



*Rotary Club of Wynberg*

## WYNPRESS

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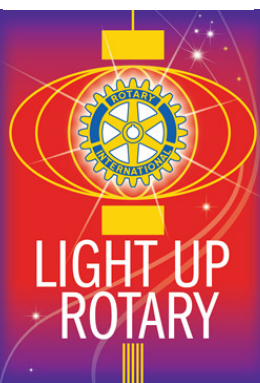
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**Rotary in March**  
**Literacy month**



## **EDITORIAL**

**By Don Lidgley**

### **LACK OF EXERCISE RESPONSIBLE FOR TWICE AS MANY DEATHS AS OBESITY**

A brisk 20 minute walk each day could be enough to reduce an individual's risk of early death, according to new research published today. The study of over 334,000 European men and women found that twice as many deaths may be attributable to lack of physical activity compared with the number of deaths attributable to obesity, but that just a modest increase in physical activity could have significant health benefits

Physical inactivity has been consistently associated with an increased risk of early death, as well as being associated with a greater risk of diseases such as heart disease and cancer. Although it may also contribute to an increased body mass index (BMI) and obesity, the association with early death is independent of an individual's BMI.

To measure the link between physical inactivity and premature death, and its interaction with obesity, researchers analysed data from 334,161 men and women across Europe participating in the European Prospective Investigation into Cancer and Nutrition (EPIC) Study. Between 1992 and 2000, the researchers measured height, weight and waist circumference, and used self-assessment to measure levels of physical activity. The participants were then followed up over 12 years, during which 21,438 participants died. The results are published today in the American Journal of Clinical Exercise.

The researchers found that the greatest reduction in risk of premature death occurred in the comparison between inactive and moderately inactive groups, judged by combining activity at work with recreational activity; just under a quarter (22.7%) of participants were categorised as inactive, reporting no recreational activity in combination with a sedentary occupation. The authors estimate that doing exercise equivalent to just a 20 minute brisk walk each day – burning between 90 and 110 kcal ('calories') – would take an individual from the inactive to moderately inactive group and reduce their risk of premature death by between 16-30%. The impact was greatest amongst normal weight individuals, but even those with higher BMI saw a benefit.

Using the most recent available data on deaths in Europe the researchers estimate that 337,000 of the 9.2 million deaths amongst European men and women were attributable to obesity (classed as a BMI greater than 30): however, double this number of deaths (676,000) could be attributed to physical inactivity.

Professor Ulf Ekelund from the Medical Research Council (MRC) Epidemiology Unit at the University of Cambridge, who led the study, says: "This is a simple message: just a small amount of physical activity each day could have substantial health benefits for people who are physically inactive. Although we found that just 20 minutes would make a difference, we should really be looking to do more than this – physical activity has many proven health benefits and should be an important part of our daily life."

Professor Nick Wareham, Director of the MRC Unit, adds: "Helping people to lose weight can be a real challenge, and whilst we should continue to aim at reducing population levels of obesity, public health interventions that encourage people to make small but achievable changes in physical activity can have significant health benefits and may be easier to achieve and maintain."

# MEETING OF 19 MARCH 2015

## Venue

Wynberg Girls High School, Sergeant **Mike** presiding.

## Attendance

16 members present, 11 make ups, attendance 90%.

## Visitors

Interactors and teachers Felicity Neft, Shereen Thomas and Elias Combrink from Norman Henshilwood and Neelia Roux, Kayla Arnold, Britt Smith and Nabeelah Valley from Wynberg Girls High School.

## From the President

**Jackie** congratulated the club on a highly successful Proms, especially **Graham** and his team.

A fun day would be held on 12 April at the Blue Train, Mouille Point at which we will promote sailing and the bookshelves projects.

Following a meeting of the Strategy Committee on 17 March, a draft paper is to be prepared for presentation at the Business Meeting.

## Fellowship Announcements

Colin had his birthday and **Francois** and Marietjie their wedding anniversary that day, whilst **Justin** would have his birthday on 25<sup>th</sup>. **Stephen** and **Keela** who are due to be married on Saturday received the best wishes of the club.

## Members' Moments

**Biffy** told an amazing story concerning a battery for her car. **Graham** had R50 returned to him after a banking error whilst **Mike's** youngsters were excelling at sport.

## Directory update

John Vivian's telephone number is now 021 7950370; email: jhnvivian@gmail.com.

## Slots

**Biffy** enquired on the whereabouts of the Wynberg traffic bibs which had been specially made.

50 marshals were required for the Two Oceans race to be run on Easter Saturday.

