



5
of 2020/2021
ROTA VIEWS
4 August



The Weekly Newsletter of the Rotary Club CAPE OF GOOD HOPE

Our Tuesday meeting was disrupted by a Wi-Fi Fibre blackout in the Glencairn area which caused the cancellation of our weekly Club meeting.

President Koos rescheduled the Zoom meeting for Friday night and it took place without incident.

With Covid-19 & many other things, what we have learned is this



PRESIDENT
 Koos Burger 083 484 0294
info@rotaryyouthcamps.co.za

SECRETARY & EDITOR
 Bev Frieslich 082 825 6053
bevrieslich@telkomsa.net

TREASURER
 Irene Butterworth 082 650 6394
irenebutterworth4@gmail.com

WEBSITE
www.rotary9350-capeofgoodhope.co.za

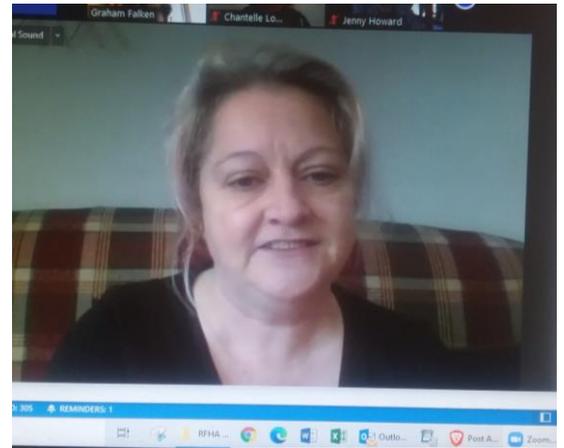
FACE BOOK
 Rotary Club Cape of Good Hope

August is Membership & Extension Month

District 9350 Youth Directors TrainingSaturday 1 August 2020

This took place in a Zoom webinar, with **Barbara Hurwitz**, the D9350 Youth Director, giving us every reason to be proud. The training covered **EarlyAct, Interact, RYLA and Rotaract** all with excellent content and clearly discussed by both **Barbara and Shaun Oberholzer** who form part of the District Youth Committee. The event was well attended with over 50 delegates which included seven of our own club members led by **President Koos Burger, IPP Gillian Anderson, Eddie Stevens (Club Youth Director) Irene Butterworth, Marge Upfold, Bev Frieslich** and of course **Barbara Hurwitz** herself. Both **DG Carl-Heinz and PDG David Holtzhausen** were there as well.

The discussions were lively and informative, and everyone felt it was 2 hours very well spent. **Congratulations to Barbara and her Youth Team – Proud of you !!**



CITATIONS AND AWARDS

- Interact Citations
- EarlyAct Awards
- Club Awards
- School Awards



Children are motivated by reward!

CAMPS

- Which learners should attend camps
- Camp rules and regulations
- Forms and disclaimers
- Travel to and from camp
- Child Protection Policy



Discussions from the Friday Club night meeting included:

1. The DG VISIT:

- The Board is requested to be in the **Zoom chat room by 6pm on Tuesday 4 August**
- **DG Carl- Heinz and AG Lizelle De Wet** will come into the room at 6:15.

Led by President Koos, each member will have an opportunity to speak with the DG and report on any activities in their portfolios

- **Presentations:**

(a) **PHF recognition** The Friday meeting agreed that Pres Koos present a PHF recognition as the DG visit is always a special occasion and lends itself to these important events

This will be the first handover and will be done in conjunction with President Koos reading the citation DG and DG Carl-Heinz responding

(b) **Dragon Boat Regatta – Virtual money handovers:**

- **Marge** will present to the **'Friends of Child Protection'**
- **Bev** will present to the **SA Guide Dogs Association**

2. The suggested False Bay Hospital LAUNDRY Project.

In line with the *'Projects Generic Evaluation Process'* introduced by President Koos, **Susan** has formed a sub-committee which will draw up & present a proposal for assessment to the Valuating committee using the newly devised Objective Score card. The decision of whether to go with the project will then be assessed against any other projects presented at the same time.

