

Bay Breezes

Meeting Time: Tues 5.30pm for 6pm & on Zoom
Location: Atlantic Boat Club, Hout Bay Harbour
Attendance officer: Adele Hayden | m: 082 807 0087

President : Carolyn Herrick | m: 076 012 2440
Secretary : Marcelo Andrade | m: 082 970 3720



On 11 March, Keith Bull was awarded his second **Paul Harris Fellow Award – a Sapphire Award**, in recognition of the dedication, leadership and service that Keith has devoted to the Cycle Tour for the past seven years since taking over from club founding member Don Peters in 2019. Keith's efforts have contributed not only to the successful management of the Hout Bay Sector of the Cycle Tour, but also to raising significant funding to support projects in our community.

The Paul Harris Fellow Award is one of Rotary's highest recognitions, awarded to individuals who have demonstrated exceptional service and dedication — not only to their organization but also to the greater good of the community. Congratulations Keith!

MARCH 2025

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APRIL 2025 CALENDAR

APR 2025	Time	Venue	Speaker / Event	Sergeant
1 st	6pm	ABC	KAREN TEMLETT – Funda Kunye update.	John
4 th	6pm	tbc	Fellowship Drinks	
8 th	6pm	ABC	Student Support Scheme - former SSS student Ncedo Jako and current student Lilitha / Terry Murphy induction	Keith
11 th	10.30am	Delish	Coffee morning	
12 th		Mainstream Centre	Rotary promo morning	
15 th	6pm	ABC	Club Business Meeting / Projects discussion	Ralph
22 nd	6pm	Tbc	Fellowship Dinner (partners invited)	
29 th	6pm	ABC	Evelien Griffieon – Corporate Coach – Incentivizing the younger generation.	Tim

Calendar subject to change



Cape Town Cycle Tour blasts through Hout Bay

Covering 109kms from the start in Cape Town, all the way down to Cape Point, and back again the Elite and other riders covered the route in just over two and a half hours.....so you can imagine the speed they took Hout Bay by storm! The rest of the 25,000 riders doing the long course took a little longer not surprisingly!

In the usual RCHB fashion we arranged just about 100 marshals to be in position and Race Ready at 05.45 in the morning! After months of planning, and with great team assistance we were able to rustle up this huge number of marshals! This year for the first time, we had to train every marshal, face-to-face irrespective of whether they had been a marshal 20 times or not at all! A mammoth task!

After many hours behind the scenes baking and preparing, at 04.30hrs on Sunday morning, Linda and her team set up their tables....in the dark... and issued breakfast and lunch packs to the the marshals...all washed down with hot coffees! Sadly because it is dark when this merry band are in full swing, we have no photographs....next year?.....plus the fact Linda usually takes all the photos!

At the same time we are issuing marshals with their high visibility bibs, flags and whistles and sending them out by bus, car and on foot, to their stations! Always amazes me that from the hub-bub and activity everyone seems to get to their station...on time!

Newbie marshals excelled at their roles, not only maintaining safety for themselves, riders and spectators but also encouraging cyclists especially as they approached the long slow 2+ kilometre stretch from Princess Avenue circle...telling them to 'Go Go Go.....Suikerbossie awaits'!



Talking about Suikerbossie here is the happy band of marshals at the robots at the start of that long slow climb – including two SSS students who volunteered their valuable time....giving back to the community!



A long hard day with roads open again 12 hours after we started but in the knowledge nearly 30, 000 cyclists passed safely through our 10 kms stretch with only one or two minor accidents, is testament to the dedication of the Hout Bay Marshals! Needless to say we couldn't do it without the help of the Imazamo Yethu marshal team of 55 this year!

Charles and his team kept the cyclists safe and watered at the first refreshment station....Ralph did the same at the second station.

On the financial side, we earn funds from the Cycle Tour for marshalling, much of which goes back to the community through the many great marshals we employ from IY and Hangberg and the rest is used to fund community projects in Hout Bay such as Youth Leadership programmes, Vision Testing, e'Pap porridge for Main Road clinic patients, and much more.

Well done everyone!



Friends and Functional Therapy – 11 March

On 11 March, Occupational Therapist Trish Balbot from the Friends and Functional Therapy Association of South Africa (FAFTSA) spoke about the work that this organisation does to create a safe, empowering environment where children with disabilities can access various types of therapeutic support and engage in fun-oriented activities like crafts, dancing, and hiking. FAFTSA focuses on strengthening the unique abilities of children with disabilities through expert-led, fun-filled activities that improve their well-being and functionality. Many children from disadvantaged communities do not have access to proper therapy.

FAFTSA uses Horse-Assisted Therapy, which has proven to significantly enhance the children's physical and emotional functionality.

FAFTSA also works closely with children from Ubuntu Groups, focusing on developing the foundational skills of those who are struggling at school. The organization's goal is to empower 15-25 children to pass their grade at the end of the year with good marks in 2025.

While FAFTSA aims to support more disabled children from Imizamo Yethu and Hangberg, the organization faces the challenge of limited resources as the participating children must be transported to the SARDA (South African Riding for the Disabled Association) facilities in Constantia for their therapy sessions.



The Sons of Abraham Project

25 March

Nongamso Naydia and student Grashum Mswaka spoke to our club about The Sons of Abraham Project on 25 March.

The Sons of Abraham Project seeks to empower young men from Imizamo Yethu to reach their fullest potential through faith, education, mentorship, and global opportunities. Unfortunately, many young men in Imizamo Yethu live lives that lack direction and meaning. The Sons of Abraham Project aims to change this narrative by offering a pathway to purpose, faith, and leadership. Their approach focuses on offering transformative education, rooted in Christian values, that prepares young men for a life of leadership and service in their communities.

Their initiative has two key focuses:

a) Morehouse College Scholarship aimed at academically gifted young men from Silikamva High School, offering them the opportunity to study at Morehouse College in Atlanta, Georgia, USA. Grashum Mswaka is a determined young man who overcome significant obstacles in order to be accepted into Morehouse College and will pursue a degree in Business Management in 2024.

b) Enrichment Programs for High School Students to facilitate technical school transfers for those interested in pursuing other avenues of education.

By providing hope, mentorship, and education, the Sons of Abraham Project seeks to foster a generation of young men who are committed to making a meaningful difference in Imizamo Yethu, South Africa, and the world.





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NEW ZOOM LINK FOR 2025 FOR WEEKLY

MEETINGS: Join Zoom Meeting

<https://us02web.zoom.us/j/82462683356?pwd=2TYjUfplzKzN6uOzVU7W3hUeAg6b4K.1>

Meeting ID: 824 6268 3356

Passcode: 569941

RCHB Vision Statement: We unite to take action that contributes to lasting change in our Hout Bay community and beyond, and in ourselves.

RCHB Mission Statement: We focus on improving lives in our Hout Bay community, primarily by providing programmes for youth from early childhood through to young adult, and other support for those in need.

President: Carolyn Herrick
Treasurer: John Herrick
Secretary: Marcelo Andrade
Club Services & PI: Adele Hayden

Vocational: Keith Bull
Community: Ralph Tobergte
Youth: Marianne Marsh

Membership: Alison Rice
International: Hans Kuhn
Foundation: Phil Couchman

April Birthdays

25th – Alison Bull

17th – Anne Fulgham

27th – Adele Hayden