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EDITORIAL

Submitted By Rob Murphy

Despite what you've been told, you aren't 'left-brained' or 'right-brained'

The brain is more complex than corporate team-building exercises suggest, but the myth is unlikely to die anytime soon

From self-help and business success books to job applications and smartphone apps, the theory that the different halves of the human brain govern different skills and personality traits is a popular one. No doubt at some point in your life you've been schooled on "left-brained" and "right-brained" thinking – that people who use the right side of their brains most are more creative, spontaneous and subjective, while those who tap the left side more are more logical, detail-oriented and analytical.

Too bad it's not true.

In a new two-year study published in the journal Plos One, University of Utah neuroscientists scanned the brains of more than 1,000 people, ages 7 to 29, while they were lying quietly or reading, measuring their functional lateralization – the specific mental processes taking place on each side of the brain. They broke the brain into 7,000 regions, and while they did uncover patterns for why a brain connection might be strongly left or right-lateralized, they found no evidence that the study participants had a stronger left or right-sided brain network.

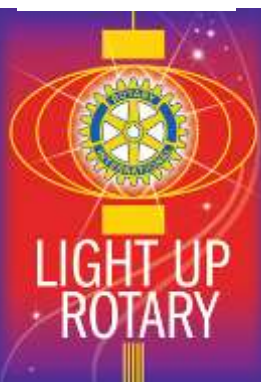
Jeff Anderson, the study's lead author and a professor of neuroradiology at the University of Utah says:

It's absolutely true that some brain functions occur in one or the other side of the brain, language tends to be on the left, attention more on the right.

But the brain isn't as clear-cut as the myth makes it out to be. For example, the right hemisphere is involved in processing some aspects of language, such as intonation and emphasis.

How, then, did the left-brained/right-brained theory take root? Experts suggest the myth dates back to the 1800s, when scientists discovered that an injury to one side of the brain caused a loss of specific abilities. The concept gained ground in the 1960s based on Nobel-prize-winning "split-brain" work by neuropsychologists Robert Sperry, and Michael Gazzaniga. The researchers conducted studies with patients who had undergone surgery to cut the corpus callosum – the band of neural fibers that connect the hemispheres – as a last-resort treatment for epilepsy. They discovered that when the two sides of the brain weren't able to communicate with each other, they responded differently to stimuli, indicating that the hemispheres have different functions.

**Rotary in October
Vocational Service**



Both of these bodies of research tout findings related to function; it was popular psychology enthusiasts who undoubtedly took this work a step further and pegged personality types to brain hemispheres.

According to Anderson:

The neuroscience community has never accepted the idea of 'left-dominant' or 'right-dominant' personality types. Lesion studies don't support it, and the truth is that it would be highly inefficient for one half of the brain to consistently be more active than the other.

Yet, despite Anderson's work and other studies that continue to disprove the idea that personality type is related to one or the other side of the brain being stronger, my guess is that the left-brained/right-brained vernacular isn't going away anytime soon. Human society is built around categories, classifications and generalizations, and there's something seductively simple about labeling yourself and others as either a logical left-brainer or a free-spirited right brainer.

Similar to the Myers-Briggs test – another widely used personality test with limited scientific evidence – the left-brained/right-brained thinker theory provides us with an explanation for why we are the way we are, and offers insights into where we fit into the world. It's also a great conversation starter – and if used as a novelty, or a way to strengthen the "weaker half" of your brain, the myth is pretty harmless.

The problems start, however, when the left-brained/right-brained myth becomes a self-fulfilling prophecy. When your 12-year-old fills out an online personality test that pegs her as a "right-brainer" and she decides to skip her math homework – because the test told her she isn't good with numbers – the persistence of this false dichotomy starts to become destructive. The same goes for the unemployed worker who forgoes applying for their dream job because the job description calls for creativity skills they think they may not have.

What research has yet to refute is the fact that the brain is remarkably malleable, even into late adulthood. It has an amazing ability to reorganize itself by forming new connections between brain cells, allowing us to continually learn new things and modify our behavior. Let's not underestimate our potential by allowing a simplistic myth to obscure the complexity of how our brains really work.

