



## Rotary Club of Wynberg **WYNPRESS**

Vol:66 No: 31 Date: 23 April 2015

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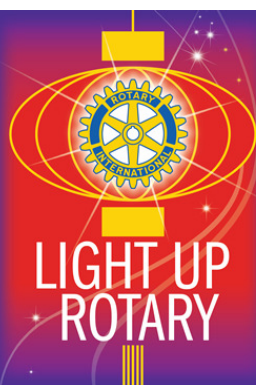
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**Rotary in April**  
**Magazine month**



## **EDITORIAL**

*By Rob Murphy*

### The Traits of a Perfect Wine :

#### 1. Most 'perfect' wines are blends

Wine blends that included a primary grape followed by small portions of support grapes for added dimension are a big theme. For example, the top scoring Cabernet Sauvignon by Kapcsandy Family Winery has 95% Cabernet, 4% Merlot and 1% Petit Verdot. These tiny proportions of other varieties are no doubt used like spices to finish the flavor.

#### 2. 'Perfection' comes from a single location

Everything you hear about the importance of terroir might be true after all. The majority of the best wines come from a single vineyard or two close proximity vineyards that had vineyards older than 25 years. If vineyard location is so paramount to perfecting, then seeking out great vineyard sites is probably just as important as finding great wineries.

#### 3. 'Perfect' wines are grown in the hills and rarely irrigated

Regardless of style, from German Riesling to Rhône Valley Syrah, the most loved wines tend to come from hillside vineyards. It is also surprising that many are dry farmed (not irrigated). For example, the Douro Valley in Portugal doesn't allow irrigation. These two factors cause extreme stress on vines which means they produce smaller, more concentrated grapes.

#### 4. A 'Perfect' wine has higher alcohol

When you have concentrated grapes they are sweeter, and thus make higher alcohol wine. Besides a few rare examples of German Riesling, all the top picks have more than 14% ABV and usually closer to 15%. This is probably because alcohol adds texture, body and more aromas. No doubt there are several wines that taste amazing and have lower alcohol levels, but this was not generally the theme.

#### 5. 'Perfect' wines are made with oak

Before wine bottles became popular in the 1800's, all wine was stored in new oak barrels. This was because the cost of shipping empty barrels back was more expensive than just buying a new one. Today, oak-aging is more expensive compared to aging wine in stainless steel but apparently it's worth it. Oak adds that 'je ne sais quoi' to a 'perfect' wine.

#### 6. Perfect wines will age a long time

Of all the wines picked, all were estimated to last more than 15 years. This means the wines had to have balanced wine characteristics such as tannin, acidity and sweetness.

### What's Missing?

The last hanging question is:

What defines a perfect wine for you?

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## MEETING OF 16 April 2015

### Attendance

Present: 23

Apologies: 3

Absent: 2

Total attendance: 23/28 = 82%

### Visitors

Guest Speaker: Matthew Snaith and Visitor Ruth Dessington

### Fellowship Announcements

16 April – Happy Birthday to Odd Henning Johannessen

### Slots

**Biffy:** Had some extra clothing items and asked if everyone was happy with the proposal of the 2<sup>nd</sup> Global Grant proposal for Victoria Hospital of which she e-mailed all the details to everyone.

**Stephen B:** Spoke about incoming officers going to POETS on 18 April 2015

**Karen:** Anyone still needing a badge please let her have your vocation so she can order them.

**Barry:** Sends greeting from Odd Henning and then informed everyone about meeting at Zeekoevlei on 23 April 2015.

**Alan:** Is planning a weekend away at De Hoop Nature Reserve 12 Sept 2015 R250 PPPD

### GUEST SPEAKER :

Matthew Snaith – working as a Volunteer at the Volunteer Wildlife Services. The service grew from 4 to 175 members over 3 stations. Newlands Forest, Fish Hoek and Jonkershoek. The service is 100% voluntary. He told how the teams have different roles. Showing the equipment they wear and that they also have to carry with them enough food and water to sustain them for 8 hours. Speaking about the recent fires he said that with the wind the speed of the fires was 5.5km in an hour. The group did over 160 hours of firefighting together and behind the scenes over 200 hours. The group also have been involved with over 39 fires this season compared to 15 fires last season. Training for them is normally from April to November. Main cause of fires is Braais, Church Groups, Vagrants and Cigarettes.

