

Editorial - Let there be darkness

Electric light makes for safer nights, but scientists are worried that our artificially extended days may be harmful: they've classified night-shift work as probably carcinogenic.

Light pollution?

"Light pollution" seems like a non-issue concocted by the lunatic Green fringe. The International Dark-sky Association (IDA), for example, uses terms like "light trespass", without a glimmer of humour, for when the neighbour's security light shines into your bedroom. Milky Way, they remind us, is not just a candy bar. The IDA's mission is to save the night sky, a treasure lost to the glare of city lights.

But there are reasons to dim the lights beyond the merely aesthetic. Firstly, our glowing cities contribute significantly to carbon emissions, and secondly, a growing body of evidence suggests that exposure to too much artificial light could have serious health consequences.

Of these, the most worrying is cancer: studies on people who work unusual hours that expose them to many hours of artificial light, such as night nurses and airline staff, are at significantly increased risk for certain cancers, prompting the World Health Organisation to add night-shift work to the "probably carcinogenic" list, which it shares with other prime suspects like UV rays and diesel fumes.

Why we need the dark

It's in pure, unpolluted darkness that our bodies produce melatonin, the 'sleep hormone'. Melatonin helps regulate the body's intricate biological clock mechanisms, and has a major influence on a range of important biochemical processes.

Levels of the hormone are naturally lowest in the daylight hours, but increase in the evening. Photoreceptors in the eye register dimming light levels, and stimulate the pineal gland in the brain to increase melatonin production accordingly.

The concern is that too much light at night could inhibit melatonin production. We're all familiar with the fact that disturbed sleep (caused, for example, by shining a bright light on the sleeper's face) interferes with the body's rhythms, and causes sluggishness, poor concentration, depression and irritability.

But recent studies provide disturbing evidence that reduced melatonin might be a causative factor in serious health problems in the long term.

Artificial light and cancer

Melatonin is thought to help protect genetic material from the mutations that lead to cancer. Thus artificially extended days, and the melatonin suppression this may cause, may increase the risk for certain cancers, such as breast, endometrial, colorectal and prostate cancer, and childhood leukaemia.

(Olivia Rose-Innes, Health24)

*Submitted by Pam Munday **

** The article on the web that prompted me to accede to Philip's request that we install block out blinds behind our bedroom curtains!!*

WYNPRESS

The Rotary Club of
Wynberg



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April Rotary Theme

Maternal and Child Health Month

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

For more information about our club, like us
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Wynbergrotary.org.za



ROTARY:
MAKING A
DIFFERENCE

	<h1>Minutes</h1> <h2>22 March 2018</h2> <p>Compiled by Stephen Bredenkamp</p>
Attendance	14 members, Honorary member June Orsmond
Visitors	Dr Harrison CEO DG Murray Trust (Guest Speaker), Val Cleveland, Stacy Edwards, Robin McDonough, Phil Peckett and the members of the Kansas Rotary Friendship Exchange :Chuck Udell - Leawood Rotary Club, Lenet Compton and Bob Compton - Lenexa Rotary Club, Todd Frye - Marysville Rotary Club, Sue Maes and Dennis Hemmendinger - Manhattan Rotary Club, Bill Musgrave and Kathy Musgrave - Lenexa Rotary Club, Andrea Norris and Tom Beisecker - Lawrence Rotary Club, Richard Ross - Topeka Downtown Rotary Club, Clayton Smith - Overland Park Rotary Club, Wilma Wilcox - Olathe Rotary Club.
From the President's Chair	Pres. Rob welcomed all present Next week (29 March) we will have no regular meeting – all are requested to assist in the Braam Malherbe talk on the 27 th March. On the 5 th April we may raid Am Kap RC. Biffy to confirm.
Fellowship	25 th – Justin's birthday
Members' Moments	Mike's son Nick is enjoying a temperature of -3 in Wales on a school trip, Lenet (Lenexa RC) told about the Fire Safety Trailer at her Interact Club, Sue (Manhattan RC) celebrated 30 years of women in Rotary, Clayton (Overland RC) shared his experiences of losing his way in a tornado...
Slots	Biffy: Organized Friday for the RFE.
Guest Speaker	Dr Harrison talked about the importance of the first 1000 days of life: the need for love, food, safety, stimulation. This is the period during which the brain develops and the sensitivity to stimuli is the greatest – problems within this period will almost certainly lessen the ability of the child to have a full life. As a result of the current socio-economic climate in SA, 50% of children are likely to be in this group. The talk was exceptional, and left everyone stunned.
President's Sweetie Pie	The Sweetie Pie award was given to Biffy for organizing the RFE week.
Swindle	It's a swindle – there was no swindle!!!!

