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**NEW GENERATIONS MONTH**

**ENGAGE  
ROTARY**



**CHANGE  
LIVES**

### **WHAT YOU SHOULD KNOW ABOUT FATS**

We have all heard that certain fats are worse for us than others, but why?

Recently there has been an outcry about trans fats, also known as trans unsaturated fatty acids (TUFA) and this product has recently been banned in the State of New York.

All fats consist of chains of carbon and hydrogen atoms linked together. Saturated fatty acid (SFA) has the maximum amount of hydrogen attached to each carbon atom and are thus fully saturated with hydrogen, which makes them solid at room temperature for example lard and butter.

Unsaturated fatty acids (UFA) lack some hydrogen atoms and therefore there are some double bonds between the carbon atoms, for example liquid oil. UFA is further divided into mono unsaturated fatty acid (MUFA), which has only one double bond, or polyunsaturated fatty acids (PUFA) which has more than one double bond.

Now TUFA is a particular kind of unsaturated fatty acid with hydrogen atoms on each side of the double bond. TUFA is produced by bacteria in the stomachs of cows and sheep and can also be produced from vegetable and fish oil by a process known as hydrogenation. With this process, hydrogen atoms are forced onto the spare carbon double bonds of unsaturated fat. This makes the oil more solid at room temperature and more stable. This is then used by manufacturers to lengthen the shelf life and improve the flavour and texture of the food products. The oil thus becomes a TUFA! Most of our intake thus comes from hydrogenated vegetable oil used as an ingredient in processed foods and in the cooking of many convenience foods. Thus if you see the words "Hydrogenated" on labels, you know that it is bad news. I am not punting for Woolworths, but I notice that their food is labelled with the amount of TUFA.

TUFA has been found to be as bad, if not worse than saturated fatty acids. It raises the level of "bad" cholesterol (LDL) and lowers the level of the "good" cholesterol (HDL) thus leading to an increased risk of heart disease and stroke. It is also suspected that there is an association between TUFA and the number of patients with breast cancer, colon cancer and prostate cancer. The human brain consists of sixty percent fat and TUFA is suspected of playing a role in the thought processes of the brain and thus leading to Alzheimer's disease.

It is suggested that we limit our intake of TUFA to 5 grams per day. At present some people are consuming up to 26 grams per day!

Foods that contain substantial amounts of TUFA are:

- ❖ Pastry, pies and pasties, convenience foods such as ready meals
- ❖ Cake and cake mix, biscuits and crackers
- ❖ Hard margarine and shortening
- ❖ Fast foods such as burgers, chips and milkshake
- ❖ Takeaways such as fish and chips, Chinese, Indian and deep fried foods
- ❖ Pizza bases, crisps and other savoury snacks

The aforementioned information I gained from an article in "Update", the journal of continuing education for General Practitioners.

In the last few years the number of 50-year-old former disadvantaged people who have either High Blood Pressure and/or Diabetes has made an impression on me. I discussed this with Prof Reiner from Groote Schuur Hospital and to my surprise he knew about it and labelled it the "Coca-Cola Syndrome". He said that wherever you found Coca-Cola, you found fast foods – the cause of all the problems!

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## MEETING OF 12 SEPTEMBER

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### ATTENDANCE

**Membership:** 24  
**Present:** 12  
**Make Ups:** 1  
**Apologies:** 9  
**Attendance:** 55%

**Guests:** Sarah Yousuf, Mr & Mrs Manie, Guy Orsmond.

Attendance to Biffy 082 468 7504 or [aecon.e@mweb.co.za](mailto:aecon.e@mweb.co.za).

Loyal toast was performed by John. International toast was done by David on behalf of Are. A club in Oslo was toasted as this week they had a new female Prime Minister elected from the conservative party and this is the first time in about 26 years. The grace was performed by Dennis.

**Pres. Karen** opened the meeting by welcoming all present and guests, to which the members gave a warm Wynberg welcome.

A wonderful meal was enjoyed by all. I am almost sure that I can say that everyone went back for seconds.

Fellowship: It was Barry and Val's anniversary on Monday. On Saturday is David's birthday.

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### SLOTS:

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#### **Biffy:**

1. Biffy is busy loading the Isiphiwo Global Grant. This calls for Rotarian involvement. It was suggested that the club go in and do the counter tops around the edge of the room in the computer lab. John V will cut everything to size and varnish (with some help) beforehand so that we need to go in and put this up. This will mean one Saturday in Dec or Jan when the kids are on holiday.
2. Wine tickets still available.
3. Next week's speaker is Marina Jessop on human trafficking which should be interesting. Marina is on the brink of obtaining another Rotary bursary to continue her human trafficking research and return to SA again next year.

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### SPEAKER:

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June introduced herself and Mr Manie.

