



# HOWZAT!



## ROTARY CLUB OF NEWLANDS

“The club that appeals”



**President: Colin Burke**  
**Secretary: Lucian Pitt**



Be a gift to the world

Editor: Peter Ennis

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Rotary District 9350 website: [www.rotary9350.co.za](http://www.rotary9350.co.za)

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21 September 2015

## WEEKLY UPDATE

P O Box 44735  
CLAREMONT  
7735

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**MEETINGS:** Western Province Cricket Club Sports Centre, Ave De Mist, Rondebosch, every Monday at 18h00 for 18h15 (Except for first Monday of the Month which is a Partner's Meeting, 18h30 for 19h00).

**ATTENDANCE:** Notice of apologies and guests and/or meal specifics to email Vanessa Rousseau at [rousseau@iafrica.com](mailto:rousseau@iafrica.com) and copy to Melinda Stapleton at [mjstapleton@webafrica.org.za](mailto:mjstapleton@webafrica.org.za) before 10h30 on Monday mornings please.

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### Comment

**Vanessa Rousseau**

### THE DIABETES TSUNAMI

*In relation to the frightening realities presented by our speaker last week – Dr Nasief van der Schyff, Head of Medicine at Victoria Hospital –this article on Health24 expounds on the 'Prevalence of Diabetes in South Africa'.*

"The diabetes tsunami is here. And we in South Africa are in trouble." This is the stark warning of Dr Larry Distiller, founder and managing director of the Centre for Diabetes and Endocrinology in Johannesburg, over the ever-increasing diabetes numbers in South Africa.

"Three-and-a-half million South Africans (about 6% of the population) suffer from diabetes and there are many more who are undiagnosed," he cautions.

It is estimated that another five million South Africans have pre-diabetes, a condition where insulin resistance causes blood glucose levels to be higher than normal, but not high enough yet to be type 2 diabetes. The highest prevalence of diabetes is among the Indian population in South Africa (11-13%) as this group has a strong genetic predisposition for diabetes. This is followed by 8-10% in the coloured community, 5-8% among blacks and 4% among whites.

There are three types of diabetes: type 1 diabetes (a condition where the body stops producing insulin, an essential hormone produced by the pancreas to convert glucose into energy); type 2 diabetes (a condition that develops over time where the body is unable to use insulin properly); and gestational diabetes (a form of diabetes that occurs during pregnancy due to hormonal changes, genetics and lifestyle factors).

The majority of people in South Africa have type 2 diabetes, however many of these cases go undiagnosed as there are very few symptoms initially. Symptoms for diabetes include fatigue, excessive thirst and urination, slow wound healing and skin infections, blurred vision and regular bouts of thrush. As these symptoms can be very mild and develop gradually, many people fail to recognise them as warning signs of diabetes.

"It takes on average seven years for a person to get diagnosed with diabetes for the first time," Distiller says. "Sadly, the result is that about 30% of people with type 2 diabetes have already developed complications by the time they are diagnosed."

Diabetes complications are serious and include heart disease, stroke, blindness, amputations and kidney failure. In most cases these complications could have been avoided entirely by early diagnosis and proper treatment.

Globally, 366 million people have diabetes. The International Diabetes Federation (IDF) predicts this number to rise to 552 million by 2030.

The greatest increase in diabetes is expected to be in Africa – it's predicted that the incidence of diabetes in Africa will have almost doubled by 2030. (There are currently 14.7 million diabetics in Africa, however, according to the IDF around 78% of Africans with diabetes are undiagnosed.)

The main causes for the dramatic rise in diabetes in Africa are urbanisation and obesity. Millions of people are migrating from rural to urban areas in pursuit of work and better opportunities. In a short time their lifestyles change dramatically: they adopt a westernised diet high in fat, sugar and salt, and get far less exercise than they were used to.

Read more at Health24: [Diabetes-tsunami-hits-South-Africa](#)



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**Happy  
Birthday**

**23 September  
Stuart McLeod**

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## Previous Meeting

**Minutes of the meeting on 14 September 2015**

**Scribe: Vanessa Rousseau**

Sergeant Peter Henshilwood opened the meeting.

