

Editorial

A HEALTHIER, HAPPIER, PLANET

Paul Sinton-Hewitt founded parkrun in 2004. The first ever event was in Bushy Park, Teddington, UK, where 13 intrepid parkrunners got together on 2 October. Since then, the volunteer-led, free-for-all 5Km events have been taken up by many people across many cultures in many countries. They are now an international family of over 3 million parkrunners. But, of course, it was a bit more low-key at the beginning.

It took nearly two years before parkrun spread beyond Bushy. Wimbledon was the chosen venue and they had to prove to themselves that they could manage more than a single event at a time. This was the start of the fragmentation approach to events that would allow parkrun to expand.

To begin, results were collated on paper and the finish tokens were washers from the local hardware store! But eventually they ramped up the technology, and so the parkrun registration and barcode result system was born.

Now many hundreds of thousands of parkrunners are processed, websites updated and millions of emails sent each week. The parkrun community is growing all the time – but it's all still based on the simple, basic principles formed from the start: Turn up every Saturday and walk, jog or run 5Km. You can also volunteer in numerous different admin. roles. It doesn't matter how fast you go. It doesn't matter what you're wearing. What matters is taking part ("weekly, free, 5Km, for everyone, forever").

There are now parkrun events each Saturday in 20 countries all around the world. Each event is organised by a group of wonderful, dedicated, local volunteers – the hi-visibility heroes.

Paul's firm belief reflects parkrun's mission; to create a healthier, happier planet.

When I did my 100th run, there were a total of 1437 runners at Bushy Park, of which 1364 were under the age of 60. I came in number 1375 (Ah shame!).

This brings up a similarity between the Parkrun organization and the one started by another Paul.

Paul Percy Harris, a Chicago attorney, founded Rotary International in 1905. Harris organized the first Rotary Club "in fellowship and friendship" with three clients and local businessmen. His initial goal was solely to create a club of professional and businessmen for friendship and fellowship. However, he soon realized that Rotary needed a greater purpose and transformed Rotary into the world's first Service Club with, currently, about 1.2 million members worldwide.

There is a great similarity between the two Pauls, and both achieved their wish to have a positive effect on mankind throughout the world.



By Hugh Maunder

WYNPRESS

The Rotary Club of
Wynberg



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June in Rotary

Rotary Fellowships 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



BE THE INSPIRATION

	<h1>Minutes: 6 June, 2019</h1> <p>Compiled by Barry Cleveland</p>
Attendance	12 members present = 50%
Fellowship	12 June: Bev's birthday
From the President's chair	<p>Thanks to Karen for the hastily assembled quiz on 23 May.</p> <p>The club address by 67 Blankets has been postponed to July (TBA).</p> <p>Congratulations to Dennis for his Sapphire Pin.</p> <p>Congratulations also to Graham, celebrating 34 years in Rotary.</p> <p>Karen has been a member of WRC since 1996.</p> <p>Monique will be joining the Sergeants from July.</p>
Slots	<p>Dennis was in contact with ex Ambassadorial scholar, Sara, who was about to have a tumour removed two weeks ago. She is now well again and discharged from hospital.</p> <p>During May he and Fred Kuys conducted their Truth & Lies routine at Steenberg to a gathering of 57 people. An impromptu collection afterwards earned them R1300 each. Dennis donated his share to Wynberg Rotary Club funds.</p>
Members' Moments	<p>Alan is recently back from a trip into the Kgalagadi, where he experienced many wildlife sightings.</p> <p>Karen, not to be outdone, logged all of the Big Five by 11.00 during her recent trip to the Kruger National Park.</p> <p>Dennis, on the morning of Keela's induction had to first cope with a burst water pipe on his washing machine. The day improved markedly when he was presented with his Sapphire Pin!</p> <p>Stacy applied to donate 100 units of blood during her lifetime. However she has now become a blood platelet donor, which changes the picture....</p>
Swindle	With just a quarter of the pack left and a kitty of R1200, Stacy drew the Jack of diamonds (ah shame!), and Barry won the R20 attendance prize.
President's 'Rotarian of the Week'	Nobody qualified this week!

"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."

Steve Jobs

Duty Roster	June			July
	13	20	27	4
Sergeant	Todd	Barnard	Cleveland	Jackson
Wynpress Editorial	Barnard	Bayes	Bird	Dietrich
Wynpress Minutes	Bredenkamp	Cleveland	Maunder	Thomas
Door Duty	Edwards	Dietrich	Jackson	Maunder
Grace	Schonegevel R	Smith	Todd	Thomas
Loyal Toast	Overbosch	Schonegevel J	Smith	Todd
International Toast	White	Todd	Barnard	Bayes
Speaker Intro and Thanks	Cleveland	Murphy		
Entertainment for the month	Barnard, Schonegevel R, Murphy, Maunder			Overbosch, O'Driscoll Edwards, Schreiber

KNOWLEDGE

Knowledge grew slowly at first.
 It doubled from AD 1 to AD 1750
 It doubled again from 1750 to 1900
 It doubled once more from 1900 to 1950
 Now it doubles every 8 to 10 years

R A Davies

Remember that accumulated knowledge, like accumulated capital, increases at compound interest.

But it differs from the accumulation of capital in that the increase of knowledge produces a more rapid rate of progress.

Charles Babbage

Dates To Diarise

13 June	Presentations to Proms 2019 beneficiaries and participating choirs
20 June	Amoyo Performing Arts Foundation will present their work
27 June	Last month of Hugh's world cruise: Maldives, Luxor, Valley of the Kings, Petra, Suez Canal, Jerusalem and Malta
4 July	TBA
11 July	'67 Blankets' will talk about their work
18 July	TBA

Tailpieces

FIRST RULE OF CLEANING
WHILE LISTENING TO MUSIC
THE TOILET BRUSH IS NEVER
THE MICROPHONE...NEVER

Be careful when you
follow the **masses**
...sometimes the "M" is silent!

TAKING A DOG NAMED
SHARK TO THE BEACH IS
A VERY BAD IDEA.

If smoking marijuana
causes short-term
memory loss, what
does smoking
marijuana do?

1998:
"Don't get in car with
strangers"

2008:
"Don't meet people from the
internet alone."

I do all my
own stunts,
but never
intentionally.

NOT TO BRAG
OR ANYTHING
BUT I CAN FORGET
WHAT I'M DOING
WHILE I'M DOING IT.

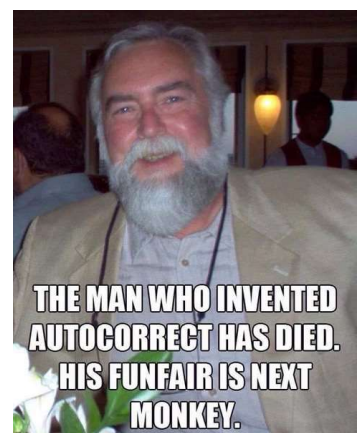
2019:
UBER..
Order yourself a stranger
from the internet to get into
a car with alone.

FUNNY HOW
DRINKING 8 CUPS
OF WATER A DAY
SEEMS LIKE IT'S
IMPOSSIBLE BUT 8
BEERS AND 6
SHOTS IN 3 HOURS
GO DOWN LIKE A
FAT KID ON A
SEE-SAW...

The main function
of the little toe on your foot
is to make sure that
all the furniture in the house
is in place.



NEVER BEFORE HAS A GENERATION
SO DILIGENTLY RECORDED
THEMSELVES ACCOMPLISHING
SO LITTLE.



Rotary



Club of Wynberg