

Editorial

LOCKDOWN – 104 DAYS AND COUNTING

To beat the Covid-19 blues, now more than ever, it is important to take care of your mental health by remembering just how resourceful you can be. We have all been cooped up in our homes for weeks, so cabin fever is real!

For most people, there is nothing better than getting together with family and friends and when these interactions are taken away, it is natural to feel off.

While lockdown has certainly put a damper on our social lives, social distancing doesn't have to mean cutting yourself off from the world, as most of you know we have ZOOM to keep connected. We are living in a digital age and we are so fortunate to have tools that we can use to instantly connect with people around the corner or on the other side of the world.

The internet has unlocked our communications superpowers and provided a variety of ways to connect. While nothing beats sitting next to someone you care about and having a conversation, our phones, laptops and personal computers provide the next best thing by allowing us to be in the moment when communicating, without physically being there.

Ideas for staying connected with friends and family in a socially distanced world:

- 1) Unleash your inner movie critic!
- 2) Join online parties,
- 3) Have a cook along – which I know you all enjoyed when Dave adopted the Master Chef role
- 4) Take a virtual vacation – if you are dreaming about taking a stroll on the beach or hiking in the mountains, whisk your friends and family away into the world wide web and travel at the click of your mouse. Decide on your destination and give each person a chance to share their destination through pictures and/or videos. You could travel around the world in a day
- 5) How about a virtual happy hour – it's a great way to decompress and I know how much most of you love your wine; so organise a virtual happy hour and cheers to everyone who joins. Everyone can then enjoy a drink and spend time chatting together.
- 6) For those who enjoy the workout regimen – I can think of several members... boost your immune system: Try setting up a regular, common workout time with a friend or family member. You could even attend an online exercise class

In closing I recommend you give your C-19 blues a boot. We are capable of incredible things but our ability to adapt and overcome is perhaps the strongest.

I trust these recommendations will help everyone stay connected with all those that are close to you.

By Ann O'Driscoll

WYNPRESS

The Rotary Club of
Wynberg



Vol: 72 No. 3
16th July 2020

President

Justin Schonegevel 083 6278599

Secretary

Stephanie Thomas 072 4807049

Treasurer

Rob Murphy 083 7267060

Editorial Board

Barry Cleveland, Hugh Maunder,
Stacy Edwards

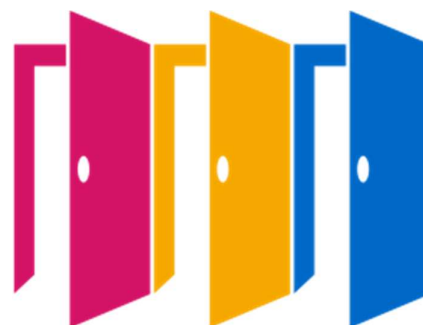
July in Rotary

New Leadership 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 Opens Opportunities

Minutes: 9 July 2020

Compiled by Justin Schonegevel

'Virtual' Attendance

13 members (including Hon. Member Topollo)

Fellowship

Birthdays: 11 July – John Vivian, Bertie Williams
15 July – Pam Munday, Graham Todd, Wenche Hovstad

From the President's chair

President Justin welcomed all present; and thanked Mike and Dave for their contribution of 'one-liners' at last week's induction.

Important dates:

All July: RI Breakout sessions.

18 July: Rotaract conference.

23 July: Christmas in July (details TBA).

5 August: Rotary Business Network (See email from Stephanie of 10 July).

Members' Moments

Keela advises that she and Stephen have had to move again – this time to Stephen's parents' home.

Slots

Justin suggested we look at club-branded face masks for use at events and projects in the future.

Keela thought that face masks should just be labelled 'Rotary', rather than specifically 'Wynberg Rotary Club'.

David suggested we approach Learn to Earn to supply masks.

Topollo asked whether Rotaract could come on board too?

Monique suggested sourcing Rotary branded rain jackets; and of course

Mike thought Rotary branded underwear would have more appeal (*fur-lined for winter?* – Ed)

Monique reported back on the supply of stationery worth R6500 to iThemba Primary School in Vrygrond for Grades R-3. Mike's company supplied second hand writing implements for learners to take home. Lots more potential for projects in the future – including a Library Corner from our next District Grant.

Membership Categories

Monique hosted a discussion on different types of club membership recognized by RI. Apart from known categories like Honorary, we could consider Family/Spouse membership, Corporate membership or Young Professional membership.

Discussion generally supported the notion to adopt these new categories.

