Your Vote Counts
The BREADBASKET is a monthly publication of the Rotarians On The Internet. Please send articles and high resolution photos (maximum of 5) to giomckay@gmail.com on or before the 3rd of each month

Giovanna McKay, Editor
RC Attadale, D9465
Western Australia
Dear ROTI Friends

Greetings! Hope our US Friends had a lovely Thanksgiving ceremony! Very soon Christmas would be knocking at our door and I wish All 'Merry Christmas’ and enjoy the festivity.

Friends, I urge our WhatsApp members to please show consideration and limit photo posting to just one as the phones of all individuals gets jammed. Please describe your project details in two to three sentences and 1-2 photos and send it to our Editor Giovanna McKay at giomckay@gmail.com

The election for new Chair for ROTI will start in December and I urge members to choose their Chair for 2019-2021. Thank you

I am currently in Taichung in Central Taiwan as a volunteer to teach English for 45 days at an Elementary and Junior High School in Dadu District of Taichung. I will share stories with photos. Enjoying a lot and doing this for the second time.

I urge our friends to register for RI Convention in Hamburg in large numbers. We have a great hotel to stay together the details of which are shared in this issue of Breadbasket and we have a dinner for Sunday, June 2, 2019 planned close to the Convention centre (details will be posted in Dec / Jan)

I wish our members the very best at all times. Let us continue to be an Inspiration to all in our community.

Yours in ROTI
Madu Bishnu
Chair 2017-19
I am volunteering to teach English for the second time in Taichung in Central Taiwan. I am teaching in Dadu District in Central Taiwan. I had done this volunteer work for 45 days in 2017 November and December, and the students and teachers of Dadu Elementary school were so impressed and happy that I have come back in 2018 November and December for 45 days again.

The main purpose is to share the culture and teach Communicative English to the students in Elementary school and Junior High School.

The Taiwanese school children are very shy and even if they know English, they are hesitant to make mistakes and hence keep quiet. I sing, teach poetry, make the students play games like Kabaddi which is a national game of India, and teach in their English class.

The students enjoy the interaction and are very keen to know about India a lot. They have many questions.

I stay with host families who are Rotarians and occasionally with non-Rotarians. The non-Rotarians are either Chairman or President of Parent-Teacher Association.

On weekends I visit touristy places like Hakka Cultural Centre where the Hakka people reside in that area of Dongshui District. The station has been converted into a cultural centre and shows the lifestyle of Hakka people. I also visited the Taunghai University, the biggest in Taichung and which has a church in the campus, and very popular amongst local people.

I also visited the Nantou District to see the hill range and the beauty is spectacular, as well as the Earthquake Museum or Museum of Natural Science which is a great learning centre. An earthquake destroyed a school on 21st September 1999. Overall, the disaster (which became known locally as the 921 earthquake, because it occurred on September 21) caused billions of dollars in economic losses.

Rtn Madhumita Bishnu
PE & International Service Chair
E Club of Melbourne
RID 9800, Australia
5. Nomination and Election of the Chairman

5.1 The current Chairman shall appoint a 4-member nominating committee by October 1 of the Election year, which is even numbered years. The committee shall consist of at least 2 members that are not current board members and who shall not themselves stand for election. The nominating Committee will be responsible for gathering nominations from the ROTI membership and contacting the nominees for their willingness to run for office. All nominees must signify acceptance of the nomination. All nominations shall be submitted to the chairman no later than October 15. No chairman may serve two consecutive terms.

5.2 Ballots will be e-mailed to all current members by December 1, and a simple majority vote of the votes received is necessary to be elected. Ballots will be mailed by and results counted by the current Election committee, appointed by the current chairman. Two weeks will be allowed to receive completed ballots. All ballots must come from the members registered e-mail address, one ballot from each address. The two-week period will start and end at midnight Evanston, Illinois time (US CST) which will be referred to as Paul Harris Time.

5.3 The Chairman will be elected on December 16, for a two year term to take office from the following July 1.

6. Assignment of Board of Directors

6.1 Following the election the Chairman, the Chairman-elect and one member of the fellowship designated by the chairman-elect shall comprise a committee for the purpose of proposing Board members.