June said that although she often questioned the youth of today, she firmly believes in the youth of today as well.

June pointed out the rainbow on the YES logo and school logo and how the figure on the YES logo reaches through the rainbow with the one hand and towards the earth (stability and foundations) with the other. To empower youth to reach for new horizons, we have to CREATE HORIZONS. Environment affects the way we think, live and act. So the first steps towards creating new horizons is to enhance the Learners and educators and visitors daily experience in the school environment. Turning the high school into an encouraging green oasis, will slowly create 'pride of place' for learners, parents and community. Addressing Social change is a challenging, multi-faceted journey.... but it's a journey that needs to be taken for the sake of our country. The Y.E.S. SCHOOL is embarking on a programme to address these challenges by activating a menu of 'mindset

enhancing' initiatives at Lavender Hill Secondary School, our pilot school. We are confident that we have a workable 'plan of action', which we would like to pilot.

The Pilot Project Overall Plan divides into 4 categories

Develop YES school environment/ambiance

Develop empowering partnerships

Develop skills creation programme

Develop site and Infrastructure

**Develop Y.E.S. SCHOOL ambience/environment** - Create a safe, nurturing, positive, hygienic and enabling HAVEN where vulnerable youth caught in social 'crossfire' CHOOSE to spend their time. A place conducive to meaningful teaching and learning - which educators, learners, parents and community are proud of - and where 1100 teenagers **choose** to spend their time.

This includes: Branding, grounds-beautifying, positive messaging programme, development of music department and bands, School House development, Peer2Peer education development, development of matric privilege garden, homework classes, after-schools sports/cultural classes.

Optimal use of ALL school facilities, physical and intellectual, to empower learners and parents

Development of Socio/psycho intervention programs. Tracking team Bronwyn and Ivan Jones

Build on the t-shirt campaign. This year we are talking to our sponsors, HCI Foundation and Seardel about providing t-shirts in the colours of the 4 new school houses. We hope to turn these t-shirts into 'commitment/contracting' symbols, e.g. 'I commit to being the best that I can be' or 'YES I am a winner' maybe? Perhaps we will ask the kids to pay R10 as a sort of membership fee which will give the new houses a bit of money in the kitty?

**Develop empowering partnerships** with learners, families, teachers, community members, other schools, corporates, Rotary, The Western Cape Education department, the City of Cape Town, the Western Cape government.

**Develop skills-creation programme,**

Start with Grade 8 afternoon 'finishing' school with the main areas of attention being computer literacy and nutrition. (Communiversity)

Like all Y.E.S. SCHOOL initiatives, this idea will be workshopped with educators and all stakeholders.

In my opinion unemployability is the root cause of the social problems in an area like Lavender Hill. For 40 years people have dropped out of school because of the 'working class' expectations imprinted on them.

I am very hopeful that basic computer literacy will also help to solve the very serious illiteracy challenge.

**Develop Site & Infrastructure.**

This section includes: a dirtbin/recycling/laundry yard; plaster/painting of pumphouse; 5-year maintenance of playing fields and equipment; tarring driveways and parking areas; roof-over big quad; upgrade feeding scheme kitchen to cater for whole school meals. Rebuild ablution blocks to include banks of showers and hot water. Install solar heating. Install rainwater harvesting systems. Build a school hall which is available to parents and primary schools, and maybe includes an Educare centre??.

When Jackie James wrote our first project proposal back in 2005, the project was called 'Lend a Hand in Lavender Hill' (inspired by RI's theme for the year – 'Lend a Hand'). The name has now changed to Y.E.S. Youth Empowerment through School, But the PRINCIPLES and the PRINCIPALS remain.

Developments and work being done now: mindset change; turning challenges into opportunities.

Concrete/tangible evidence of transformation and change:

- ACADEMIC IMPROVEMENT (EVIDENCED BY 88% MATRIC PASS RATE)
- DROP-OUT RATE DECREASING (345 GRADE LEARNERS, PREVIOUSLY 240)
- WAITING LIST OF APROXIMATELY 100 LEARNERS
- FAVOURABLE MEDIA COVERAGE
- BEGINNINGS OF A 'Y.E.S' ATMOSPHERE
- VIBRANT EXTRA-MURAL PROGRAMME
- GREATER 'BUY-IN' FROM STAFF

Wide range of support:

- INFRASTRUCTURAL IMPROVEMENTS
- GYM, FIELDS, LIBRARY, INTERCOM
- UPGRADED COMPUTER LABS
- FEEDING SCHEME, FOOD PARCELS, DAILY BREAKFAST
- DCAS
- 'ADOPTED' BY POLLSMOOR PRISON
- Prof. Jansen – PATRON OF YES
- PHYSICAL UPGRADE OF SCHOOL
- NEW FENCE (2014) 1.5 MILLION
- NEW HALL (2016)