In Memoriam.

Øistein reported that Nittedal Rotaryklubb lit a candle for Are Hovstad at their club meeting. A great man, missed by all.



Duty Roster	March	April		
	29	5	12	19
Sergeant	NO MEETING	Schreiber	Todd	Barnard
Wynpress Editorial		Schonegevel R	Schreiber	Smith
Wynpress Minutes		Howard	Van Niekerk	Bredenkamp
Door Duty		Bayes	Bredenkamp	Cleveland
Grace		Jackson	Bonga	Maunder
Loyal Toast		Bonga	Thomas	Van Niekerk
International Toast		Schonegevel J	Maunder	Munday
Speaker Intro and Thanks		Todd	Barnard	Bayes
Entertainment for the month		Cleveland, Dietrich, Munday, Schonegevel J, Jackson		

Dates To Diarise

5 April	Guest Speakers/Comedians/Entertainers: Wynberg Rotarians!
12 April	Representative from Victoria Hospital to inform us of a new programme to counter the present high infant mortality rate in the ICUs.
19 April	Prof. Neil Armitage, UCT Civil Eng. Dept. "Moving towards a 'water sensitive' Cape Town".
24 April (Tuesday)	Proposed raid on Cape of Good Hope RC, St James. Ex cricketer Vince van der Bijl as Guest Speaker.
3 May	Business Meeting.
10 May	Proposed raid on RC Am Kap. Sea Point High School debating teams also present. Meeting will be held in English!

Be it ever so homely, there's no face like your own.

Anon

Tailpieces

A Frickin' Elephant

Jake is five and learning to read.
He points at a picture in a zoo book and
says, "Look Mama! It's a frickin' elephant!"

Deep breath... "What did you call it?"

"It's a frickin' Elephant, Mama!
It says so on the picture!"

and so it does...

"African Elephant"

Hooked on phonics!
Ain't it wonderful?

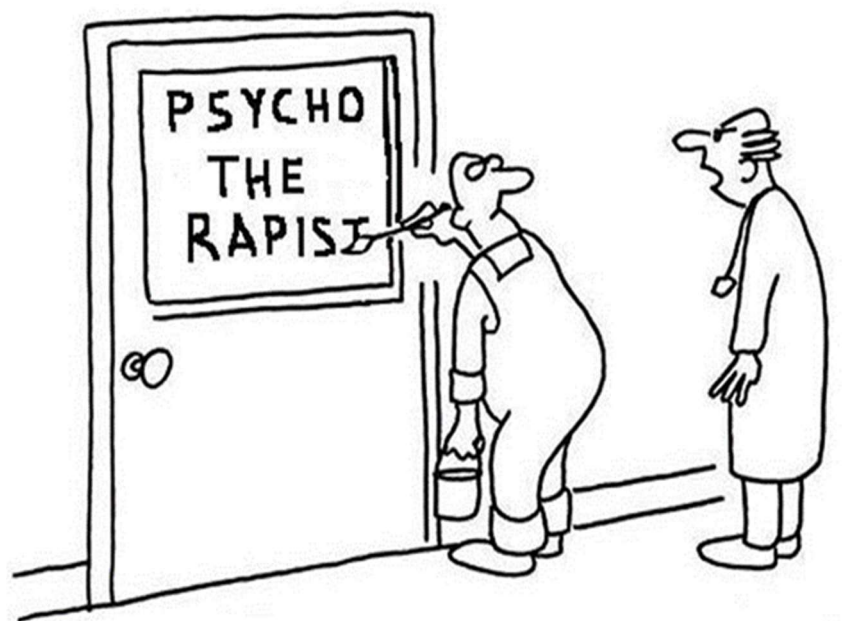
So today, in church,
a guy in a dress tried to drown me

And, I kid you not,
my family just stood there
taking pictures!

Sometimes, the first step
towards forgiveness is
realizing the other person
was born an idiot.

How many boxes
of these Thin Mints
do I have to eat
before I start
seeing results?

I finally realized it..
People are prisoners
of their phones
that's why they are
called Cell Phones.



'IT'S ONE WORD GEORGE!'

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