6.2 The Chairman-elect shall present the list of proposed Board members to the membership prior to July 1.

6.3 The final assignment of directors’ duties shall be made by the Chairman-elect having regard to any response by the membership.

6.4 The Board of Directors shall make all operating decisions in respect of the Fellowship

7. Resignation of Officers or Board Members

7.1 In the event of the Chairman tendering his/her resignation, the Vice-Chairman will take over for the remainder of the term. New appointments for all other officers, board members or committee chairs will be made by the Chairman.
World citizen of German descent, born on 28 January 1942 in Lugano/Switzerland. Rotarian of the Rotary eClub of Latinoamerica.

Now living since a quarter of a century in Apia/Samoa/Polynesia where I was invited by HRH Malietoa Tanumafili II (the King of Samoa from independence on 1.1.1962 to his passing in May 2007), I dedicate myself to the improvement of the quality of health care services, of education, and to the preservation of the pristine environment in Samoa and globally.

I do firmly believe in Rotary's huge potential for humankind's wellbeing and in the object of Rotary, in ethical conduct and thus in our 4-WayTest! Having expressed my opinions and suggestions in my messages shared with all ROTIans, I believe that these are the best ROTIans may wish to consider before voting in favor of who each of us decides is the best candidate to be ROTI's incoming Chairperson.

Have been active for Rotary's object ever since my youth exchange experience during which I have been - for the first time - the Speaker at a Rotary Club meeting at the Rotary Club of Tenafly, NJ USA, and, upon my return to Europe, I was promptly invited to give a talk to the Rotary Club of Lugano/Switzerland of which my maternal grandfather had been founding member.

After my schooling & studies in Lugano, and universities of St.Gallen and Neuchatel in Switzerland, as well as in Barcelona/Spain and Berlin/Germany, I invested my savings in 4 years of travel visiting friends in all continents where Rotarians invited me as speaker in their Rotary Clubs' meetings. I'm also fluent in German, French, Spanish, and Italian — one of my strengths is simultaneous interpretations among these.

During a dozen years I coordinated the international relations of the Swiss Broadcasting Corporation (National Radio & Television, with programs in a dozen different languages, including the 4 of Switzerland). These were the years during which in Geneva I also had the training to serve as a Delegate of the International Committee of the Red Cross (ICRC) with which am still in active contact.

After Switzerland had appointed me as its first Consul-General in the Pacific Island nations I created the Honorary Consuls Fellowship of Rotarians which rapidly got RI's approval, while my major efforts to create the United Nations Fellowship of Rotarians uniting over 1,000 Rotarians with a keen interest in supporting the goals of the UN for humankind hasn't yet been accepted by RI.

I also served during a dozen years as the Representative accredited to the United Nations Organization (UNO) for the Baha'i International Community which, just like Rotary, is a Non-Government Organization with consultative status accredited at the UNO, attending and contributing to UNO meetings mainly throughout Europe, when not sometimes in Africa, Asia, and also the Americas.

My frequent/constant travels had not allowed me to be in any place long enough to be invited for membership in a Rotary club, so that it was only when, settled in Samoa and married, I was invited into the only one in Samoa, the Rotary Club of Apia, and served as its International Service Director, became its 2003-4 President, and we prepared and got chartered the second Rotary Club in Samoa.

From the moment RI looked into the potential of Rotary eClubs, I helped prepare and became founding member and twice President of my present Rotary eClub of Latinoamerica that was chartered on January 27th, 2005 in District 4195, in CanCun/Mexico. It was one of the first dozen experimental Rotary Clubs of Rotary International, the first communicating in Spanish, and RI was happy of its performance.