Visit their website: [www.vws.org.za](http://www.vws.org.za)



WE THANK ALL FIREFIGHTERS, SERVICE PERSONEL AND VOLUNTEERS FOR THEIR DEDICATION IN THE RECENT FIRES IN THE SOUTH PENINSULA



## GOING FORWARD

### Duty Roster



	April		May	
	23	30	7	14
<b>Sergeant</b>	Vivian		Van Wyk	Cleveland
<b>Attendance Officer</b>	A O'Driscoll	NO	A O'Driscoll	A O'Driscoll
<b>Wynpress Editorial</b>	A O'Driscoll		K van Niekerk	Schonegevel
<b>Minutes for Wynpress</b>	Du Plessis	MEETING	Cleveland	Overbosch
<b>Door Duty</b>	Overbosch		Schonegevel	Schreiber
<b>Grace</b>	Howard	DISCTRICT	Jackson	Klotz-Gleave
<b>Loyal Toast</b>	Lidgley		Munday	Murphy
<b>International Toast</b>	van Eeden	CONFERENCE	S van Niekerk	Vivian
<b>Speaker Introduction</b>	Todd		N/A	TBA
<b>Speaker Thanks</b>	Cleveland			van Eeden
<b>Find Speakers</b>	Bredenkamp, Cleveland, Munday, Howard, van Eeden, Du Plessis, K O'Driscoll		James, Danckwerts, Schreiber, Smith, Lidgley, Gavin	

### Programme

#### WRC Calendar April

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

# TRAINING NURSES TO SAVE MOTHERS AND BABIES IN EAST AFRICA



Rotary scholar Irene Okang'a (second from right) joins classmates at the Aga Khan University graduation ceremony held on the Kenya campus. Okang'a is a neonatal nurse at AIC Kijabe Hospital in Kenya.

Josephine Awor doesn't need statistics to know Uganda struggles to provide adequate health care to expectant mothers and babies. As a nurse who has worked with vulnerable populations in areas affected by conflict in South Sudan, she's seen firsthand what happens when mothers are forced to deliver and care for newborns without medical assistance.

Still, the numbers don't lie.

According to the World Bank, 310 women die in Uganda for every 100,000 live births, compared with just 21 in the United States and 12 in the United Kingdom. Infants fare even worse. In Uganda, 45 out of 1,000 infants never reach the age of one, compared with six in the U.S. and just four in the U.K.

Kenya and Tanzania's infant and maternal mortality rates are as disturbing as those found in neighboring Uganda. Add in the HIV/AIDS crisis, poverty, and inadequate -- or nonexistent -- clinics and it's clear that programs like these are needed more than ever in East Africa.

Improving maternal health is one of the UN's eight Millennium Development Goals, which seeks to reduce the maternal mortality ratio by three-quarters and achieve universal access to reproductive health by 2015. To address this challenge, The Rotary Foundation and Aga Khan University (AKU) are working together to provide nursing professionals, like Awor, the skills and education they need to improve the lives of mothers and their children in East Africa.

"I need to be empowered to serve the poor and contribute to the government's efforts," says Awor.

She is one of 24 students who received Rotary scholarships to advance their nursing education at one of AKU's three East Africa campuses: Nairobi, Kenya; Dar es Salaam, Tanzania; and Kampala, Uganda. In February, the first class of students in the scholarship program graduated with either a Registered Nurse or Bachelor of Science in Nursing degree.



Through a packaged grant, Rotary provided financial support -- about \$14,000 per student -- to cover tuition, books, and room and board, among other things. To be eligible for the program, applicants had to live where AKU's East African campuses are located, and their career goals had to focus on improving child and maternal health issues -- an [area of focus](#) for Rotary.

During the two-year nursing program the students worked, participated in community outreach activities, and received mentoring from Rotary leaders in their community. Yet despite their hectic schedules, many of the nurses graduated at the top of their classes. Awor beat out students on all three campuses to graduate with the highest honors in the Bachelor of Science in Nursing program.

Sam Farouk Mukasa-Kajubi, an AKU Rotary coordinator, says mentoring was a key component of the program, which sought to instill confidence and improve communication skills in the students as well as educate them.

"It was about turning the nursing students into professionals," he adds.

Part of his role as an area coordinator was to work with local Rotary clubs to identify community leaders who could mentor the students. Mentors not only encouraged students to perform well in school, they also taught them financial management and personal safety. The mentor program also introduced the students to the values and humanitarian goals of Rotary.

"The students are now on committees in their hospitals. They are carrying out programs to teach health care to men and women in their communities. And they are taking part in outreach programs," says Mukasa-Kajubi, a member of the Rotary Club of Kololo-Kampala in Uganda.

Because the program met just two days a week, the students -- many with families and careers -- were able to return to their jobs and community each week and put their knowledge to practical use.

"The experience has made me realize that we need to be mindful of those who may not be able to take care of themselves," says Awor. "There is always someone out there who is willing and compassionate to help them."

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