

Editorial

By Ruth Schonegevel

Oh, honey!!!

Term 4 has started and with that, new knowledge has to be shared. My students had to do a big project on honey. So seeing that I am doing the editorial this week, I thought I would share some of their findings.



One of the interesting facts that were mentioned is that honey does not spoil. You could feasibly eat 300 year old honey. Wonder if it ages like wine does...?

There are so many health benefits from weight loss, antioxidants, source of vitamin and minerals, heal wounds and so on. Although this might have benefits to us as humans, it is actually quite dangerous for birds because of the high sugar levels. Birds love it but so do bees, so this practice can spread bee diseases. By heating honey up, you are changing the chemical composition that reduces its benefits.

Ever wondered what classifies honey as organic? Well, wonder no more. Honey is considered organic when it is locally grown and not processed. Organic honey is also known as “raw” honey; it cannot contain any pesticides or environmental pollutants. Since it does not go through the traditional process for safety, these standards must be upheld for honey to be considered organic. Also, non-organic sugars, antibiotics or honey cannot be used at any point in “organic honey”.

WYNPRESS

The Rotary Club of

Wynberg



Vol: 69 No: 11
19 October 2017

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**Barry Cleveland, Lina Howard,
Keela van Niekerk, Hugh
Maunder**

October Rotary Theme
Vocational Service

Wynberg Rotary meet every
Thursday, 6 for 6.30pm,
Palm House, Wynberg.

For more information about our
club, like us on Facebook or
visit our website:

Wynbergrotary.org.za

Minutes

12 October 2017

Compiled by Barry Cleveland

Attendance

15 members present

Visitors

Visitors from Zeekoevlei Sailing Centre: Marco Tobin, Marvin Sampson, Mornay Harding, Luke Topass and Jimmy Baigrie. Also Dottie Leveque - Welcome back!

From the President's Chair

Welcome to our visitors from ZVSC.

Also a warm welcome back to her 'second home' to Dottie, our annual visitor from USA. Five members will be attending the Top Cop Awards meeting at Sea Point RC on 25 Oct. Any more interested members should please liaise soon with Pres. Rob.

NB Constantia RC will actually be raiding **us** at Palm House on **Tuesday** 24 Oct.

Aubrey has an ailing heart and isn't well at all.

Happenings/ Members' Moments

Hugh's son Tony won his South African colours in Karate.

Dave explained about the fire at Polyoak Industries: On Monday 9 Oct. a customer's bakkie caught fire in the trailer parking area, setting fire to two large trailers loaded with inflammable plastic containers. The resultant inferno was over in an hour, but cost an estimated R1million!

Slots

Justin: Booklets on Wynberg RC are now available for distribution as needed.

Biffy: Rotary Family Health_Day received good coverage in the local newspapers, which were circulated for all to see. (See also photos by Lina on page 4).

Trees: She only managed to buy 7 indigenous trees. Spekboom will also qualify, but only seedlings are available.

Confirmed that our meeting on 19 Oct. will be at Palm House; also our year-end party on 14 December.

Dave: The list of members intending to visit Norway in June 2018 currently stands at 21. There has been no response from Odd Henning on this. A possible reason is that he is on holiday. There could be another reason.....

Speaker

Marco entertained us with slides and anecdotes covering the period that ZVSC has been in existence these past 20 years. Sailing training is offered to students from 4 schools in the Grassy Park area, accounting for 60-70 students per year. Of these 10-15 go through to 2nd and 3rd year sailors. The academy participates nationally in dinghy regattas in their RS Teras, 420s and Sonnets; also in keelboats in the 'Lipton Cup', Mossel Bay, Cape to Rio etc. Success in racing develops leadership skills, individual and community development ability. Goals include:

- Zero school dropout occurrence
- No gangsterism or drugs
- Positive peer pressure
- Direct and indirect employment
- Exposure to excellent role models

Bruce eloquently introduced and thanked Marco and the Team for their input.

President's Sweetie Pie

Awarded to Bruce and Biffy for their efforts towards the successful Rotary Family Health Day last week.

Swindle

With the pack down to 24 cards and R1740 in the kitty, Ann drew Dottie's name; but she only had the 2 of hearts removed from the pack. The R15 attendance prize went to Are.

Duty Roster	October		November	
	19	Tuesday 24	2	9
Sergeant	Cleveland	Jackson	Overbosch	Schreiber
Wynpress Editorial	Schreiber	Smith	Thomas	Todd
Wynpress Minutes	Howard	Maunder	Van Niekerk	Maunder
Door Duty	Dietrich	Gowdy	Hovstad	Howard
Grace	Munday	Overbosch	Schonegevel J	Schonegevel R
Loyal Toast	Danckwerts	Hovstad	Gowdy	Jackson
International Toast	Jackson	James	Maunder	Munday
Speaker Intro and Thanks	Cleveland	Bird	Gowdy	Hovstad
Entertainment for the month			Overbosch, Schreiber M, Smith, Todd, van Niekerk K	

Dates To Diarise

19 October	We will be hosting our visitors from Haugaland college, Norway (2 teachers and 4 students), together with principals from several of our partner schools
21 October	Mini Conference, Lord Charles Somerset West
<u>Tue. 24 Oct.</u>	Raid by Constantia Rotary Club at Palm House. Also 'Truth and Lies'!
2 November	Lufefe Nomjana, the Spinach King of Khayelitsha, will tell us about his one-man enterprise
9 November	PDG Sylvia Whitlock from California will talk about the eleven-year long court battle to permit women as members of Rotary? Plus raid by Waterfront Club? (Both TBC)
16 November	TBA
23 November	Clay Café? TBC
30 November	Social at Jack Black Brewery
14 December	Christmas Party

Rotary Family Health Day

Some photos by Lina



Tailpiece

Retired Person's Perspective

1. I'm not saying let's go kill all the stupid people. I'm just saying let's remove all the warning labels and let the problem work itself out.
2. I changed my car horn to gunshot sounds. People move out of the way much faster now.
3. You can tell a lot about a woman's mood just by her hands. If they are holding a gun, she's probably very unhappy.
4. You know that tingly little feeling you get when you really like someone you've just met? That's common sense leaving your body.
5. I don't like making plans for the day. Because then the word "premeditated" gets thrown around in the courtroom.
6. I didn't make it to the gym today. That makes 1,500 days in a row.
7. I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.
8. Dear paranoid people who check behind shower curtains for murderers: If you find one, what's your plan?
9. Everyone has a right to be stupid. Politicians just abuse the privilege.

