



ROTARY GRIQUA

OFFICIAL BULLETIN OF THE ROTARY CLUB OF KIMBERLEY

7 January 2019

<http://rotarykimberley.org.za/>

INNOVATIVE NEW YEAR'S RESOLUTIONS

1. Get your photo taken in interesting places Make it a New Year's resolution to visit five interesting places you've always wanted to see. Even better, make a visual record of the year by making sure you get a photo of yourself taken in each place.

2. Learn a decent party trick You know that party trick you've got, the one that always comes out after a couple of drinks? Think about it; is it really so impressive in the cold light of day? If the answer is no, it's about time you learned a new trick; one that will really impress. Mastering a new skill – no matter how pointless – can increase your self-esteem, as well as earning you some serious social kudos at the next party.

3. Break a record Want to give your confidence a boost and work towards a new challenge? Then make this the year that you break a record! You could aim at breaking a personal fitness record or, if you want to aim a little higher, set your sights on a world one. With lots of diverse and bizarre records out there, this may not be as difficult as you think!

4. Make a new friend a month Friends are great for your health, and the more you have of them the better. So, why not make it a New Year's resolution to start collecting them? To expand your social circle, try to make one new friend a month by making a conscious effort to attend more social events, chat to strangers and get introductions to friends of friends.

5. Develop a good relationship with your body Many traditional New Year's resolutions centre around improving our bodies in some way, whether by taking up a diet or joining a gym. Make it your resolution to start to love the body you've got instead.

6. Learn something you never learned as a child You may run your own company, pay your own bills and parallel-park like a pro, but do you know how to do a handstand or ride a bike? For this New Year's resolution, nurture your inner child and learn that thing that you never learned to do.

7. Try a new food each week Rather than cutting out foods from your diet as with so many New Year's resolutions, opt to add more foods into your diet instead (bonus points if they're green!). Enhance your enjoyment of food by making a resolution to try a new food each week.

8. Make the usual unusual It's easy to get into a rut where we do the same things day in and day out, with our days passing us by as a routine-filled blur. Spice up your routine by vowing to do one small thing differently each day or week. Wear something you wouldn't normally wear, travel a different route, or order a different coffee perhaps.

9. Sort out a financial worry To help get your year off to a good start, try getting your finances in order by making a resolution to sort out one area of financial worry. Perhaps you spend a fortune on petrol or maybe it is your food bills that are blowing your budget? Try to think of some alternatives to the main causes of financial stress.

10. Do something nice for others every day Many of our resolutions are inwardly focused, concentrating on ways to become thinner, healthier, wealthier people. However, remember that there is a whole world out there too. Why not make a resolution to do one nice thing a day for someone else - whether it's something small like giving a compliment, or something potentially life-saving like donating blood or sponsoring a child in need?

ROTARY CLUB OF KIMBERLEY

2018-2019

Chartered 20 August 1951
Rotary District 9370

RI President: Barry Rassin
District Gov: Gianna Doubell
Asst Gov: Barry Downs
Club Pres: Corlia v.Tonder
Secretary: Gill Quinn

Club Board:
Barry Downs
Colleen Fairweather
Ken Quinn
Peter Thomas
Amanda van Zyl
Pete van Zyl

