



The Rotary Club of Wynberg

# Wynpress



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## BRAIN POWER: 10 WAYS TO BOOST YOUR INTELLECT

As scientists reveal that a weekend lie-in provides an essential boost to brain power, here are the other 10 factors scientists say will help improve your intellect.

### 1. Exercise

It has been suggested as a means to improving brain capacity for several years, but scientists continue to find new evidence which points to a link between physical and mental health.

A study suggested that jogging just a couple of times a week stimulates the brain. After a few days of running, hundreds of thousands of new brain cells were shown to have grown in a region that is linked to the formation and recollection of memories. An improved ability to recall memories without confusing them has a direct impact on other crucial cognitive tasks, and could lead to potential new ways of slowing down the deterioration of mental ability in old age. Vigorous exercise helps release a protein that goes by the name of 'noggin'. The protein acts as a counter-agent to another protein, bone morphogenetic protein, thereby stimulating the increased division of brain stem cells, keeping the brain nimble and active as we get older. This could therefore prevent the on-set of age-related brain diseases such as Alzheimer's.

### 2. An Afternoon Nap

While scientists have long suspected that sleep has a significant impact on the brain's capacity for memory, recent research found that sleeping for an hour in the afternoon boosts brain power and dramatically increases its ability to learn new facts and tasks. Having a nap after lunch acts as a regenerative aid, allowing the brain to 'file' away memories so that new information may be more easily retained.

### 3. Magnesium Rich Foods

Eating foods rich in magnesium such as spinach and broccoli could boost memory and brain power. Recent research found that an increase of magnesium in the brain could help learning in both the young

and old. Half the population of industrialised countries have a magnesium deficit, but with the help of a healthy increase in one's diet, the effects of mental ageing could be significantly delayed.

#### **4. Sunbathing**

Scientists have found that increased exposure to the sun could boost your intellect and prevent dementia. A larger intake in vitamin D, which can also be found in oily fish, was linked to an amplified ability to keep the brain active and in top condition as we age. Although the biological reasons for a connection remain unclear, a study found that an association between increased vitamin D and faster information processing was particularly significant in men over the age of 60 years.

#### **5. Mowing the Lawn (Graham Todd – take note)**

Researchers have discovered that a chemical released by lawn mowing not only relieves stress and makes people happier, but could also prevent mental decline in old age. Scientists claimed that the aroma of freshly cut grass works directly on the brain, particularly targeting areas associated with emotion and memory. So confident are they in their findings that they even released a perfume, "eau de mow", which can be used as either a personal spray, or in public to relax and stimulate the brain of surrounding individuals.

#### **6. Sex and Chocolate**

A book has claimed that eating a lot of dark chocolate, having lots of sex and following the Scandinavian tradition of having cold meat for breakfast significantly improves brain power. They suggested that the thought processes induced by having sex, as well as the hidden nutritional ingredients of dark chocolate and energy-giving qualities of cold meats, stimulate the brain and help battle age-related mental deterioration.

#### **7. Music Lessons For Young**

A study has shown that young children who take music lessons show more advanced brain development and improved memory than those who do not.

Musically trained children were found to perform better in a memory test which is correlated with general intelligence skills such as literacy, verbal memory, mathematics and IQ.

#### **8. Talking to your Baby**

Experts have claimed that mothers who use baby talk help their child's brain develop better. Researchers found that words play an important role in the brain development of children even before they begin to speak. The study suggested that an increased capacity to be able to categorise words according to their pictorial representation at an early age was a significant aid in child brain development.

#### **9. Tetris**

A study by American scientists found that the classic computer puzzle Tetris may also have a positive impact on your brain power. Tests showed that despite being relatively simple compared to today's sophisticated computer games, regular practise could increase a player's grey matter and improve thinking.

#### **10. A Thinking Cap**

Scientists who have worked on developing a 'thinking cap' hope the device will enhance the mind's ability to learn. The researchers discovered that the brain's ability to learn a new task was significantly enhanced when a magnetic pulse was applied to the premotor cortex, the area of the brain just behind the forehead.

