



The Rotary Club of Wynberg **Wynpress**



President: Alan Jackson 0835248724

Secretary: Rob Murphy 0837267060

Treasurer: Mike Schreiber 0834140462

Editorial Board: Barry Cleveland, Lina Howard, Hugh Maunder,
String Smith, Keela van Niekerk

Vol: 68 No: 9 1st September 2016

EDITORIAL

By Sanmarie Crous

What I learned from my swimming lessons

When I was a little girl of about only 4 years old, I went for swimming lessons.

We still lived in Worcester at the time, and had the lessons at Goudini Spa. Very exciting, because the supertube at the end was a great reward for the day's effort. But the swimming pool was large, and I was very little. The instructor did his best with me, and although he didn't have much success in teaching me to swim, I did learn something valuable from the experience.

We were in the warm, inside pool. The instructor would be in the pool with me, only a few metres away, and tell me to swim the small distance to him. Going slowly in doggy paddle style, I would gratefully make the small distance. But just as I would reach him, he would give a few steps back. And so the goal posts moved each time I thought I almost made it. You'd think I would've learned quickly enough. But to this day, I can remember the frustration and despondency I felt in the process.

So I learned the value of expectation management. Because only through expectation management can you attempt to pace yourself. If I knew from the start that I had to swim the whole length of the pool, but that we would be breaking it up in smaller stretches, I would have been better prepared, emotionally and physically, for the exercise. More often than not the things we do in life, and the things that happen to us are more like marathons than 100m sprints. And if we don't pace ourselves for the marathon, we will probably still make it to the finish line, but only barely.

It's August, and in a meeting I was at yesterday everyone around the table looked exhausted. Drained. And I wonder if we aren't still doing what my instructor did with me in the swimming lessons. We set our eyes on the

next task that comes hurtling along, and put off everything else until that goal is reached, and then we set our eyes on the next goal. As we sprint towards reaching one goal after another, it is easy to push aside the lighter side of life, to the point where we often put our own lives and desires off until a later date, and consequently, indefinitely. A sprinter won't slow down for a drink, but a marathon runner would. We're running a marathon, and we need to pace ourselves accordingly.

I am reminded this month of my swimming lessons, and the importance of pacing myself to the resting point - inevitably, the Christmas holidays. So here's to pacing ourselves, prioritising rest, family, adventure, and everything we have always wanted to do.



Minutes

AUGUST 25TH, 2016

QUIZ EVENING at the BARNARDS'

Attendance: 20 people came and participated in the social event

Dave put us all to the test of our general knowledge. Teams of keen participants tried their very best to answer some of the questions – but many just laughed or swallowed hard .



Winning team: 'Geronimo' (Clevelands and the Mundays)

Lots of wine was consumed and everyone really enjoyed the soups prepared by Sharon.

SWINDLE: Value R1090 – Marietjie drew the 2 Clubs (shame) How often can you draw your own name out of the hat??

Karen won the R25 attendance prize

Duty Roster

	SEPTEMBER				
	1 (Business)	8	15	22	29
Sergeant	Schreiber	Todd	V Eeden	Barnard	SOCIAL
Wynpress Editorial	Barnard	Cleveland	Danckwerts	Dessington	QUIZ
Wynpress Minutes	Cleveland	Howard	Van Niekerk	Maunder	EVENING
Door Duty	Bayes	Gowdy	Hovstad	Howard	
Grace	Schreiber	Bayes	Howard	Cleveland	
Loyal Toast	Hovstad	Jackson	Murphy	Lidgley	
International Toast	Danckwerts	Dietrich	Cleveland	Gowdy	
Speaker Intro		Overbosch	Schonegevel	Schreiber	
Speaker Thanks		Hovstad	Lidgley	Overbosch	
Entertainment for the month	Dessington, Gowdy, Howard, Hovstad				

Going Forward

Dates To Diarise

Sept 1 Business Meeting

Sept 8

Brownies and Downies, a business providing training and work opportunities for people with Down's Syndrome, will talk to us about their innovative work and inspired vision.

Sept 15

Brian Ingpen, founder and principle of Lawhill Maritime

Sept 17	Centre, Simonstown and weekly columnist on nautical matters, will talk on the work of the centre
Sept 22	Interact Workshop
Sept 29	Lorenzo Davids, CEO of community Chest and past member of the club, will speak on the Chest's 87 year history of empowering the poor.
Oct 4 -6	Quiz evening
Oct 7	Rotary Family Health Day
	Constantia RC Wine festival (Biffy – Tickets)

Q. What 3 letters change a girl into a woman?

A : AGE.

And finally....

I know that I am intelligent, because I know that I know nothing.

- Socrates



Be a gift to the world