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APRIL IS
MAGAZINE MONTH



EDITORIAL

ARE YOU RANTING ABOUT BANTING? (or stoked by Noakes)

Easter Weekend means different things for different folks. Some of us observe the religious significance; the kids watch out in vain for that hard-pressed hare delivering delicious chocolate goodies and couch potatoes can sit back and finally catch up on those missed episodes of Sewende Laan!

Families, keen to de-stress, cram their cars full of paraphernalia, and head off to Hermanus, only to get stuck for hours in the Somerset-West traffic. Frantically negotiating with vendors from the DRC on the best prices for cell phone chargers, with the kids screaming "are we there yet?" in the background, has been known to derail many a good weekend away. For me, Easter Weekend is all of this (except Sewende Laan maybe) and more.

It is also about "Two Oceans", or as it has simply become known "Oceans". Not Two Oceans wine mind, although that is definitely also right up there as well! I am talking about the iconic running race, that has become to runners (joggers, walkers, trundlers and chaffers included here) what "Argus" is to those folks who like to cycle through red robots in tight fitting lycra suits. Believe it or not, in the past (very distant you'll surely appreciate) I spent every Easter Saturday participating in this fantastic event. This article is not however about my athletic prowess, or lack thereof (7 halves, 2 ultras with a best of 1.45 in the half just in case you're interested). It is about the fact that when around 20,000 people line up early Saturday morning many of them will have spent the night before "banting"! And they'll be watched en-route by thousands of people who are self-confessed banters! It seems like everybody who is anybody these days "bants" at the drop of a hat!

For those of you that think you will find this term in the book John V received at the infamous WRC Valentine's Day present handout, wrong again!

Google it, or just ask Pammie Munday (although not during supper on Thursday night please, we want to get the LW rolling!)

It's basically a LCHF (low carb, high fat) eating plan (read die-t) named after an obese celebrity undertaker, William Banting, who because of it was apparently able to squeeze into a very modestly size box himself at the age of 82!

I'm not complaining, but my credit card is! Loads of Steak, salads, Norwegian Salmon (thanks Are!) and Olives can destroy any monthly food budget.

The **irony** of course, is the guru Noakes, is the same guy who told all us runners those many years ago (when Stephen Van Niekerk was still in nappies) that success was based on Carbo-loading, and loading, and loading some more....

The fond memories of going to bed the night before the big race, with his running bible "Lore of Running" next to my bed remain. Completely blocked up after four nights of cramming down copious amounts of pizza and pasta, the sacrifice seemed well worth it!

As they say, times do change, so all the best to the "new-age" runners out there (banters or otherwise)!

And me?....think I'll just go cook a nice big fatty pork chop and catch those Sewende Laan back episodes!

By Mike Schreiber

MEETING OF 10 APRIL 2014

ATTENDANCE

Membership: 29
Present: 19
Make Ups: 46
Apologies: 5
Attendance: 79%

Attendance to Biffy 081 547 9489 or aecon.e@mweb.co.za.

Visitors: Dottie Leveque (RC Ontario), Fred Kuys (guest speaker), Christine & Alan (Melkbos RC), Paul Munday & Jaclyn Ross, John Connah (Kromboom RC), Eleanor Williams, Keela O'Driscoll, Matthieu Snaith, Simisha Pather, Pete Henshilwood, Hugh Maunder.

President Karen opened the meeting, welcoming members and guests.

She wished Dottie *Bon Voyage* and *Totsiens* (a cosmopolitan club, are we).

On Biffy's behalf she thanked all participating Rotarians for their assistance at the Rotary Family Health Days last week.

On behalf of the Club she offered condolences to Aubrey whose daughter finally succumbed to a long illness last Friday in Australia.

SLOTS

Are announced some good news: On 10 April the teachers at Oddemarka Junior School in Norway held a party for new young students encouraging them to continue with the traditional donation towards the Cape Flats schools supported by the NLC. The funding would result from their Solidarity Day in April.

Haugaland Technical College have already had their Solidarity Day and donated R349 500 towards this same cause.

UPDATE, UPDATE, UPDATE:

At a 'whip-around' at Oddemarka's party last Thursday they raised NOK20 000. Together with other fundraising and an estimate of what they expect after Solidarity Day, this figure could swell to some NOK200 000 for the NLC schools in Grassy Park. That equates to about R350 000!! And all this from a small junior school with very young children – it is absolutely astounding.

