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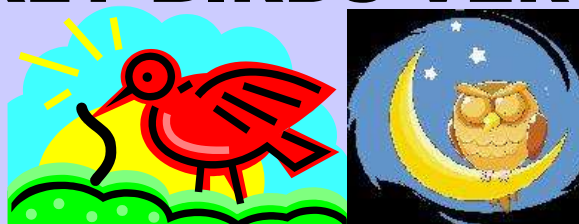
APRIL IS
MAGAZINE MONTH



EDITORIAL

Submitted by Robert Murphy

EARLY BIRDS VERSUS



THE NIGHT OWLS

Are you the type of person that jumps out of bed in the mornings, ready for the day? Or do you tend to push the snooze button on your alarm clock a few times and complain bitterly about being up so early? Whether you're an early bird or a night owl can actually come down to biological factors rather than just personal preference, and can have implications for your daily productivity.

Dr Katherine Sharkey, associate director of the Sleep for Science Research Lab, suggests that our early bird or night owl status is due to our individual body clock known as our circadian rhythm. The human body clock runs for 24 hours and is linked to the earth's 24-hour light-dark cycle, "but some people have a slightly longer natural cycle and some are slightly shorter," Dr Sharkey notes. This means that if your circadian rhythm is long, you'll be more likely to be a night owl whereas if it is short, you're more likely to be an early bird.

As part of this rhythm, we experience a body temperature high and low every 24 hours. The difference between early risers and night owls is that early birds achieve their peak body temperature earlier in the day than the night owls do. When we reach our peak body temperature, we are at our most active and most alert, so it makes sense that this happens early in the day for the early birds and later in the day for the night owls.

But does this mean that you're biologically predisposed to be one or the other with no chance of changing this? Not entirely, says Dr Sharkey. Your circadian rhythm changes over your lifetime: as children we tend to be early risers and as teenagers we become night owls. Adults generally transition back to morning people because being a night owl is difficult when you have a day job.

Opinion is split on whether it is more advantageous to your career to be an early riser or a late sleeper. Previous research indicates that morning people are more active and goal-oriented while more recent research

conducted by the University of Liège in Belgium shows that night owls are better equipped to handle the workday and have a much better attention span. Dr Sharkey adds, however, that morning people are generally happier and healthier than night owls, who “tend to be more depressed, have a higher dependence on caffeine, and use alcohol more.”

So, when are you most productive?

- *Do you wake up early even when you have a free day ahead of you?*
- *Do you go to bed before 9pm most nights?*
- *Are you able to wake up during the week without using an alarm clock?*
- *Do you feel alert during the first 30 minutes of being awake?*
- *Do you have an appetite soon after waking up in the morning?*
- *Do you exercise first thing in the morning?*
- *Do you feel your most alert and productive in the morning?*

If you answered ‘yes’ to most of the questions above, consider yourself an early bird. Your mental alertness is at its peak between 9am and midday and this is believed to be the best time for your analytical skills and problem solving.

If your answers to the questions above were split 50/50, you are likely to be at your most productive at midday. Your mental alertness is at its peak between noon and 2pm and this is believed to be the best time for your reasoning abilities and problem-solving tasks.

If you answered ‘no’ to most of the questions above, consider yourself more of a night owl. Your mental alertness is at its peak between 2pm and 6pm and whereas others may begin to feel tired, your focus on tasks increases.

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MEETING OF 27 MARCH 2014

ATTENDANCE

| | |
|--------------------|------------|
| Membership: | 28 |
| Present: | 21 |
| Make Ups: | 2 |
| Apologies: | 5 |
| Attendance: | 82% |

Attendance to Biffy 081 547 9489 or aecon.e@mweb.co.za.

Visitors: Mark van Rensburg & Cathy Spargo (guest speakers), Janet van Wyk, Anne O’Driscoll, Keela O’Driscoll, Allison Ballard, Hugh Maunder.

Special apologies: Aubrey Michalowsky and Dottie Leveque.

President Karen opened the meeting welcoming members and our guests wishing us all a successful, enjoyable and fun-filled meeting and that she would delay the induction of our newest member to later in the meeting (we are growing!).

SLOTS

After the traditional toasts the Sergeant, Francois van Eeden, invited the following to give their ‘slots’:

1. Biffy Danckwerts gave us all the ‘low down’ on the ‘Rotary Family Health Day (RFHD)’ to be held over the period Wednesday 3 April - Friday 5 April 2014.

