



ROTARY GRIQUA

OFFICIAL BULLETIN OF THE ROTARY CLUB OF KIMBERLEY

2 March 2020

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

MAKE YOURSELF MENTALLY STRONG

There are times when you need to be mentally tough to navigate through complex information. Then you need to be mentally strong. That means managing your emotions, adjusting your thinking and taking positive action whatever your circumstances. But like any physical strength, mental strength doesn't just happen. It has to be developed.

Focus on the moment. The challenges that come along from time to time are a test of our willingness to stretch and change. The worst thing you can do is to ignore the situation or procrastinate in developing solutions. The challenge is here and the difficulty is now. Focus your energy on the present moment; don't lose what is right before you. When you focus on the moment you come to realize where you have the most power to make things right.

Embrace adversity. Mental strength gives us the ability to see the obstacles in our path as stepping stones. When we encounter struggle, and we all do, we can be inspired by the knowledge that it's not a dead end but a path to deeper knowledge and understanding.

Exercise your mind. Just like your muscles, your mind needs to be exercised to gain strength. Growth and development take consistent work, and if you have not pushed yourself recently, you might not be growing as much as you can. Mental strength is built through lots of small wins, maintained through the choices we make every day. To gain stamina, take on a daily task that stretches your mental endurance.

Challenge yourself. Albert Einstein once said, "One should not pursue goals that are easily achieved. One must develop an instinct for what one can just barely achieve through one's greatest efforts." Underestimating yourself and playing it safe hold you back from success. When you believe in yourself and your abilities, you often can go beyond the imaginable.

Respond positively. You cannot control everything that comes your way, but you are in absolute control of how you react to everything that comes your way. What happens to you is important--but not as important as your response. Incredible progress can happen in your life and leadership when you take control of your reactions.

Be mindful. Mindfulness means taking control of your focus and being intentional about what you give your attention to. Whether it's an emotion, a thought, a belief, an impulse, or something in the environment, mindfulness calls us to approaching everything with a curious, nonjudgmental, open, and accepting attitude. To be the most resilient and mentally strong, make the time to be mindful so you can focus on what you truly want.

Be grateful. In the business of our busy lives we neglect many of the basic concept of recognition but gratitude gives us fortitude. Gratitude can transform any common day into a thanks giving day and turn routine jobs onto joy and change ordinary opportunities into something we get grateful about.

**A big Rotary Welcome to our Guest Speaker,
*Charmaine Blignault***

**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

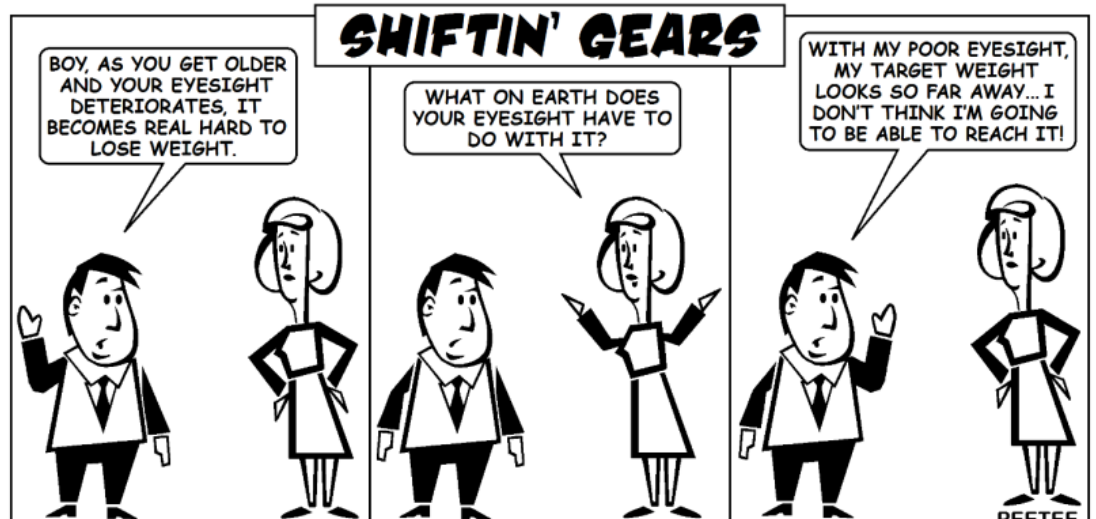
Club Meetings:

Kimberley Club

Mondays 12:45 for 13:00

INFO: 084 688 0508

DIARISE: 8 May: Interact Conference - <http://rotarykimberley.org.za/interact/>



CALENDAR & DUTIES

MARCH

Water & Sanitation Month

- 2 Mar: SOCIAL MEETING - 12:45 for 13:00
*Guest Speaker – Charmaine Blignault
“FNB Volunteers Programme”*
- 9 Mar: SOCIAL MEETING - 12:45 for 13:00
*Guest Speaker – Roxanne Thomas
“Bophelo Child and Youth Care Centre”*
- 16 Mar: NO ROTARY LUNCH MEETING
- 23 Mar: BUSINESS MEETING - 12:45 for 13:00
- 30 Mar: FELLOWSHIP LUNCH
Venue and Time to be Confirmed

APRIL

Maternal & Child Health Month

- 6 Apr: SOCIAL MEETING - 12:45 for 13:00
*Guest Speaker – Peter Thomas
“Stretching your Rand in Retirement”*
- 13 Apr: NO ROTARY LUNCH MEETING
- 20 Apr: CLUB WALK-ABOUT
Venue and Time to be Confirmed
- 27 Apr: BUSINESS MEETING - 12:45 for 13:00

**“When I ask for
directions, please don’t
use words like EAST!”**

The Grumpy Pensioner

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 2 MARCH (Social Meeting)

FELLOWSHIP: Colleen Fairweather

CORPORAL: Hein Knoke

TUES COFFEE CLUB: Brenda Booth

WEEK OF 9 MARCH (Social Meeting)

FELLOWSHIP: Hein Knoke

CORPORAL: Philip Maritz

TUES COFFEE CLUB: Barry Downs

WEEK OF 16 MARCH

NO LUNCH MEETING – No Duties

TUES COFFEE CLUB: No Duty

WEEK OF 23 MAR. (Business Meeting)

FELLOWSHIP: Philip Maritz

CORPORAL: Gill Quinn

TUES COFFEE CLUB: Peter Thomas

WEEK OF 30 MAR. (Fellowship Lunch)

FELLOWSHIP LUNCH – No Duties

TUES COFFEE CLUB: No Duty

WEEK OF 6 APRIL (Social Meeting)

FELLOWSHIP: Gill Quinn

CORPORAL: Peter Thomas

TUES COFFEE CLUB: Corlia van Tonder

WEEK OF 13 APRIL

NO LUNCH MEETING – No Duties

TUES COFFEE CLUB: No Duty

CELEBRATIONS

BIRTHDAYS

09 Apr Philip Maritz

16 Apr Gill Downs

WEDDING ANNIVERSARIES

09 Mar Charles & Marie Parsons

26 Mar Peter & Amanda Van Zyl

INDUCTION ANNIVERSARIES

15 Apr 2019 Willem Badenhorst

29 Apr 1993 Ken Quinn

COFFEE CLUB BIRTHDAYS

27 Mar. Keith Diener

28 Mar. George Lodder

31 Mar. Charles Burton

19 Apr. Ramon Allen

27 Apr. Brian Turner.