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**FEBRUARY IS WORLD
UNDERSTANDING MONTH**



EDITORIAL

The following article appeared in the Cape Times last week. It should be read along with the knowledge that our infant mortality rate is one of the worst in the world, and even in Africa, despite the huge annual Health budget.

It is commonly accepted that the problem is that we do not focus enough attention on Preventive Health, largely in the form of Community Health workers. Community Health workers have in recent years, for example managed to reduce the infant mortality rate in Rwanda to one tenth of ours.

SA dismal in adult male mortality rate

THE probability of a 15-year-old South African dying before he or she reaches 60 is more likely than in most other African countries.

New research found that out of 35 selected African countries, South Africa fared the worst in average adult male mortality rate and was 32nd in female mortality, according to a media release from the South African Institute of Race Relations. This information was released in its latest *South African Survey*.

The survey, an annual yearbook on all social, economic, and political aspects of South Africa, has been published by the institute for nearly 70 years. Data was obtained by the institute from the World Bank's 2013 World Development Indicators.

According to the survey, in 2013/14 South Africa would spend R137.7 billion in consolidated national and provincial health expenditure.

The institute said South Africa and the DRC spent about 9 percent of their gross domestic product (GDP) on health, while Mozambique spent 7 percent. The South African economy was larger than those of these and other countries.

A researcher at the institute, Thuthukani Ndebele, said: "South Africa's male and female average adult mortality rates are up to 10 times higher than in some emerging and developed countries. "South Africa's high adult mortality rates testify to the negative effects of HIV/AIDS and that high health expenditure may not necessarily translate into positive outcomes."

The survey said that HIV/AIDS had been accepted as a major contributor to high mortality rates but the leading reasons for death in South Africa were tuberculosis and flu or pneumonia.

"However, deaths owing to these diseases are on the decrease. Between 2004 and 2010, tuberculosis and influenza and pneumonia as causes of death decreased by 10 percent and 14 percent respectively," said Ndebele. - Staff Writer

- submitted by Alan Jackson.

MEETING OF 20 FEBRUARY 2014

ATTENDANCE

Membership: 28
Present: 13
Make Ups: 5
Apologies: 13
Attendance: 62%

Visitors: Matthieu Snaith, Austin Cook-Lindsay, Roxana Bell, Wendy Dias (speaker), Dottie Leveque (LA, Ontario, USA Rotarian), AG Ian Pursch, Hugh Maunder, Wenche Hovstad, Elfie Doerum, Harald Hovstad, Anni Hovstad, Harald Baasland (Rotarian from the Rotary Club of Kristiansand), Aagot Baasland, Tore Jernaes, Reidun Jernaes, Denzil van Graan, Terence Klassen.

Rotaractors (and prospectives): Jess, Lee, Kerri, Keela, Zintle, Morne, Daniel.

Attendance to Biffy 0813259570 or aecon.e@mweb.co.za.

Pres. Karen thanked Denzil van Graan, Principal of Perivale most warmly for hosting the meeting. She also welcomed the visitors – especially the contingent from Norway.

SLOTS

Harald Baasland gave an impromptu address to the Club, thanking us for the opportunity of joining us at one of the NLC sponsored schools. The group from Norway will be here for two weeks, and leaning heavily on their hosts, Are and Wenche to make sure they have a good time!

Serg. Mike reminded members of the necessity to update the data base, circulated by email during the day.

Justin on behalf of the Literacy Committee pointed out that they will need members to attend the meeting on 1 March between 09.30 and 12.30 at Lavender Hill Secondary School.

John encouraged members to take copies of the Proms posters and stick the A4 size versions on the inside windows of their cars.

Biffy appealed for empty 2 litre plastic bottles which will be used to make fly traps prior to Rotary Family Health Days in early April.

Graham announced that, to date 580 Proms tickets have been sold for Saturday 15 March and 750 for Sunday 16 March. All indications are that we will have another sell-out!

String appealed for members, relatives, friends to make themselves available for marshalling at the Argus Cycle Tour on 9 March. The six hours between 06.30 and 12.30 will be split up amongst the volunteers.

PRESIDENT'S QUOTE

*Never give up on a dream just because of the time it will take to accomplish it.
The time will pass anyway.*

GUEST SPEAKER

It turned out that Wendy Dias was a Rotary Exchange Student 21 years ago – a life changing experience for her, as is so often the case.

She is now with a company involved with brand protection and security, which therefore is intimately involved with counterfeiting in all its nefarious guises; and this form of criminal activity is increasing.

Passport falsification is a typical example, but security measures employed in the production of South African passports are top class – indeed passports for some other countries are also produced here. But counterfeiting isn't confined to passport forgery. By 2015 illicit trade worldwide is expected to top \$1.7 trillion! It comprises 5.7% of all traded goods, increasing by 15% pa. In South Africa the rate is estimated at 46% pa – one of the highest counterfeit areas in the world! This is partly due to lax import controls: only 3% of containers entering South African ports are checked....

The ramifications are severe: fake medications can cause illness, possible disfigurement and even death. Deaths from malaria have been caused by counterfeit prophylactics. Up to 25% of pesticides are counterfeit. The list goes on and the problem is difficult to control.

Consumers are encouraged to be extra vigilant: Look out for spelling mistakes and poor grammar on labels. Don't accept broken seals on containers. If a price seems too good to be true – it probably is!

Wendy finished her presentation with two videos on cosmetics and clothes respectively, and they just exemplify how easily we are duped.

Graham T expressed the thanks of a rather shocked Wynberg Rotary Club.

