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**MARCH IS  
LITERACY MONTH**



## EDITORIAL

*Submitted by Jackie James*

### Slow Food Movement

As an enthusiastic foodie, I belong to the Slow Food Movement in Cape Town and support their principles, so I thought I would share more information about this organisation with you.

**Slow Food is a global, grassroots organization linking the pleasure of good food with a commitment to local communities and the environment.**

A non-profit member-supported association, Slow Food was founded in 1989 to **counter the rise of fast food and fast life**, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the rest of the world. Since its beginnings, Slow Food has grown into a global movement involving **millions of people**, in over 160 countries.

**Slow Food envisions a world in which all people can access and enjoy food that is good for them, good for those who grow it and good for the planet.**

They oppose the standardization of taste and culture, and the unrestrained power of food industry multinationals and industrial agriculture. Their approach is based on a concept of food quality that is defined by three interconnected principles:

- **GOOD:** a fresh and flavorsome seasonal diet that satisfies the senses and is part of the local culture.
- **CLEAN:** food production and consumption that does not harm the environment, animal welfare or human health.
- **FAIR:** accessible prices for consumers and fair conditions and pay for producers.

Slow Food believes food is tied to many other aspects of life, including culture, politics, agriculture and the environment. Through our food choices we can collectively influence how food is cultivated, produced and distributed, and as a result bring about great change. Informed and selective consumers become **co-producers** by demanding food that is good, clean and fair.

Slow Food develops projects, events and campaigns all around the world at all levels - from local community activities developed by the convivia to regional and global actions organized by Slow Food's national offices and regional bodies. As a member of the of the Cape Town Convivium, I had the opportunity to have lunch at Eziko Cookery School and Restaurant in Langa. It was established in 1996 by a former teacher with the purpose of providing unemployed people with life and career-orientated skills in cooking and catering. The students spend six months at the school and six month in placements at local restaurants. Eziko proudly boast a 90% employment of their graduates. Funding of course always remains a challenge. Our buffet lunch consisted of a range of traditional dishes including lamb casserole and samp and beans – DELICIOUS!

Source: [www.slowfood.com](http://www.slowfood.com)  
[www.ezikorestaurant.co.za](http://www.ezikorestaurant.co.za)

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## MEETING OF 6 MARCH 2014

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### ATTENDANCE

**Membership:** 28  
**Present:** 19  
**Make Ups:** 2  
**Apologies:** 7  
**Attendance:** 67%

**Visitors:** Dottie Leveque (LA, Ontario, USA Rotarian), Keela O'Driscoll, Anne O'Driscoll, Eleanor Williams, Austin Cook-Lindsay.

Attendance to Biffy 0813259570 or [aecon.e@mweb.co.za](mailto:aecon.e@mweb.co.za).

The Loyal toast was done by Sergeant Barry in the absence of Lina. The International toast done by Bev as toasting the Rotary Club of Forenzi (of which there are 5) and is the home of Michael Angelo who was born on this day.

**Pres. Karen** opened the meeting welcoming members and our guests saying it was nice to see everyone. In the dark President? Not sure what was going on in the dark thanks to Eskom's load shedding.

**Karen** touched on a few things resulting from the Board meeting this week:

1. Speakers still seem to be an issue: The teams have about 3 turns a year to find 3 speakers amongst 6-8 members. You all have plenty of warning of your month in which you need to do so. Please arrange this amongst yourselves and supply the editors and Stephen (for the web site) with the speakers. Then arrange with them for directions, equipment, meals, etc (template can be had from Biffy or Stephen).
2. Meeting changes: 13 March we are raiding the Rotaractors on their 46<sup>th</sup> birthday. You know where. On 3<sup>rd</sup> April there will be no meeting but members are expected wherever possible to do duty at one of the Rotary Family Health Days for either or both a morning or afternoon.
3. June Osmond is going into retirement (again) and she and Guy will be doing a lot of travelling around the country becoming nomads.
4. District are calling for District Grants. Please think of suitable projects for this.

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### SLOTS

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1. **String:** On the Argus: Bibs and flags are available after the meeting. Be on time else the roads will be closed. Bibs and flags back at the end of the section to the sector marshal.
2. **Graham T:** On the Proms: Great ticket sales. Looking at another sold out. PR has been frustrating. We ask for free advertising and this is a bit hit and miss as it makes some papers. Please keep copies of newspaper articles for the archives. This is our biggest fund raiser and this year we have a new addition in the form of ballet dancers which elicited a number of suggestions about club members joining the troop. Everyone performing their duties is critical to the success. Francois to circulate these duties asap upon his return from yet another trip up the West Coast. Interval is our busy time but please do not disappear as there is always lots of cleaning up and putting away to do (including the bays very last thing in the evening). Please report for duty by 6:30 on Sat and 5:30 on Sun.
3. **Biffy:** A list is going around for attendance for next week for our raid on Rotaract for their birthday. There is a list going around for items needed for Victoria Hospital. The Victoria Hospital Global Grant was submitted and authorised by a number of clubs and authorizing persons this week.

RFHD: We are looking for some printing to be done asap please. Duties list is being passed around. Please fill in and sign up to do duty or let Biffy know. Biffy is looking for an optometrist and nutritionist.

