



# 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: DRINKING A TOAST RI (Henry Campbell)

Weekly, a Rotarian proposes a toast to RI and South Africa. Rotarians grab a glass, lift it and say "To RI ". Some take a sip. Others may waive a hand in recognition. Altogether quite haphazard!

Why do we do this? The Rotary Handbook makes no mention of it yet it seems that it is on the Agenda of all Clubs' meetings.

Research shows that a toast is a ritual in which a drink is taken as an expression of honour or goodwill. While the physical and verbal ritual of the toast may be elaborate and formal, merely raising one's glass is essentially a toast as well, the message being one of goodwill towards the person or thing indicated.

The International Handbook on Alcohol and Culture says toasting "is probably a secular vestige of ancient sacrificial libations (the act of pouring ) in which a sacred liquid was offered to the gods: blood or wine in exchange for a wish, a prayer summarized in the words 'long life!' or 'to your health!'" Should we be practising a custom which is rooted in paganism?

Toast in its "drinking" senses originates in the practice of immersing browned or charred spiced bread in a drink, and after wishes of goodwill or celebration, the cups of wine, ale, etc., are clinked together in recognition or acknowledgment and are then subsequently sipped, or pounded (depending on the drinker). William Shakespeare makes mention of this custom of adding toast to wine in his comedy *The Merry Wives of Windsor*: "Go, fetch me a quart of sack; put a toast in 't," demands the hard-drinking Sir John Falstaff of his follower Bardolph.

The common reason for adding toast to a drink was to make it more palatable with the spices on the toast, but it also supposedly lessened any bad odour. It is also said that the toast would soak up some of the bitter or acidic sediments in the wine. The bread wasn't necessarily consumed by the drinker; it was often discarded after it flavoured the drink and soaked up any unwanted sediments.

It usually didn't go to waste either, as this passage from Lodowick Lloyd's 1573 *The Pilgrimage of Princes* illustrates: Alphonsus ... tooke a toaste out of his cuppe, and cast it to the Dogge.

According to various apocryphal stories, the custom of touching glasses evolved from concerns about poisoning. By one account, clinking glasses together would cause each drink to spill over into the others. In medieval times, glasses were clinked and people cheered loudly to ward off any demons or evil spirits. It was also thought that you would clink glasses to spill some on the floor, leaving some for the bad spirits in hopes that they would leave you alone. A German tradition is to bang mugs of alcohol on the table and yell loudly to scare away ghosts or evil spirits.

### **Norms and etiquette of toasting**

Toasts may be solemn, sentimental, humorous, bawdy, or insulting. The practice of announcing one's intention to make a toast and signalling for quiet by rapping on the wineglass, while common, is regarded by some authorities as rude. Except in very small and informal gatherings, a toast is offered standing. Putting one's glass down before the toast is complete, or simply holding one's glass without drinking is widely regarded as impolite, suggesting that one does not share the benevolent sentiments expressed in the toast. Even the non-drinker is counselled not to refuse to allow wine to be poured for a toast. Inverting the glass is discouraged.

Toasting with an empty glass may be viewed by some as acceptable behaviour for the non-drinker, though feigning to drink from such a glass would likely be seen as ridiculous. The person giving the toast should never do so with an empty glass, even if the glass contains nothing more than water. Whilst drinking a toast one should lock eyes with others.

In various cultures worldwide, toasting is common and to not do so may be a breach of etiquette. The general theme of a toast is "good luck" or "good health".

Rotary toasts should be an intentional act, preferably with a few words conveying goodwill and honour.

## **MINUTES of the PARTNERS (ZOOM) MEETING, 3<sup>rd</sup> August 2020, 18h15**

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*Scribe: Lew Botha*

### **Opening**

**Sergeant Shân** opened the meeting by pointing out that August is Rotary Membership Month as well as Women's Month. She then invited **President Jenny** to welcome those present. Those she welcomed included Guest Speaker **Austin Leak**, Special Guest **Jeremy Opperman** and **Sharon Strong** - by invitation of **Lisa**.

**Andy** lit the Peace Candle and **President Jenny** recited the Serenity Prayer.

The Four-Way Test was recited by **Tony van der Lith** who added a Fifth Test, "Is it fun?" while **Terry** said grace and proposed the loyal toast.

