

Editorial

Foetal Alcohol Syndrome Disorder

South Africa experiences some of the highest incidences of Foetal Alcohol Syndrome Disorder (FASD) in the world, according to the Department of Social Development. The Foundation for Alcohol Related Research (FARR) comment that it “is the most common preventable form of mental disability in the world.” FASD can happen to any child whose mother drank alcohol during her pregnancy, and the damage to the unborn child cannot be reversed. According to FARR, “alcohol consumed by a pregnant woman moves into the blood stream and is carried through the placental tissue that separates the mother and baby’s blood systems, delivering the alcohol directly to the developing tissues of the foetus. This alcohol is especially devastating for the baby’s brain development as the alcohol crosses the blood-brain barrier with ease.

“The harmful effects of alcohol can damage the foetus throughout pregnancy and are not isolated to a particular time of a pregnancy. The severity of the FASD depends on the quantity and timing of the mother’s drinking during her pregnancy, together with numerous other factors such as: the mother’s body mass index, age, food consumption at the time the alcohol was ingested, genetics, other drugs such as smoking.

“There is no known safe amount of alcohol pregnant women can drink without raising the risk of damaging their unborn babies. All pregnant mothers who drink alcohol are at risk of producing a baby with FASD. Moderate to heavy drinking or binge drinking is associated with a mother having a baby with FASD. Of all the substances of abuse, including heroin, cocaine and marijuana, alcohol produces the most serious lifelong neurobehavioural damage to an unborn baby.”

As a result, children may present a range of physical disorders including small head size, growth retardation before and after birth and organ abnormalities. They may also present a variety of learning, behavioural and psychological problems without having any physical abnormalities.

Substance abuse is a growing problem in District 9350 as well as District 7890, Connecticut, USA, where the problem is opioids rather than alcohol. The two districts have been awarded a global grant to fund a Vocational Training Teams (VTT) programme. Two teams of professionals working in the field of substance abuse, one from each district, will receive training by specialists in the host districts on different successful approaches and methodologies used to combat this scourge in affected communities. The team from our district will be travelling to Connecticut in May this year, and District 9350 will be hosting the Connecticut team in July.

Submitted by Jackie James

Sources:

<http://www.farrsa.org.za/>

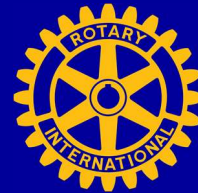
<http://www.fasfacts.org.za/>

<https://www.iol.co.za/news/>

WYNPRESS

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March Rotary Theme

Water and Sanitation Month

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



**ROTARY:
MAKING A
DIFFERENCE**

Minutes

1st March 2018

Compiled by Lina Howard

Attendance

17 members present

Peter from Mountain Search and Rescue
Asana from Wynberg Neighbourhood Watch
Ben Polman and Sara Moron, from Madrid who are on exchange programme

Visitors

Asana explained the new initiative of the Neighbourhood Watch Association, and informed us that there will be a PERSONAL SAFETY TRAINING Workshop on WED 14th at 7 for 7.30. Venue: Church on Main 3 Millbank Rd

From the President's Chair

One of the most important functions of a President is an induction: In this case of Tendai Bonga, who was warmly welcomed by the Club members.

Fellowship/Members' Moments

Aubrey and Adele's Anniversary on 6th March

Slots

Justin: Please promote Braam Malherbe's talk on 27 March – use social media and email all friends.

Biffy: 1. Suggested change of the Grace format – take out "Oh Lord" to make it more inclusive of other religions, or non.

2. Swimathon on 24th March for Mental health. Biffy showed us their video which was very good.

Hugh: Objected to taking out "Oh Lord" as it is part of the Rotary Prayer

Karen: Suggested that each person feel free to amend the prayer as they wish – but any official changes should come from Rotary International.

