27 June 2020 at 7 pm
 Venue: Zoom Meetings
 Dress Code: Black Tie or Smart Casual
 Cost: A Modicum of Data
 RSVP: christopher.beech67@gmail.com
Book early to avoid disappointment numbers are limited
 Zoom meeting invite will be sent to once your booking is confirmed.
 Please enjoy your personal choice of drink from your own cabinets.



Rotary  **Club of Blouberg** 
Rotaract  **Club of Blouberg**
 The **ROTARY CLUB OF BLOUBERG** invites you to join us for the
 Inductions by Zoom of
 Rotary President Richard Wade &
 Rotaract President Sai Girish Gandepalli
 Date: Thursday 2nd July 2020
 Time: 18h30
 Venue: The comfort of your own home, the convenience of your computer / smart phone
 Dress: Your Club Shirt or an item with a 2020 Theme Colour
 Price: Absolutely Free (please provide own refreshments!)
 RSVP: by Tuesday 30th June to Jean at jeanfreebs@iafrica.com
After receiving confirmation of your wish to attend, Jean will e-mail you the Zoom link which will enable you to join us in our celebration, a Programme and a Rotary Theme graphic which you may use as a Zoom background if you wish to.



INDUCTIONS

Date	Club	Incoming President	Time	RSVP to	RSVP Date
13-Jun	Helderberg Sunrise	Anthony Wait	19h00	alubbe@icloud.com	
17-Jun	Kromboom	Steve Theron	19h00	rod@saia.org.za	
23-Jun	Melkbos	Angela o'Brian	19h00	angelamuspratt@gmail.com	
26-Jun	Windhoek Rotaract	Kauko Herunga	18h30	nadiahondjera51@gmail.com	15-Jun
27-Jun	Newlands	Jenny Ibbotson	19h00	christopher.beech@gmail.com	
	Tygerberg	Nigel Lambert	19h00	willy.watson1@gmail.com	
	Strand	Robert Adcock	19h00	annelie.r@mweb.co.za	
30-Jun	Paarl	Bryan Aderson			
	Constantia	Peter Rogers	19h00	gvk@iafrica.com	
	Claremont	Monique Stuart-Fox	19h00	claremontclub@rotayr9350.co.za	01-Jun
02-Jul	Cape of Good Hope	Koos Burger	19h00	susan@jap.co.za	
	Blouberg	Richard Wade	18h30	jeanfreebs@iafrica.com	30-Jun
06-Jul	Blouberg Rotaract	Sai Girish Gandepalli	18h30	Combined induction	
	Pinelands	Peter Sharples	18h30		

FUTURE FIXTURES

JUNE: ROTARY FELLOWSHIPS MONTH

- 8 Ordinary Meeting
Speaker: Carina Brown, Principal, [West Coast Music Academy](#)
- 15 Ordinary Meeting
Speaker: Di Phillips, [Lucy G](#)
- 17 Board Meeting

- 20 D9350 Virtual District Conference and DG Induction (09h00 to 15h00, then joining RI Convention)
A look back at the past Rotary year, exchange of ideas, Formal (online) induction of DGE Carl-Heinz and a link up to the Virtual Convention that opens the same day. The conference time will be confirmed once we have the convention program and times.
- 20-26 [RI Virtual Convention](#)
- 20th 15:00 to 16:15 SAT General Session "Together, We Connect"
- 21st 15:00 to 16:15 SAT General Session "Together, We Learn"
- 22nd on Breakout Sessions at 15:00, 19:00 and 01:00 SAT (Ed: Gulp!)
- 27 President Jenny's Induction Dinner, 19:00
- 22 Business Meeting
- 29 Ordinary Meeting

JULY

- 6 Partners' Meeting
Speaker: John Winship, Costa Rica
- 13 Ordinary Meeting
Speaker: Dr Rudi Kimmie, CEO, [TSIBA](#)

UMPIRES and SCORERS

	8 June 2020 <i>Ordinary</i>	15 June 2020 <i>Ordinary</i>	22 June 2020 <i>Business</i>
Sergeant	John Winship	Henry Campbell	Pieter van Aswegen
Four-Way Test	Janey Ball	Jenny Ibbotson	Ian Pursch
Grace and Loyal Toast	Jeannine Ibbotson	Nora See	Graham Lowden
Attendance			
Fellowship			
Minutes	Jamie Hart	Wybe Meinesz	Richard Burnett
Intro speaker			
Thank speaker			
Comment	Shân Biesman-Simons	Richard House	Tony van der Lith



BIRTHDAYS	14 June	John Winship
ANNIVERSARIES		
JOINED ROTARY		
WOODEN SPOON		John Winship

OFFICE BEARERS

President	Terry Lancaster	Environment	Tony Davidson
President-Elect	Jenny Ibbotson	International Service	Jenny Ibbotson
Secretary	Janey Ball	Membership	Graham Finlayson
Treasurer	Peter Ennis	New Generations	Vanessa Rousseau
Club Services	Heidi Anderson	Public Image	Shelley Finch
Community Service	Corinne Hudson	Rotary Foundation	Mike Walwyn
Entrepreneurial	John Stephenson	Vocational Service	Jeannine Ibbotson

QUOTE of the WEEK

“If you have come to help me you are wasting your time. But if you recognize that your liberation and mine are bound up together, we can walk together.”
 – Lilla Watson –

Lilla Watson is an Indigenous Australian or Murri visual artist, activist and academic working in the field of women's issues and Aboriginal epistemology

AND the LAST WORD

