

Editorial

Busyness

Submitted by Lina Howard

For those of us who still have jobs to go to –life seems to be too hectic on most days. Just think how many times you have had an invite to go out to dinner and said to your spouse/partner – “oh I just do not feel like that tonight, I would rather stay at home and watch TV” Many of us with grown up children or even worse – grandchildren – are often called upon to babysit or to fetch and carry a child from school or sports practice. How many times have you been told that you have time to spare as you are not rearing children. Why are we all so busy?

And yet it's been obvious for a while now that the busyness epidemic isn't what it seems. Data reliably shows we have more leisure time than in the past, not less. (Even parents of small children spend more time per day, on average, in leisure activities than primary childcare.) All of which isn't to say that the epidemic is imaginary – we really do feel too busy, after all – but that the real problem is the *feeling*, not the sheer number of things on our plates.

But what causes that feeling, then, if it isn't simply having too much to do? The answer is that the sense of overwhelm arises from a mismatch – between all the things you'd like to do, or feel you ought to do, and the far smaller quantity of things you're actually capable of doing.

Our human limitations – our finite energy and need for sleep, the number of hours in a day – remain the same as ever. Yet for reasons (technological and economic,) the pressure to do more keeps ratcheting up.

We need to recognise the problem for what it is, and think of ways to make life a bit more sane..

Accept defeat – and just do what you can do without feeling guilty. Time is limited but 'everything' is not – so just draw the line and accept that something has to give- perhaps that meeting or the vacuuming.

Just be more flexible and organise your day so that somethings on top of the list get done well – and yes- leave the rest for tomorrow.

In the time honoured song – Be Happy.

WYNPRESS

The Rotary Club of

Wynberg



Vol: 69 No: 9
21 September 2017

President

Rob Murphy 0837267060

Secretary

Keela van Niekerk 0720401131

Treasurer

Mike Schreiber 0834140462

Editorial Board

Barry Cleveland, Lina Howard,
Keela van Niekerk, Hugh
Maunder

August Rotary Theme
Membership and New
Club development

Wynberg Rotary meet every
Thursday, 6 for 6.30pm,
Palm House, Wynberg.

For more information about our
club, like us on Facebook or
visit our website:

Wynbergrotary.org.za

Minutes

14 September 2017

Compiled by Keela van Niekerk

Attendance

15 members present

Visitors

5 guests, Jane Battersby and the Barnard clan, Sharon, James, Meghan.

Fellowship/ Members Moments

Dave Barnard's Birthday today
Karen's Birthday next Wednesday the 20th

From the President

Next week's meeting will be at Lime Tree Café, Dreyersdal Road.
Emails – Kindly send all emails through Keela

Slots

Dave: Norway trip dates are set for 16 – 23 June (23 members currently – waiting on Odd Henning)
Bev: Lime Tree Café next week (Interact evening has been postponed to February 2018)
Justin: Quiz is sold out, kindly arrive at 6pm
Are: Visit from Haugaland next month. We unfortunately do not have free transport this year for their visit. Mike has kindly donated his combi.

Speaker

Dr Jane Battersby – Food security in Cape Town
Urban informal and rural informal public both struggle with food security and live hungry. Most households live with a non-nutritious diet because of the costing involved in a more diverse diet (fill up on grains and avoid fresh produce)
Jane spoke about the supermarkets and small vendors who supply the public and showed maps of where in Cape Town supermarkets had been built over the last decade.
Western Cape Provincial has created a new strategy for this year (Nourish to flourish), the new strategy aims at assisting with food awareness, safety, sensitive planning, food resource management for the future, inclusive food economy and food governance.

Presidents Sweetie Pie

Went to Candice for all her hard work organizing the duty rosters

Swindle

No Swindle tonight as Graham and String are both absent



ROTARY:
MAKING A
DIFFERENCE

Duty Roster	September		October	
	21	26	5	12
Sergeant		Tuesday	Barnard	Cleveland
Wynpress Editorial	Social at Lime Tree Cafe	Quiz Evening	Schonegevel J	Schonegevel R
Wynpress Minutes			Van Niekerk	Cleveland
Door Duty		No Thursday	Cleveland	Danckwerts
Grace		Meeting	James	Maunder
Loyal Toast			Barnard	Dietrich
International Toast			Hovstad	Howard
Speaker Intro and Thanks			Bayes	Bird
Entertainment for the month				

Dates To Diarise

19 September	RI President Ian Riseley and Juliet Riseley visit to D9350 -Cocktail Event at Kelvin Grove, Newlands (Invitation to all)
21 September	Social at Lime Tree Café, Dreyersdal Road, Bergvliet
26 September	Quiz Night at Earth Fair Market, Tokai. (NB Tuesday)
24 October	Raid on Constantia Rotary Club

