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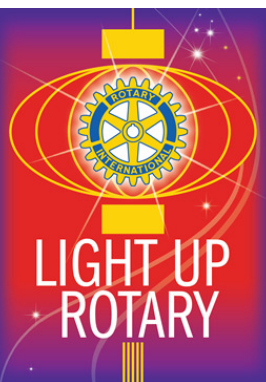
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Rotary in February
World understanding month



EDITORIAL

CERVICAL CANCER

Cervical cancer is the second most common cancer in women worldwide, with approximately 500 000 new cases and responsible for more than 250 000 deaths each year, with more than 85% of these deaths occurring in developing countries, in woman of poor socioeconomic status. In South Africa it is also the second most common type of female cancer, and affects 1 in 42 South African women during their lifetime.

Approximately 90% of cervical cancers are squamous cell carcinomas with the majority of the other cervical cancers being adenocarcinomas. A very small number of cervical cancers contain elements of both types and are called adenosquamous carcinomas.

Persistent infection with high-risk human papillomavirus (HPV) is an essential factor for the development of cervical cancer. HPV infection is also associated with the cancers of the vulva, vagina, anus and oropharynx. Globally, an estimated 610 000 (4.8%) of the 12.7 million new cancer cases that occurred in 2008 could be attributed to HPV infection, and >500 000 of those cases represent cancers of the cervix alone. Within the last two decades, research has culminated in major advances in techniques for cervical cancer screening using HPV DNA and had led to a vaccine to prevent HPV infection.

SIGNS AND SYMPTOMS

The majority of HPV infections do not cause symptoms or disease and resolve spontaneously.

Symptoms of cervical cancer tend to appear only after the cancer has reached an advanced stage and may include:

- Irregular, inter-menstrual or post-menopausal vaginal bleeding
- Vaginal bleeding after sexual intercourse
- Back, leg or pelvic pain
- Fatigue, weight loss, loss of appetite
- Continuous vaginal discharge, which may be pale, watery, pink, brown, bloody or foul-smelling
- A single swollen leg.

HOW HPV INFECTION LEADS TO CERVICAL CANCER

The majority of genital HPV infections are sexually acquired, transient and cleared slowly by the host immune system. More uncommonly in approximately 5-10% of cases, HPV infections may become persistent. Persistent High-Risk HPV is a strong marker of risk for development of pre-cancerous lesions, which in turn have the risk of progressing to cancer over many years if not treated.

It takes 15 to 20 years for cervical cancer to develop in women with normal immune systems. It can take only 5 to 10 years in women with weakened immune systems.

In the absence of HPV infection, cervical cancer is extremely unlikely, and this tight link is the reason why vaccines aim to prevent the most frequent oncogenic HPV infections to prevent cancer, as well as the reason why HPV testing can assist in screening for cervical cancer.

Of the more than 100 fully sequenced, related HPV viruses types, 40 are known specifically to infect the anogenital mucosa of humans, and at least 13 are cancer-causing high risk types.

HPV research scientists have separated HPV types into those that are strongly linked to the development of cancer, so-called 'high-risk' types, and those that are rarely linked to cancer, the so-called 'low-risk' types.

70 – 75% of precancerous cervical lesions and cervical cancer cases are caused by types 16 and 18.

Infection with high-risk HPV, particularly types 16 and 18, also cause most anal cancers, many vaginal, vulvar and penile cancers, and some oropharyngeal cancers.

Many studies have shown that type 18 associated cervical cancer is a strong independent prognostic factor for poorer disease-free survival for women undergoing surgery or radiation for early-stage invasive cervical cancer.

Submitted by Bruce Dietrich

Part 1 of 2. Rotarians, please pass on to your ladies.

MEETING OF 12 FEBRUARY

Sgt. Francois presiding.

Attendance

21 members, 4 make ups, 86%

Visitors

Rtn. Chuck and Vickie Cable, Hugh Maunder, Ruth Dessington, Geraldine Guillome, Ashiek Manie, Sarah Lay and father Stephen, Interactors from Bergvliet, Heathfield and Springfield Schools.

From the Acting President

Acting President **Stephen** welcomed the many visitors and exchanged banners with Rtn. Chuck Gable of the Claremont Sunrise Club (USA). **Stephen** explained that Wynberg was a well-established club chartered in 1949 and with the accent on youth, education and health. That evening was Youth Services and three Interact clubs were represented.