Besides serving at present on ROTI's board, I am:
- Chair, Environment Fellowship of Rotarians (EFR);
- Chair, Honorary Consuls Fellowship of Rotarians (HCFR);
- Chair, International Fellowship of Wellness and Fitness Rotarians (IFWFR);
- Board, International Computer Users Fellowship of Rotarians (ICUFR);
- Board, Rotarian Action Group Global Network for Blood Donation (GNBD);
- Vice President for International Affairs, Ethics Fellowship of Rotarians (EFOR); and
- Lifetime member of some other Rotary Fellowships & Action Groups.
Tom Telfer — “Taking ROTI to new heights”

- ROTI Board member
- Charter member of ROTI
- ROTIan of the year 2013-14
- Rotary member 38 years
- Graduated from university with a degree in Sociology
- Retired as a secondary school headmaster and college lecturer
- Married to Pattie PHF, who was a foster parent for several hundred children
- Two sons are university professors
- PHF + 4
- Major Donor
- Past Club President
- Youth Exchange Officer, 7 years
- Newsletter Editor 15 years
- Won Best District Electronic Newsletter, 2001
- Past District Chair of Fellowships
- Past Chair of Rotary Editors and Publishers Fellowship
- Attended Rotary meetings in 10 different countries
- Past member of Polio Plus trips to Benin and India
- Attended seven RI conventions
- Editor of Jocoe’s Journal, 19 years
- Currently member of Rotary Club of London North District 6330
- Vocational Services Director
- Member, ROTI on WhatsApp
- Visited 35 countries
Dozens of young men and women from various parts of Pampanga finished their vocational training sponsored by the Rotary Club of Mabalacat and their international partners Rotary Clubs of Masan and Namwon Yongseong, Korea.

The free courses were automotive servicing, computer system servicing, food processing, and industrial sewing.

The computer, sewing and food processing courses were held at the Skill Training Center of Mabalacat being managed by the Rotary Club of Mabalacat, while the automotive courses were conducted for the club by Gonzalo Puyat School of Arts and Trades in San Luis, Pampanga.

After the graduation on 17 November 2018, the next batch of trainees started right away.
About 50 years ago three singers, Chuck Negron, Cory Wells and Danny Hutton (who got his start with Hanna- Barbera Records in 1964 – yep! The same company that brought you the Flintstones, The Smurfs and Scooby-Doo) formed a band called “Three Dog Night”.

Where did they get the name “Three Dog Night?” Danny Hutton’s girlfriend suggested the name after reading a magazine article about indigenous Australians in which it was explained that on cold nights they would customarily sleep in a hole in the ground while embracing a dingo (wild dog). On colder nights they would sleep with two dogs and, if the night was freezing, it was a “three dog night”.

What does this have to do with The Rotary Foundation? Nothing... but you are still reading!

“Three Dog Night” sang a song entitled “Celebrate!” The message of the song is: Do not just sit at home... Go out and celebrate!

The Rotary Foundation is celebrating our centennial year! Make your Centennial Celebration something to sing about! Across South Africa a few weeks ago Rotarians conducted “Rotary Family Health Days” where communities came together and witnessed the incredible things Rotary can do! It is a great reason to “Celebrate!”

On the weekend of 24 October Rotarians came together to commemorate World Polio Day with fund-raising events to finish the task of “Kicking Polio Out Of Africa”... and off the planet for good. I am looking forward to hearing about those “Celebrations!”

How can we further the celebrations? Throw a party... Have a braai... Make it as formal or as informal as you please! Invite friends, business and community leaders to celebrate with us!

The short video: “A Century of Doing Good in the World” is available for download at http://video.rotary.org/mhDR/a-century-of-doing-good-in-the-world/ and is in all of the Rotary languages! It tells of the history and successes of our Rotary Foundation. It can be shown at Rotary Club meetings, special events and even on local television stations.

We can CELEBRATE with the world!

While we are at it... raise a few bucks for The Rotary Foundation.

A Rotarian from Australia, Susanne Rea, came up with a very simple idea in order to raise “a few dollars” for Polio Eradication – The World’s Greatest Meal to End Polio. It started small – as most great ideas do – with a few people having lunch and putting a few dollars into a plate for PolioPlus. (Steve Jobs started in his parents’ garage. Michael Dell started in his university dorm room. Bill gates formed Microsoft with Paul Allen in the The Poker Room in Currier House at Harvard University) The WGM (as it later became known) grew to the point that Susanne is now travelling all over the world raising money to “End Polio Now!