## Stirrer's Spoon

**Vanessa** passed the Spoon on to **Glynis** in recognition of her loyalty, hard work and support over the years - especially when Vanessa joined Rotary.

## Guest Speaker

**Jamie** introduced **Austin** who he had first met whilst Austin was involved with the District Entrepreneurship Programme. He described Austin as a good example of an entrepreneur.

An erudite speaker (as John Stephenson subsequently described him), Austin described and discussed the origins and development of coffee over the centuries. Some of the interesting facts about coffee that he mentioned are:

- Whilst Yemen is credited as being the origin of coffee, its use subsequently moved through the Middle East and North Africa.
- It acquired a spiritual and religious significance and was once banned by the Papacy.
- Its use spread to North America and was also exported by the Dutch East India Company to Java.
- It is now mostly cultivated between the Tropics (known as the "Coffee Belt") because of favourable weather conditions and cheap labour.
- Instant coffee was developed in 1907 and coffee, in general, reached its zenith in the 1950s/60s. The 1970s saw the beginning of the "Third Wave" of coffee consumption with the founding of Starbucks.
- Take away, canned coffee and other trends have grown but the future is rather volatile because of the Covid epidemic.
- Whilst there are many varieties of coffee, the two main species are Arabica and Robusta, the former being of higher quality and the latter more bitter. Flavours, though, depend upon the sources of the beans.
- After being picked, the beans are dried before being roasted. Dark-roasted beans have less caffeine than light-roasted beans.
- Brewing is done by way of boiling, steaming or pressure - all of which allow for different "notes" (flavours).

Austin started with cold brews (a concentrate of coffee that's brewed for many hours at room temperature, then poured over ice and diluted with water, milk, or a milk substitute) in 2016 and has had some ups and downs since then. However, he learnt lessons along the way and business was picking up until the pandemic arrived. He is now retailing and supplying coffee to home users and some businesses. He said that, whilst it is tough to predict the future, people still tend to buy coffee.

Austin was thanked by **John Stephenson** who pointed out his business flexibility during Covid and spoke of him being a great example of a product of the District Entrepreneurship Programme.

## Spots

- **Jeannine:** She advised of the need to raise further funds for food security. R200k has been raised so far but another R60k is needed. The Backabuddy system has been revamped and she appealed for further support. Vanessa volunteered to assist Jeannine with write-ups and photos for two RI sites.
- **Wendy:** She attended a Youth Directors' Training course on Saturday and listed some benefits for schools, community and international understanding. Wendy also advised that there are citations available for the youth and Rotarians need to be aware of these. She emphasised that police

clearances are needed in order to be able to work with the youth. The Department of Education has advised that there will be no extramural activities until the end of the year.

### President's Slot

President Jenny:

- Asked members to support fundraising for "one last push - as there are lots of hungry children out there!"
- Said that the DG's latest Magazine is a "must read" with many Newlands Rotarians on the cover and inside.
- Said that the Club has submitted six nominations for Johannesburg Rotary's Centennial Awards.
- Welcomed Rotaractor President Silumko as well as Theo and some partners - as well as Polo, the cat!
- Asked Austin where she could buy Turkish coffee - to which Austin replied that it is brewed in one's own home!

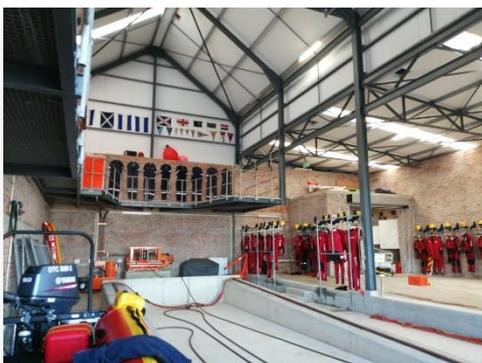
### Closure

**Sergeant Shân** called for some Happy Rands and received responses from Mike and Chippy. Thereafter, she read the list of duties for the meeting on 17 August and duly closed the meeting.