Guest Speaker

N/A – Business meeting

President's Sweetie Pie

There is no record of the Sweetie Pie being won. It's not to say that it wasn't given to somebody, it's just a bit vague where it actually went..... (*where have we heard this before?* – Ed)

Swindle

Biffy's name was drawn but sadly she only managed to draw the (aah Shame!)
Attendance prize: R20 went to Alan



New Wynberg Rotary member
Tendai Bonga



Making Eco-bricks

Duty Roster	March			
	8	15	22	29
Sergeant	Cleveland	Overbosch	Schreiber	NO MEETING
Wynpress Editorial	Munday	O'Driscoll	Schonegevel J	
Wynpress Minutes	Van Niekerk	Cleveland	Bredenkamp	
Door Duty	Thomas	Todd	Van Niekerk K	
Grace	Dietrich	Howard	Jackson	
Loyal Toast	Schonegevel R	Schreiber	Smith	
International Toast	Howard	Jackson	James	
Speaker Intro and Thanks	Schreiber	Smith	Thomas	
Entertainment for the month	Overbosch, Schreiber M, Smith, Todd, van Niekerk K			

Dates To Diarise

8 March	Hugh's Circumnavigation of the Globe – Episode 2.
15 March	Wanda Moller, CEO of MOT South Africa, for whom we are considering a Global Grant, will tell us more about the organization.
22 March	Dr David Harrison: "The first 1000 days" Also Rotary Friendship Exchange visitors from Kansas.
27 March	Braam Malherbe talk at Bergvliet High School
29 March	NO MEETING.
5 April	TBA
12 April	Representative from Victoria Hospital. Details to follow.
19 April	Prof. Neil Armitage, UCT Civil Eng. Dept. : Moving towards a 'water sensitive' Cape Town.

Tailpiece: Today's word in the hand – 'Cabinet'

Once upon a time, a cabinet-maker was a person whose job it was to make all items of household furniture. Chairs, tables, beds, stools, spittoons ... you name it, the cabinet-maker made it.

This was before division of labour, before the couch guy went solo and founded an Ottoman empire, before built-in cupboards and long before Sweden gave the world the wholesome art of knock-down assemblage.

Cabinet-makers are a rare breed in our time of smoothie-makers and plastic wood. People with enough cash to go "bespoke" (a word that once belonged to tailors but is now casually splashed on everything from ice cream to clogs) can still find joiners and carpenters to make spleen-shaped desks or whatever someone with bespoke cash might want.

But for the ordinary mortal, cabinet-makers have gone the way of cassette tapes.

Then came last week, when all of a sudden everyone remembered what a cabinet-maker was. Some were disappointed when South Africa's cabinet-maker-in-chief did not put chisel and hammer to use in the crafting of a brand-new cabinet. Instead, he just moved a few things around in the old one.

A cabinet was not always a clutch of politicians, nor was it always a receptacle for tinned peas and aspirin. Before pills and parliaments, a cabinet was what today we might call a "safe".

In the 1540s the English borrowed the word from the French (in France a cabinet was merely a small room) and turned it into a secret vault in which they stored swords and ferrets and whatever else they thought of as valuable.

The Online Etymology Dictionary takes us further back, to the Latin root of cabinet. In the ancient world a cavea was a confined pen in which one kept sheep so that they could not be got at by wolves. Or wolves, so that they would not go off and get at sheep.

Thanks to democracy, today's cabinet may contain both wolves and sheep.

Cabinets evolved into places of policy-making in rather a strange way. In 1667 King Charles II chose five ministers to be his trusted confidantes, the brus with whom he could share stuff he might be embarrassed to tell the entire English parliament. Think of them as his National Executive Council.

Their surnames were Clifford, Arlington, Buckingham, Ashley and Maitland (Earl of Lauderdale), so naturally they became known by the acronym 'cabal'.

The word 'cabal' already existed – it had its roots in the mystical Hebrew philosophy 'qabbalah' and referred to a small group who met privately to discuss intriguing matters – but after Charlie's council came into being, cabal took on a more sinister aspect and began to refer to the powerful few who pull the strings of the many.

The original group broke up due to artistic differences about five years later, but the notion that more could be achieved by few stuck and there continued to be small gatherings of select councillors.

'Cabal', however, had become tainted by the sneaky skulduggery of Charlie's advisers, so instead the wielders of power became known as The Cabinet. And there you have it.

Sue de Groot