# Minutes

17<sup>th</sup> March, 2016

MINUTES OF THE WYNBERG ROTARY CLUB MEETING HELD ON THURSDAY 17  
MARCH 2016  
Compiled by Biffy Danckwerts

Sergeant – Rob Murphy

Loyal Toast – Pam Mundy

International Toast – Barry Cleveland. The toast tonight was to St Patrick since it was St Patrick's Day. Barry gave us the origins of St Patrick's evangelism in Ireland and we toasted District 1160 (Ireland) and RI.

Grace – Roché van Wyk

Pres Stephen welcomed all and especially Melkbos RC who were raiding us. Members of Melkbos present were Josie Norfolk, Theresa Thomson, Eileen de Wet and Pres Mike Connolly. Other guests were Elfie and Wenche, and Monique who is becoming a regular.

24th – No meeting

31st – Social bring & braai at the Barnards.

3 April – Rotary Fun Day at the Train Park in Sea Point. There will be lots of games for children who will hopefully drag their parents in to find out more about Rotary. Your help is needed. Please let Stephen know if you can work.

29 April to 1 May – District Conference. A few have registered. Please register if you would like to attend.

Pres Mike: Clubs need to do more raids on one another. This takes us out of our comfort zone and we meet other Rotarians.

Alan: 26 June to 3 July – Adventures into Citizenship – adult supervision is required!!! Please put this in your diaries as Alan will be asking for help (particularly in the evenings).

District Interact training is on 17 July and we will be required to do the food again.

Both are fair warning!!!

Biffy: A reminder about the Victoria Hospital hands-on projects and regalia. Please reply.

Pres Mike: Handed Biffy (with her Shelter Box cap on) tins of coins collected over a fairly long time. Thereafter Biffy gave a short talk on Shelter Box.

	<p><b>Fellowship:</b> Colin Bird's birthday and Francois and Marietjie's wedding anniversary on Sat 19 March. Justin's birthday on 25th and Keela and Stephen's 1st wedding anniversary on 21st.</p> <p><b>Member's moment:</b> Karen shared how she was almost scammed. If you get notices from your bank saying you have logged in and you have not – take them seriously. Just after this her cell phone provider also suspended her as her phone had been reported stolen!!!!!!!!!!!!</p> <p><b>Swindle:</b> Kit failed to draw the correct card – kitty hardly worth winning! – whilst Eileen de Wet took home the R20 attendance prize.</p>
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## Duty Roster

	April			
	<b>7 (Business)</b>	<b>14</b>	<b>21</b>	<b>28</b>
<b>Sergeant</b>	Barnard	Overbosch	Schreiber	Todd
<b>Wynpress Editorial</b>	Dietrich	James	Lidgley	Munday
<b>Wynpress Minutes</b>	van Niekerk	Howard	Cleveland	Van Niekerk
<b>Door Duty</b>	James	Munday	Murphy	O'Driscoll
<b>Grace</b>	Vivian	Bird	Cleveland	Danckwerts
<b>Loyal Toast</b>	Lidgley	Murphy	O'Driscoll	Overbosch
<b>International Toast</b>	Dessington	Gowdy	Hovstad	Howard
<b>Speaker Intro</b>	N/A	Cleveland	Danckwerts	Dessington
<b>Speaker Thanks</b>	N/A	Schreiber	Overbosch	Todd
<b>Entertainment for the month</b>	van Niekerk (S), Bredenkamp, James, Smith, Vivian			

## President's Quote

True happiness... is not attained through self-gratification, but through fidelity to a worthy purpose.

Helen Keller

## Going Forward

### Dates To Diarise

7 Apr	Business meeting
9 Apr	Hands on project: SOS at Train Park (Keela)
14 Apr	Foundation: Carl-Heinz Duisberg
21 Apr	Speaker tbc
28/29/30 Apr	District Conference
23 June	Presidential Induction - tbc



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