2. Jackie James gave information on our involvement in the Rotary Interact/Family Day on Saturday 12th April 2014. We have agreed to combine the Interact Camp (hosted by Wynberg Rotaract) with Interact Workshop/Conference and Rotary Family Day. This will take place at the Rotary camp site in Glen Cairn on the weekend 11-13 April - our input will be on Saturday 12 April. The morning session will be training for presidents, treasurers and secretaries, guest speaker about leadership, presentation by Society for the Blind and presentation on Gap Year options. Lunch will be a braai hosted by RC Wynberg and the afternoon will be survivor challenges for ALL. ie. this is an all hands on deck project!
3. Pam Munday gave information on the '**Wine Tasting – Truths and Lies Evening**' at Palm House on Thursday 10 April, 2014. Yesterday (Tuesday 8 April 2014) by Email Pam asked us to choose between 1) Roast lamb and roast potatoes with green beans and julienne carrots at R75-00 or 2) Fish and chips at R65-00 and to let her know by yesterday evening at the latest what your choice is. Please also bring along to our meeting on Thursday 10 April 2014 R15.00 to cover the Wine Tasting.
4. Graeme Todd gave feedback on the recently held and very successful PROMS. The Proms grossed approximately R450 000 with approximately R150 000 available for distribution. And **PLEASE NOTE THIS** the 14 & 15 April 2015 have already been booked for next year's PROMS! How's that for forward planning!

GUEST SPEAKERS

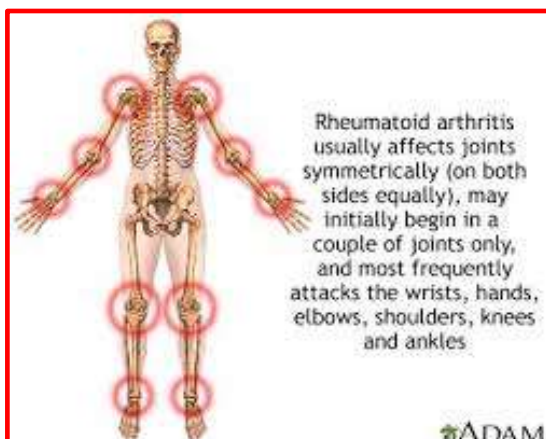
Roché van Wyk welcomed our 2 Guest Speakers to Rotary Wynberg, Dr Mark van Rensburg – General Surgeon based at Vincent Pallotti specialising in the gastrointestinal tract ('the gut!'), and Dr Cathy Spargo – a Physician that specialises in Rheumatoid Arthritis (Rheumatologist), also based at Vincent Pallotti.

In both talks, graphically illustrated at times, we were educated and alerted to what we should be doing to raise our health awareness and to prevent health problems. Through being aware and proactive we can use medical services and our own Doctors to our advantage. In South Africa the main causes of death include the following:

- Infectious Diseases 24,8%
- Circulatory System 15.2%
- Respiration System 12.4%
- Unknown Causes 15,5%
- Neoplasm 6.7%
- Endocrinal Causes 5.5%

Some of the things we should be doing:

- Choose your parents well!
- Eat a good diet
- Exercise (like Dr Mark enter for the Iron Man regularly!)
- Women should have regular mammograms and pap smears
- Your first colonoscopy should be in your late 40's and more regularly after 55 years of age
- Test your bone density as appropriate and certainly after 50 years



Dr Cathy Spargo spoke about Rheumatoid Arthritis, its effects, causes, early detection and treatment.

What Is Rheumatoid Arthritis?

Rheumatoid arthritis (RA) is an inflammatory disease that causes pain, swelling, stiffness, and loss of function in the joints. It occurs when the immune system, which normally defends the body from invading organisms, turns its attack against the membrane lining the joints.

Features of Rheumatoid Arthritis

- Tender, warm, swollen joints
- Symmetrical pattern of affected joints

- Joint inflammation *often* affecting the wrist and finger joints closest to the hand
- Joint inflammation *sometimes* affecting other joints, including the neck, shoulders, elbows, hips, knees, ankles, and feet
- Fatigue, occasional fevers, a loss of energy
- Pain and stiffness lasting for more than 30 minutes in the morning or after a long rest
- Symptoms that last for many years
- Variability of symptoms among people with the disease

What You Can Do: The Importance of Self-Care

Although health care professionals can prescribe or recommend treatments to help patients manage their rheumatoid arthritis, the real key to living well with the disease lies with the patients themselves. Research shows that people who take part in their own care report less pain and make fewer doctor visits. They also enjoy a better quality of life.

Self-management programs teach about rheumatoid arthritis and its treatments, exercise and relaxation approaches, communication between patients and health care providers, and problem solving. Research on these programs has shown that they help people:

- understand the disease
- reduce their pain while remaining active
- cope physically, emotionally, and mentally
- feel greater control over the disease and build a sense of confidence in the ability to function and lead full, active, and independent lives.

Hope for the Future

Scientists are making rapid progress in understanding the complexities of rheumatoid arthritis: how and why it develops, why some people get it and others do not, why some people get it more severely than others. Results from research are having an impact today, enabling people with rheumatoid arthritis to remain active in life, family, and work far longer than was possible 20 years ago. There is also hope for tomorrow, as researchers begin to apply new technologies such as stem cell transplantation and novel imaging techniques. (Stem cells have the capacity to differentiate into specific cell types, which gives them the potential to change damaged tissue in which they are placed.) These and other advances will lead to an improved quality of life for people with rheumatoid arthritis.

