

Rotary Club of Wynberg

WYNPRESS

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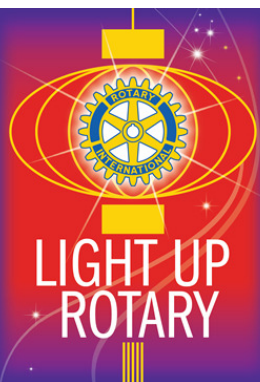
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Rotary in February
World understanding month



EDITORIAL

Cervical Cancer (Part 2)

SCREENING FOR CERVICAL CANCER

In developed countries effective screening programmes identify symptomless pre-cancerous lesions at stages when they can easily be treated, preventing up to 80% of cervical cancers in these countries. In developing countries, limited access to effective screening means that the disease is often not identified until it is further advanced and symptoms develop. In addition, prospects for treatment of such late-stage disease may be poor, resulting in a higher rate of death from cervical cancer in these countries. The high mortality rate from cervical cancer globally (52%) could be reduced by effective screening and treatment.

There are 3 different types of screening tests currently available:

- Cytology, conventional smear or liquid-based cytology (LBC), commonly stained with the Papanicolaou (PaP) stain. Abnormal cells can be detected.
- Molecular testing: for high-risk HPV types. Primary HPV screening is being incorporated into cervical cancer screening in various combinations with traditional cervical cytology.
- Visual inspection of the cervix with Acetic Acid (VIA): In low income settings where the above two are not possible or feasible.
- Women should have their first Pap test at age 21.
- Women aged 21 through 29 should be screened with a Pap test every 3 years.
- Women aged 30 through 65 can then be screened every 5 years with Pap and HPV-testing or every 3 years with a Pap test alone.

HPV VACCINATION

The WHO recommends vaccination of 9 to 13-year-old girls with two doses of HPV vaccine to prevent infection with HPV.

The South African Department of Health is offering free HPV vaccinations to South African girls. In 2014 all Grade 4 girls who were 9 years and older were provided with the opportunity to receive the HPV vaccination at school.

There are currently 2 vaccines which protect against both types 16 and 18. The vaccines may also have some cross-protection against other less common high-risk HPV types which cause cervical cancer. One of the vaccines also protects against the low-risk types 6 and 11 which cause anogenital warts.

Clinical trial results show that both vaccines are safe and effective in preventing infection with type 16 and type 18 HPV, although efficacy beyond 6 to 8 years is now known.

By Dr Bruce Dietrich

MEETING OF 19 FEBRUARY

Attendance

26 members: 87%

Visitors

Win Moser, Leila Sassman, Kerri Connor, Jess De Smidt, Lee Bergman, Rihaana Johnson, Chrisleen Rankit

Slots

String: Sent a list for help with the car park at Community Carnival as well as the Argus on 8 March.

Graham T: The Proms will happen on 15 March 2015. We will have 2 sessions. One in the afternoon and one in the evening. We need all hands on deck. If you can work the whole day it would be great. Please put your name down.

Graham also has lever arch files. If anyone is interested please speak to him.

Pam: The posters for Proms need to be distributed. Please take some and put them where they are visible.

A passenger ship that is replacing their TVs on board gave their old TVs to charity. Wynberg was also a recipient and we put 16 sets in Victoria Hospital.

Stephen B: Reminded us to take pictures of all our activities and to send them on to him and Justin to be put onto the website.

Dr Moodley from Victoria Hospital has been invited to the club. Which he is very keen to accept.

Biffy: Sending a list for Club shirts and jackets around. Please complete again as she has lost her previous sheet for the orders.

Also to let her know about who still wants to come to Marco's on Saturday.

John: asked if everyone can send him an SMS with all your details as he can then just save them on his new and complicated phone.

Rihaana: Interact Camp 27 to 29 March. Theme "Interacting around the world" We have been requested to help with the braai and with goodies for the welcome packs. She also asked for ideas for an International Speaker.

GUEST SPEAKER

Tonight was an evening where we got to know one of our own better. Alan Jackson was telling us about his life, his travels around the world and especially through Southern Africa. He introduced us to his wife Pam, his two daughters and his work in the NGO sector. He also told us about his father being involved in Rotary and that is one of the reasons he was interested in becoming a Rotarian.

