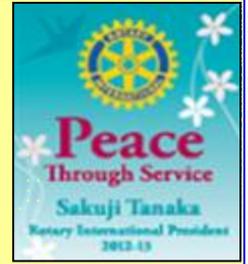


ROTARY GRIQUA

The Official Bulletin of
The Rotary Club of Kimberley
(Chartered 20 August 1951)

12 November 2012



Meeting Report - 5 November

**Rotary District
9320**

RI President
Sakuji Tanaka

**District 9320
Governor**
Dave Briggs

**AG Kimberley
& Bloemfontein**
Barry Downs

Club President
Pete van Zyl

Club Board
Allison Fletcher
Ken Quinn
Peter Thomas
Corlia v Tonder
Amanda van Zyl
André Oberholzer
Philip Maritz

Club Meetings
Kimberley Club
Monday
12:45 for 13:00

Bulletin Editor
Barry Downs

President Pete opened the meeting with a greeting and warm welcome to this Monday meeting and invited Corporal Judy to proceed with grace, the Four Way Test and a toast to South Africa.

Pres Pete reported on the NCH School Interact end of year function and that Interactors from Girls' High and Boys' High had attended, as well as the teacher involved and a few learners from Diamantveld Hoer Skool who plan on starting a club at their school. Some of the NCH Interactors and Amanda had an information-sharing session with this group and assured them of their assistance and support in the forthcoming year.

Pete and Amanda and some Interactors visited a school in Warrenton where Josh, who visited our Club a while ago works for the Peace Corp.

The Coca Cola Foundation has asked Rotary Clubs to be involved and manage a project with the Dept of Health. Pete will speak to the South Club about sharing this with us.

Pete also reminded us of the following upcoming functions:

- Thursday 29 November – DG Dave Briggs's club visit. Please all try to attend this evening meeting.
- Saturday 1 December – Christmas function at Erasmi farm – details to follow.
- Monday 3 December – NO ROTARY

Judy regaled us with some "info" on cardiologists and psychologists and to put it in Scribe Barry's words "thereby achieved its object of filling the TRF's coffers".

Gill announced the upcoming duties and Ken informed us that the attendance for the meeting is 78.9%.

Tailpiece: *Courage is what it takes to stand up and speak. Courage is what it takes to sit down and listen.*

Last meeting's attendance—79%

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Techniques to Control Emotions

by Jim Halderman

Immediate Past District Governor, District 5450

(A make-up article from <http://www.rotaryclubone.org>)

Relaxation

When you become stressed, often the first thing to happen is a tightening of the muscles in your chest, thereby restricting breathing and oxygen intake. Deep breathing and other relaxing imagery can lower stressful feelings and lessen the amount of harmful chemicals by increasing blood flow and oxygen in your system. Going for a walk, jogging, or other physical exercise will also help you calm down and increase beneficial chemistry in your body. Mentally visualize or remind yourself of good experiences or better times. Is there music you find relaxing or a good book? Certainly prayer or meditation can be beneficial to alleviate stress.

Show Empathy and Respect

Everyone has strongly held beliefs that make you who you are. Sometimes it is wise to question those beliefs to make sure they are still working for you. In a society comprised of differing views, cultures, and attitudes, you will frequently need to communicate with someone with opposing opinions. Certainly in this politically sensitive era, you may have close friends with beliefs that are contrary to what you know as "truth." It is important to respect the views of others as you expect yours to be respected in turn. Assertive, positive communication does not require anyone to change or give up a view. However, it may require that you begin sentences with ameliorative phrases such as *In my opinion, I strongly believe*, or other forms of "I" messages as a gentle way of communicating your position without making the other person wrong. This helps prevent walls of miscommunication and encourages others to listen to your point. If you hear yourself using any form of *should, could, or ought*, ask yourself if you are attempting to impose your "truths" on others. Whenever I slip into that mode, I am reminded of Blaise Pascal's words: "Anyone changed against their will is still of the same opinion." True dialogue can occur only in an environment where both parties feel listened to and respected, knowing they have equal right to their opinions.

Count to One

Anger is often referred to as a secondary emotion, like an iceberg where 90 percent is concealed beneath the surface. You feel hurt, cheated, used; you get angry. Sometimes anger is used to hide embarrassment, guilt, and inabilities. You may have to ask what really is going on here before you jump to conclusions. If your child comes home later than the agreed time, you get mad at the child, yet the real emotion may have been fear, doubt, or mistrust. One technique is to experience the emotion before expressing it. I'm referring to that one second of time when you are able to consider your best response. Rather than counting to ten, just count to one. That can be the difference between losing and keeping your job. You will interrupt the automatic action of your limbic brain and be more responsive to the issue at hand. It will give you the control to respond with choices, as opposed to reacting in the heat of passion.

Stop Negative Self-Talk

I often picture the automatic brain as lonesome, yearning for someone to share its opinions with, whether asked for or not. It is constantly chattering and babbling like the monkey. The automatic brain is judgmental in the information it feeds us. A simple technique to slow the chattering mind, to regain control of your thoughts to help you think differently, or re-frame a negative attitude, is to merely think the word "stop." This will interrupt the flow of negative thoughts, either about others or your own self-doubt. It allows you to change how you think about a situation or an individual. It

puts you back in charge of your thoughts—and your attitude.

Rehearse Your Next Meeting

If you have had two or more negative experiences with an individual or situation, you will approach the next encounter with trepidation. The body has a memory, and any past discomfort will be revealed by your stance, voice, or other physical characteristics. Your attitude, emotions, and feelings will manifest in your physical presence. Every thought accumulated in your limbic brain is expressed on your body.

