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**MARCH IS
LITERACY MONTH**



EDITORIAL

Submitted by Aubrey Michalowsky

RISK OF TRANSMISSION OF HIV

The following information has been provided by Path Care laboratories and as the incidence of HIV is high in Southern Africa, I thought the following information was worth sharing with my fellow Rotarians.

Estimated Per-Act Probability of Acquiring HIV from an infected Source, by Exposure Act

Type of Exposure	Risk per 10 000 exposures
Parenteral	
Blood transfusion	9 000
Needle-sharing during injection drug use	67
Percutaneous (needle-stick)	30
Sexual	
Receptive and intercourse	50
Receptive penile-vaginal intercourse	10
Insertive anal intercourse	6.5
Insertive penile-vaginal intercourse	5
Receptive oral intercourse	low
Insertive oral intercourse	low
Other	
Biting	negligible
Spitting	negligible
Throwing body fluid (including semen or saliva)	negligible
Sharing sex toys	negligible

Initial actions after exposure

Immediate cleansing of exposed site if possible. Wash with soap and water or clean with antiseptic such as an alcohol-based hand hygiene agent. Other antiseptic (Eg chlorhexidine). Irrigate mucosal surfaces with water or saline.

Ideally post exposure prophylaxis (PEP) should be initiated within 1 or 2 hours (or sooner) after exposure to body fluids from HIV-infected person. It is still offered up to 72 hours after exposure and in rare cases up to 7 days post exposure.

MEETING OF 20 MARCH 2014

ATTENDANCE

Membership: 28
Present: 17
Make Ups: 6
Apologies: 6
Attendance: 85%

Attendance to Biffy 0813259570 or aecon.e@mweb.co.za.

Visitors: Susan Wishart (guest speaker), Dottie Leveque, Wencke Hovstad.

Loyal toast to our country South Africa was done by Jackie.

International toast by Dennis Gowdy was with thoughts of our cricketers as they start their T20 crusade in Chittagong. We then toasted the Rotary Clubs of Chittagong in India and RI.

Karen welcomed all the visitors and thanked the club for their efforts towards a successful Proms and especially the Proms committee that worked so hard. Karen also reminded the club that there is no meeting on 3 April during RFHD but please all to do a share of the duties required.

SLOTS

Biffy: A list is being passed around for RFHD duties. Please assist.

String: The swindle is going around.

Mike: The finance side of Proms is looking healthy and it is hoped to surpass last year's profit.

Fellowship: Happy Anniversary to Don and Francois. Happy Birthday to Mervyn.

MINUTES OF MEETING

Roche introduced fellow Toader Susan Wishart who works at Learn to Earn and has a law degree and is passionate about the environment, particularly the Western Leopard Toad.

Susan looks after a sector near Kirstenhof and co-ordinates volunteers, promotes conservation, citizen science and communities. The TOADNUTS are a group in Noordhoek called the Noordhoek Unpaid Toad Savers. Their status is endangered. Their habitat is diminishing, the breeding site is fragmented and urbanization is encroaching. The Gutteral Toad is not indigenous but has also found its way to the WC and they out-compete the Western Leopard Toad. As an indicator species, the Western Leopard Toads show that there is a problem with their numbers declining. They live in gardens on land and not in water. They go to water only to breed and can drown in swimming pools. (Please nail or glue some shade cloth to a portion of the wall of your pool to enable them to "escape"). They do need permanent bodies of water for breeding. They sound like the Snoring Toad and are sometimes called the Snoring Toad due to their sounds particularly in July / Aug when they start breeding and become active. They have not been traced more than 300m from their usual spot but can apparently travel longer distances. Western Leopard Toads do not hibernate and are active all year round and return to their turf. Toads have dry skins and frogs have wet skins. The population of Western Leopard Toad is about 2 000 in the Peninsula. Western Leopard Toads can be poisonous and you will see where they have been at night by the trail of pellets that they leave in the morning.

Mervyn thanks Susan for an interesting talk and told us that he has 2 Western Leopard Toads living in his garden. The one in the front garden is called Barry (maybe that is where Barry was tonight??) and he has yet to name the one in the back garden.

PRESIDENT'S QUOTES

"The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow, whatever the circumstances may be. And I firmly believe that nature brings solace in all troubles."

Anne Frank, *The Diary of a Young Girl*

ROTARY CORNER

BEYOND CLUBS — THE ROTARY FAMILY

Rotary is made up of more than just our clubs. Service can start at any age, so we offer programs for teenagers and young adults who want to discover new cultures, develop leadership skills, and give back. We also provide opportunities for people of all ages and backgrounds who want to help in their communities. Through clubs like yours, Rotarians organize and sponsor all of the following.

Interact is a leadership program sponsored by Rotary clubs for anyone ages 12-18. With more than 12,300 Interact clubs in 133 countries, Rotary is inspiring the next generation of socially responsible and globally conscious leaders.

Rotaract is organized by Rotary clubs to promote leadership, professional development, and service among adults ages 18-30. With more than 8,000 clubs in 167 countries, Rotaract members are helping to lead change in communities around the globe.

Rotary Community Corps (RCCs) are groups of non-Rotarians who work with Rotary to improve their communities through a variety of service projects. There are more than 6,800 RCCs in 78 countries, all organized and sponsored by Rotary clubs.

Rotary Youth Exchange offers students ages 15-19 the chance to travel abroad for cultural exchanges. More than 8,000 students participate in this immersive program every year. Through these experiences, which last from a week to a full academic year, students learn about new cultures, gain an appreciation for diverse perspectives, and foster global understanding.