## NEWLANDS ROTARY CLUB NEWS

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NSRI Wine Auction Champion, PP Richard Burnett sent these pics of the near-completed NSRI Station at Hermanus. Richard reports that the station cost R17 million and will house their newest rescue craft, to which our wine auction proceeds will contribute, as well as the 4 x4 donated by the Rotary Clubs of Table Bay and Newlands.



## MORE ROTARY NEWS

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In fabulous news announced on 6 August, Jennifer Jones became the first woman named as Rotary International President Nominee. If you've ever watched Jennifer's Facebook live interviews, you'll know that she's engaging, enthusiastic and energetic. Read more about RIPN Jennifer, [here](#).




**Guest Speaker @**  
 Rotary eClub of Greater Cape Town  
**Rotarian & Miss Universe 1992**  
**Michelle Mclean**  
*Rebooting and reframing our businesses, using the great principles.*  
**18 August 2020**  
 Do read description below for more info

Closer to home, the Rotary E-Club of Greater Cape Town speaker series starts at 8pm, August 18<sup>th</sup>, with a talk from Michelle McLean. Michelle, a former Miss Universe and also a Rotarian, along with husband, Gary Bailey, are the motivational speaker duo behind [Success under Pressure](#). Click on the pic alongside to access the embedded Zoom meeting link.

Then, in keeping with Membership and Extension Month, at 2pm on 22 August District Rotary will be hosting a 90-minute Zoom webinar, titled "What is the New Normal?". The focus will be on ideas and strategies for membership as well as opportunities to grow our membership. Click [here](#) to join on Zoom, using password 160228. The event will also be live-streamed on Facebook and topics include:

- What attracts members to join online meetings?
- Keeping Rotary interesting.
- Planning for the future.
- How do we connect with people if we are not able to meet in person?
- Strengthening the link with Rotaract.

There are plans for two further membership webinars of which district will soon provide more detail:

- Saturday, 5 September - "Building new clubs together" at 10:00
- Saturday, 19 September - "Diversity (equity and inclusion)" at 10:00

## CLUB CORRESPONDENCE

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What a pleasure to receive word from Aidan Eckleton, our University of Stellenbosch bursary student. Clearly lockdown is a challenge for us all, the more so for those who are studying. Aidan writes:

*It has been an extremely difficult adjustment for me to online classes. I can definitely say that I prefer the traditional classes and in person practicals.*

*During high school I was part of the student council, played hockey and was part of the boys' ensemble. I have always been a shy child, but always managed to put myself out there. I have made many great friends throughout school, many of whom I am still friends with, and now even more friends in varsity. I definitely miss campus. In my my spare time I do enjoy playing online video games with friends.*

*I am currently working towards a bachelors in chemistry and polymer science at Stellenbosch University. I can say for certain that I enjoyed chemistry during high school and that excitement has still not gone away.*

*I would like to thank the Rotary Club of Newlands for their financial aid. It has been an incredible help to my family. It will be a blessing if I can rely on this financial assistance for my further studies, especially since my brother will also finish matric at the end of this year. He will also be looking to further his studies as from next year."*



*Aidan (L) and his 1st year friends from Eendrag Residence at their "Huisdans".*

## FUTURE FIXTURES *(Online, for the time being.)*

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### *AUGUST: Membership and Extension Month*

- 17 Ordinary Meeting  
Speaker DGE Ian Robertson *"Rotary in Africa"*
- 19 Board Meeting
- 22 District Membership Webinar (2pm): *"What is The New Normal?"*
- 24 Business Meeting
- 31 Ordinary Meeting  
Speaker Styli Charalambous, CEO and Publisher of The Daily Maverick, *"The changing media environment and Maverick Citizen: Exploring concepts of good citizenship."*

### *SEPTEMBER : Basic Education and Literacy Month*

- 5 District Membership Webinar (10am): *"Building New Clubs Together"*
- 7 Partners' Meeting  
Speaker: Koos Burger *"Glencairn Camp Restoration Project"*
- 14 Ordinary Meeting  
Speaker: Terry Lancaster, *"The Croak File"*
- 19 District Membership Webinar (10am): *"Diversity (Equity and Inclusion)"*
- 23 Board Meeting