It was agreed that funding for the laundry equipment may be sourced from crowd funding, overseas Clubs etc and will require extensive marketing. This project is akin to the projects undertaken by Wynberg RC at Victoria Hospital and Newlands RC at Red Cross Children's Hospital

3. The Feeding Schemes. Marge undertook to investigate the Pastor Shaddy (sp?) feeding at Red Hill.

She will form a sub-committee and liaise with the various entities involved in the feeding of the hungry.

It was noted that the NET was having an open day with items on sale at their venue at 7 Kommetjie Road on Saturday 1 August.

4. Jean's Rockery - Jean has generously offered to sponsor the third rockery at the intersection of Quarry and Kommetjie Roads, meaning that this project will be at no cost to Rotary. We thank Jean very much.

Eddie has agreed to assist on her committee and that sub-committee will have a Zoom meeting to discuss their plans. Jean has asked **Maughreen and Thereasa Strano** to be responsible for the watering of this garden as they live nearby.

The Spekboom garden will be watered on Sunday 2 August at 3pm. All welcome to assist Jean with this.

10 Factors linked to the increased risk of Alzheimer's disease

Mark Dallas, Associate Professor in Cellular Neuroscience, University of Reading



Although there's still no cure, researchers are continuing to develop a better understanding of what increases a person's risk of developing Alzheimer's disease. A recent study that looked at 396 studies has even been able to identify ten risk factors that are shown to increase the likelihood of developing the disease. Here are the factors researchers identified – and why they're associated with a higher risk.

1. Education level A lower education level is associated with an increased risk of Alzheimer's disease. Previous evidence shows the longer you spend in education, the [lower your risk](#) of developing dementia. [Research](#) looking at the brains of people from different educational backgrounds also showed that people who were more educated had heavier brains. As you lose [one third](#) of your brain weight because of dementia, a heavier brain may make you more resilient.

2. Cognitive activity Evidence shows that [keeping our brains active](#) can also fight against dementia. Activities such as word puzzles stimulate your brain and can strengthen connectivity between brain cells. This [connectivity is broken down](#) in dementia. This latest study shows that we need to continue keeping our brains active, even in older age. Other studies agree that challenging our brains does indeed [reduce our chances](#) of developing dementia.

3. Hypertension in mid-life Healthy hearts have long been [linked to a healthy brain](#). Here, the current study indicates that high blood pressure (hypertension) in middle age increases Alzheimer's risk. Higher incidence of heart disease in those suffering from [high blood pressure](#) impacts on the blood and nutrient supply to the brain. Interestingly, this association still exists even for those [who have](#) high blood pressure on its own. The bottom line is that [reduced blood supply](#) to the brain is linked with Alzheimer's.

4. Orthostatic hypotension the study also highlighted orthostatic hypotension as a risk factor. This is when someone experiences low blood pressure when standing after sitting or lying down. Because the body is unable to maintain sufficient blood supply to the brain during posture changes, this can have a [long-term debilitating influence](#) on [brain activity](#), as a result of lack of oxygen to the brain, which increases risk of dementia.

5. Diabetes The study found diabetes was associated with higher incidence of Alzheimer's. As diabetes makes our body unable to properly regulate insulin, this changes both the way our brain cells communicate and our memory function – both of which are [disrupted in Alzheimer's disease](#). [Insulin is essential](#), as it regulates the metabolism of carbohydrates, fats and protein by helping blood glucose absorb into the liver, fat and muscles. Alzheimer's disease appears to disrupt the brain's ability to [react to insulin](#).

6. BMI A higher body mass index (BMI) in under 65s is linked to increased risk of dementia. The study suggests a body mass index between 18.5 and 24.9 for those under 65 – a healthy weight, in other words – may lower dementia risk. However, [being underweight](#) in middle age and later life can increase dementia risk. It's thought that a mixture of genetics, cardiovascular diseases and inflammation all contribute to this association between [BMI and dementia](#).

7. Head trauma Past head trauma is a risk factor – and there is clear evidence that [head trauma](#), such as a concussion, can contribute to the [development of dementia](#). This link was [first observed in 1928](#). However, it's uncertain whether single or repetitive head trauma is the contributing factor. It's clear that brain damage from head trauma is similar to that of dementia. This makes people more susceptible to [further damage later](#) from dementia.