Small and large investments:

- \* NGOS
- \* VIRGIN ACTIVE
- \* BATELEUR CAPITAL
- \* FLIP FILE
- \* HCI FOUNDATION

YES programme:

- T-SHIRTS
- BELL
- POSITIVE MESSAGING
- TRACKING DROP-OUTS
- DIARIES

Challengers:

- FEW MATRIC BACHELOR PASSES
- POOR LITNUM RESULTS
- GANGSTERISM – SHOOTING
- SUBSTANCE ABUSE
- PARENTAL APATHY
- CULTURE OF ENTITLEMENT
- SECURITY

Conclusion:

- 'THE TIDE IS TURNING'
- THE SCHOOL IS DEFINITELY ON AN UPWARD TRAJECTORY
- A LARGE PART OF THE 'Y.E.S' VISION IS ALREADY BEING REALISED AND IMPLEMENTED
- WE ARE EXTREMELY GRATEFUL TO WRC FOR ITS SUPPORT AND MENTORING OVER A PERIOD OF MANY YEARS

Where to now? Now we need to look at IMPLEMENTATION. Time lines. Target Dates. Human and financial capacity.

Vision 2016:

- Afternoon sports, cultural and skills development activities every day for all learners.
- Two hundred matrics
- Diploma passes for most of them.
- Basic income-producing skill or tertiary education commitment for each learner

“Under construction.”

At Lavender Hill Secondary School we say YES by dealing with CAUSES and getting to the CORE of the problem. We want to keep kids at school until matric in an enabling, positive, socialising environment, thus empowering them to take social change forward into their community. Involve each one of the 1100 learners in their Y.E.S. SCHOOL

Karen thanked everyone and wished the matrics well.

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## JACKPOT:

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With the Jackpot at over R2 000, Karen had her name drawn by Mrs Manie but could only find the 3♠. The attendance prize of a cap full of coins was won by Rob.

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## PROGRAMME

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<b>September 2013</b>	Committee: James, Danckwerts, Schreiber, Smith, Williams, Lidgley
<b>18 september</b>	<b>Rotaract meeting: social / games</b>
<b>19September</b>	<b>Marina Jessop: Arizona, Ambassadorial student speaking on human trafficking.</b>
<b>20-24 September</b>	<b>RYLA</b>
<b>22 September</b>	<b>Uncle Paul's work party</b>
<b>24September</b>	<b>Public Holiday – Heritage Day – Braai Day</b>

28 & 29 September Uncle Paul's work party

30 September Board meeting

October 2013	Committee: Barnard, Bird, Hovstad, Michalowsky, Wetmore, Jackson
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3 October Business meeting – Club Assembly

5 October Rotary & Rotaract Potjiekos competition

10 October Kathryn Hoeflich, Cape Town Refugee Centre

12 October Mini conference at Montague

12 & 13 October Uncle Paul's work party

17 October Elizabeth Daly – Public knowledge and stormwater quality in Cape Town: Implications for management.

18 October Constantia Rotary Club – Wine Festival

19 & 20 October Uncle Paul's work party (Our big one to fix ROTARY WALK)

26 & 27 October Uncle Paul's work party

30 October Halloween Rotaract Social

31 October Rotary social (maybe these two should be a joint one)

**Dates to book:**

7 November Meeting with representatives from both Haugaland and Oddemarka present

8 November NLC bursary award evening with Haugaland and Oddemarka present

These two events are the first time in history that both sponsors will be present together. Let's make it special!

23 November Kids Beach Day out

**DUTY ROSTER**

<b>DUTY</b>	<b>19 Sept</b>	<b>3 Oct</b>	<b>10 Oct</b>	<b>17 Oct</b>	<b>31 Oct</b>
<b>Sergeant</b>	Todd	Schreiber	Smith	Barnard	
<b>Attendance Officer</b>	Danckwerts	Danckwerts	Danckwerts	Danckwerts	
<b>Wynpress Editorial</b>	Knight	Lidgley	Michalowsky	Munday	
<b>Minutes for Wynpress</b>	Wetmore	Cleveland	Danckwerts	Wetmore	
<b>Compilation of Wynpress</b>	Danckwerts	Wetmore	Cleveland	Danckwerts	
<b>Door Duty</b>	Are	TBA	TBA	Michalowsky	
<b>Grace</b>	Cleveland	Schonegevel	TBA	TBA	
<b>Loyal Toast</b>	Jackson	James	Schonegevel	TBA	
<b>International Toast</b>	Murphy	Jackson	James	Schonegevel	
<b>Speaker Introduction</b>	Munday	N/A	TBA	TBA	
<b>Speaker Thanks</b>	Gowdy	N/A	TBA	Jackson	

**PRESIDENT'S QUOTES:**

None this week.