## UMPIRES and SCORERS

	17 August 2020 <i>Ordinary</i>	24 August 2020 <i>Business</i>	31 August 2020 <i>Ordinary</i>
Sergeant	Tony Davidson	Rochelle Malherbe	Wendy Goddard
Moderator	Janey Ball		
Four-Way Test	Lisa Lombard	John Stephenson	Chris Beech
Grace and Loyal Toast	Tinus de Jongh	Michelle Roos	Shân Biesman-Simons
Attendance			
Fellowship			
Minutes	Graham Finlayson	Andy Ismay	Johan Beukman
Intro speaker	Terry Lancaster		Geraldine Nicol
Thank speaker	Richard House		Michael Walwyn
Comment	Ian Pursch	Lew Botha	Glynis Menné-Hart

*If you cannot make this duty please arrange a substitute and let the Sergeant know.*



<b>BIRTHDAYS</b>	12 <sup>th</sup> August	Graham Finlayson
	12 <sup>th</sup> August	Jane Pickup
<b>ANNIVERSARIES</b>		
<b>JOINED ROTARY</b>	15 <sup>th</sup> August 2011	Terry Lancaster
<b>WOODEN SPOON</b>		Glynis Menné-Hart

*Apologies! The Ed's brain switched off a week ahead of the public holiday last Sunday, leading to the omission from Howzat! on 2<sup>nd</sup> August of the special occasions above.*

## CLUB OFFICE BEARERS



**President**  
Jenny Ibbotson



**Past President**  
Terry Lancaster



**Treasurer**  
Peter Ennis



**Secretary**  
Janey Ball



**Environment Chair**  
Tony Davidson



**ECD Project**  
Geraldine Nicol



**Vocational Service**  
Jeannine Ibbotson



**Foundation Chair**  
Mike Walwyn



**Club Services**  
Heidi Andersson



**Youth Service**  
Wendy Goddard



**International Service**  
Shân Biesman-Simons



**Entrepreneurship**  
John Stephenson



**Community Services**  
Wybe Meinesz



Vanessa Rosseau



Graham Finlayson



Shelley Finch

----- **Membership & Publicity Cluster** -----

**AND the LAST WORD .....**

In *Howzat!* next week, we'll begin introducing you to our amazing Khayelitsha Rotaractors. Watch 'this' spot.

And, with luck, we will soon again be meeting at WPCC on a Monday. In the meantime, you can keep supporting our caterers by ordering from their *Fresh Daily Meal* menu.

See you on the moro....

TO ORDER: WhatsApp Julia on 082 447 6746 before 16h00 for next day delivery (include address)  
Free Delivery within 5km of WPCC | R30 per delivery >5km or <R100

**the CLUB**

**Eat at Home Fresh Daily Meals**  
WEEK 15 | 17 - 21 August 2020

	300g	500g	1kg
<b>Monday</b>			
1. Chicken Trinchado	R 55	R 95	R 180
2. Bacon Arrabiata	R 55	R 95	R 180
3. Veg Olive Arrabiata	R 55	R 95	R 180
<b>Tuesday</b>			
4. Creamy Lemon Chicken	R 55	R 95	R 180
5. Cottage Pie	R 55	R 95	R 180
6. Veg Butternut & Lentil Cottage Pie	R 55	R 95	R 180
<b>Wednesday</b>			
7. *Apple Cider Roast Pork with Mashed Potatoes	R 90	R 190	R 280
8. Roast Chicken with Seasonal Veg & Roast Potatoes	R 55	R 95	R 180
9. Veg Olive & Feta Spaghetti	R 55	R 95	R 180
<b>Thursday</b>			
10. Italian Sausage Spaghetti	R 55	R 95	R 180
11. Spinach & Feta Stuffed Chicken Breast with Pasta	R 55	R 95	R 180
12. Veg Spinach & Feta Stuffed Sweet Potato	R 55	R 95	R 180
<b>Friday</b>			
13. Fish Cakes Served with Savoury Rice	R 55	R 95	R 180
14. Veg Roasted Beetroot & Butternut	R 55	R 95	R 180
+ With Feta served on Savoury Rice			

Microwave Safe | Remove Lid | \*Premium Option  
Menu is subject to availability of fresh ingredients