Acting President Wybe welcomed guests: Don Peters (RC Hout Bay); Bridget Molzen (special guest of Andy Ismay); Ann Taylor (friend of Menno) and speaker Dr Nasief van der Schyff, colleague of Daphne Lyell.

**4-way test:** Nora See

**Grace and toast:** Graham Lowden

Andy Ismay introduced the speaker. Dr van der Schyff is the Head of Medicine at Victoria Hospital, Senior Lecturer at UCT, Coach and Chairman of Tramway FC.

Dr van der Schyff said the biggest global health challenge is poor diet and inadequate physical activity. Victoria Hospital serves 1 million people. 74% of deaths of patients seen by the hospital are caused by diseases of lifestyle.

In 2009 he joined Tramway FC in Southfield. The mission of the club is to:

- Integrate diverse communities
- Teach life lessons: respect, teamwork, hard work, discipline, tolerance, perseverance
- Integrate refugees and address xenophobia
- Host and feed township teams
- Provide a viable alternative to drugs and gangsterism
- Promote an adult fitness programme for parents and family members. As part of the programme, there is also access to a psychologist, dietician, biokineticist. The Sports Science Institute has conducted a study (Sweat Heart Study) on the programme and the results show significant weight reduction amongst participants.
- Assist junior players with education needs such as school shoes. The goal of the club is to start a homework club in 2016.

Challenges faced include: transport, state of the facility, equipment and apparel, training volunteer parent coaches.

Bill Holland thanked the speaker.

**Wine swindle:** won by Melinda Stapleton.

### **Spots:**

Brian Pickup: Advised members of the Community Services meeting following the main meeting.

Bill Holland: 3 October is the Dragon Boat Race. Volunteers needed to man the 2<sup>nd</sup> boat.

Andy Ismay: Introduced Bridget Molzen who thanked the club for their support by providing teddy bears for the children at Red Cross Children's Hospital. She also thanked Regine le Roux for the excellent publicity. Bridget is also involved in a homework project for Grade 3 learners at a school in George. Black learners are expected to write their Grade 3 exams in English, but don't have the language skills to understand the exams and pass. Jana Forrester suggested a link-up with HELP. Tinus de Jong invited Bridget to collect books from Books of the World. Peter Henshilwood thanked Bridget for her great efforts.

Graham Finlayson: Thanked members for volunteering for the CT Marathon and wished everyone well for Sunday.

Johan Beukman: Awarded the Stirrer's Spoon to Past President Wybe in recognition of a great year as President and for serving as Acting President in Colin's absence. Reminded members of Youth Services meeting after the main meeting.

Regine le Roux: Reminded members of fundraiser for HELP on 19 Sept. Valuation of antiques by Stephan Welz. R100 per item. Proceeds to HELP.

Daphne Lyell: Still looking for volunteers for the Rotary Family Health Days on 7, 8 and 9 October. Please contact her.

Request to bring old sports equipment/apparel or donations of new items to meeting on 28 September to donate to Tramway FC.

Lucian Pitt: Presented Acting President Wybe with a banner from RC Budapest which he visited recently.

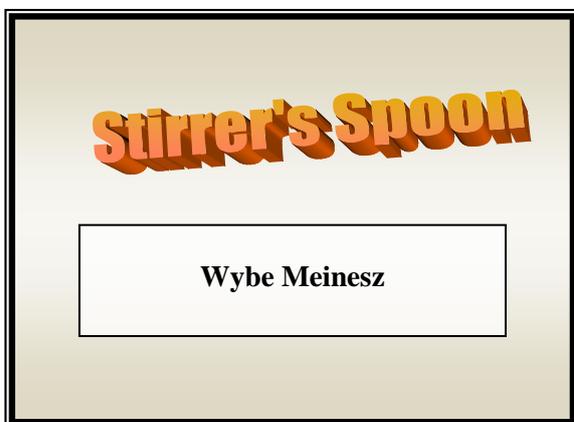
### **President's Slot:**

Wybe reminded members of the board meeting on 23 Sept. Venue to be confirmed.

Congratulated Graham and all Rotarians involved in the organisation of the CT Marathon. Aiming for IAAF Gold Status, so everyone needs to do their best on the day.

