



# ROTARY GRIQUA

OFFICIAL BULLETIN OF THE ROTARY CLUB OF KIMBERLEY

28 January 2019

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

## GET MORE OUT OF LIFE THIS YEAR

If you feel like you are in a rut, try a few of these simple tips to put the joy back into your life.

**Practice gratitude.** Take the time to thank the people in your life who make it better.

**Eat colourfully!** It looks like fun to eat and it provides a variety of vitamins and minerals.

**Make time for acquaintances.** We all have those 'almost-friends' that we keep planning to get drinks with, but never do. Do it this year.

**Try some small DIY projects in your spare time.** It feels good to put your phone down and make something. If it doesn't work out perfectly, it's okay! DIYs are cheap and you can try another one.

**Spend less time on social media.** Social media is incredibly useful, but exposing yourself to less "bad news" can only be a good thing.

**Find a rewarding hobby.** It's a way to focus on a positive activity and take your mind off your day to day struggles with.

**Carry a water bottle.** Not only is it healthy, but in a stressful situation, take your water bottle, count to 10 and drink water.

**Find that one thing that you used to be passionate about.** You will rediscover the joy that it used to bring you.

**Do chores straight away.** If something needs to be done, do it immediately – then you can get on with your life.

**Make time for yourself every morning.** The first 15 minutes every morning should be "me time". Meditation, coffee, reading, music... whatever gives you inner peace.

**Tell the truth.** Remain honest with everyone. It keeps your conscience clear and your friends and family close."

**Set yourself manageable goals.** Small goals that build up into real change are actually achievable, instead of trying the big change all at once.

**Don't worry about being perfect.** Don't wait for your life to feel perfect before you start enjoying it. Life is messy – Just tackle it head-on.

**Do things for others.** It's nice doing things for others and not having to think about stressful things in your life for a few hours.

**It's OK to be being sad.** Don't try to suppress negative emotions. Sadness and anger are just as normal and healthy as feeling joyful or happy.

**DISTRICT CONFERENCE WEBSITE:** <https://www.zsports.co.za/rotary-discon>

Note that the Early Bird Registration Fee for the conference is valid only until 31 Jan 2019

### 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 next Monday 4th Feb. Laura Arnold - "Holidaying in Sierra Leone"



# CALENDAR & DUTIES

## JANUARY

### Vocational Service Month

28 Jan: BOARD MEETING 12:45 for 13:00

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*“Two things are infinite:  
the universe and human  
stupidity; and I’m not  
sure about the universe”*

Albert Einstein

## DUTIES

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

### WEEK OF 28 JANUARY

FELLOWSHIP: Board Meeting – No Duty

CORPORAL: Board Meeting – No Duty

TUES COFFEE CLUB: Barry Downs

### WEEK OF 4 FEBRUARY

FELLOWSHIP: Ken Quinn

CORPORAL: Peter Thomas

TUES COFFEE CLUB: Peter Thomas

### WEEK OF 11 FEBRUARY

FELLOWSHIP: Peter Thomas

CORPORAL: Pete van Zyl

TUES COFFEE CLUB: Corlia van Tonder

SUBMISSIONS FOR THE ROTARY GRIQUA  
ARE WELCOMED. PLEASE E-MAIL TO:

[petertee@vodamail.co.za](mailto: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

22 Jan Amanda Van Zyl

22 Jan Herbie Booth

05 Feb Peter Thomas

17 Feb Brenda Booth

### WEDDING ANNIVERSARIES

22 Jan Ken & Gill Quinn

09 Mar Charles & Marie Parsons (Honorary)

26 Mar Peter & Amanda Van Zyl

### INDUCTION ANNIVERSARIES

24 Feb 2014 Colleen Fairweather

### COFFEE CLUB BIRTHDAYS

26 Feb Rob Hollings

28 Feb Sam Goldblatt

27 Mar Keith Diener

28 Mar George Lodder

31 Mar Charles Burton.



# LAST LAUGH



"Based on your current lifestyle, your best bet  
for a long life is to get bitten by a vampire."