Presentations on youth related matters.

All three Interact clubs proceeded to give details of their achievements and plans for the coming year. These included inter alia a bingo evening, cakes and assistance with a vegetable garden for the aged, sandwiches for the homeless and assistance at Proms. All commented in glowing terms on the RYLA camp the previous September and of the benefits which participants had gained from it.

Ashiek Manie, a teacher at Lavender Hill High School, explained the difficulties experienced in educating youngsters from a dysfunctional society, where they were often abused, exposed to drugs and many came from squatter camps. Whilst the school was now getting the infrastructure, it was vital to encourage learners to use the library, and to choose the important subjects such as maths and science..... A Learner of the Month award was to be introduced this month to encourage the learners.

Sarah Lay spoke of her experiences during a six week student exchange in Germany which she had absolutely loved and which had been very beneficial to her.

Slots

String asked for assistance of eight Rotarians for two hour shifts in our parking area during the Community Chest Carnival, Friday and Saturday 27 & 28 February.

Barry asked if any members had not received Wynpress as complaints had been received.

Karen thanked the members for flowers and phone calls during her recent illness.

Justin requested assistance on Saturday to install library corners at Perivale School. He also asked members to send a photo of themselves at a Rotary event and a brief description of their Rotary Moment. As part of his campaign to show case Rotarians as ordinary people doing the extra ordinary act of service, he would like members also to take a photo at a service project wearing what they would to work, bowls, dinner, a movie or something that represents the member. This would be used as digital posters.

Biffy needs help at Isipiwe on 21st. for a fun day. She also needs to know who will attend the dinner at Marco's on 28th with Karmøy Rotarians.

Dave asked members to participate in the visits by Karmøy Rotarians and teachers and pupils from Oddemarka School, which both occur at the end of the month, commencing with a braai at his place on Monday 23rd. He also reminded members of the visit to Karmøy in mid June. KLM currently have a special.

Acting President's moment

“The foundation of every state is the education of its youth” : Diogenes.

Diogenes of Sinope was a controversial figure. His father minted coins for a living, and when Diogenes took to debasement of currency, he was banished from Sinope. After being exiled, he moved to Athens and criticized many cultural conventions of the city. Diogenes modelled himself on the example of Heracles. He believed that virtue was better revealed in action than in theory. He used his simple lifestyle and behaviour (which arguably resembled poverty) to criticize the social values and institutions of what he saw as a corrupt or at least confused society. In a highly non-traditional fashion, he had a reputation of sleeping and eating wherever he chose and took to toughening himself against nature. He declared himself a cosmopolitan and a citizen of the world rather than claiming allegiance to just one place. There are many tales about him dogging Antisthenes' footsteps and becoming his "faithful hound". Diogenes made a virtue of poverty. He begged for a living and often slept in a large ceramic jar in the marketplace. He became notorious for his philosophical stunts such as carrying a lamp in the daytime, claiming to be looking for an honest man. He criticized and embarrassed Plato, disputed his interpretation of Socrates and sabotaged his lectures, sometimes distracting attendees by bringing food and eating during the discussions. Diogenes was also responsible for publicly mocking Alexander the Great.

“It's never too late to have a happy childhood.” : — Tom Robbins, Still Life with Woodpecker

Still Life with Woodpecker is a sort of a love story that takes place inside a pack of Camel cigarettes. It reveals the purpose of the moon, explains the difference between criminals and outlaws, examines the conflict between social activism and romantic individualism, and paints a portrait of contemporary society that includes powerful Arabs, exiled royalty, and pregnant cheerleaders. It also deals with the problem of redheads.

