

Editorial

Food safety

1. Can you tell if food is off just by smelling it?
2. Can you trust the five second rule?

CSIRO food safety specialist Cathy Moir debunks some kitchen myths.

There are many rules in food safety lore, some that have a basis in fact, and some that are purely grounded in convenience. But it's important to look at the evidence to see which category common rules fall under.

1. The 'sniff' test

Often when a food has spoiled, it will smell bad. This leads many to believe "no stench = OK to eat". But this isn't always the case. The microorganisms (bacteria, yeasts and moulds) that spoil food by making it smelly, slimy or mouldy might not give you food poisoning.

But pathogenic (disease-causing) bacteria, such as salmonella, campylobacter, E.coli and listeria, which do make people sick, don't always cause obvious changes in food when they grow. Sometimes simply being present at low numbers and then consumed is enough to result in illness.

Having said that, this isn't an invitation to consume obviously spoiled food. Spoilage is a good indicator food has been left too long and "bad" microorganisms, including pathogens, may also have grown.

In order to steer clear of nasty bugs in food, observe "use by" dates, refrigerate foods that need to be kept cold (this slows down the microbes), cook foods properly (this kills the microbes) and prevent contact and cross contamination between ready-to-eat foods such as salads, with raw food such as meat that still needs to be cooked.

2. The 'five second' rule

Whether it's one, three, five seconds or some other number, we've all heard some version of this call when someone has dropped food on the floor. But is it true harmful bacteria need a few seconds to hitch a ride on your dropped slice of pizza?

In one peer-reviewed study, four food types were tested (watermelon, bread, bread and butter, and gummy sweets) with four different surfaces (stainless steel, ceramic tile, wood and carpet) that were contaminated with bacteria. Contact time, food type and surface all significantly affected the amount of contamination that occurred. The study found:

Time is not necessarily of the essence as microorganisms from one surface can instantaneously contaminate another. But it's true the longer contact time the more contamination can occur

Higher moisture foods (such as watermelon) allowed transfer of more microorganisms compared to the other foods. The gummy sweets, which are likely to have the driest surface, showed the weakest transfer of bacteria from the contact surface

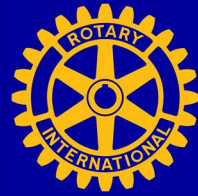
The weakest microbial transfer occurred when food was dropped on to carpet compared to stainless steel, and tile in particular. The authors hypothesised bacteria attaches better to carpet as it's more absorbent, meaning it's less likely to transfer to the food.

While it's true that dropped food can become contaminated with microorganisms from the floor or environment, the majority of those microorganisms in a normal home are likely to be harmless to human health.

WYNPRESS

The Rotary Club of

Wynberg



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July in Rotary

Start of new officers' year of 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



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| | <h1>Minutes: 4th July 2019</h1> <p>Compiled by Stephen Bredenkamp</p> |
| Attendance | 19 Members present – 82%. Guests: Sharon, James and our speaker, Sindiso Mfenyana . |
| Fellowship | Jackie James' birthday on the 5 th and John Vivian's on the 11 th . |
| From the President's chair | <p>A Warm Wynberg Welcome to all.</p> <p>Birthday cake night for all.</p> <p>Candice is looking for 3 liaisons for Interact & Rotaract. If you are interested, please contact her.</p> <p>Our second Global Grant for the year has been approved: Medical Equipment for Victoria Hospital</p> <p>We will be having Christmas in July on 25th July (when else? 🤔). Stacy, Karen and Monique will be organising.</p> |
| Slots | <p>Justin & Ruth: Looking for prizes, raffle items, etc for the Quiz Night on 27 August. Also asked for people to distribute flyers. Information has been given to JJ for Clubrunner distribution. Will ask for it to be put on the District Calendar. He gave out leaflets and asked members to distribute them as widely as possible.</p> <p>Karen asked for ideas for service projects. It is NOT the Board's role to think of all the ideas – it is up to individual members to bring the ideas to the Board.</p> <p>Keela & Stephen 'out of the blue' decided to go on holiday, to the island of Ireland. Much to the distress of Ann who is a bit put out (something to do with a dog...)</p> |
| Guest Speaker | <p>Our guest speaker was Sindiso Mfenyana, a member of the ANC who went into self-imposed exile in 1962 – under the guise of a table tennis tournament – and returned in 1991, to become South Africa's first Secretary of Parliament in the democratic South Africa.</p> <p>Sindiso spoke warmly about the people he met and places he went to on his journey for the ANC. The original destination was Russia, for training. His thirty-year exile, however, led him across Europe and Africa, where, towards the end of his exile, he was tasked with setting up various schools for the ANC. There was the realisation that Bantu Education had severely undermined the ability of the members and that the ANC had to consciously prepare for the future.</p> <p>He discussed the final days leading up to 1992, when talks were being held, when many members wanted to carry on with an armed struggle, marching on the Union Buildings. Wiser heads prevailed, and the talks, which had always been a request, were continued. Sindiso has documented his story in an autobiography 'Walking with Giants', which has as its primary focus political history, in particular the history of the ANC in South Africa and in exile.</p> <p>The club salutes Sindiso and all those who stood up for Justice in our country!</p> |
| Swindle | <p>With R1400 in the kitty (again? Many queries and requests to see the audited accounts), Sharon drew Dennis. However, the 5 of diamonds fell far short of the mark set by the queen of spades.</p> <p>The consolation attendance prize went to Sarge-for-the-night Alan, who was told he could now buy everyone ports.</p> |
| President's 'Rotarian of the Week' | Wife & husband team of Ruth & Justin was declared winner for the excellent work on the Adventures into Citizenship. The prize will be presented next week as they had already left for the evening. |

