



The Rotary Club of Wynberg Wynpress



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Rotary's May focus is Youth Service

EDITORIAL

Smelling Lots Of Wine Makes Your Brain Alzheimer's Resistant

Go ahead and take a deep whiff of the next glass of wine you see (and the next one, and the next one). Researchers at the Cleveland Clinic in Las Vegas found in a preliminary study that master sommeliers — people who arguably rely on their sense of smell more than anyone else — are less likely to get Alzheimer's and Parkinson's than people who don't soak in delicious smells for a living.

The study, which was [published in the journal *Frontiers in Human Neuroscience*](#), compared brain scans of 13 sommeliers and 13 people with much less interesting jobs. The researchers noticed key differences in certain areas of the sommeliers' brains.

For one, as to be expected, sections of the sommeliers' brains that deal with the olfactory (smell) network were thicker. Additionally, parts of the brain that deal with memory were thicker. Which makes sense if you think about it, since sommeliers are expected to remember not only how a wine tastes, but the region, history and year of that wine as well.

"Overall, these differences suggest that specialized expertise and training might result in enhancements in the brain well into adulthood," the study states. "This is particularly important given the regions involved, which are the first to be impacted by many neurodegenerative diseases."

It's that last sentence that's the kicker. Those strengthened sections of sommeliers' brains are the sections that are most sensitive to losing memory function later in life. By that logic: Smell lots of wine, build resistance to memory loss. Then once you've smelled it, drink it, because [studies show](#) that helps prevent Alzheimer's too.

It's all very exciting, but the Cleveland Clinic study is far from conclusive.


“Though we don’t know for sure, there is a possibility that when it comes to the brain, thicker is better,” Sarah Banks, one of the authors in the story, [told the New York Post](#). “It seems like if you have more brain in those areas, it’ll take longer to feel the effects of the disease, but it’s speculation.” Speculation from a noted expert, however.

There’s no word on how to be involved in future scientific wine smelling and tasting studies to retest the results.



Regardless, all of those smells deserve some extra recognition. It took [enzymes working overtime](#) to make that wine smell so good in the first place, after all.

Submitted by Rob Murphy

<div>Minutes</div> <div>18th May 2017</div>	
	Compiled by Lina Howard
Attendance	21 members present
Visitors	Stephanie Thomas, Brian Howard, Annette Jahnel, Nicole Bayes, Anne O’Driscoll
Fellowship	19 th Jackie and Derek’s anniversary 23 rd Lindsay’s birthday
From the President	<ul style="list-style-type: none"> Welcome back to Karen, Aubrey and Hugh Reminder- next week is the Bee keeping Talk
Slots	# Dave B: Norway Trip: Proposed 8 th June – 15/16 th June, 2018 # Weekend away: Robertson Friday 11 th – 13 th August. There are 3 accommodation venues – choose which ever and make your bookings earliest. See emails. # Justin – First Aid course 3 rd and 4 th June Level 1 – subsidized for Rotarians.
President’s song	Nobody guessed ‘Malibu’.
Speaker	Annette Jahnel: ‘Searching for Galileo’. The journey from brain to mind. She spoke about her year long trip around USA in a convertible. Her book provides a fascinating insight into how Americans think about truth. We can change the way we think and create a better world.”Our thoughts create our future” Her goal is to build better understanding and hope for the next generation. A very inspiring speaker. Her book comes highly recommended.
Swindle	R840 in the kitty <div>  Annette drew Toddy’s name and Graham drew the (ag shame) Attendance prize of R20 went to Anne O’Driscoll </div>

Duty Roster

	MAY	June		
	25 th	1 st	8 th	15 th
Sergeant	Barnard	Cleveland	Hovstad	Murphy
Wynpress Editorial	Overbosch	Schonegevel J	Schreiber	Smith
Wynpress Minutes	Cleveland	Maunder	Howard	Van Niekerk
Door Duty	Smith	Todd	Van Niekerk	Bayes
Grace	Munday	Murphy	Overbosch	Schonegevel J
Loyal Toast	Bird	Danckwerts	Cleveland	Dietrich
International Toast	Todd	Van Niekerk	Barnard	Bird
Speaker Intro	Bayes	Danckwerts	Cleveland	Dietrich
Speaker Thanks	Van Niekerk	Bird	Barnard	Danckwerts
Entertainment for the month		Schonegevel R, Howard, Hovstad, James, Maunder		

Going Forward

Dates To Diarise	
25 th May	Kevin Simpson will talk about bee keeping and its importance for the environment.
1 st June	James Hurford, who is a public speaking coach, will share some of his valuable training tips.
8 th June	Oliver Bing, WBHS pupil who was awarded the Rotary Good Fellowship Award, has been invited as special guest.
15 th June	TBA
29 th June	Induction of Rob Murphy as President.
6 th July	Special meeting to hand over charity funds from Proms. Representatives from the performers also invited to attend.

"All truths are easy to understand once they are discovered; the point is to discover them"
Galileo