Mike suggested we use our business networks to widen the field; also include Zoom as a low key introduction to prospective new members.

President's Final Word

What is a CONTRANYM? Single words that have two contradictory meanings (they are their own opposites) are known as 'contranymy', and are quite rare. Examples:

Bolt – to secure, or to flee

Bound – heading for a destination, or restrained from movement

Dust – to add fine particles, or to remove them

Fast – quick, or stuck/made stable

Left – remained, or departed

Peer – a person of nobility, or an equal

Sanction – to approve, or to boycott

Dates To Diarise: Zoom Meetings (Guests welcome, by request)

All July	RI Convention July Breakouts: https://convention.rotary.org/en/honolulu/july-breakouts
16 July	Rotary Goal Setting and its pertinence to WRC
23 July	Virtual Christmas in July
30 July	Val Cleveland: 'Will Democracy last?'

	July			August	
Duty Roster	16	23 Virtual Christmas in July	30 Val Cleveland on Democracy	6	13
Sergeant	Jackson	Murphy	Overbosch	Schreiber	Todd
Wynpress editorial	Murphy	Overbosch	Schonegevel J	Schreiber	Smith
Minutes	Edwards	Maunder	Cleveland	Edwards	Maunder
Loyal toast	White	Barnard	Bayes	Bird	Cleveland
International toast	Gowdy	Jackson	Klotz-Gleave	Maunder	Munday

800 million heartbeats

Question: Why do we humans live 75 years or so when our fellow mammals check out much earlier?

Answer: Life spans are puzzling: Mice live about three years, cats and dogs about a dozen. And elephants, in spite of lugging around several tons more than a mouse, cat or dog, live to a ripe old 35 or more. You begin to solve the puzzle, says Stephen Jay Gould in "The Panda's Thumb" when you realize all mammals except homo sapiens are good only for about 800 million heartbeats, 200 million breaths. Smaller animals, which lose heat much faster, need higher metabolisms (faster pulses, faster respiration) to stay warm, so they burn down their candle faster. You can watch your cat or dog breathing comparatively rapidly, its heart racing, its days numbered.

The lucky gift for humankind is that although we use up our 800 million heartbeats by age 25 or so, we go on for another half a century. For a mammal our size, we live about three times as long as we "should", perhaps because of our species' long gestation period and extended childhood.

Tailpiece

An old cowboy was riding his trusty horse followed by his faithful dog along an unfamiliar road. The cowboy was enjoying the new scenery, when he suddenly remembered dying, and realized the dog beside him had been dead for years, as had his horse. Confused, he wondered what was happening, and where the trail was leading them.

After a while, they came to a high, white stone wall that looked like fine marble. At the top of a long hill, was a tall arch topped by a golden letter "H" that glowed in the sunlight. Standing before it, he saw a magnificent gate in the arch that looked like mother-of-pearl, and the street that led to the gate looked like gold.

He rode toward the gate, and as he got closer, he saw a man at a desk to one side.

Parched and tired out by his journey, he called out; 'Excuse me, where are we?'

'This is Heaven, sir,' the man answered.

'Wow! Would you happen to have some water?' the man asked.

'Of course, sir. Come on in, and I'll have some iced water brought right up.'

As the gate began to open, the cowboy asked, 'Can I bring my partners, too?'

'I'm sorry, sir, but we don't accept pets.'

The cowboy thought for a moment, then turned back to the road and continued riding, his dog trotting by his side.

After another long ride, at the top of another hill, he came to a dirt road leading through a ranch gate that looked as if it had never been closed. As he approached the gate, he saw a man inside, leaning against a tree and reading a book.

'Excuse me', he called to the man. 'Do you have any water?'

'Sure, there's a pump right over there. Help yourself.'

'How about my friends here?' the traveller gestured to the dog and his horse.

'Of course! They look thirsty, too,' said the man.

The trio went through the gate, and sure enough, there was an old-fashioned hand pump with buckets beside it.

The traveller filled a cup and the buckets with wonderfully cool water and took a long drink, as did his horse and dog.

When they were full, he walked back to the man who was still standing by the tree; 'What do you call this place?' the traveller asked.

'This is Heaven,' he answered.

'That's confusing,' the traveller said. 'The man down the road said that was Heaven, too.'

'Oh, you mean the place with the glitzy, gold street and fake pearly gates? That's hell.'

'Doesn't it make you angry when they use your name like that?'

'Not at all. Actually, we're happy they screen out the folks who would leave their best friends behind.'

