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ROTARY AWARENESS MONTH



EDITORIAL

Eat from a red plate and lose weight?!

According to research published in the journal *Appetite*, people who eat off red-coloured plates can cut their food intake by up to 40 per cent. Researchers found that serving meals on red plates or drinking from red cups can cut consumption by almost half, and suggest that this is due to associations with the colour red. Commonly linked to the idea of 'danger, prohibition and stop', researchers say the colour red may encourage diners to avoid snacking.

Red appears to act as a subtle 'stop sign' in the mind, working at a level below conscious awareness. Study co-authors Oliver Genschow and Leonie Reutner, doctoral students in psychology at the University of Basel in Switzerland, believe colour "is an important factor to consider when aiming to reduce consumption of unhealthy food and beverages".

As part of the study, 41 male students were asked to drink iced tea from cups marked either with red or blue labels. Findings showed that when they drank from the cups with the red labels, they drank 44 per cent less. Regardless of whether they liked the taste or not, they drank more of three different flavours of iced teas from a cup with a blue label on it. In the second part of the study, 109 people (both genders) were asked to complete a psychology survey, and told they could snack on pretzels while doing it. No differences in hunger levels were found among the participants and they were given ten pretzels each on red, blue and white plates. People ate the most pretzels off the blue plate, the second most from the white one, and the least off the red plate.

The study goes on to suggest that governments as well as the food industry could use red packaging on unhealthy foods as a deterrent – and could even use more red in restaurants and bars to prevent people drinking too much.

Submitted by Rob Murphy

MEETING OF 10TH JANUARY 2013

Attendance

Membership	23
Present	16
Make ups	1
Apologies	7
Attendance	75%

Rotarian visitors: Marek Dergiman – Borrowdale-Brooke, Zimbabwe, Jo Ann Ross – e-club London Centenary (also based in Harare).

Visitors: Annette Jahnel (Guest Speaker), Win Moser, Val Cleveland, Scott Gleave, Roger de Wet.

Attendance to Biffy 082 468 7504 or aecon.e@mweb.co.za.

SLOTS

Barry mentioned that Norwegian visitors Kirsten and Jan-Erling, last here about a year ago (when the newly formed Rotary Club of Karmøy visited us) will be here again on 25 January to hike the Dolphin Trail. The professionally put together book of travel pictures produced by Kirsten was circulated amongst the members present. (He had difficulty getting it back).

Biffy asks if any members would like her to start a Bridge club.

‘Opera in a Convent Garden’ will be presented this year on Saturday 2 February at 17.30.

Interested members should contact her with a view to a block Wynberg RC booking.

Reminder to get editorials timeously to the Editorial Board.

American Rotarian Dottie is due back in Cape Town early in March.

Members are encouraged to send write-ups of salient Wynberg RC happenings to Biffy for inclusion in Rotary Africa, where we have zero exposure at present.

Dave distributed a bag of chocolates which were thanks from Rotaract for Uncle Paul’s parking duties performed by Wynberg Rotarians.

He was anxious to squash circulating rumours that he will be cooking all meat at the braai at the Barnards’ home on 7 February. He will *only* be providing the fires. Members should please bring (and cook) everything themselves.

He will reinvestigate a weekend away at the Houwhoek Inn – probably for around May/June.

Dennis explained that Are’s absence was due to a very painful left shoulder, which we all trust will be resolved soon.

Prospective gate-crashers to Dennis’ birthday on 12 February will have to travel to Myanmar to do so this year!

GUEST SPEAKER

Karen introduced Annette Jahnel as a trained photographer, artist and raconteur (amongst other attributes). Also author of “My Year of Beds” describing her solo car journey through 25 countries (and 169 beds) in the space of a year – circumnavigating the northern hemisphere.

Annette described how her Renault Kango diesel managed to do all of 62 000Km through some challenging terrains without a single roadside wheel change.

Her route took her from Bavaria, through Italy, Slovenia, Herzegovina, Bulgaria, Greece (where she learnt to read Russian), Kazakstan, Aral and China. She then shipped the car to USA where she travelled through Colorado to Canada and shipped the car to England and back to Bavaria, where it now resides again.

