



ROTARY GRIQUA

OFFICIAL BULLETIN OF THE ROTARY CLUB OF KIMBERLEY

21 October 2019

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

Six Things You Do In the Morning That Make You Feel Tired All Day

If you struggle to wake up in the morning, don't blame last night. There can be other culprits.

You Spend Time In Bed On Your Phone: For once, it's not your phone that's to blame—it's spending the extra time in bed that's the problem. The bed is meant for one main thing – sleeping. If you stay in bed, it gives your mind the feeling that it's time to sleep and not start your day.

You Don't Rehydrate: There's a reason you wake up with morning breath - dehydration. As you sleep, your body continues to soak up the water you drank during the day. That means you're going (ideally) about 8 hours without replenishing your water supply. If you don't rehydrate, then your energy levels will wane.

You Shower At Night: A hot, steamy shower can relax your muscles, wash away stress, and... put you to sleep, right? Actually, it does the opposite. While it might seem counterintuitive to take a warm, relaxing shower to wake up, it works. Taking a warm shower in the morning can boost your body temperature from frigid sleeping conditions to warm, energized, and fully awake.

You Exercise After Work: It's hard to drag your butt out of bed and into workout clothes - but your morning walk, run, or gym time will make you feel more energized as the day goes on. Exercise of any kind floods your body with feel-good endorphins while simultaneously delivering oxygen and nutrients to your tissues, according to the Mayo Clinic. Extra oxygen to your tissues means your heart and lungs will work better and give you more energy throughout your day.

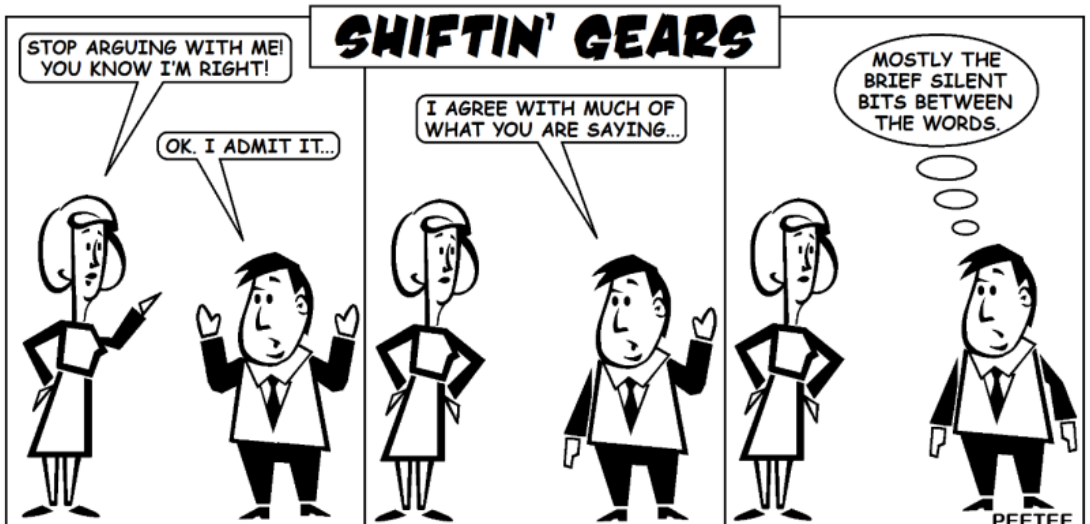
You Spend Too Much Time Inside: Blue light helps you wake up because it decreases your levels of the sleep-inducing hormone melatonin. And the best place to get it from is the sun. That's because the sun also emits vitamin D, which is crucial for keeping up your energy levels. Research shows that people who have a vitamin D deficiency are more likely to have chronic fatigue syndrome, and correcting the deficiency boosts their energy levels back to normal.

Your Radio is on The Wrong Station: If you regularly hit the gym, chances are you don't slog away on the treadmill without music—heart-racing, get-you-going music. Try the same technique to power through your mornings. Research shows music between 120 and 145 beats-per-minute is best to motivate you to run faster – or get out of bed. Don't know what that sounds like? Try a song like Twisted Sister's "We're Not Gonna Take It."

