



ROTARY GRIQUA

OFFICIAL BULLETIN OF THE ROTARY CLUB OF KIMBERLEY

24 June 2019

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

WHAT SHALL WE CELEBRATE TODAY? SWIM A LAP DAY NATIONAL PRALINES DAY

Dive into a pool and swim a lap or two for your health on June 24. Today we celebrate the ancient sport of swimming and encourage people to swim for the purpose of exercise. Humans have been swimming since antiquity for survival, recreation and exercise. Archaeologists have found cave paintings and written scripts that depict swimming as a common and enjoyable activity.

Swimming emerged as a competitive sport in 19th century England, though there is historical evidence that the ancient Japanese were responsible for inventing it. Today, swimming is one of the most popular Olympic sports around the world.

Studies have shown that swimming offers many health benefits. Because a swimmer uses all of his or her muscles while swimming, the activity is considered to be an excellent all-around workout. Not only does it burn substantial amounts of calories, it also increases heart activity and builds muscle strength. In addition, swimming can reduce stress and help people relax.

In young children, swimming can help build posture, increase coordination, and flexibility, and can help with motor development.

How to Celebrate?

Get into your swim gear, take a dip in your local pool, and swim a lap or two.

If you have never learned to swim, today is just the day to begin. Join an adult swimming class and get started.

Organize a pool party with family and friends.

Have children? Take a class on pool safety and how to supervise kids around pools and other bodies of water. Also, make sure your children can swim.

National Pralines Day is observed annually on June 24th. This day honours the praline, a confection made from nuts (whether in whole pieces or ground) and sugar syrup. Pralines may also refer to any chocolate cookie containing the ground powder of nuts.

There are a variety of pralines to be enjoyed:

Belgian Pralines – contain a hard chocolate shell with a softer, sometimes liquid, filling.

French Pralines – a combination of almonds and caramelized sugar.

American Pralines – contain milk or cream and are softer and creamier, resembling fudge.

At the Chateau de Vaux-le-Vicomte during the 17th century, French sugar industrialist, Marshal du Plessis-Praslin (1598-1675), originally inspired the early pralines. These first pralines were whole almonds, individually coated in caramelized sugar.

The powder made by grinding up sugar-coated nuts is called pralin. This is an ingredient in many types of cake, pastries and ice creams. When this powder is mixed with chocolate, it becomes what is known in French as chocolat praliné.

How to Celebrate?

Create your own batch or stop by your favourite confectionery and enjoy a few with friends and family.

DATES TO DIARISE

1 July: President's Induction Lunch

8 July: Outing to S.P. University

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

Bulletin Editor: Peter Thomas

Club Meetings:

Kimberley Club

Mondays 12:45 for 13:00

INFO: 082 898 3805

SHIFTIN' GEARS



CALENDAR & DUTIES

JUNE

Rotary Fellowships Month

24 Jun: SOCIAL MEETING - 12:45 for 13:00

24 Jun: FINAL BOARD MEETING - 14:05

“Discouragement and failure are two of the surest stepping stones to success”

Dale Carnegie

DUTIES

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

WEEK OF 24 JUNE

FELLOWSHIP: Colleen Fairweather

CORPORAL: Hein Knoke

Note that the Monday Lunch Meeting will be followed by Pres. Corlia's final Board Meeting.

TUES COFFEE CLUB: Peter Thomas

WEEK OF 1 JULY (Induction Lunch)

FELLOWSHIP: Hein Knoke

CORPORAL: Philip Maritz

TUES COFFEE CLUB: Corlia van Tonder

WEEK OF 8 JULY

FELLOWSHIP: CLUB OUTING – No Duty

CORPORAL: CLUB OUTING – No Duty

TUES COFFEE CLUB: Willem Badenhorst

WEEK OF 15 JULY

FELLOWSHIP: Philip Maritz

CORPORAL: Gill 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.

JULY

First Month of the New Rotary Year

1 Jul: President's Induction - 12:45 for 13:00

8 Jul: No Lunch – Club Outing - 12:45 for 13:00

15 Jul: Business Meeting - 12:45 for 13:00

22 Jul: No Meeting

29 Jul: BOARD MEETING - 12:45 for 13:00

CELEBRATIONS

BIRTHDAYS

26 Jun Hanlie Louw

08 Jul Shirley Dally (Honorary)

24 Jul Dries van Tonder

WEDDING ANNIVERSARIES

28 Jun Barry & Gill Downs

05 Jul Brenda & Herbert Booth

16 Jul Gordon & Shirley Dally (Honorary)

INDUCTION ANNIVERSARIES

01 Jul 1981 Philip Maritz

13 Jul 2015 Brenda Booth

COFFEE CLUB BIRTHDAYS

15 July Mark Harding

17 July Robbie V.D. Nest



LAST LAUGH



"I guess I should start exercising again. My treadmill sent me a friend request!"