MEETING OF 2nd October 2014

Attendance

A fair attendance for a very good business meeting:

- Apologies : 6
- Absent : 2
- Present: 16
- Make ups: 1
- Total attendance: 17 /25 = 68 %

President Jackie welcomed Don back, after his leave of absence of the past few weeks.

Duties

- Sergeant: Mike Schreiber;
- Loyal Toast: 'String' Smith;
- International Toast (Rome): Dave Barnard;
- Grace: Graham Gavin

Visitors

The club was pleased to welcome Keela O'Driscoll, Bruce Dietrich and Kit Schreiber. We hope you all enjoyed the business of the club and look forward to seeing you again.

Fellowship Announcements

There were no fellowship announcements this week.

Two membership moments were recorded though:-

- Geraldine – a BA First Class Cabin Leader & contact of **Biffy** who has worked extensively with her at Isiphiwo arranging pen-pals in France, and collecting goods – took an 18 hr break from a stop over in Entebbe to see Biffy; Biffy also collected Austin Cook-Lindsay at the airport, back from the States;
- And a very proud mother – **Ann O'Driscoll** – announced that Keela had been in the Office Magazine 3 times recently.

Slots

Dave Barnard :The Santa Shoebox Project is looking for helpers to control the traffic (of all Santa's helpers bringing in Shoeboxes) at the CTICC on 1st November. All names to Dave please.

Biffy Danckwerts: Biffy sent round three lists:-

- A further call for names for the I-core (Cape Town Society for the Blind)event on the Wednesday 29th October ;
- A call for names for the Constantia Wine Festival on Friday 31st October;
- A call for names of those interested in travelling to Uppington for the District Conference in May 2015. While it is still early days, accommodation is rapidly been booked out, due to the opportunities for visiting Kgalagadi and Augrabies.

John Vivian : John has been frantically making wooden tap-turners to help OT patients. He has called for help sanding and varnishing 70 of them at his house on Monday evening after 6PM.

Don Lidgley : Don thanked the club for all the support he has received after losing his wife and soul mate of 59 years, Angela.

Barry Cleveland: During his travels Barry met and stayed with friends from Karmoy RC. He announced PE Kirsten Sunnanaa said that the club is possibly looking towards a visit in March. [Kirsten and Jan-Erling are coming at end March/early April but not on an official Rotary visit].

Justin Schonegevel: Justin announced more details of the Quiz evening to be held on the 13th November at Tango's. The ticket price will be R90, of which R60 will cover the meal, and R30 will go to the literacy Project. **We need 25 tables of 4- 6 people (100 people +) to ensure sole occupancy of the restaurant, so please invite everyone!**



Stephen Bredekamp: Stephen had three announcements:

- The NLC has announced that visitors from Haugaland (2 teachers and 4 students) will be visiting Cape Town from 2nd – 9th November. A schedule will be sent round nearer the time and all members of WRC are invited to join them on their Cape Town travels. In particular all members are invited to the Bursary evening to be held at de Duine School on Friday 7th November.
- A phot of President Jackie handing over a cheque to St Lukes (proceeds of The Proms) was in the Tatler. Thanks to photographer Dirk du Plessis .
- There was a handover of equipment to Victoria Hospital on Friday 26th September. Biffy (Community Projects - organised the Global Grant), Pam (WRC Victoria Hospital Project Chair), Bev (WRC Victoria Project member) and Stephen attended. A photograph of the event has broken all our records on Facebook, with 495 viewers at last count.



Jackpot

The Jackpot total stood at R1605, though as stated by the Committee visitors could only win R1000. Whether this affected visitor Bruce Dietrich we will never know for he was asked to draw a name and he drew..... Bruce Dietrich.

However justice was served, as instead of the 9 of diamonds he drew the Ace of spades! Aaahhh shame!

Bruce promptly drew Pam for the attendance prize, so she walked off with the R20.

President's quotes

The quote for the evening was "To hell with circumstances; I create opportunities".

No-one came close to guessing the author so the President's port money was safe.

And the answer is: Bruce Lee



Business Meeting :

As this was a business meeting there was no guest speaker. Details of club business discussed will be forwarded by the Secretary.