A big thank you to everyone who worked so hard to make the Rotary Night Cycle Race a great success!

ROTARY CLUB OF KIMBERLEY
2019-2020
Chartered 20 August 1951
Rotary District 9370
RI President: Mark Daniel Maloney
District Gov: Jaco Stander
Assistant Gov: Rob Gibson
Club President: Ken Quinn
Club Secretary: Corlia van Tonder
Club Board:
Barry Downs
Gill Quinn
Colleen Fairweather
Peter Thomas
Amanda van Zyl
Bulletin Editor: Peter Thomas
Club Meetings:
Kimberley Club
Mondays 12:45 for 13:00
INFO: 084 688 0508

DIARISE: 1 Nov: ROTARY SOCIAL BOWLS EVENING



CALENDAR & DUTIES

OCTOBER

Economic & Community Development Month

- 21 Oct: BUSINESS MEETING - 12:45 for 13:00
24 Oct: WORLD POLIO DAY
28 Oct: NO ROTARY LUNCH MEETING

NOVEMBER

Rotary Foundation Month

- 1 Nov: ROTARY BOWLS SOCIAL - *Details to Follow*
4 Nov: SOCIAL MEETING - 12:45 for 13:00
Guest Speaker to be Confirmed
11 Nov: NO LUNCH – Club Walk-About
Destiny House Project - Details to follow
18 Nov: BUSINESS MEETING - 12:45 for 13:00
25 Nov: NO ROTARY LUNCH MEETING

DECEMBER

Disease Prevention & Treatment Month

- 2 Dec: SOCIAL MEETING - 12:45 for 13:00
Guest Speaker to be Confirmed
9 Dec: NO LUNCH – Club Walk-About
Sol Plaatje Univ (Part 2) - Details to follow
16 Dec: NO ROTARY LUNCH MEETING
23 Dec: FELLOWSHIP LUNCH - 12:45 for 13:00
Details to follow
30 Dec: NO ROTARY LUNCH MEETING

“Keep looking up... that’s
the secret of life” Snoopy

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.

DUTIES

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

WEEK OF 21 OCT. (Business Meeting)

FELLOWSHIP: Colleen Fairweather
CORPORAL: Hein Knoke
TUES COFFEE CLUB: Barry Downs

WEEK OF 28 OCTOBER

NO LUNCH MEETING – No Duties
TUES COFFEE CLUB: NO DUTY

WEEK OF 4 NOVEMBER (Social Meeting)

FELLOWSHIP: Hein Knoke
CORPORAL: Philip Maritz
TUES COFFEE CLUB: Peter Thomas

WEEK OF 11 NOVEMBER

CLUB WALK-ABOUT – No Duties
TUES COFFEE CLUB: NO DUTY

WEEK OF 18 NOV. (Business Meeting)

FELLOWSHIP: Philip Maritz
CORPORAL: Gill Quinn
TUES COFFEE CLUB: Corlia van Tonder

WEEK OF 25 NOVEMBER

NO LUNCH MEETING – No Duties
TUES COFFEE CLUB: NO DUTY

WEEK OF 2 DECEMBER (Social Meeting)

FELLOWSHIP: Gill Quinn
CORPORAL: Peter Thomas
TUES COFFEE CLUB: Brenda Booth

CELEBRATIONS

BIRTHDAYS

- 24 Oct. Corlia Van Tonder
27 Oct. Kevin Fairweather
02 Nov Beryl Bradnum (Honorary)
04 Nov Mike Bradnum (Honorary)
11 Nov Hein Knoke
17 Nov Charlene Daubney (Honorary)
26 Nov Peter Daubney (Honorary)

WEDDING ANNIVERSARIES

- 01 Nov Hein & Frances Knoke

INDUCTION ANNIVERSARIES

- 14 Nov 1991 Peter Thomas

COFFEE CLUB BIRTHDAYS

- 5 Nov. Pem Rodger
21 Nov. Danie Theron