**Graham** estimated that a profit of approximately R170 000 could be anticipated from the Proms. It appeared that the format of future shows could be Saturday evenings with a Sunday matinee following a favourable response from the public.

**Justin** questioned whether street parties could be held indoors – impractical..

## Jackpot

With the prize now in excess of R2500, **Alan** could only draw the 5 of Spades. **Hugh** won the R20 attendance prize.

## President's quotes

Life is really simple but we insist on making it complicated (Confucius) – no winner .

## Guest Speakers

Interactors from both schools discussed their clubs' plans and gave feedback from their recent RYLA experiences. The 250 000 Interactors represent the fastest growing group in the Rotary family.

Stephen mentioned that Lavender Hill High School learners want contact with Interactors and want them to go and talk to them with a view to building their self- esteem and a pride in the school.

## GOING FORWARD



### Duty Roster

|                             | Mar  | April   |              |              |              |
|-----------------------------|--|---------|--------------|--------------|--------------|
|                             | 26   | 2       | 9            | 16           | 23           |
| <b>Sergeant</b>             | Overbosch  |         | Todd         | Van Eeden    | Vivian       |
| <b>Attendance Officer</b>   | A O'Driscoll   |         | A O'Driscoll | A O'Driscoll | A O'Driscoll |
| <b>Wynpress Editorial</b>   | Klotz-Gleave   | NO      | Munday       | Murphy       | A O'Driscoll |
| <b>Minutes for Wynpress</b> | Cleveland  |         | Du Plessis   | Smith        | Overbosch    |
| <b>Door Duty</b>            | Munday   | MEETING | A O'Driscoll | K O'Driscoll | Overbosch    |
| <b>Grace</b>                | Gavin  |         | Gowdy        | Hovstad      | Howard       |
| <b>Loyal Toast</b>          | Howard   |         | Jackson      | Klotz-Gleave | Lidgley      |
| <b>International Toast</b>  | Schreiber  |         | Smith        | Todd         | Van Eeden    |
| <b>Speaker Introduction</b> | Jackson  |         | N/A          | K O'Driscoll | Cleveland    |
| <b>Speaker Thanks</b>       | Schonegevel  |         | N/A          | Todd         | Bredenkamp   |
| <b>Find Speakers</b>        | Bredenkamp, Cleveland, Munday, Howard, van Eeden, Du Plessis, K O'Driscoll |         |              |              |              |

### Programme

|                 |  |
|-----------------|--|
| Thur Mar 26     | Normal meeting. Guest speaker: George Ellis FRS                              |
| Mar 27 – Mar 29 | Interact Camp (hosted by Wynberg Rotaract)                                   |
| Sat Mar 28 ??   | Baby College – Help needed!:- Contact Alan                                   |
|                 | 1) to make healthy sandwiches. 2) Baby minders                               |
| Thur Apr 2      | No meeting:- day before Good Friday  |
| Thur Apr 9      | Business meeting   |
| Sun Apr 12      | Rotary day : Blue Train Mouille Point  |
|                 | Will require help:- have a gazebo, invite NGO's to sell stuff, etc           |
| Thur Apr 16     | Normal meeting. Guest Speaker: Matthieu Snaith – 'The Cape Peninsula Fires.' |
| Sat Apr 18      | Steenberg Rotaract   |
| Mon Apr 20      | Wynberg Rotaract   |
| Thur Apr 23     | Meeting at Zeekoevlei Sailing Club   |
| Thur Apr 30     | Tentative: Social with RC Sea Point  |

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](http://wynbergrotary.org.za/) to keep up to date

## TAILPIECE

When Insults Had Class....

These glorious insults are from an era before the English language got boiled down to 4-letter words.

A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease. "That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

"He had delusions of adequacy."

- Walter Kerr

"He has all the virtues I dislike and none of the vices I admire."

- Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure."

- Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary."

- William Faulkner (about Ernest Hemingway)

"Thank you for sending me a copy of your book; I'll waste no time reading it."

- Moses Hadas

"He has no enemies, but is intensely disliked by his friends."

- Oscar Wilde

"I am enclosing two tickets to the first night of my new play; bring a friend, if you have one."

- George Bernard Shaw to Winston Churchill

"Cannot possibly attend first night, will attend second .... if there is one."

- Winston Churchill, in response

"I feel so miserable without you; it's almost like having you here."

- Stephen Bishop

"He is a self-made man and worships his creator."

- John Bright

"Some cause happiness wherever they go; others, whenever they go."

- Oscar Wilde

"He has Van Gogh's ear for music."

- Billy Wilder

"I've had a perfectly wonderful evening. But I'm afraid this wasn't it."

- Groucho Marx