As of the end of September there have been 3,122 WGM events registered in 72 countries with more than 173,600 participants worldwide. US$2,166,310.30 has been raised (a total of USD $6,498,930.90 with matching funds from the Bill and Melinda Gates Foundation) This translates into enough funds to buy more than 10,831,000 polio vaccinations!

Do you see the reason we need to CELEBRATE?! We are, indeed, “THIS CLOSE” to eradicating polio!

Why is this so special? This is the only Rotary Foundation Centennial that we are ever going to celebrate! Face it... The chances of any of us making it to the bi-centennial are pretty slim! Let’s make our centennial a great one! Make this the year that you make The Rotary Foundation your “Charity of Choice.”

There are some very unusual ways to raise funds. My own Rotary Club is having a “Bingo For Polio” night. Several Rotary Clubs in the USA are hosting “Pints for Polio” events! (Yea... THAT got your attention)! Other Clubs are hosting dinner dances, raffles, casino nights and any number of other events to raise awareness and funds for The Rotary Foundation.

There is, of course, that tried and true way to raise funds... from our own pockets. I bought a baseball thrown by RI President John Germ in an auction!

Here is my personal challenge. As I browse through the giving records of Rotary Clubs in southern Africa I noticed that many, many Rotarians and Rotary Clubs have not made any contribution for 5-10 years. We want to celebrate together. If every Rotarian in every Rotary Club gives “something,” then we can celebrate together. Some can do a lot and some can do a little, but everyone can do “something.” I am not asking for equal gifts, but equal sacrifice.

Together we can “Celebrate” Doing Good in the World!
The second 2018–19 RI Board of Directors meeting was held on 22–25 October at the Rotary International World Headquarters in Evanston, Illinois, USA. At this meeting, the Board reviewed 17 committee reports and recorded 52 decisions.

**CLUB AND DISTRICT**

**The Board:**
- received a report on membership trends that included, as of 1 July 2018, a membership total of 1,195,107 Rotarians (down 7,829 members from 2017) and a total of 35,681 clubs (up 25 clubs from 2017);
- agreed to pursue registration as an overseas NGO in the People’s Republic of China;
- amended the role, selection criteria, and term of assistant governors;
- encouraged regional leaders to appoint current or former Rotaract members as assistant Rotary coordinators and Rotary public image coordinators to support member development in Rotaract and to strengthen the relationship between Rotary clubs and Rotaract clubs;
- agreed that the following district committees and subcommittees should be mandatory, effective 1 July 2019:
  
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- agreed that the following district committees are optional, effective 1 July 2019:
  
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<td>Rotary Youth Leadership Awards</td>
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<td>Interact</td>
<td>Youth Exchange</td>
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**PROGRAMS AND AWARDS**

**The Board**
- extended Rotary’s agreement with the Bill & Melinda Gates Foundation through 2023;
- extended its service partnership agreement with Ashoka and the International Agency for the Prevention of Blindness through the end of June 2019;
- adopted the following initiatives for the first year of the new Rotary strategic plan:
  - Rotaract—the Secretariat will research Rotaract as a channel into the Rotary experience and investigate what Rotary products and services Rotaractors are most interested in.
  - Area of Focus Modifications—for the first time since the 2010 Future Vision rollout, the Foundation will evaluate whether changes to the Areas of Focus are needed.
  - Governance—the Board will investigate streamlining governance throughout Rotary.
- Business Process Review—the Secretariat will undertake a system-wide review of all major business processes within Rotary to ensure efficient allocation of resources and their alignment with the new strategic plan.
- Global Membership—the Secretariat will thoroughly investigate all components of a new avenue into Rotary membership with the global membership model for possible adoption as a pilot program.
- Programs of Scale—the Rotary Foundation Trustees will investigate the further development of a new grant model that features large-scale projects.

- requested the general secretary to investigate the impact of collecting annual per capital dues from Rotaractors.

MEETINGS
The Board

- accepted the proposal of District 5000 (USA—Hawaii), to host the 2020 Rotary International Convention on 6–10 June 2020 in Honolulu, Hawaii;
- updated the leadership development and training cycle to combine the District Rotary Foundation Seminar, the District Membership Seminar, and the District Public Image Seminar into a new seminar called the Vibrant Club Workshop.