Psychotherapist Alfred Adler said, “Trust only movement. Life happens at the level of events, not of words. Trust movement”. Ralph Waldo Emerson observed that “If the eyes say one thing and the words another, I shall take the message of the former.” If you approach an individual with trepidation, it will show. Not only is it necessary to check the messages of your body language and the tonality of your words, you might also want to rehearse your comments and style prior to the next meeting. Think of ways to say how you feel in an assertive manner that will communicate your ideas in a positive way.

Apologize

The most difficult tool to use—yet the most powerful one—remains an apology. It is painful and feels like you are wimping out, giving in, or even becoming subservient. To apologize for something when it may not even be your fault feels downright wrong. However, keeping your eye on the goal of communicating your ideas to a receptive audience sometimes requires a step backward in order to take several forward. Think of it as a tool to bring down obstructive walls, to create empathy in the listener, and regain rapport. It won't feel so bad when you realize that an apology will give you back your power, create a listening ear, and inspire people to support you. There is a natural tendency in most people to rescue. It feels good when you truly help others. That same drive will often lead people to rescue you when you apologize. They are then more willing to share responsibility for the conflict, and rapport can be redeveloped to begin moving forward.

Tie a String on Your Finger

Instead of a string on my finger, I like to put something unique in my pocket that will remind me of a bad habit I wish to change in myself. When I realize that parts of my own behavior do not always serve me well, I jot down one or two words on a piece of paper or a sticky note to serve as a gentle reminder as I go through the day. I choose one specific behavior that I want to change. Generally it takes only a few days to a week, and maybe later a reminder, to alter a behavior. The critical factor is intent. If you truly intend to change, it is not difficult. When you focus on the pain that acting out your anger brings, versus the good that happens when you eliminate that behavior, change is simple.

Getting angry is inevitable—how you respond remains a choice. So often in classes I hear three mantras or common excuses: “They made me do it,” “It's not my fault,” and “I had no other choice”. The truth is **you** are responsible for your actions. Your actions are **your** choice, and **you** always have a variety of ways to respond. Positive assertive behavior is not a class subject taught in school. You have learned different ways of coping as you moved through society. These lessons came from your environment, gene makeup, and the choices you made. As you take classes to enhance your job skills or to excel in a sport, you might also find it beneficial to take a cognitive behavioral training course to improve your communication skills. Live with joy in your heart.

PDG Halderman is owner of Halderman and Associates, a training company that teaches presentation skills and anger/conflict management to companies and individuals.



Kimberley Rotary Club Calendar

(Meetings: 12:45 Monday lunchtime at the Kimberley Club—unless otherwise stated)



November—Rotary Foundation Month

- 17 Area selection of GSE Team members
- Ongoing Tree-of-Joy
- 29 Thursday—Official Club Visit by DG Dave Briggs

December—Family Month

- 1 Saturday—Christmas Party at the Erasmi's "African Farm"
- 3 No Meeting
- 17 No Meeting—Public Holiday (?)

January—Rotary Awareness Month

February—World Understanding Month

Dates & Duties

If you are unable to perform a duty, please make sure you arrange a replacement.
(and please advise Barry—by email or SMS—of all changes)

Fellowship

12:30 Welcome Rotarians & Guests. See that Rotarians wear their name tags and that guests are welcomed.

- Nov 12 Judy Morrison & André Oberholzer
- Nov 19 Div Pretorius & Gill Quinn
- Nov 26 Ken Quinn & Suzette Rautenbach
- Dec 3 No Meeting

Corporal

Grace, 4-Way Test, Toast to SA – Fines – Tailpiece.

- Nov 12 André Oberholzer
- Nov 19 Div Pretorius
- Nov 26 Gill Quinn
- Dec 3 No Meeting

Birthday Greetings

- Nov 17 Charlene Daubney (Honorary)
- Nov 18 Lawrie Shuttleworth
- Nov 23 Allison Fletcher
- Nov 26 Peter Daubney (Honorary)

Wedding Anniversaries

- Nov 29 Andries & Sharon Erasmus
- Dec 11 Mark & Allison Fletcher
- Dec 18 Chris & Ona Louw
- Jan 12 Peter & Maryna Thomas

Induction Anniversaries

- | | | |
|--------|------------------|------|
| Nov 14 | Peter Thomas | 1991 |
| Nov 14 | Nanine van Olmen | 2011 |
| Nov 14 | Chris Louw | 2011 |
| Nov 20 | Judy Morrison | 2006 |

Coffee Club



10:00 at the "Hole in the Wall"

- Nov 13 Peter Thomas
- Nov 20 Nanine van Olmen
- Nov 27 Barry Downs
- Dec 4 Dwain Evans

Coffee Club Birthday Greetings

Changes—please advise Barry Downs

- Nov 13 Meng Chan Yan
- Nov 20 Brian Lloyd
- Dec 4 George Lehman
- Dec 20 Alec Woodrow

Disclaimer

The views expressed in this newsletter are those of the editor and the contributors. They do not necessarily reflect the views of the Rotary Club of Kimberley, of Rotary District 9320 or of Rotary International.

Griqua Goodies

Equal opportunity means everyone will have a fair chance at being incompetent.

—Laurence J. Peter

The fact that this quote appears in the middle of Kimberley's ongoing water crisis is purely coincidental.