



The Rotary Club of Wynberg

Wynpress



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EDITORIAL

Submitted by Lina Howard

How to improve your brain.

A Cambridge University 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.

Meanwhile, scientists have also recently found that particularly 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. Research suggests that amplified production of noggin could therefore prevent the onset of age-related brain diseases such as Alzheimer's.

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.

The researchers discovered that those who stay awake all day are less likely to be able to learn new tasks as the day goes on, leading the experts to suggest that napping in the long-term may be conducive to staving off age-related degenerative mental diseases.

Magnesium Rich Foods

Eating foods rich in magnesium such as spinach and broccoli could boost memory and brain power. Recent research, published in the journal Neuron, 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.

Mowing the Lawn

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.

Australian 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

**Grass is the cheapest plant to install
and the most expensive to maintain.**

- Pat Howell



Minutes

12th May 2016

Compiled by Lina Howard

Attendance

17 WRC including 3 make ups = 65%

Visitors

From the Congo, David Kayala and Relly Bhilumba

Fellowship

Mike Schreiber's birthday on Saturday – still a youngster

From the President

President Stephen- Congratulated our Club as we have won a prestigious award for best International project in district. This has only been awarded 8 times and we have received it twice! President Stephen presented Are with a certificate for his involvement with this project over the years.

Congratulations to Wynberg Rotaract Club for the Induction of a new member.

Slots

ARE: told us that the project with Norway has raised 5million without any Global grants. Over 5000 learners have received bursaries.

Jackie: next Saturday is Children's day out- please will members support. Keela needs a reply – and inform her what you will bring for eats.

ALAN: Request re change of date of induction dinner- possibly 16th June

Business meeting

BUSINESS MEETING

Bev to draft a letter to motivate that family member of Rotarians should be allowed to apply for Peace scholarship.

Note SA circumstances are different to USA where tax benefits apply..

Swindle

No swindle this week

Presidents quotes

Opportunity is missed by most people because it is dressed in overalls and looks like work. Thomas A. Edison

Adults are obsolete children. Dr. Seuss (Guessed correctly by Biffy)

Duty Roster

	May			
	12	19	24 not 26	JUNE 2 BUSINESS
Sergeant	V WYK	Barnard	RAID	Hovstad
Wynpress Editorial	Murphy	O'Driscoll	on	Schreiber
Wynpress Minutes	Mauder	Howard	RC	Smith
Door Duty	Overbosch	Schonegevel	CONSTANTIA	Todd
Grace	Dietrich	Gowdy		Crous J
Loyal Toast	Schreiber	Smith		Van Niekerk
International Toast	James	Lidgely		O'Driscoll
Speaker Intro	Gowdy	Hovstad		Gowdy
Speaker Thanks	Todd	Van Eeden		Van Wyk

Going Forward

Dates To Diarise	
12 May	Ambassadorial student Dave Cook will talk on the Deep Well project in Africa
SAT 14 th May	SOS Children's day at Blue Train, Sea Point 9am -12am
19 May	Bev and Colin Bird will talk about their visit to New York
24 th May	Raid on Constantia Club
26 th May	No Meeting
2 June	Business meeting – please attend
4 th June	Wynberg Rotaract Induction
23 rd June	Induction of our new president, Alan

Cutting the Grass

Michael O'Leary was waiting at the bus stop with his friend, Paddy Maguire, when a lorry went by loaded up with rolls of turf.



O'Leary opined, 'I'm gonna do that when I win de lottery, Maguire.'

'What's that, Michael?' responds his mate.

'Send me lawn away to be cut,' concludes O'Leary.



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