ADMINISTRATION AND FINANCES
The Board

- elected Jorge Aufranc, Hipolito S. Ferreira, Jennifer E. Jones, and Ian H.S. Riseley to be Rotary Foundation trustees, beginning 1 July 2019;
- adopted a new privacy statement for personal data as follows:

Rotary’s Privacy Statement for Personal Data
In the course of fulfilling its mission, Rotary International (“Rotary”) collects personal data regarding Rotarians, Rotary clubs and others. Rotary is committed to protecting the privacy of these individuals. Personal data is defined as any information that relates to an individual who is or can be identified from the data, either alone or in conjunction with other information. Rotary will adhere to the following principles:

1. Rotary will only collect and use personal data for Core Business Purposes.
2. Rotary will strive for personal data accuracy and relevance.
3. Rotary will be transparent about how it uses personal data.
4. Rotary will act with urgency on potential breaches.
5. Rotary will adopt “privacy by design and by default.”
6. Rotary will keep personal data secure.

Rotary’s Core Business Purposes are purposes that are critical or closely related to Rotary’s essential activities or legitimate interests. Such purposes include, but are not limited to:

- fulfilling Rotary’s obligations to Rotarians and other individuals
- financial processing
- supporting The Rotary Foundation, including fundraising efforts
- facilitating convention and special event planning
- communicating key organizational messages through Rotary publications and other materials
- supporting the programs and membership of Rotary
- complying with the law or acting in good faith belief that such an action is necessary to conform with the requirements of the law
- requested the general secretary to study and recommend a formal policy statement on gender equity for report at its January 2019 meeting.

Source: Rotary International
Courtesy: PDG Sunil Zachariah / eFlash_Rotary Kalamassery
The Rotary Club of Pondicherry Eves, RID289, completed the District Signature Project "Mass Tree Plantation" on November 12. The members had 100 seeds of Palm tree to plant around Velrampet lake, with the help of the students of Kombakkam Government School (Pondicherry rural area).

The purpose of this project is to prevent soil erosion in the area, and the palm trees were chosen because they survive most climates, grow on most soil types, are low maintenance and have many benefits for the local population such as culinary use, ayurvedic medicine, diabetes prevention, to name a few. The local communities will certainly benefit from cultivating and caring for these trees.
Much ado has been made about encryption lately. And on some level, you probably understand it. Sort of.

You might know, for instance, that the FBI and Apple have tangled over it. (Apple won.) Most large companies like Google and Facebook support Apple’s position. And that encryption keeps your “stuff” safe from prying eyes.

The problem is that the idea of privacy is just that these days — an idea. “The way technology is woven into our daily lives, you can’t do without it,” Amy Danker, an employee at Epic Wines and Spirits, told the Oakland Tribune in a recent interview. “So what’s your other option? Are you gonna go back to a pager? I just assume that all my private information is already available through my IP address. You don’t even think privacy exists, because it doesn’t anymore, right?”

Natalie Plotnikova agrees, saying the arm of the law is getting too long. “I don’t really like it,” Plotnikova told the Oakland Tribune as she waited to be cleared through security at the Federal Building in San Jose. “I don’t want the government to be able to use my phone to see my information.”

This, say experts, is why encryption is necessary and important — especially in our current mobile, on-the-go environment, where everything you do is done on smartphones. By having your information scrambled so that only the person you are sending it to can see it, your privacy is maintained and your information remains secure.

To that end, technology from a company called VirnetX — which created an app called Gabriel, that uses encryption technology derived from a CIA national security program — may be the answer. The Gabriel app, available at the Apple App Store or the Google Play Store, was designed and built with personal privacy and security as a foundational principle.

For just $10 to $15 per year, users can take advantage of the Gabriel app and benefit from uncompromising encryption security when they talk, video chat, text, email or share photographs or documents.

No one will be able to see, hear or intercept your communications except for the party you’re in contact with because Gabriel does not transmit or store data with any third party. It’s person-to-person, end-to-end encryption that all but eliminates hacking possibilities.