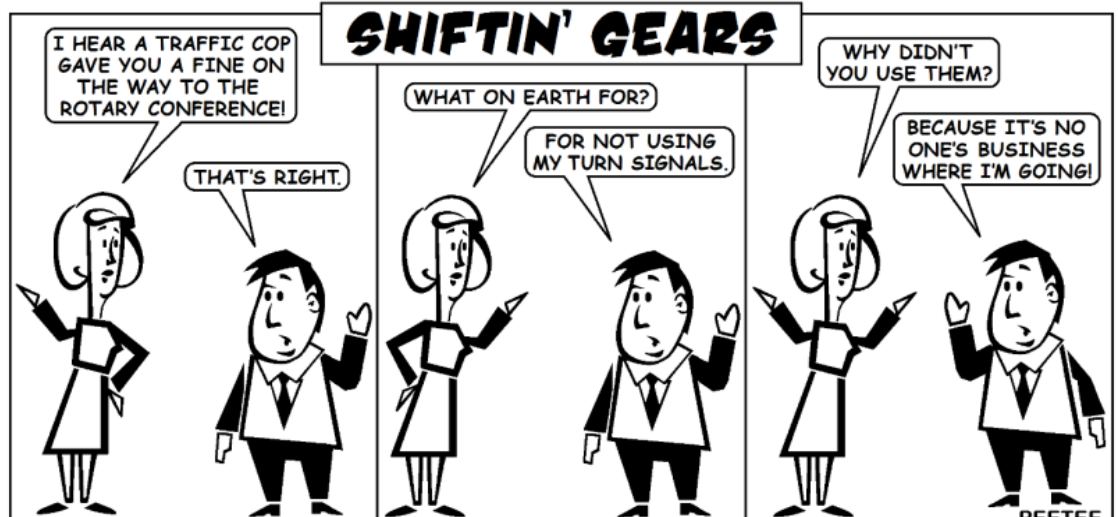
Bulletin Editor: Peter Thomas

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

INFO: 082 898 3805

**SAVE
THE
DATE**

**Guest Speaker on Monday 4th February:
Laura Arnold - "Holidaying in Sierra Leone"**



CALENDAR & DUTIES

JANUARY

Vocational Service Month

- 7 Jan: Social Meeting 12:45 for 13:00
14 Jan: Business Meeting 12:45 for 13:00
21 Jan: Social Meeting 12:45 for 13:00
28 Jan: BOARD MEETING 12:45 for 13:00

*"Your time is limited,
so don't waste it living
someone else's life"*

Steve Jobs

DUTIES

*If you are unable to do a duty, please
make arrangements for a substitute.*

WEEK OF 7 JANUARY

FELLOWSHIP: Hein Knoke
CORPORAL: Philip Maritz
TUES COFFEE CLUB: Corlia van Tonder

WEEK OF 14 JANUARY

FELLOWSHIP: Philip Maritz
CORPORAL: Gill Quinn
TUES COFFEE CLUB: Pete van Zyl

WEEK OF 21 JANUARY

FELLOWSHIP: Gill Quinn
CORPORAL: Ken Quinn
TUES COFFEE CLUB: Brenda Booth

SUBMISSIONS FOR THE ROTARY GRIQUA
ARE WELCOMED. PLEASE E-MAIL TO:
petertee@vodamail.co.za



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 9370 or of Rotary International.

FEBRUARY

Peace and Conflict

Prevention/Resolution Month

- 4 Feb: Social Meeting 12:45 for 13:00
Guest Speaker: Laura Arnold
11 Feb: Business Meeting 12:45 for 13:00
18 Feb: Social Meeting 12:45 for 13:00
25 Feb: BOARD MEETING 12:45 for 13:00

CELEBRATIONS

BIRTHDAYS

- 3 Jan Frances Knoke
9 Jan Charles Parsons (Honorary)
15 Jan Maryna Thomas
22 Jan Amanda Van Zyl
22 Jan Herbie Booth
05 Feb Peter Thomas
17 Feb Brenda Booth

WEDDING ANNIVERSARIES

- 12 Jan Peter & Maryna Thomas
22 Jan Ken & Gill Quinn

INDUCTION ANNIVERSARIES

- 24 Feb 2014 Colleen Fairweather

COFFEE CLUB BIRTHDAYS

- 7 Jan Dave Thomas
13 Jan Jannie Jacobs
16 Jan John Paton
26 Feb Rob Hollings
28 Feb Sam Goldblatt

LAST LAUGH



"I think I've developed a nut allergy. I get hives whenever I'm around your mother."