



ROTARY GRIQUA

OFFICIAL BULLETIN OF THE ROTARY CLUB OF KIMBERLEY

19 JULY 2021

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

Staying Positive in Tough Times

Personally, the events of the past week in Natal have really shaken our faith in humanity. So, what can we do to remain positive? Here are a few thoughts:

- 1. Start Your Day Off Right:** What gets you in a good mood right off the bat? As soon as you open your eyes, consider tackling a task or activity that makes you feel upbeat. It sets the tone for the day and when you're happy and smiling.
- 2. Do Good for Someone Else:** It's nearly impossible to stay in the doldrums when you focus your attention on someone else. Melt your worries away by doing a good deed for someone else.
- 3. Work on Your Own Health:** We can't do our best work if we're feeling unhealthy - either physically or mentally. During times of stress, it's easy to let your workouts fall by the wayside. Instead, develop healthy habits to help you to stay positive.
- 4. Read a Self-Improvement Book:** There's nothing like a good self-help book. When you've got extra time on your hands or feel uncertain about your life, self-improvement is a good distraction. It will also give you solid strategies for your life.
- 5. Look for the Good in Others:** During difficult times or periods of uncertainty, it's easy to see all that's going wrong. Instead, look for who is doing good. Focus in on those and watch your perspective shift.
- 6. Strengthen Your Social Circle:** If you've ever been in isolation for any length of time, you understand how lonely it can be. Understand how important social interactions are to humans.
- 7. Be Mindful of the Present:** Thanks to our rushed culture, we feel the need to multitask everything in life. Most of our activities have us focusing on what's behind us or in the future, but rarely what's actually in the moment.
- 8. Practice Gratitude:** When it feels like everything is going awry, that's the time to look at the flip side. What's actually going right? When you have a daily gratitude practice, that's when you really reap the benefits.
- 9. Add Value to Someone Else's Life:** You have unique gifts and ways of giving back to the world that you may not be using fully. Think about ways you can take action right now to bring some value and joy to another person's life.
- 10. Stay Off Social Media:** When chaos abounds, social media explodes with bad news and rumours. Sure, there is some positivity, but the dark news gets the most coverage - and it's a breeding ground for misinformation.
- 11. Google Self-Help Articles:** The internet is a great source of positive websites that can give to great ideas to break the cycle of anxiety and help you to remain positive.
- 12. Stay on Top of Your Sleep:** If you practise the above, it makes it easier to sleep. Getting seven to eight hours of quality sleep automatically puts you in a better mood when you wake up.

In the re-instated lockdown period, our Rotary Club meets On-Line. Rotarians and Friends of Rotary are welcome to join. Use the following link to join the meeting just before the time published overleaf. If you have any problems, please contact Barry Downs on 083 621 9911. <https://www.gotomeet.me/D9370-GTM-Organiser/kimberley-gtm>

ROTARY CLUB OF KIMBERLEY
2021-2022

Chartered 20 August 1951
Rotary District 9370

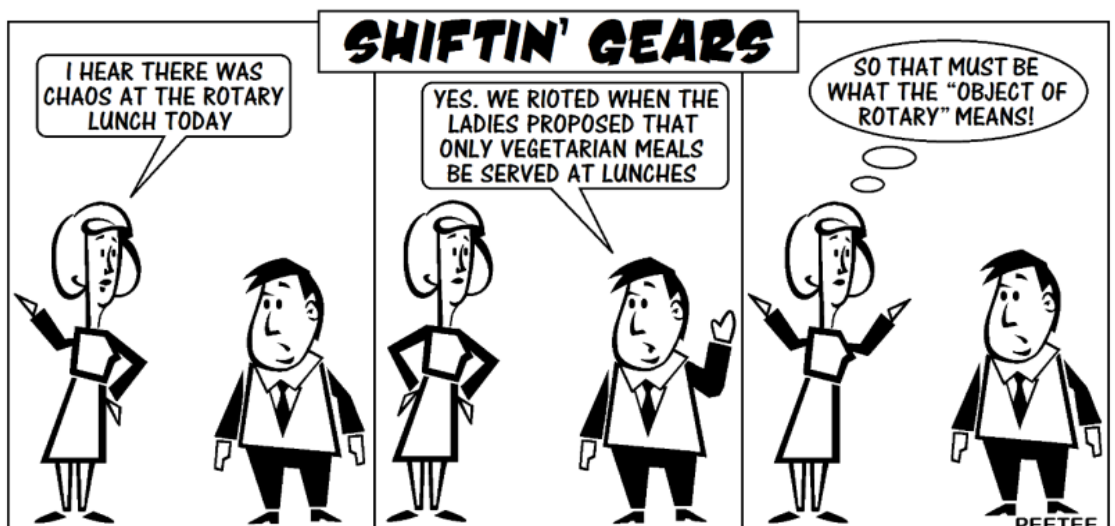
RI President: Shekhar Mehta
District Gov: Maddy Webber
Assistant Gov: Rob Gibson
Club President: Barry Downs
Secretary: Corlia van Tonder

Club Board:
Ken Quinn
Gill Quinn
Colleen Fairweather
Peter Thomas

Bulletin Editor: Peter Thomas

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

INFO: 084 688 0508



CALENDAR & DUTIES

JULY

(New Rotary Year Begins)

19 Jul: MEETING – Online 12:50 for 13:00
26 Jul: NO MEETING

AUGUST

(Membership & Extensions Month)

02 Aug: MEETING – Online 12:50 for 13:00
09 Aug: NO MEETING (Women's Day)
14 Aug: MONTHLY TRAINING - Foundation
08h30 to 12h00 – Online
16 Aug: MEETING – Online 12:50 for 13:00
23 Aug: NO MEETING
30 Aug: NO MEETING

(Venue Subject to Confirmation)

Del Boy to Rodney... "You've always been the same, even at school. Nothing but books, learning, education. That's why you're no good at snooker."



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



SERVE TO CHANGE LIVES

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 19 July (Online 12.50 for 13.00)

FELLOWSHIP: No Duty
CORPORAL: Hein Knoke
TUES COFFEE CLUB: No Duty

WEEK OF 26 July

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

WEEK OF 2 Aug (Online 12.50 for 13.00)

FELLOWSHIP: No Duty
CORPORAL: Philip Maritz
TUES COFFEE CLUB: No Duty

WEEK OF 9 Aug

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

WEEK OF 16 Aug (Online 12.50 for 13.00)

FELLOWSHIP: No Duty
CORPORAL: Gill Quinn
TUES COFFEE CLUB: No Duty

WEEK OF 23 Aug

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

WEEK OF 30 Aug

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

CELEBRATIONS

BIRTHDAYS

24 Jul Dries van Tonder
15 Aug Willem Badenhorst
20 Aug Rotary Club of Kimberley (1951)

WEDDING ANNIVERSARIES

29 Aug Mike & Beryl Bradnum (Honorary)

INDUCTION ANNIVERSARIES

05 Oct 2010 Corlia Van Tonder

COFFEE CLUB BIRTHDAYS

08 Aug Derek Preece
10 Sept Dennis Sparrow