Other benefits include:
* Making free voice or video calls or sending instant messages to other Gabriel members.
* Receiving spamless email.
* Sharing pictures or files that can’t be intercepted.
The phrase ‘six degrees of separation,’ suggests that only a minuscule measurement is what divides one person from another. Today, the Internet of Things (IoT) has decreased those degrees dramatically, connecting us not only to each other, but to everything from our fitness trackers to our coffee makers.

Consider this: according to a recent report by the Federal Trade Commission, the number of Internet-connected devices tops 25 billion worldwide. And that number is expected to double in the next five years, according to experts cited in the report.

In a world where everyone and everything is connected, digital security is a must-have, just as important as the lock on your front door or the keys to your house.

“Technology is revolutionizing the way consumers use cars, homes, work spaces and everyday items,” Rep. Darrell Issa, R-Calif., told USA Today in a recent interview.

“These devices raise both opportunities and questions about regulatory policy, spectrum space, privacy and more.”

Underscoring Issa’s concerns are high-profile hacks, including one that took remote control of a Jeep on a busy highway. Experts warn who consumers need to understand that, although convenient, the IoT is an interconnected system, and security is needed to prevent a weakness in one device (like a SmartWatch) from becoming an open door to attack in another device (such as a connected car).

The good news is that sensitive industries such as banking, government, and healthcare have worked with companies like Gemalto, a global leader in digital security, to solve difficult security challenges. While most may not recognize the name “Gemalto,” experts say that almost everyone uses at least one or two of the company’s solutions, which are embedded in a wide variety of connected devices, credit cards, passports, and ID badges. So, to ensure that your data is protected from hackers, Gemalto recommends the following tips:

- Secure the device. Sensitive devices need an added layer of protection, such as a SIM card or a tamper-resistant Secure Element that stores data in a safe place.
- Control the access. Implement two-factor authentication to ensure that only authorized people are granted access to the data.
- Secure the data. Ensure that sensitive data is encrypted and that encryption keys are stored in a separate and safe place.
THE SENIOR TRAVELLERS
A travel agent looked up from his desk to see an older lady and an older gentleman peering
in the shop window at the posters showing the glamorous destinations around the world.

The agent had had a good week and the dejected couple looking in the window gave him a
rare feeling of generosity.

He called them into his shop and said, "I know that on your pension you could never hope to
have a holiday, so I am sending you off to a fabulous resort at my expense, and I won't take
no for an answer."

He took them inside and asked his secretary to write two flight tickets and book a room in a
five-star hotel.

They, as can be expected, gladly accepted, and were on their way.

About a month later the little lady came into his shop.

"And how did you like your holiday?" he asked eagerly.

"The flight was exciting and the room was lovely," she said. "I've come to thank you. But one
thing puzzled me. Who was that old guy I had to share the room with?"

A SMART FARMER
Farmer Jack once lived on a quiet rural highway, but as time went by, the traffic slowly built
up, and eventually got so heavy and so fast that his free range chickens were being run over,
at a rate of three to six a week.

So Farmer Jack called the local police station to complain. "You've got to do something about
all these people driving so fast and killing all my chickens," he said to the local police officer.

"What do you want me to do?" asked the policeman.

"I don't care, just do something about those crazy drivers!"

So the next day the policeman had the council erect a sign that said: SCHOOL CROSSING.

Three days later Farmer Jack called the policeman and said, "You've still got to do something
about these drivers. The school crossing-sign seems to make them go even faster!"

So again, they put up a new sign: SLOW: CHILDREN AT PLAY.

That really sped them up. So Farmer Jack called and said, "Your signs are no good. Can I put
up my own sign?"
In order to get Farmer Jack off his back the policeman said, "Sure. Put up your own sign."
The phone calls to the Police Station stopped, but curiosity got the better of the officer, so he
called Farmer Jack, "How is the problem with the speeding drivers? Did you put up your
sign?"

"Oh, I sure did, and not one chicken has been killed."