Being Aubrey and Adele's anniversary, Biffy had spoken to them today. Aubrey needs our thoughts and prayers and will be back at Rotary meetings in 2 weeks time.

4. **Roche** auctioned his MOJO Peri Peri sauce after an interesting but long story. Roche that was nearly the prize for the best speaker. Eleanor beware the male elements of this MOJO!!!

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## BUSINESS MEETING MINUTES

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To be circulated to members.

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## ROTARY CORNER

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### GET INVOLVED

When you get involved, it's not just your community, club, and projects that benefit — you benefit, too. As an active Rotarian, you'll develop skills like public speaking, project management, and event planning. You'll meet interesting people from your community and from around the world. You'll tackle local issues that are important to you and your fellow club members. You'll feel the shared sense of purpose that comes from working together to better your community.

When it comes to being an active Rotarian, the opportunities are endless. Here are some ways to get involved.

#### START LOCAL AND HELP YOUR COMMUNITY

**Volunteer** to help with your club's signature service project.

**Get involved** with one of the programs sponsored by your club.

**Identify a need in your community** and design a hands-on project that addresses it.

**Collaborate with other clubs** in your area, including Interact and Rotaract clubs, on a joint service project or event.

**Share your ideas** about how to achieve club and project goals with club leaders, and take the lead on carrying them out. Your suggestions could become the next big initiative in your community.

### GO GLOBAL THROUGH ROTARY

**Participate** in Rotary's international service projects.

**Browse others' projects on Rotary Showcase** at [www.rotary.org](http://www.rotary.org) to inspire local initiatives.

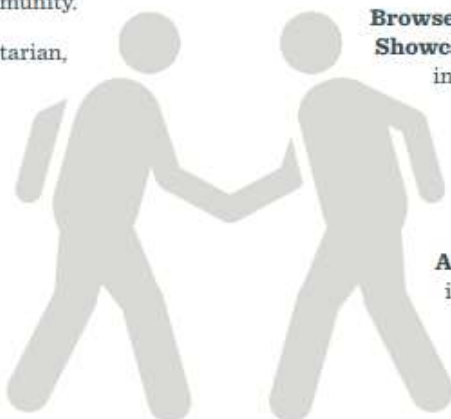
**Support The Rotary Foundation**, which provides millions of dollars in grants for Rotary's humanitarian service efforts around the world.

**Attend Rotary events** to exchange ideas and celebrate with members around the globe.

**Host a Rotary Youth Exchange student** visiting your district, and learn about another culture.

**Learn with other Rotarians** by attending the Rotary International Convention.

**Give to PolioPlus** and join the movement to End Polio Now. For only 60 cents, you can vaccinate a child against polio.



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## ARGUS RIDERS

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Well done to Stephen van Niekerk and Colin Bird for completing the Argus. Keela O'Driscoll, next time with a bit of training you can do it. Scott Klotz-Gleave, next time you will be there too. Matthieu Snaith ironically landed up in an ambulance to hospital with ashma but is fine now. Also next time. Hopefully Austin Cook-Lindsay will be riding next year toooooo.

To everyone else that made it, well done. Hope I haven't left anyone out.

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## DUTY ROSTER

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DUTY	13 March	20 March	27 March	3 April
Sergeant	<b>Rotaract Birthday</b>  You all know where the party is	Murphy	Van Eeden	Gowdy
Attendance Officer		Danckwerts	Danckwerts	Danckwerts
Wynpress Editorial		Klotz-Gleave	Michalowsky	Munday
Minutes for Wynpress		Wetmore	Cleveland	Danckwerts
Compilation of Wynpress		Danckwerts	Wetmore	Cleveland
Door Duty		Lidgley	Michalowsky	Gavin
Grace		Murphy	Gavin	Du Plessis
Loyal Toast		James	Schonegevel	Jackson
International Toast		Gowdy	Hovstad	Howard
Speaker Introduction		TBA	TBA	TBA
Speaker Thanks		Barnard	Bird	Bredenkamp

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## JACKPOT:

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The Jackpot now stands at R1965.00 and the Lucky Card to be looking for was the 3♥. Dottie drew Eleanor's ticket out of the hat but she missed finding the 3♣! (ag shame). Eleanor drew Bev's name for the Attendance Draw – long holiday luck.

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## PROGRAMME

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March 2014	Committee: van Wyk, Gowdy, Overbosch, Todd, Murphy, Klotz-Gleave, van Niekerk
13 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: Susan Wishart: 'Toading& the Leopard Toad'
21 March	Human Rights Day / Public holiday
27 March	Retreat Rotaract meeting
27 March	Normal meeting – speakers: Drs Mark van Rensburg& Cathy Spargo: 'Myths and other things you should have asked your doctor about or should never have asked'
28 March	School holidays start

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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	No meeting
7 April	Board meeting / School term starts
10 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>

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16 April	Wynberg Rotaract meeting
17 April	Business meeting
18-21 April	Easter
24 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

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## PRESIDENT'S QUOTES

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President Karen gave us the following quotes from Einstein:

1. *'If A is a success in life, then A equals X + Y + Z. Work = X. Y = play and Z is keeping your mouth shut'*
  2. *'The secret to creativity is knowing how to hide your sources.'*
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## TAILPIECE

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