PRESIDENT'S INDUCTION INTO ROTARY WYNBERG



After the interesting talks by Drs. Mark van Rensburg & Cathy Spargo President Karen requested Anne O'Driscoll to come forward and after reading her interesting and impressive CV went on to induct Anne into the Rotary Club of Wynberg. Congratulations Anne, welcome and we are pleased you chose **us**, Rotary Wynberg! May your time with Rotary Wynberg be fulfilling, interesting and fun!

PRESIDENT'S QUOTES

President Karen always chooses her quotes carefully and with relevance to the purpose of the meeting! This one a medical one!

LAWYER: *Before you signed the death certificate, had you taken the pulse?*

PATHOLOGIST: *No*

LAWYER: *Did you check for breathing?*

PATHOLOGIST: *No*

LAWYER: *So, when you signed the death certificate you weren't actually sure he was dead, were you?*

PATHOLOGIST: *Well, let me put it this way. The man's brain was sitting in a jar on my desk. But I guess it's possible he could be out there practicing law somewhere! (Ouch!)*



BEYOND CLUBS – THE ROTARY FAMILY

Rotary is made up of more than just our clubs. Service can start at any age, so we offer programmes for teenagers and young adults who want to discover new cultures, develop leadership skills, and give back. We also provide opportunities for people of all ages and backgrounds who want to help in their communities. Through clubs like yours, Rotarians organize and sponsor all of the following.

INTERACT is a leadership programme sponsored by Rotary clubs for anyone ages 12-18. With more than 12, 300 Interact clubs in 133 countries, Rotary is inspiring the next generation of socially responsible and globally conscious leaders. in 133 countries.

ROTARACT is organised by Rotary clubs to promote leadership, professional development, and service among adults ages 18-30. With more than 8, 000 clubs in 167 countries, Rotaract members are helping to lead change in communities around the globe.

ROTARY COMMUNITY CORPS (RCCs) are groups of non-Rotarians who work with Rotary to improve their communities through a variety of service projects. There are more than 6, 800 RCCs in 78 countries, all organised and sponsored by Rotary clubs.

ROTARY YOUTH EXCHANGE offers students ages 15-19 the chance to travel abroad for cultural exchanges. More than 8, 000 students participate in this immersive programme every year. Through these experiences, which last from a week to a full academic year, students learn about new cultures, gain an appreciation for diverse perspectives, and foster global understanding.

ROTARY YOUTH LEADERSHIP AWARDS (RYLA) is Rotary's leadership programme for teens and young adults that emphasises social responsibility, global citizenship and personal development.

ROTARY PEACE FELLOWSHIPS offer students the opportunity to earn advanced degrees or professional certificates from universities that host Rotary Peace Centres. Rotary Peace Fellows focus on International studies and conflict resolution so they can advance their careers as promoters of peace.

DUTY ROSTER

| DUTY | 10 April | 17 April | 24 April |
|--------------------------------|-----------------|-----------------|-----------------|
| Sergeant | Van Wyk | Schrieber | Barnard |
| Attendance Officer | Danckwerts | Danckwerts | Danckwerts |
| Wynpress Editorial | Murphy | Schrieber | Smith |
| Minutes for Wynpress | Cleveland | Danckwerts | Wetmore |
| Compilation of Wynpress | Wetmore | Cleveland | Danckwerts |
| Door Duty | Munday | Schrieber | Cleveland |
| Grace | Schrieber | Smith | Todd |
| Loyal Toast | Lidgley | Michalowsky | Munday |
| International Toast | Jackson | Wetmore | Klotz-Gleave |
| Speaker Introduction | Munday | NA | Van Eeden |
| Speaker Thanks | Bredenkamp | NA | Howard |

JACKPOT:

At the start of the evening the Jackpot stood at R2025 crisp bucks and after the evening's takings the draw stood at R2105. Dr Cathy Spargo drew Justin who pulled the Jack of Clubs. 🎲 ...**Ag shame!** Justin then drew Don who won the bottle of wine. 🍷

PROGRAMME

| | |
|--------------------|--|
| April 2014 | Committee: Knight, Bredenkamp, Cleveland, Munday, Howard, van Eeden, Du Plessis |
| 2-4 April | Rotary Family Health Days |
| 2 April | Wynberg Rotaract meeting |
| 3 April | No meeting |
| 7 April | Board meeting / School term starts |
| 10 April | Retreat Rotaract meeting |
| 10 April | 'Wine Tasting – Truths and Lies': Dennis Gowdy and Fred Kuys |
| 11-13 April | Interact Camp – <u>WRC on duty on Sat 12 April</u> |
| 16 April | Wynberg Rotaract meeting |
| 17 April | Business meeting |
| 18-21 April | Easter |
| 24 April | Retreat Rotaract meeting |
| 24 April | Normal meeting – Mercy Ships |
| 27 April | Freedom Day |
| 28 April | Public holiday |
| 29-30 April | School holidays |
| 1 May | Workers Day public holiday / No meeting |
| 1-4 May | District Conference |

TAILPIECE(S)

"The greatest thing in the world is to know how to be one's own self." - Montaigne

"Happiness is that state of consciousness which proceeds from the achievement of one's values." - Ayn Rand

"Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now." – Goethe

