

Editorial

A LOW-PROFILE KILLER

What illness are you most scared of?

“The one that terrifies me is sepsis” said Dr Mark Porter in the Times. It kills 40 000 people a year in the UK, yet remarkably few people know about it. Sepsis, or blood poisoning, occurs when the immune system responds to an infection by attacking the body’s own organs. Rapid diagnoses and treatment are vital – but sepsis is often missed, because people are only focusing on the infection that triggered it. So, learn what to look for.

Usually, bacteremia, particularly if it occurs during ordinary activities, does not cause infections because bacteria typically are present only in small numbers and are rapidly removed from the bloodstream by the immune system. However, if bacteria are present long enough and in large enough numbers, particularly in people who have a weakened immune system, bacteremia can lead to other infections and sometimes trigger a serious bodywide response called sepsis.

Bacteria that are not removed by the immune system may accumulate in various places throughout the body, causing infections there, as in the following:

- Tissues that cover the brain (meningitis)
- The sac around the heart (pericarditis)
- The cells lining the heart valves and the heart (endocarditis)
- Bones (osteomyelitis)
- Joints (infectious arthritis)

In bacteremia, bacteria tend to lodge and collect on certain body structures, such as abnormal heart valves. Bacteria are particularly likely to collect on any artificial material present in the body, such as intravenous catheters and artificial (prosthetic) joints and heart valves. These collections (colonies) of bacteria may remain attached to the sites and continuously or periodically release bacteria into the bloodstream.

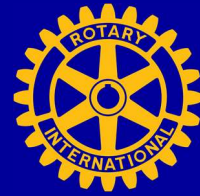
Think SEPSIS: Slurred speech or confusion: Extreme shivering or muscle aches: Passing no urine in a day: Severe breathlessness; “I feel like I might die”: Skin that is mottled or discoloured, or a non-blanching rash. In children, add to that list, rapid breathing and abnormally cold extremities. If you see any of the above symptoms, seek help urgently, and always ask whoever is helping you “COULD IT BE SEPSIS”.

Submitted by Hugh Maunder



WYNPRESS

The Rotary Club of
Wynberg



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August in Rotary

Membership and new club
development month

**Wynberg Rotary meet every Thursday,
6 for 6.30pm,
Palm House, Wynberg.**

For more information about our club, like us
on Facebook or visit our website:

Wynbergrotary.org.za



BE THE INSPIRATION

Minutes: 2 August, 2018

Compiled by Barry Cleveland

Attendance	20 members, no guests
From the chair of President Biffy	<p>Pres. Biffy welcomed all present, including the recent travellers; and itemised the following points:</p> <ul style="list-style-type: none"> • Tendai's mother passed away last week, and he was spending some time in Zimbabwe to be with family. • Biffy now has a portable CD writer, ideal for copying data for distribution. • The Rotaract Club had a successful conference in Matroosberg, and Mike kindly lent his kombi to facilitate transport arrangements. <i>Mike's expletives on the state of the returned kombi are not publishable – Ed.</i> • Next year's Rotaract conference will likely be in Windhoek. • Keela will be organising Santa's Shoeboxes. • WRC members will be very welcome to help Springfield High School's youth projects. • Candice will be handling Earlyact this year.
Members' moments	Hugh's son, Kingsley was selected to play touch rugby for England in the European championships. They played well but were beaten by France in the final. He is now the proud possessor of a silver medal.
Slots	<p>Dennis mentioned that the funeral of Peter Bailey, earlier in the afternoon had been well attended by Wynberg Rotarians.</p> <p>Stephen reported that Don's health is deteriorating, and he has been moved to Barrington House.</p> <p>Stacy said that she and Pres. Biffy had visited Interact clubs of Wynberg Boys High School, who are collecting household consumables for distribution; and also Wynberg Girls High School, who ask for Rotarian assistance in their Blisters for Bread project.</p> <p>Alan reminded members that we have not one, but two Rotaract clubs – Steenberg is now firmly aboard.</p>
Fellowship	<p>Stephen van Niekerk's birthday on 9 August</p> <p>Adele Michalowsky's birthday on 16 August</p>
Swindle	With R1260 in the kitty, Monique drew Rob's name, but he only managed to dispatch the King of Spades. The R20 attendance prize went to Keela.
President's Words of Wisdom	Do things for people, not because of who they are or for what they do in return, but because of who you are.

Here's some useless information for you (*but it does help to fill the page – Ed.*):

Bats always turn left when exiting a cave!

Duty Roster	August			September
	16	23	30	6 Business
Sergeant	Barnard	Cleveland	NO	Jackson
Wynpress Editorial	Murphy	O'Driscoll	MEETING	Schonegevel R
Wynpress Minutes	Thomas	Bredenkamp		Cleveland
Door Duty	Van Niekerk K	Todd		Van Niekerk
Grace	Dietrich	Howard		Jackson
Loyal Toast	Schonegevel J	Schonegevel R		Smith
International Toast	Cleveland	Dietrich		Gowdy
Speaker Intro and Thanks	Schreiber	Van Niekerk		N/A
Entertainment for the month	Dietrich, Munday, Schonegevel J, Jackson, Barnard			Bayes, Gowdy, Murphy, Thomas, Schonegevel R

Dates To Diarise

16 August	Peter Thomas, a facilitation coach, will discuss how large corporates can reinvent themselves
16 August	ER Community Medics auction
18 August (Saturday)	Race Day at Kenilworth (RC Signal Hill)
23 August	Guest Speaker: ex SA cricketer Vince van der Bijl will tell us about working with young people in disadvantaged communities
28 August (Tuesday)	Quiz night
30 August	No club meeting: See you all at the Quiz Night!
31 August (Friday)	Barnyard fundraiser (RC Melkbos)
6 September	Lowell and Linda Rice from California will talk about their project in Victoria Falls, assisting local women to start their own business as seamstresses.
29 September (Saturday)	Last Night of the Proms at 20.00 in the City Hall
30 September (Sunday)	Last Night of the Proms at 17.00 in the City Hall

Support Rotary: all for a good cause!



Lina and Stacy packing comfort items into hampers for donation to the Trauma Unit at Kirstenhof Police Station.

Tailpiece from Rolls-Royce Staff Magazine

Sometimes it DOES take a Rocket Scientist!! (true story).

Scientists at Rolls Royce built a gun specifically to launch dead chickens at the windshields of airliners and military jets all travelling at maximum velocity.

The idea is to simulate the frequent incidents of collisions with airborne fowl to test the strength of the windshields.

American engineers heard about the gun and were eager to test it on the windshields of their new high speed trains. Arrangements were made, and a gun was sent to the American engineers.

When the gun was fired, the engineers stood shocked as the chicken shot out of the barrel, crashed into the shatterproof shield, smashed it to smithereens, blasted through the control console, snapped the engineer's back-rest in two and embedded itself in the back wall of the cabin like an arrow from a crossbow.

The horrified Yanks sent Rolls Royce the disastrous results of the experiment, along with the designs of the windshield and begged the British scientists for suggestions.

Rolls Royce responded with a one-line memo: **"Defrost the bloody chicken."**