

Rotary Club of Wynberg

WYNPRESS

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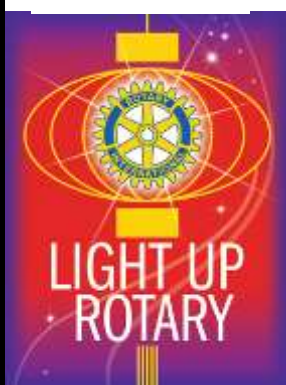
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Rotary in September
New Generations



EDITORIAL

Submitted by Candice Klotz-Gleave

With all the hype around the Banting diet, the following open letter to the Editor, Cape Times, dated 22 August from UCT was published.

Noakes' diet and health implications

The apparent endorsement by Members of Parliament of South Africa of the latest fashionable diet, 'Banting' ('SA's Ticking Time - bomb', Cape Times, 19 August 2014), and the message it sends out to the public about healthy eating, is cause for deep concern – not only regarding Parliament's support for it as an evidenced - based 'diet revolution', but sadly, the long - term impact this may have on the health of the very people they have been elected to serve.

Any diet for weight loss and maintenance should be safe and promote health in the long - term. Currently the long term safety and health benefits of low carbohydrate, high fat diets – such as Atkins, Paleo and South Beach, and in which Banting falls - are unproven, and in particular whether it is safe in pregnancy and childhood.

Importantly, while the consumption of a low carbohydrate, high fat diet may lead to initial weight loss and associated health benefits - as indeed would a balanced weight loss diet - there is good reason for concern that this diet may rather result in nutritional deficiencies, increased risk for heart disease, diabetes mellitus, kidney problems, constipation, certain cancers and excessive iron stores in some individuals in the long term. Research leaves no doubt that healthy balanced eating is very important in reducing disease risk (see web page below dedicated to this debate).

It is therefore a serious concern that Professor Timothy Noakes, a colleague respected for his research in Sports Science, is aggressively promoting this diet as a 'revolution', making outrageous unproven claims about disease prevention, and maligning the integrity and credibility of peers who criticise his diet for being evidence-deficient and not conforming to the tenets of good and responsible science. This goes against the University of Cape Town's commitment to academic freedom as the prerequisite to fostering responsible and respectful intellectual debate and free enquiry.

This is not the forum to debate details of diets, but to draw attention to the need for us to be pragmatic. Research in this field has proven time and again that the quest for lean and healthy bodies cannot be a quick -fix, 'one-size-fits-all' solution. The major challenge lies in establishing sustainable and healthy dietary and physical activity patterns to promote long term weight maintenance and health after weight loss, and includes addressing psychosocial, environmental and physiological factors.

Our bodies need a range of nutrients sourced from a variety of food groups to survive. Diets like the Banting are, however, typically 'one dimensional' in focus. They promote increased intake of protein and fat containing foods at the expense of healthy

... carbohydrate containing foods, and focus on adherence to a limited food plan. Ignored are the other important factors impacting on health-like physical activity (the importance of which we cannot emphasise enough), environmental factors, and individual health profiles.

UCT's Faculty of Health Sciences, a leading research institution in Africa, has a reputation for research excellence to uphold. Above all, our research must be socially responsible. We have therefore taken the unusual step of distancing ourselves from the proponents of this diet. To foster informed engagement of the issues related to the Diet debate, the Faculty has established a web page with material on this:

<http://www.health.uct.ac.za/fhs/news/high-fat-diet-debate>.

Sincerely

Prof Wim de Villiers (Dean: Faculty of Health Sciences, University of Cape Town)

Prof Bongani Mayosi (Head: Department of Medicine, UCT)

Emeritus Prof Lionel Opie (Hatter Institute of Cardiology, Department of Medicine)

Associate Professor Marjanne Senekal: Assoc Prof (Head: Division of Human Nutrition)

[http://www.health.uct.ac.za/sites/default/files/image_tool/images/116/diet-debate/Noakes-diet-Open-Letter-from-UCT-Faculty-of-Health-Sciences.pdf]

MEETING OF 4 SEPTEMBER 2014

Attendance

We are delighted to change the attendance percentages due to the change in status of John, Ken and Aubrey (all of whom attended). Lina has asked to be excused from attendance for 10 weeks due to her regular pilgrimage to France!

Summary for the evening:

Apologies : 5

Absent : 2

Present: 20

Make ups: 0

Total attendance: 20/27 = 74 %

Visitors

We welcomed the following visitors to our club:- Keela O'Driscoll, Hugh Maunder and Leila Sassman, and hope they enjoyed the discussion on the business aspects of what we do.

We all look forward to seeing more of them.

Fellowship Announcements

There were two fellowship announcements:-

- The anniversary of Gordon and Janet;
- The anniversary of Mike and Lindsay.

We wish them all well.

Slots

President Jackie reported on the change in status of John Vivian and Ken Williams.

John Vivian has decided he is far too involved to be an honorary member and we all welcome him back as an active member.

Ken Williams is spending more time with the church and family, and is retiring. The club is pleased to confer honorary membership status on Ken.

Arè reported back on the official opening of the new school for de Duine, Tuesday September 2nd. This was a fantastic high-profile day for the school, with the Deputy Minister of Basic Education - Mr Enver Surtee - and the MEC for Education - Debbie Schafer - both giving speeches. The NLC, and Arè in particular, were singled out for thanks. The club thanks them for their enthusiasm and hard work.

The opening was attended by Arè, Wencke, and Stephen (B).