Rotary Youth Leadership Awards (RYLA) is Rotary's leadership training program for teens and young adults that emphasizes social responsibility, global citizenship, and personal development.

Rotary Peace Fellowships offer students the opportunity to earn advanced degrees or professional certificates from universities that host Rotary Peace Centers. Rotary Peace Fellows focus on international studies and conflict resolution so they can advance their careers as promoters of peace.



DUTY ROSTER

DUTY	27 March	3 April	10 April	17 April
Sergeant	Van Eeden	No Meeting. Please all do a duty at RFHD.	Van Wyk	Schrieber
Attendance Officer	Danckwerts		Danckwerts	Danckwerts
Wynpress Editorial	Michalowsky		Murphy	Schrieber
Minutes for Wynpress	Wetmore		Cleveland	Danckwerts
Compilation of Wynpress	Danckwerts		Wetmore	Cleveland
Door Duty	Lidgley		Munday	Schrieber
Grace	Gavin		Schrieber	Smith
Loyal Toast	Schonegevel		Lidgley	Michalowsky
International Toast	Hovstad		Jackson	Wetmore
Speaker Introduction	Van Wyk		Munday	NA
Speaker Thanks	Bird		Gowdy	NA

JACKPOT:

The Murphy had his name drawn again but all he could find was the Q♥. Ag shame. Mike won the attendance prize of R20 (sticking to tradition - all in coins).

PROGRAMME

March 2014	Committee: van Wyk, Gowdy, Overbosch, Todd, Murphy, Klotz-Gleave, van Niekerk
27 March	Retreat Rotaract meeting
27 March	Normal meeting – speaker: Drs Mark van Rensburg & Cathy Spargo: ‘Myths & other things you should have asked your doctor about or should never have asked’
28 March	School holidays start
April 2014	Committee: Knight, Bredenkamp, Cleveland, Munday, Howard, van Eeden, Du Plessis
2-4 April	Rotary Family Health Days
2 April	Wynberg Rotaract meeting
3 April	No meeting
7 April	Board meeting / School term starts
10 April	Retreat Rotaract meeting
10 April	‘Wine Tasting – Truths and Lies’: Dennis Gowdy and Fred Kuys
11-13 April	Interact Camp – <u>WRC on duty on Sat 12 April</u>
16 April	Wynberg Rotaract meeting
17 April	Business meeting
18-21 April	Easter
24 April	Retreat Rotaract meeting
24 April	Normal meeting – Mercy Ships
27 April	Freedom Day
28 April	Public holiday
29-30 April	School holidays

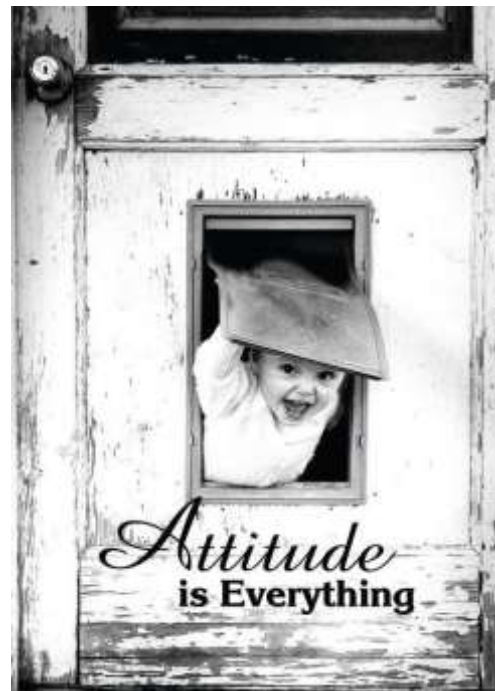
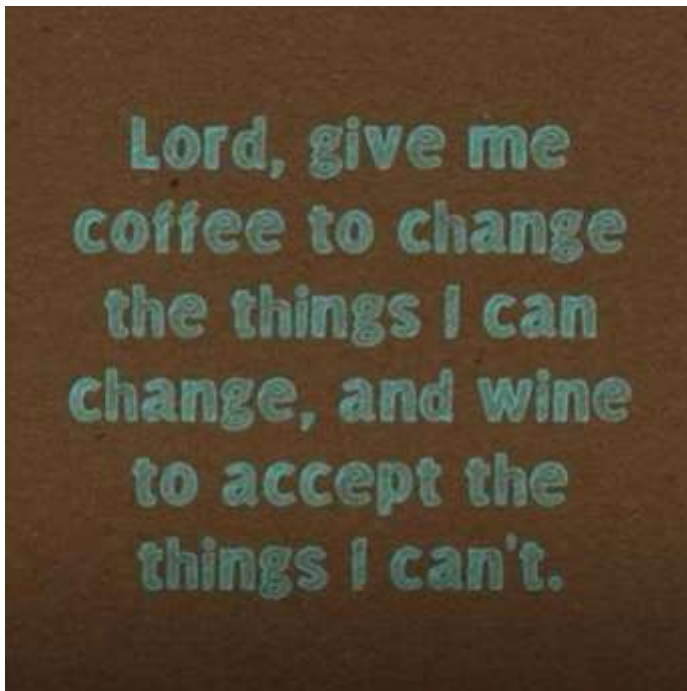
1 May

Workers Day public holiday / No meeting

1-4 May

District Conference

TAILPIECE



And this is what one of my family of Rotary (club) (nameless) members thinks of me !!

