



Rotary Club of Wynberg

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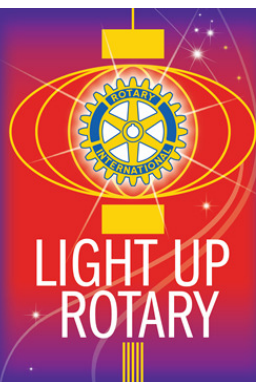
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Rotary in April
Magazine month



EDITORIAL

Coffee may protect against liver cancer

People who drink coffee are 41 percent less likely to develop liver cancer compared with folks who don't indulge in the brew, Italian researchers report.

"Moreover, the apparent favourable effect of coffee drinking was found both in studies from southern Europe, where coffee is widely consumed, and from Japan, where coffee consumption is less frequent, and in subjects with chronic liver diseases," the researchers wrote in the August issue of Hepatology.

One expert said it's too early to laud coffee as an anti-cancer agent, however.

"I don't doubt that the association is true, but it is hard to know the cause," said Dr Alfred I. Neugut, a professor of medicine and epidemiology at Columbia University College of Physicians and Surgeons and co-director of cancer prevention at New York Presbyterian Hospital in New York City. He was not involved in the study.

Without evidence of a real biological mechanism, the finding could be just a statistical artifact, Neugut said. "What's missing from the study is biological plausibility, so one has to have a degree of scepticism," Neugut said.

Confirms earlier findings

However, the findings aren't unique: In February, researchers at Japan's National Cancer Centre tracked more than 90 000 older adults for 10 years and found that liver cancer rates fell by half in daily coffee drinkers, compared to people who did not consume the drink. That study was published in the Journal of the National Cancer Institute

In the new study, a team led by Dr Francesca Bravi, of the Istituto di Ricerche Farmacologiche Mario Negri in Milan, reviewed 10 published studies on liver cancer that included information on how much coffee the patients drank.

They found a 41 percent reduction in the risk for liver cancer among coffee drinkers compared with those who never drank coffee.

Animal and laboratory studies have suggested that certain compounds in coffee may block enzymes involved in cancer detoxification, the Italian team noted. In addition, caffeine has been shown to have favourable effects on liver enzymes, they said, and coffee has also been linked to a lower risk of liver disease and cirrhosis, which can lead to liver cancer.

Causal link not proven

"Despite the consistency of these results, it is difficult to derive a causal inference on the basis of the observational studies alone," the authors noted.

"The results from this meta-analysis provide quantitative evidence of an inverse relation between coffee drinking and liver cancer," the Italian group concluded. "The interpretation of this association remains, however, unclear and the consequent inference on causality and worldwide public health implications is still open for discussion." – (HealthDayNews)

Submitted by Pam Munday

MEETING OF 9 APRIL 2015 AT THE PALM HOUSE

Sgt: Graham T

Attendance

Present	16
Apologies	2
Absent	3
Make ups	7
Total attendance	23/29 = 79%

Visitors

Pam Jackson, Ruth Dessington, Austin Cooke-Lindsay (Ambassadorial Scholar).

International Toast

String proposed the toast to the Rotary Club of Bishop's Stortford, UK, the birthplace of Cecil John Rhodes whose statue had that day been removed from UCT for political reasons.

Slots

Biffy had shirts and jackets available and required payment.
8 members were going to conference.

President's Items

Jackie passed on the greetings of incoming president Kirsten Sunnana of RC Karmøy

Reminder of Rotary Fun Day on Sunday 12th April at the Blue Train, Beach Road, Mouille Point. All members encouraged to attend even for just an hour.

The EarlyAct Club at Zwaanswyk Academy will be chartered on Monday 13th April at 10.20am. This is a joint endeavour with the Wynberg Rotaract Club. All members are welcome to attend.

Adventure into Citizenship - the members agreed to assist RC Cape Town with the organisation of Adventure into Citizenship - 28th June - 3rd July. **Justin** agreed to be part of the organising committee. **Jackie** to ask **Stephen v N** if he would be the other half of the committee.

Evening with Matthew Pearce and Bobby Skinstad on 22nd April as per email to members. This is a project of RC Sea Point and all members are encouraged to attend.