You can see pictures from Oddemarka's party on their website www.minskole.no/Oddemarka.

Barry said that DG Vyv was the only one to have spotted the deliberate mistake in last week's Wynpress. Proms 2015 will actually be held on 14 and 15 March, and not April, as reported.

GLOBAL GRANT: VICTORIA HOSPITAL

We have just received the news from RI that our Global Grant application for Victoria Hospital has been approved, and we can expect a total of \$35314. Very good news for Victoria Hospital indeed!

GUEST SPEAKERS

Dennis Gowdy and Fred Kuys challenged aspirant wine tasters to decide which of them was telling the truth in their descriptions of 6 blind wines.

Few, if any got them all correct (OK, my wife did and I may never live it down – Ed), but it was a lively and enjoyable evening.

Fred offered some interesting statistics on wine:

South Africa now has some 9 000 wine labels, and there are 86 cultivars grown (Italy has over 900!)

We are the 6th largest wine producer with 101 million hectolitres per year.

46 American states now produce wine.

In the south of England they are now producing 'champagne' in the same climatic conditions which prevailed in the area of Champagne in France 100 years ago! No doubt the French remain scathing of the quality, however...

The first evidence of wine production was some 8 000 years ago in the area now called Ukraine.

Using modern DNA analysis methods on the pottery remains they can even establish the cultivar used at the time!

For the record, here are the wines presented:

KWV Chenin Blanc	2013	R39.90	Dennis	Truth
Women in Wine Unwooded Chardonnay	2013	R45.00	Fred	Lie
Babylonstoren Viognier	2009	R47.50	Fred	Lie
Secret Cellar Chardonnay	2008	R24.58	Dennis	Truth
Barista Pinotage	2013	R53.16	Dennis	Truth
Diemersfontein Pinotage	2011	R59.95	Fred	Lie
Spier Merlot	2012	R47.50	Fred	Truth
Chateau Libertas	2013	R32.00	Dennis	Lie
Fairview Goats do Roam	2011	R65.00	Dennis	Lie
Guardian Peak Shiraz	2012	R61.08	Fred	Truth
Warwick Norma's Cabernet Sauvignon	2010	R60.00	Fred	Truth
Doolhof Cabernet Franc	2011	R70	Dennis	Lie

Stephen eloquently expressed thanks from all present for a most entertaining evening.

NOT THE PRESIDENT'S QUOTE

In vino veritas (Truth comes out in wine)

- Pliny

...*et mendacii* (...and lies)

- Ed

DUTY ROSTER

DUTY	17 April	24 April	8 May	15 May	22 May
Sergeant	Schreiber	Barnard	Cleveland	Murphy	Van Eeden
Attendance Officer	Danckwerts	Danckwerts	Danckwerts	Danckwerts	Danckwerts
Wynpress Editorial	Schreiber	Smith	Todd	Van Eeden	Van Wyk
Minutes for Wynpress	Danckwerts	Wetmore	Cleveland	Danckwerts	Wetmore
Compilation of Wynpress	Cleveland	Danckwerts	Wetmore	Cleveland	Danckwerts
Door Duty	Schreiber	Todd	Cleveland	van Eeden	Van Wyk
Grace	Smith	Todd	Gavin	Schonegevel	van Niekerk
Loyal Toast	Michalowsky	Munday	Schreiber	Smith	Todd
International Toast	Wetmore	Klotz-Gleave	Lidgley	Michalowsky	Munday
Speaker Introduction	NA	Van Eeden	TBA	TBA	TBA
Speaker Thanks	NA	Howard	James	Klotz-Gleave	Knight

JACKPOT:

With 30 cards to go and the Jackpot at R2025, Val drew Are's name, but his carefully chosen 10 of spades merely drew an *Ag Sjym* from the sympathetic crowd. Eleanor walked off with a bottle of wine

PROGRAMME

April 2014	Committee: Knight, Bredenkamp, Cleveland, Munday, Howard, van Eeden, Du Plessis
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

TAILPIECE

THE BAGPIPER

Time is like a river. You cannot touch the water twice, because the flow that has passed will never pass again. Enjoy every moment of life. As a bagpiper, I play many gigs.

Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country.

As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions.

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late.

I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this homeless man.

And as I played "Amazing Grace", the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car.

Though my head was hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say, "I never seen nothing like that before and I've been putting in septic tanks for twenty years."

Apparently I'm still lost....it's a man thing