Her lively anecdotes, some read straight from the book, fired everyone's imagination; and question time afterwards had to be curtailed because of it.

Not surprisingly Annette's philosophy is: Start by thinking and being positive. From it, positive things happen.

Her book "My Year of Beds" is available to purchase online at www.ajahnel.com.

Dennis articulately thanked her on behalf of the appreciative audience present.

JACKPOT

With the jackpot sitting at R2 710, Barry goofed by drawing the 8 of Spades, which is now no longer with us, and the pack is down to a slim 19 cards and the King of Hearts ever elusive. Val won the R20 attendance prize.

PROGRAMME

January 2013	Committee: Knight, Cleveland, Munday, Orsmond
Thursday 17	DG's visit : Business meeting
Thursday 24	Dean Hand (PH): "Impact Investing and a new way to think about philanthropic/grant/charitable donations..."
Thursday 31	No meeting. To be combined with Social function on 7 Feb.
February 2013	Committee: Barnard, Bird, Hovstad, Michalowsky, Wetmore
Thursday 7	Fellowship Braai at the Barnards'
Thursday 14	Normal meeting : Valentine's Day
Thursday 21	Visit by Oddemarka Junior School. Speaker: Glen van Harte – Director of Education, Metro South
Thursday 28	Board meeting
March 2013	Committee: van Wyk, Gowdy, Overbosch, Todd, Murphy, Klotz-Gleave
Thursday 7	AG's visit : Business meeting
Thursday 14	Normal meeting : speaker to be arranged
Thursday 21	No meeting. Public holiday : Human Rights Day
Thursday 28	Normal meeting due to public holiday the previous week : speaker to be arranged

PRESIDENT MIKE'S TRAVEL QUOTES

1. The world is a book, and those who do not travel read only a page – St Augustine.
 2. Tourists don't know where they've been, travellers don't know where they are going – Paul Theroux, American travel writer.
 3. A good traveller has no fixed plans, and is not intent on arriving – Lao Tzu, Chinese philosopher.
 4. He travels the fastest who travels alone – Rudyard Kipling.
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DUTY ROSTER

	17 January	24 January	7 February	14 February
Sergeant	Gowdy	Murphy	Todd	Smith
Attendance Officer	Danckwerts	Danckwerts	Danckwerts	Danckwerts
Wynpress Editorial	Murphy	Overbosch	Smith	Williams
Minutes for Wynpress	Danckwerts	Knight	Danckwerts	Knight
Compilation of Wynpress	Cleveland	Danckwerts	Knight	Danckwerts
Door Duty	Knight	Lidgley	Michalowsky	Wetmore
Grace	James	Klotz-Gleave	Knight	Van Wyk
Loyal Toast	Klotz-Gleave	Knight	Lidgley	Vivian
International Toast	Michalowsky	Munday	Murphy	Williams
Speaker Introduction	NA	Murphy	NA	TBA
Speaker Thanks	NA	Gowdy	NA	Smith

IF YOU CANNOT MAKE YOUR ROSTERED DATE, PLEASE SWAP WITH ANOTHER ROTARIAN AND INFORM THE DUTY SERGEANT

TAILPIECE

Two beggars are sitting side by side on a street in Rome, Italy. One has a Cross in front of him; the other one is holding the Star of David. Many people go by, look at both beggars, but only put money into the hat of the beggar sitting behind the Cross.

The Pope comes by. He stops to watch the throngs of people giving money to the beggar who holds the Cross while none give to the beggar holding the Star of David.

Finally, the Pope approaches the beggar with the Star of David and says, "My poor fellow, don't you understand? This is a Catholic country; this city is the seat of Catholicism. People aren't going to give you money if you sit there with a Star of David in front of you, especially when you're sitting beside a beggar who is holding a Cross. In fact, they would probably give more money to him just out of spite."

The beggar with the Star of David listened to the Pope, smiled, and turned to the beggar with the Cross and said, "Moishe, would you look who's trying to teach the Goldstein brothers about marketing!"