Welcomed Eric Diazenza, Interact teacher at the Leap School and a prospective member.

Sergeant Peter asked for Happy Rands and then closed the meeting.



[Newlands Rotary Club Runner Calendar](#)

### **FUTURE FIXTURES**

#### Year Planner

Please advise the secretary promptly of any additions or changes

#### September 2015

**Mon 21 Stop Hunger**  
Mon 28 Business

#### October 2015

**Sat 3 Dragon Boats**  
Mon 5 Partners, Santa Shoebox packing  
**Wed 8 Rotary Family**  
**- Fri 9 Health Days**  
Mon 12 Ordinary  
Mon 19 Membership evening  
**Sat 24 Mini Conference, Worcester**  
Mon 26 Business

#### November 2015

**Sun 29 Stellenbosch Fietstoer**

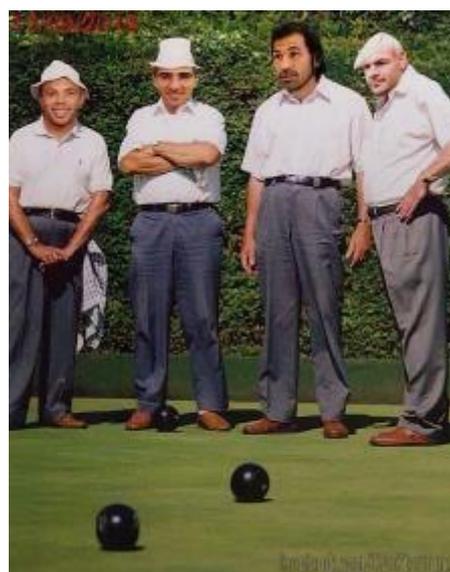
## UMPIRES AND SCORERS

DATE	21 September	28 September	5 October	12 October
MEETING	Ordinary	Business	Partners	Ordinary
SERGEANT	Janey Ball	Garnet Carr	Michael Walwyn	John Stephenson
4 WAY TEST/ OBJECT	Regine le Roux	Heidi Andersson	Pieter van Aswegen	Tony van der Lith
GRACE & TOAST	Jenna Monk	Corinne Hudson	Johan Beukman	Wybe Meinesz
ATTENDANCE	Glynis Menné	Peter Henshilwood	Graham Finlayson	Rochelle Malherbe
FELLOWSHIP	Brian Pickup	Richard Burnett	Shân Biesman- Simons	Andy Ismay
MINUTES	Terry Lancaster	Graham Lowden	Daphne Lyell	Nora See
COMMENT	Jana Forrester	Paul Spiller	Lucian Pitt	Tinus de Jongh
THANK SPEAKER			Mike Young	Willie Wijenberg
INTRO SPEAKER			Ian Pursch	Melinda Stapleton

**Invited  
GUEST SPEAKERS**

5 Oct **Linda Scott** – *Brothers for All*  
12 Oct **Sophie Woolley** – *Sophie's story*

If you cannot do your job on the day, please find someone who can do it instead of you, then contact the Sergeant on the day to update the roster. Please don't leave this until the Monday afternoon – let the Sergeant know in advance if you have not been able to arrange a swap. If you are going to be away for particular future meetings let Peter Ennis know.



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## **Rotary Club of Newlands Office Bearers**

Colin Burke	President	colinburke@mweb.co.za
Lucian Pitt	Secretary	secretary@newlands.org.za
Peter Ennis	Treasurer	treasurer@newlands.org.za
Chris Beech	President Elect	chris@aaam.co.za
Brian Pickup	Community Service	brianp@automac.co.za
Melinda Stapleton	Club Service	mjstapleton@webafrica.org.za
Jenny Ibbotson	International & Vocational Service	jennyi@mweb.co.za
Chris Beech	Membership	chris@aaam.co.za
Wybe Meinesz	Past President	wybe@insectcontrol.co.za
Regine le Roux	Public Relations	rotary@reputationmatters.co.za
Johan Beukman	Youth Service	jbeukman@netactive.co.za

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## **Books for the World**

**For all educational school books and novels for  
age from early education to High school**

**CONTACT: FRANCOISE NDAYIZIGIYE 0737317056**

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