GOING FORWARD



Duty Roster

	Feb		Mar		
	19	26	5	12	19
Sergeant	Cleveland	Gavin	Hovstad	Murphy	Overbosch
Attendance Officer	A O'Driscoll	A O'Driscoll	A O'Driscoll	A O'Driscoll	A O'Driscoll
Wynpress Editorial	Dietrich	Hovstad	Howard	Jackson	Klotz-Gleave
Minutes for Wynpress	Overbosch	Cleveland	Du Plessis	Smith	Cleveland
Door Duty	Gavin	Danckwerts	Howard	Jackson	Klotz-Gleave
Grace	Bredenkamp	Cleveland	Gowdy	Dietrich	Du Plessis
Loyal Toast	Dietrich	du Plessis	Gavin	Gowdy	Hovstad
International Toast	Murphy	A O'Driscoll	K O'Driscoll	Overbosch	Schonegevel
Speaker Introduction	Barnard	Bird	N/A	Bredenkamp	Danckwerts
Speaker Thanks	Lidgley	Murphy	N/A	O'Driscoll	Schreiber
Find Speakers			van Wyk, Gowdy, Overbosch, Todd, Murphy, Klotz-Gleave, Van Niekerk		

Programme

Thu Feb 19	Alan Jackson: "Me" Talk
Sat Feb 21	Rotaract Fun Day: Constantia Primary School: Support needed
Feb 22 – Mar 1	Visit by Karmøy RC
Feb 23 – Mar 3	Visit by Oddemarka School
Mon Feb 23	RI 110 Today
Mon Feb 23	Welcome braai for Karmøy
Tue Feb 24	WRC Board Meeting
Thu Feb 26	Fellowship meeting with Norwegian guests from Oddemarka / Karmøy
Weekend Feb 27 / 28	Community Chest Carnival Parking: Support needed!
Sat Feb 28	Marco's: Dinner with Karmøy
Mon Mar 2	Wynberg Rotaract
Thu Mar 5	Business meeting
Sun Mar 8	Cape Argus: Support needed
Thu Mar 12	Normal meeting: Speaker TBC
Weekend Mar 14 th / 15 th	Pearls of the Proms: All hands needed at the City Hall
Sat Mar 14	Baby College: Support needed!
Thu Mar 19	Normal meeting: Speaker TBC
Sat Mar 21	Baby College: Support needed!
Sat Mar 21	Rotaract Training Workshop
Thu Mar 28	Normal meeting: Speaker TBC
Mar 27 – Mar 29	Interact Camp (hosted by Wynberg Rotaract)
Sat Mar 28	Baby College: Support needed!

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

Like us on ,  follow us on twitter (@wynbergrotary) and visit the [Rotary Club Wynberg website](#)

to keep up to date

Group Photo

Justin will be putting together a birthday card for the Rotary110 celebration and on Feb 23 will be taking a group photo that can be shared. He will also be able to make individual cards for those who want.

TAILPIECE

Men do remember...

A woman awakes during the night to find that her husband is not in bed. She puts on her robe and goes downstairs to look for him.

She finds him sitting at the kitchen table with a hot cup of coffee in front of him.

He appears to be in deep thought, just staring at the wall.

She watches as he wipes a tear from his eye and takes a sip of his coffee.

'What's the matter, dear?' she whispers as she steps into the room. 'Why are you down here at this time of night?'

The husband looks up from his coffee, 'It's the 20th Anniversary of the day we met.'

She can't believe he has remembered and starts to tear up.

The husband continues, 'Do you remember 20 years ago when we started dating? I was 18 and you were only 16,' he says solemnly.

Once again, the wife is touched to tears.

'Yes, I do,' she replies.

The husband pauses. The words were not coming easily.

'Do you remember when your father caught us in the back seat of my car?'

'Yes, I remember,' said the wife, lowering herself into the chair beside him.

The husband continued. 'Do you remember when he shoved the shotgun in my face and said, "Either you marry my daughter or I will send you to prison for 20 years?'

'I remember that, too,' she replied softly.

He wiped another tear from his cheek and said, 'I would have gotten out today.'

Here's a lovely story about a romantic dinner:

A man and a woman were having a quiet, romantic dinner in a fine restaurant.

They were gazing lovingly at each other and holding hands. The waitress, taking another order at a table a few steps away, suddenly noticed the woman slowly sliding down her chair and under the table - but the man stared straight ahead.

The waitress watched as the woman slid all the way down her chair and out of sight under the table. Still, the man stared straight ahead.

The waitress, thinking this behaviour a bit risqué and worried that it might offend other diners, went over to the table and, tactfully, began by saying to the man, "Pardon me, sir, but I think your wife just slid under the table."

The man calmly looked up at her and said, "No, she didn't. She just walked in!"