8. Hyperhomocysteinaemia High levels of the chemical homocysteine are a risk factor. Homocysteine is a naturally occurring amino acid involved in the production of our body's defence mechanisms, including antioxidants that [prevent cellular damage](#). Elevated blood levels of homocysteine in people with dementia was [first reported](#) in 1998. Studies have since shown that [reducing levels](#) of homocysteine may [protect against dementia](#). Animal studies suggest elevated levels of homocysteine [damage brain cells](#) by interfering with their energy production. Consuming more [folate and vitamin B12](#) can lower homocysteine levels – and may [reduce dementia risk](#).

9. Depression Those living with Alzheimer's also often [suffer from depression](#), though it's uncertain if depression causes Alzheimer's or is just a symptom of the disease. However, a wealth of evidence supports that depression is indeed a risk factor, as this latest study has found. Research has even [indicated a link](#) between the [number of](#) depressive episodes – especially ten years prior to dementia onset – and higher risk. Depression increases levels of harmful chemicals in our brain. An imbalance in these chemicals can lead to [loss of brain cells](#). This, coupled with the loss of brain cells in dementia, increases likelihood of Alzheimer's.

10. Stress Lastly, stress was identified as a risk factor. Long term stress targets our body's immune cells, which are important in [keeping dementia at bay](#). In particular, the hormone cortisol is shown to contribute to stress and can [impact on memory](#). Aiming to reduce stress and [cortisol levels](#) can therefore reduce the chances of [developing dementia](#). This study offers a complex picture of how we can combat the onset of Alzheimer's – as well as ten areas that scientists need to concentrate on researching in the future. Though the findings may seem bleak, there is some promise in that many of these risk factors can be managed or modified through lifestyle changes, including [diet and exercise](#).

Club Meeting & Speaker Programme July - September 2020

SPEAKER	28 July	Zoom		7pm
Handover of cheque	31 July	Live With dogs	Handover to SA Guide dogs from Dragon Boat Regatta Uitsig Park in Marina Da Gama – All welcome Speak to Bev or Andy Rumbelow for more details	2pm
DG Visit	4 August	Zoom	DG VISIT Carl- Heinz Duisberg & Membership opportunity Handover of Dragon Boat Regatta Donations	7pm
PH	10 August	Monday	Monday – Public Holiday	N/A
Meeting	11 August	Zoom	Sub – Committees report back Meeting	7pm
BOARD	17 August	Zoom	BOARD MEETING – 1 week later due to PH on 10th	5pm
BUSINESS	18 August	Zoom	BUSINESS MEETING	7pm
Guest Speaker	25 August	Zoom	Guest Speaker – Dr James Rawlings	7pm
Membership	1 Sept	Zoom	Proposed - Membership Drive meeting	7pm
Committee Feedback	8 Sept	Zoom	Sub - Committees – report back meeting	7pm
BOARD	14 Sept	Zoom	Board Meeting	5pm
BUSINESS	15 Sept	Zoom	BUSINESS MEETING	7pm

Meeting Agenda details and Rotarian Duties

	DG Carl Heinz Visit – OFFICIAL VISIT	TUESDAY 4 AUGUST
6pm	Board meets in the Zoom room	
6:15- 6:45	DG Carl Heinz and AG Lizelle de Wet enter the room	General discussion
6:45-7:00	Guests & Members welcomed in	
7:00	WELCOME by PRESIDENT	All special guests & members
7:05	LOYAL - TOAST to SOUTH AFRICA	Bev Frieslich
7:07	TOAST to RI & other appropriate clubs	Susan O' Hagan Ward
7:09	TOAST to Frontline Workers	Marge Upfold
7:11	SECRETARIAL NOTICES	Bev Frieslich
7:12- 7:20	PHF Recognition	DG Carl- Heinz & President Koos
7:20	Handover to Friends of Child Protection	Marge Upfold
7:25	Handover to Friends of Child Protection	Bev Frieslich
7:30	Introduce SPEAKER Address by DG	AG Lizelle De Wet DG Carl Heinz Speaks to the Club
7:50	THANK SPEAKER	President Koos Burger
7:52	SERGEANT	Eddie Stevens
7:59	FOUR WAY TEST	Peter Gray
8:00	THANKYOU & GOODBYE	President Koos