He also told us about being at Nelson Mandela's inauguration. Now that is one that we cannot top, fellow Rotarians...!

President's items:

1. It was with great enjoyment that Hugh Maunder was re-inducted back into the club.
2. Ruth's father passed away and our thoughts go out to her and her family
3. Oddemarka school and Karmøy Rotary club are visiting our club and members are requested to involve ourselves with these visits.
4. RI President requested us to do an awareness event in the community. Please give us some ideas.
5. Help is required at the Blue Train in Sea Point on 12 April when we will be working with Sea Point club and other Rotary clubs.
6. A request for a Paul Harris to be awarded to Mrs Rademan of Heathfield High School was approved by the club.

GOING FORWARD

Duty Roster

	Feb	Mar				April
	26	5	12	19	26	2
Sergeant	Gavin	Hovstad	Murphy	Overbosch	Schreiber	Todd
Attendance Officer	A O'Driscoll	A O'Driscoll	A O'Driscoll	A O'Driscoll	A O'Driscoll	A O'Driscoll
Wynpress Editorial	Howard	Jackson	Klotz-Gleave	Lidgley	Munday	Murphy
Minutes for Wynpress	Cleveland	Du Plessis	Smith	Cleveland	Overbosch	Du Plessis
Door Duty	Danckwerts	Howard	Jackson	Klotz-Gleave	Munday	A O'Driscoll
Grace	Cleveland	Gowdy	Dietrich	Du Plessis	Gavin	Gowdy
Loyal Toast	du Plessis	Gavin	Gowdy	Hovstad	Howard	Jackson
International Toast	A O'Driscoll	K O'Driscoll	Overbosch	Schonegevel	Schreiber	Smith
Speaker Introduction	Cleveland	N/A	Bredenkamp	Danckwerts	Cleveland	N/A
Speaker Thanks	Vivian	N/A	O'Driscoll	Schreiber	Schonegevel	N/A
Find Speakers		van Wyk, Gowdy, Overbosch, Todd, Murphy, Klotz-Gleave, Van Niekerk				Bredenkamp, Cleveland, Munday, Howard, van Eeden, Du Plessis, K O'Driscoll

Fellowship Announcements:

- 19 Feb – Graham Gavin's, and Francois van Eeden's birthday
23 Feb – Rotary International turns 110years.
23 Feb – Ann O'Driscoll's birthday.
25 Feb – David and Sharon's wedding anniversary.

CONRATULATIONS TO YOU ALL!! HOPE YOU HAD A WONDERFUL DAY.

PEACE FELLOWSHIPS



Are you looking to make a significant impact on the world by promoting tolerance and cooperation? Rotary selects some of the world's most dedicated and brightest professionals to receive fully funded fellowships to study at our Rotary Peace Centers. In just over a decade, the Rotary Peace Centers have trained more than 900 fellows for careers in peace building. Many of them go on to serve as leaders in national governments, NGOs, the military, law enforcement, and international organizations like the United Nations and World Bank.

[Check out the Rotary Peace Map](#) on the Rotarian Action Group for Peace website to see where our alumni are creating positive change.

Applications for the 2016-17 Rotary Peace Fellowships program are now being accepted. The deadline for candidates to submit applications to their district is 31 May. Districts must submit endorsed applications to The Rotary Foundation by 1 July.

WHAT ARE ROTARY PEACE FELLOWSHIPS?

Each year, Rotary selects up to 100 individuals from around the world to receive fully funded academic fellowships at one of our peace centers. These fellowships cover tuition and fees, room and board, round-trip transportation, and all internship and field-study expenses. Two types of peace fellowships are available.