GOING FORWARD



Duty Roster

	OCTOBER			Social	NOVEMBER
	9	16	DG visit on Wednesday 22nd. No meeting on Thursday 23rd.	Social on Wednesday 29th. No meeting on Thursday 30th	6
Sergeant	Van Eeden	Barnard	Van Wyk	i-core event (Cape Town Society for the Blind). Names to Biffy urgently!	Gavin
Attendance Officer	A O'Driscoll	A O'Driscoll	A O'Driscoll		A O'Driscoll
Wynpress Editorial	Murphy	O'Driscoll	Schonegevel		Todd
Minutes for Wynpress	Cleveland	Overbosch	Smith		Overbosch
Compilation of Wynpress	Bredenkamp	Cleveland	Overbosch		Smith
Door Duty	Vivian	Bird	Bredenkamp		Cleveland
Grace	Overbosch	Schonegevel	Schreiber		Todd
Loyal Toast	Schreiber	Todd	Van Eeden		van Wyk
International Toast	Bird	Bredenkamp	Cleveland		du Plessis
Speaker Introduction	Danckwerts	Du Plessis	Gavin		N/A
Speaker Thanks	Vivian	Bird	Danckwerts		
Find Speakers					van Wyk, Gowdy, Overbosch, Todd, Murphy, Klotz-Gleave

Programme

Mon Oct 6	Wynberg Rotaract meeting
Thu Oct 9	Membership Meeting
Thu Oct 16	Shelly Windell of The Sunflower Fund
Sat Oct 18...Sun Oct 19	District Mini Conference Swellendam
Mon Oct 20	Wynberg Rotaract
Wed Oct 22	Joint Meeting: DG visit
Thu Oct 23	No meeting: DG visit 22 Oct
Fri Oct 24	World polio day
Wed Oct 29	Joint club social: I-core: Cape Town Society for the Blind
Thu Oct 30	No Meeting (see yesterday)
Fri Oct 31	Constantia Wine Festival
Mon Nov 3	Wynberg Rotaract meeting
Thu Nov 6	Business meeting: election of Officers for 2015-2016
Thu Nov 13	Quiz evening at Tango's
Mon Nov 17	Wynberg Rotaract
Thu Nov 20	Speaker tbc (Dave re-scheduled till next year)
Thu Nov 27	Social: Rotary Foundation / International (location tbc)
Mon Dec 1	Wynberg Rotaract meeting
Thu Dec 4	Uncle Paul's
Thu Dec 11	Business Meeting
Fri Dec 12	Our Charter Day
Mon Dec 15	Wynberg Rotaract meeting
Thu Dec 18	Christmas Party (details tbc)

See the WRC [calendar](http://wynbergrotary.org.za/calendar/) (http://wynbergrotary.org.za/calendar/) for full details.

Like us on ,  follow us on [@wynbergrotary](https://twitter.com/wynbergrotary) and visit the [Rotary Club Wynberg website](#) to keep up to date



Biffy ensuring Oistein Glommi and RC Nitterdal were present at the Victoria Hospital handover (via skype).

TAILPIECE

As you all are by now aware, John Vivian is becoming active again (no-longer honorary). So as we have just had a very successful Interact Workshop, an excerpt from Wynpress Vol 40 no 5, 3rd August 1989:

Editorial.

INTERACT SEMINAR

A very enjoyable seminar was held on Saturday 22nd July 1989 at "Moya" the Jeffes home which overlooks Boulders Beach. Representatives from our 5 Interact Clubs and our "almost" new club attended, plus 5 teachers, one exchange student, Wynberg President John Vivian, 5 other Rotarians, 3 ladies of the Inner Wheel and the son of a Rotarian.

After a brisk walk down the beach led by Mike and Koekoe Ravenscroft, Peter Bailey and Roy Tee the Interactors got down to serious business, details of which will be recorded elsewhere.

After a fine meal provided by Koekoe Ravenscroft, Audrey Barnard and Renee Hill, appreciation for the use of the venue and arrangements was expressed by the Interactors through Mrs Marion Till, and thanks were expressed by President John to the Interactors and Teachers for their attendance.

The Wynberg Youth Committee wishes to thank Edith Jeffes most sincerely for the use of her home and hope that she is well on the way to recovery. Thanks are also extended to Graham for his help and support. Tjaart's guidance and help is always appreciated and President John's interest helped make the occasion a very special one. Of course, without the dedication of our Interact Teachers and their charges - the Seminar would not have occurred - thank you for your enthusiastic 100% attendance.

J.W.