DUTY ROSTER

DUTY	27 February	6 March	13 March	20 March
Sergeant	Barnard	Cleveland	Todd	Murphy
Attendance Officer	Danckwerts	Danckwerts	Danckwerts	Danckwerts
Wynpress Editorial	Jackson	Gowdy	James	Klotz-Gleave
Minutes for Wynpress	Wetmore	Danckwerts	Wetmore	Cleveland
Compilation of Wynpress	Cleveland	Wetmore	Danckwerts	Wetmore
Door Duty	Du Plessis	Gavin	Klotz-Gleave	Gavin
Grace	Jackson	van Niekerk	Schonegevel	Du Plessis
Loyal Toast	Hovstad	Howard	Jackson	James
International Toast	Du Plessis	Bird	Bredenkamp	Gowdy
Speaker Introduction	Howard	TBA	TBA	TBA
Speaker Thanks	Gavin	Schonegevel	van Niekerk	Barnard

JACKPOT:

With the jackpot standing at R1885 and only 33 cards left, Elfi still couldn't find the 3♥, although the 9♣ was terminally damaged. Dennis limped away with the R25 runner-up prize, in very small change!

All governments suffer a recurring problem: Power attracts pathological personalities. It is not that power corrupts but that it is magnetic to the corruptible.

- from Frank Herbert's "Heretics of Dune"

PROGRAMME

February 2014	Committee: Barnard, Bird, Hovstad, Michalowsky, Wetmore, Jackson, Schonegevel
26 February	Retreat Rotaract meeting
27 February	Normal meeting / speaker: Roxana Bell – Rape Crisis
March 2014	Committee: van Wyk, Gowdy, Overbosch, Todd, Murphy, Klotz-Gleave, van Niekerk
3 March	Board meeting
5 March	Wynberg Rotaract meeting
6 March	Business meeting
9 March	Argus Cycle Tour
12 March	Retreat Rotaract meeting
13 March	Normal meeting/Rotaract Birthday – speaker TBA
15 & 16 March	Proms at the City Hall. NB All hands on Deck!!
19 March	Wynberg Rotaract meeting
20 March	Normal meeting – speaker TBA
21 March	Human Rights Day / Public holiday
26 March	Retreat Rotaract meeting
27 March	Normal meeting – speaker TBA
28 March	School holidays start
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	Business Meeting
7 April	Board meeting / School term starts
9 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	Normal meeting – Stephen Twittering around the Place !!! Tweet Tweet !!!
18-21 April	Easter
23 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

“Classless and featureless, we can only pray for the resilience of grass –
that the flatter we are mown, the fresher we appear.”

- Oliver Jelly

INSTRUCTIONS FOR GIVING YOUR CAT A PILL

1. Pick up cat and cradle it in the crook of your arm, as if holding a baby. Position right forefinger and thumb on either side of the cat's mouth and gently apply pressure to cheeks while holding pill in right hand. As cat opens mouth, pop pill into mouth. Allow cat to close mouth and swallow.
2. Retrieve pill from floor and cat from behind sofa. Cradle cat in left arm and repeat process.
3. Retrieve cat from bedroom and throw soggy pill away.
4. Take new pill from foil wrap, cradle cat in left arm, holding rear paws tightly with left hand. Force jaws open and push pill to back of mouth with right forefinger. Hold mouth shut for a count of 10.
5. Retrieve pill from goldfish bowl and cat from top of wardrobe. Call spouse from garden.
6. Kneel on floor with cat wedged firmly between knees, holding front and rear paws. Ignore low growls. Get spouse to hold cat's head firmly with one hand while forcing wooden ruler into its mouth. Drop pill down ruler and rub cat's throat vigorously.
7. Retrieve cat from curtain rail and get another pill from foil wrap. Make note to buy new ruler and repair curtains. Carefully sweep shattered figurines from hearth and set aside for gluing together later.
8. Wrap cat in large towel and get spouse to lie on cat with its head just visible below spouse's armpit. Put pill in end of drinking straw, force cat's mouth open with pencil and blow down drinking straw.
9. Check label to make sure pill not harmful to humans and drink glass of water to take taste away. Apply Band-Aid to spouse's forearm and remove blood from carpet with soap and cold water.
10. Retrieve cat from neighbour's shed. Get another pill. Place cat in cupboard and close door onto neck to leave head showing. Force mouth open with dessert spoon. Flick pill down throat with elastic band.
11. Fetch screwdriver from garage and put cupboard door back on hinges. Apply cold compress to cheek and check records for date of last tetanus shot. Throw shirt away and fetch new one from bedroom.
12. Phone fire brigade to retrieve cat from tree across the road. Apologize to neighbour who crashed into fence while swerving to avoid cat. Take last pill from foil wrap.
13. Tie cat's front paws to rear paws with garden twine and bind tightly to leg of dining table. Fetch heavy duty gardening gloves from shed. Force cat's mouth open with small wrench. Push pill into mouth followed by large piece of fillet steak. Hold head vertically and pour 250 ml of water down throat to wash pill down.
14. Get spouse to drive you to emergency clinic. Sit quietly while doctor stitches fingers and forearm, and removes pill remnants from right eye. Stop by furniture shop on the way home to order new dining table.
15. Arrange for vet to make a house call.

BREAKING NEWS!! BREAKING NEWS!! BREAKING NEWS!!

On Tuesday 25 Feb. our Ambassadorial Scholar, Laura Heathfield was inducted as a Rotarian in Bloemfontein....

*Laura, we are so proud of you!
Lots of love and all best wishes,
Wynberg Rotary Club (your Alma Mater!)*