The following article appeared in the Cape Times, Wednesday September 3rd:



HANDS UP: Pupils of Die Duine Primary School in Lotus River at the official re-opening of their newly-refurbished school yesterday. Picture: BHEKI RADEBE

R42m refurbishment for city primary school

Rebecca Jackman

DIE DUINE Primary School in Lotus River was officially re-opened yesterday after a R42 million refurbishment. "A long time in the making", said principal Marget Kiewit at an opening ceremony yesterday.

"Now we have a building on a par with some of the best schools in the world," she said. Many pupils lived in tough conditions, but the new school provided an environment to evolve in, said Kiewit, who has worked at the school for 36 years.

The refurbishment consists of 25 standard classrooms, four Grade 7 classrooms with jungle gyms, four specialist classrooms - computer classroom/maths lab, multimedia centre, and music and art classrooms, a new hall, a kitchen, and new ablutions facilities.

The refurbishment is part of the Accelerated Schools Infrastructure Delivery Initiative for 25 schools, 11 by December.

Die Duine is one of four that is complete, but the first to have its official opening ceremony.

Deputy Basic Education Minister Enver Surtee said although pupils required and deserved education in a good environment, "it is not only about the bricks and mortar (but) what occurs within the institution".

Education MEC Debbie Schäfer said, "It has given this community something to be proud of."

"Too many of our schools are neglected by the communities that they are there to serve, and it is inspiring to see how you collectively support and protect the school."

rebecca.jackman@capetown

Too many of our schools are neglected by the communities that they are there to serve

Stephen (B) reported back on the prize giving for Lavender Hill High School held on Tuesday 26th August at Barons Estate Grassy Park. This was a very impressive event, the hall decked out in Lavender, and everyone very formal, and very pleased. It is worth noting the school is giving an increasing number of awards to the arts in general.

President Jackie gave a speech, mentioning a few notable who also came from impoverished backgrounds but who succeeded against all odds – Oprah Winfrey and Prof Jonathan Jansen.

The ceremony was attended by President Jackie, Pam and Stephen (B).

Jackpot

The committee(/s) being unavailable, the jackpot remained untouched.

President's quotes

President Jackie offered the usual prize for the member who knew from whom the quote came.

“All our dreams” she started, “Walt Disney” was heard from Graham Gavin,
“.....can come true, if we have the courage to pursue them.” she continued.

And do you know, he was right!

GUEST SPEAKER :

This was a business meeting so there was no guest speaker. Minutes will be distributed to all members.

GOING FORWARD

Duty Roster

DUTY	11 September	18 September	25 September
Sergeant	Barnard	Todd	NO MEETING on Thursday 25th September. Social Braai on Wednesday 24th September.
Attendance Officer	A O'Driscoll	A O'Driscoll	
Wynpress Editorial	Klotz-Gleave	Lidgley	
Minutes for Wynpress	Overbosch	Smith	
Compilation of Wynpress	Bredenkamp	Overbosch	
Door Duty	Munday	Van Eeden	
Grace	Schreiber	Murphy	
Loyal Toast	Smith	Schonegevel	
International Toast	Van Wyk	Vivian	
Speaker Introduction	Todd	Danckwerts	
Speaker Thanks	Van Niekerk	Van Wyk	

Programme

Mon Sep 8	International Literacy Day
Thu Sep 11	Shelly Windell of Sunflower Fund : Also Proms presentation to St Luke's Hospice
Mon Sep 15	Wynberg Rotaract
Thu Sep 18	Bruce Probyn on Principals Academy
Sat Sep 20	Interact Workshop
Sun Sep 21	World Peace Day
Wed Sep 24	Social Bring & Braai (1700) Dave Barnard's place
Thu Sep 25	No meeting

Thu Sep 25..Sun Sep 28 RYLA

Thu Sep 25 Bellville Rotaract: Barnyard Theatre Fundraiser

Thu Oct 2 Business meeting

Mon Oct 6 Wynberg Rotaract meeting

Thu Oct 9 'Me Meeting' - Dirk du Plessis

Thu Oct 16 Speaker tbc (Polio??)

Sat Oct 18...Sun Oct 19 District Mini Conference Swellendam

Mon Oct 20 Wynberg Rotaract

Wed Oct 22 Joint Meeting: DG visit (location tbc)

Thu Oct 23 No meeting: DG visit 22 Oct

Fri Oct 24 World polio day

Wed Oct 29 Joint club social: I-core: Cape Town Society for the Blind

Thu Oct 30 No Meeting (see yesterday)

Mon Nov 3 Wynberg Rotaract meeting

Thu Nov 6 Business meeting: election of Board for 2015-2016

Thu Nov 13 Normal meeting / Quiz evening (tbc)

Mon Nov 17 Wynberg Rotaract

Thu Nov 20 Dave Barnard on the Battlefields.

Thu Nov 27 Social: Rotary Foundation / International (location tbc)

Mon Dec 1 Wynberg Rotaract meeting

Thu Dec 4 Uncle Paul's



Thu Dec 11 Business Meeting

Fri Dec 12 Our Charter Day

Mon Dec 15 Wynberg Rotaract

Thu Dec 18 Christmas Party (details tbc)

See the [WRC calendar](#) for full details.

Like us on ,  follow us on twitter (@wynbergrotary) and visit the [Rotary Club Wynberg website](#) to keep up to date

TAILPIECE

Dream Big!

The following article came from The Wynpress of June 1982. I wonder what became of that air-ambulance?

AIR AMBULANCE :
 The fund has reached R100 000 and the aircraft is being ordered. The balance of the money must still be raised, so do not slacken your efforts!
