

Editorial

Are you, or do you have a pain in the neck?

Well rest assured – the Smartphone users' complaint known as 'text neck' – a sore neck claiming to result from craning over a small screen for hours, does not exist, a study claims.

Brazilian researchers who monitored 150 young people – Smartphone users – dismissed the notion that the neck can be strained by looking down at a phone throughout the day.

The British Chartered Society of Physiotherapy (CSP) said using a phone is no different to reading a book, "which we have done for centuries with few alarms" and that phone use is likely to be "incidental" to pain in the neck.

CSP spokesperson and physiotherapist Ash James added: "Text neck isn't an epidemic – it isn't even a thing. The notion of text neck has grown in recent times but there isn't much evidence behind it. I doubt the ancient Greeks suffered from scroll neck."

So, if there are others such as me who certainly have no chance from suffering from neck strain as a result of using a Smartphone, don't even chance it by getting one, then there can be no debate!!

By Dennis Gowdy

WYNPRESS

The Rotary Club of

Wynberg



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February Rotary Theme
Peace and Conflict
Prevention/Resolution
Month

Wynberg Rotary meet every
Thursday, 6 for 6.30pm,
Palm House, Wynberg.

For more information about our
club, like us on Facebook or visit
our website:

Wynbergrotary.org.za

Minutes

25 January 2018

Compiled by Lina Howard

Attendance

17 members present

Visitors

Rotarians Katja and Benedikt Schroeder from RC Ammersee-Romerstrasse, Griefenberg-Schondorf, D1841, Germany.

Noeline de Goede (Guest Speaker), Lindy Ammon and Linda Cooper – Kay Mason Foundation.

Tendai Bonga

From the President's Chair

PP Alan welcomed all members present, and especially our guests.

He commented on this week's pertinent editorial on Bitcoins.

Fellowship/Members' Moments

Many birthdays this next week:

Lina on the 26th

Candice on the 27th

Ruth on the 27th

Biffy on the 28th

Slots

Ruth: Thanks to all who assisted with the Library Corner installations at Southfield School.

Biffy: 1. 10 people needed for marshalling duty at the Cape Town Cycle Tour on Sunday 11 March.

2. Spinach orders: Spinach King not available this week, but will take orders for next week.

3. Reminder for Concert in a Convent Garden on Sunday 4 Feb. at 17.30.

Guest Speaker

The aim of the Kay Mason Foundation is to 'Build leaders' They support talented, deserving young people, from impoverished backgrounds, in their high school years and place them at good schools in and around Cape Town. The foundation is a registered NGO under the Patronage of Archbishop Desmond Tutu.

In order to equip the youngsters they have programmes that help them understand themselves, and tutoring is provided.

The children who are selected for scholarships of R15000/annum

Families have to sign a contract each year

Practical assistance is welcome – fixing things or tutoring a child.

Stephanie introduced Noeline and Hugh thanked her for her presentation.

President's Sweetie Pie

In Pres. Rob's absence, it wasn't awarded this week

Swindle

With R2200 in the kitty and only 17 cards left, Linda drew the Ace of clubs (Aah shame!); and Monique won the attendance prize....AGAIN!!!

Duty Roster	February			
	1	8	15	22
Sergeant	Jackson	Overbosch	Schreiber	Todd
Wynpress Editorial	Hovstad	Howard	Jackson	James
Wynpress Minutes	Van Niekerk	Cleveland	Bredenkamp	Maunder
Door Duty	Overbosch	Schonegevel J	Schonegevel R	Schreiber
Grace	Bayes	Bredenkamp	Gowdy	Cleveland
Loyal Toast	Maunder	Munday	O'Driscoll	Overbosch
International Toast	Bredenkamp	Danckwerts	Cleveland	Dietrich
Speaker Intro and Thanks	O'Driscoll	Overbosch	Schonegevel J	Schonegevel R
Entertainment for the month	Schonegevel R, Hovstad, Howard, James, Maunder			

Dates To Diarise

1 February	The Long Term Exchange Student from Belgium, Vincent Vermeersch, currently hosted by WRC, will tell us about his programme. PLUS our Short Term Exchange Programme (STEP) student, Liam Lotz will report back on his recent visit to Germany
8 February	Warren Witte, who has a PhD in Marine Conservation and is a drone pilot, will tell us about his ambition to use drones for ocean monitoring, and will show us a video of his current work
15 February	TBC: Visit by our Interact Clubs
22 February	TBC: A talk about Bitcoins
1 March	TBC



**ROTARY:
MAKING A
DIFFERENCE**

Photos

A couple of shots from our last meeting:

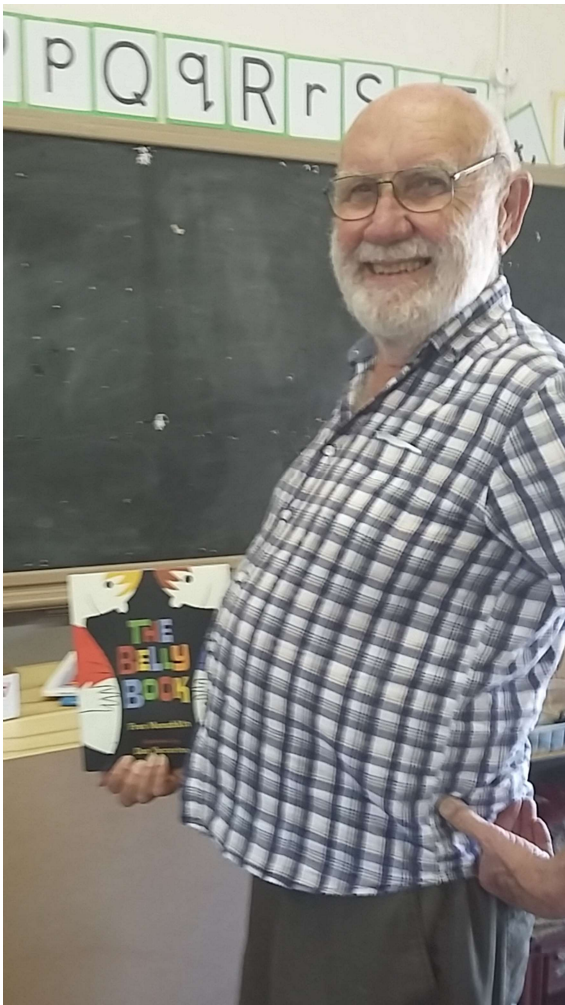


PP Alan, Katja and Benedikt

Linda and Noeline



...and another one to illustrate how seriously we take our work-parties:



String, setting up a Library Corner



Tailpiece

**Be the reason
someone
smiles today**

**Or the reason they drink.
Whatever works.**