Khanyisa School Project update: **Jackie** and **Dirk** hosted a workshop with the teachers to assist them setting their long term vision for the school and prioritise their needs. Summary of workshop has been sent to the school for their approval. Once we receive it the committee will package various options for costing and for discussion with members and with project partner, RC Karmøy. This project will not take the form of a Global Grant.

Jackie presented **Stephen B** with a RI pin in recognition for sponsoring a new member.

Sergeant's Quote

From soccer player George Best : "I spent my money on women and wine and squandered the rest."

Debate on Proms

Much discussion took place on the recent Proms, with numerous suggestions on how the event could be improved, with **Graham** fielding some questions and advising the meeting that the City Council had refunded all hire fees for the venue due to the clash of bookings. He also advised that next year's shows would be on Saturday and Sunday **19 and 20 March**, with the Sunday show at 5pm.

Comments and suggestions made included

No financial implications with new format.

Heavier drinking in early evening.

Purchasers of boxes prefer evenings.

Lighting was very effective.

Raffles help programme sales.

3 shows.

Dance routine

Facebook marketing.

Other ticketing systems.

Role of PR and whether we should invite tenders.

Why do people buy tickets?

Make entrance more welcoming, saxophonist, selfie booth?

Committee not sharing information, options of distributing minutes.

New committee to be appointed by president.

Attempt to rename "Blue Room" - "Rotary Room".

Ground Up Academy to sell coffee.

Musicians / choirs abuse booze, food etc.

The new committee will report back in 3 months.

Jackpot

Justin stood to win R2670 when he drew the wrong card. **Biffy** won the R15 consolation prize.

President's quote

"I'm not crazy about reality, but it's still the only place to get a decent meal" – Groucho Marx. – No winner.

GOING FORWARD

Duty Roster



	April			May	
	16	23	30	7	14
Sergeant	Van Eeden	Vivian		van Wyk	Cleveland
Attendance Officer	A O'Driscoll	A O'Driscoll	NO	A O'Driscoll	A O'Driscoll
Wynpress Editorial	Murphy	A O'Driscoll		K O'Driscoll	Schonegevel
Minutes for Wynpress	Overbosch	Du Plessis	MEETING	Cleveland	Overbosch
Door Duty	K O'Driscoll	Overbosch		Schonegevel	Schreiber
Grace	Hovstad	Howard	DISTRICT	Jackson	Klotz-Gleave
Loyal Toast	Klotz-Gleave	Lidgley		Michalowsky	Murphy

International Toast	Todd	Van Eeden	CONFERENCE	Van Niekerk	Vivian
Speaker Introduction	K O'Driscoll	Cleveland		TBA	TBA
Speaker Thanks	Todd	Bredenkamp		TBA	van Eeden
Find Speakers	Bredenkamp, Cleveland, Munday, Howard, van Eeden, Du Plessis, K O'Driscoll			James, Danckwerts, Schreiber, Smith, Lidgley, Gavin	

Programme

Thur Apr 16	Normal meeting : Matthew Snaith – Cape Fires;
Sat Apr 18	Steenberg Rotaract meeting; POETS: President and Officers training;
Mon Apr 20	Wynberg Rotaract meeting;
Wed Apr 22	RC Sea Point: Matthew Pearce & Bobby Skinstad
Thur Apr 23	Meeting at Zeekoevlei Yacht Club: Dave Hudson – International Yachtsman
Sat Apr 25	Earlyact workshop: Zwaanswyk
Tues Apr 28	WRC Board Meeting
Thur Apr 30	No meeting today- due to District Conference;
Apr 30 – May 3	District Conference
Sat May 2	Steenberg Rotaract
Mon May 4	Wynberg Rotaract
Thur May 7	Bruce Dietrich: Me Talk
Thur May 14	Business Meeting:-Strategy Feedback
Sat May 16	Steenberg Rotaract
Mon May 18	Wynberg Rotaract
Tues May 26	WRC Board Meeting
Thur May 21	Normal meeting tbc
Thur May 28	Ian Purch:- District Strategic Plan

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

Things Confucius did not say

Man who wants pretty nurse, must be patient.

Lady who goes camping must beware of evil intent.

Man who leaps off cliff jumps to conclusion.

Man who drives like hell is bound to get there.

Man who runs in front of car gets tired, man who runs behind car gets exhausted.