MASTER'S DEGREE

We offer master's degree fellowships at premier universities in fields related to peace and conflict prevention and resolution. Programs last 15 to 24 months and require a practical internship of two to three months during the academic break. Each year, we award up to 50 master's degree fellowships at these institutions:

- [Duke University and University of North Carolina at Chapel Hill, USA](#)
- [International Christian University, Japan](#)
- [University of Bradford, England](#)
- [University of Queensland, Australia](#)
- [Uppsala University, Sweden](#)



PROFESSIONAL DEVELOPMENT CERTIFICATE

For experienced professionals working in peace-related fields who want to enhance their professional skills, we offer a three-month program in peace and conflict prevention and resolution at [Chulalongkorn University](#) in Thailand. This program incorporates two to three weeks of field study. We award up to 50 certificates each year.

Programme

Feb 22 – Mar 1	Visit by Karmøy RC
Feb 23 – Mar 3	Visit by Oddemarka School
Thu Feb 26	Fellowship meeting with Norwegian guests from Oddemarka / Karmøy
Mon Mar 2	Wynberg Rotaract
Thu Mar 5	Business meeting
Thu Mar 12	Normal meeting. Speaker TBC
Weekend 14 th / 15 th Mar	Pearls of the Proms: All hands needed at the City Hall
Sat Mar 14	Baby College – Support needed!
Thu Mar 19	Normal meeting. Speaker TBC
Sat Mar 21	Baby College – Support needed!
Sat Mar 21	Rotaract Training Workshop
Thu Mar 28	Normal meeting: Speaker TBC
Mar 27 – Mar 29	Interact Camp (hosted by Wynberg Rotaract)
Sat Mar 28	Baby College – Support needed!

See the WRC [calendar](http://wynbergrotary.org.za/calendar/) (http://wynbergrotary.org.za/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

Some Legendary Afrikaans words

How do you explain the word "sommer" to an Australian or an Engelsman or to anyone else, for that matter. It's not only a foreign word, it's a foreign concept. Perhaps the English never do anything "just sommer". But when you've explained it, it's been adopted enthusiastically .. Although there's no Australian equivalent either, they sommer take to the idea. "Why are you laughing? Just sommer."

We all know "voetstoots" of course. It's been officially adopted into South African English. There's no concise, one-word equivalent in English. "As is" just doesn't hack it. And it's such a humorous word, conjuring up images of pushing that brand new car home...

I think "gogga" is the most delightful word for insect I've ever heard.
Children all over the world should use it. "Insect" just doesn't stand a chance.

And then there's "gatvol".

OK, I know it's very rude. But it's so very expressive, NE?

"Fed up" doesn't have half the impact.

It's like Blancmange in comparison.

"Gatvol" is a word used more frequently than ever in the workplace these days, with increasing intensity.

While we're on the subject, another phrase which outstrips any English attempt is "Hy sal sy gat sien". (Also rude).

"He'll get his come-uppance" is like milquetoast in comparison.

It definitely lacks the relish.

I've yet to meet a South African over the age of two who doesn't use the word "muti".

Translation is impossible - "witches potion" is about the nearest I can get.

It needs a long cultural historical explanation.

Between "muti" and the pedantic "medication", there's simply no contest.

And of course, my personal favourite "Kak en betaal", which just says it all, doesn't it?

A bland and effete English translation would be "Cough and pay", or

"Breathe and pay".

But it just doesn't cut it, does it? Not by a long drop.

POST SCRIPT These are wonderful. Other words that come to mind:

jou bliksem, wag 'n bietjie, nie so haastig nie, just now, sakkie-sakkie music, ou swaer, Ja - nee, How are you? No, I'm fine thanks?

How do you explain the passion of "LEKKER!"? Wow last night was a "lekker jol"

Dudu or doeks. Telling your infant to go to bed is just not the same as: "Go dudu now my baby!"

How about 'bliksem' - I'm going to bliksem you or ek gaan jou donder!

Both wonderful Afrikaans expressions with nothing to compare in the English language, at least nothing that gives the same satisfaction.

Trapsuutjies.....the way certain maids and others work. Slowcoach just doesn't do it, hey So first - Mielie pap - there is no word like pap, here... they have porridge, and when they say porridge, they mean oats.

There's no Maltabela, no Tasty Wheat, no Creamy Meal, no Putu pap
In other words, there's no pap!

Mislik - such a 'lekker' word, and one that my kids are familiar with.

'Why are you so mislik, you little skelm?