“Life is not a matter of holding good cards, but of playing a poor hand well.”
Robert Louis Stevenson

| Duty Roster | July | | | August |
|-----------------------------|---|------------|--------------|--|
| | 11 | 18 | 25 Social | 1 Club Meeting |
| Sergeant | Overbosch | Todd | CHRISTMAS | Bayes |
| Wynpress Editorial | Dietrich | Edwards | | Jackson |
| Wynpress Minutes | Edwards | Cleveland | IN | Maunder |
| Door Duty | Jackson | O'Driscoll | | Schonegevel J |
| Grace | White | Barnard | JULY | Bird |
| Loyal Toast | Thomas | White | | Bredenkamp |
| International Toast | Bird | Cleveland | | Edwards |
| Speaker Intro and Thanks | | Edwards | | N/A |
| Entertainment for the month | Overbosch, O'Driscoll Edwards, Schreiber | | | Smith, Todd, Dietrich, Munday, Cleveland |

Dates To Diarise

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|-----------|---|
| 11 July | '67 Blankets' will talk about their work |
| 18 July | James Edwards will tell us all about 'Geo-cacheing' |
| 25 July | 'Christmas in July' at Stacy's home. Details TBA |
| 1 August | Club meeting |
| 8 August | TBA |
| 15 August | TBA |
| 22 August | Gabriel Athiros, Author/Publisher of 'Cape Odyssey' |

Rotary



Club of Wynberg

If you enjoyed last week's Tailpiece about children and their concept of angels, here are some more:

Tailpiece: Why we love children

A nursery school pupil told his teacher he'd found a cat, but it was dead.
'How do you know that the cat was dead?' she asked her pupil.
'Because I pissed in its ear and it didn't move,' answered the child innocently.
'You did WHAT?' the teacher exclaimed in surprise.
'You know,' explained the boy, 'I leaned over and went 'Pssst' and it didn't move.'

A small boy is sent to bed by his father.
Five minutes later.....'Da-ad....'
'What?'
'I'm thirsty. Can you bring a drink of water?'
'No, You had your chance. Lights out.'
Five minutes later: 'Da-aaaad.....'
'WHAT?'
'I'm THIRSTY. Can I have a drink of water??'
'I told you NO! If you ask again, I'll have to smack you!!'
Five minutes later.....'Daaaa-aaaad.....'
'WHAT!!'
'When you come in to smack me, can you bring a drink of water?'

An exasperated mother, whose son was always getting into mischief, finally asked him 'How do you expect to get into Heaven? '
The boy thought it over and said, 'Well, I'll run in and out and in and out and keep slamming the door until St. Peter says, 'For Heaven's sake, Dylan, come in or stay out!''

One summer evening during a violent thunderstorm a mother was tucking her son into bed. She was about to turn off the light when he asked with a tremor in his voice, 'Mummy, will you sleep with me tonight?'
The mother smiled and gave him a reassuring hug.
'I can't dear,' she said. 'I have to sleep in Daddy's room.'
A long silence was broken at last by his shaky little voice: 'The big sissy.'

It was that time, during the Sunday morning service, for the children's sermon.
All the children were invited to come forward.
One little girl was wearing a particularly pretty dress and, as she sat down, the minister leaned over and said, 'That is a very pretty dress. Is it your Easter Dress?'
The little girl replied, directly into the minister's clip-on microphone, 'Yes, and my Mum says it's a bitch to iron.'

A little boy was doing his maths homework. He said to himself, 'Two plus five, the son of a bitch is seven. Three plus six, the son of a bitch is nine....'
His mother heard what he was saying and gasped, 'What are you doing?'
The little boy answered, 'I'm doing my maths homework, Mum.'
'And this is how your teacher taught you to do it?' the mother asked
'Yes,' he answered.
Infuriated, the mother asked the teacher the next day, 'What are you teaching my son in maths?'
The teacher replied, 'Right now, we are learning addition.'
The mother asked, 'And are you teaching them to say two plus two, the son of a bitch is four?'
After the teacher stopped laughing, she answered, 'What I taught them was, two plus two, THE SUM OF WHICH, is four.'