The policeman was really curious and thought he'd better go out and take a look at the sign.
He also thought the sign might be something the police could use elsewhere to slow drivers
down. So he drove out to Farmer Jack's house. His jaw dropped the moment he saw the sign:

"NUDIST COLONY.
Slow down and watch for chicks!"
KULULA AIRLINES
What a pity Kulula doesn’t fly internationally! We could support them, if only for their humour!
On a Kulula flight, there was no assigned seating - you just sat where you wanted to, and passengers were apparently having a hard time choosing their seats, when a flight attendant announced, "People, people, we’re not picking out furniture here! Find a seat and get in it!"
On another flight with a very "senior" flight attendant crew, the pilot said, "Ladies and gentlemen, we’ve reached cruising altitude and will be turning down the cabin lights. This is for your comfort and to enhance the appearance of your flight attendants."
On landing, the stewardess said, "Please be sure to take all of your belongings. If you're going to leave anything, please make sure it's something we'd like to have."
"There may be 50 ways to leave your lover, but there are only four ways out of this airplane."
"Thank you for flying Kulula. We hope you enjoyed giving us the business as much as we enjoyed taking you for a ride."
As the plane landed and was coming to a stop at Durban Airport, a lone voice came over the loudspeaker: "Whoa, big fella. WHOA!"
After a particularly rough landing during thunderstorms in the Karoo, a flight attendant on a flight announced, "Please take care when opening the overhead compartments because after a landing like that, sure as heck everything has shifted."
From a Kulula employee: "Welcome aboard Kulula 271 to Port Elizabeth. To operate your seat belt, insert the metal tab into the buckle, and pull tight. It works just like every other seat belt; and if you don't know how to operate one, you probably shouldn't be out in public unsupervised."
"In the event of a sudden loss of cabin pressure, masks will descend from the ceiling. Stop screaming, grab the mask, and pull it over your face. If you have a small child travelling with you, secure your mask before assisting with theirs. If you are travelling with more than one small child, pick your favourite."
"Weather at our destination is 50 degrees with some broken clouds, but we'll try to have them fixed before we arrive. Thank you, and remember, nobody loves you, or your money, more than Kulula Airlines."
"Your seat cushions can be used for flotation; and in the event of an emergency water landing, please paddle to shore and take them with our compliments."
"As you exit the plane, make sure to gather all of your belongings. Anything left behind will be distributed evenly among the flight attendants. Please do not leave children or spouses."
And from the pilot during his welcome message: "Kulula Airlines is pleased to announce that we have some of the best flight attendants in the industry. Unfortunately, none of them are on this flight!"
Heard on Kulula 255 just after a very hard landing in Cape Town. The flight attendant came on the intercom and said, "That was quite a bump and I know what y'all are thinking. I'm here to tell you it wasn't the airline's fault, it wasn't the pilot's fault, it wasn't the flight attendant's fault, it was the asphalt."
Overheard on a Kulula flight into Cape Town, on a particularly windy and bumpy day: During the final approach, the captain really had to fight it. After an extremely hard landing, the flight attendant said, "Ladies and gentlemen, welcome to the Mother City. Please remain in your seats with your seat belts fastened while the captain taxis what's left of our airplane to the gate!"
Another flight attendant's comment on a less than perfect landing: "We ask you to please remain seated as Captain Kangaroo bounces us to the terminal."
An airline pilot wrote that on this particular flight he had hammered his ship into the runway really hard. The airline had a policy which required the first officer to stand at the door while the passengers exited, smile, and give them a "Thanks for flying our airline." He said that in light of his bad landing, he had a hard time looking the passengers in the eye, thinking that someone would have a smart comment. Finally everyone had got off except for a little old lady walking with a cane. She said, "Sir, do you mind if I ask you a question?" "Why, no, Ma'am," said the pilot. "What is it?" The old lady said, "Did we land, or were we shot down?"

FRIENDLY ADVICE
I would like to share a personal experience with my friends about drinking and driving. This might save you the cost and embarrassment of being arrested for DUI.
As you know, people have been known to have unexpected brushes with the authorities from time to time, often on the way home after a "social session" with family or friends.
Well, this year, it happened to me. I was out for the evening to a party and had more than several margaritas coupled with a bottle of rather nice red wine. It was held at a great Mexican restaurant. Although relaxed, I still had the common sense to know I was slightly over the limit.
That's when I did something I've never done before ... I took a taxi home.
On the way home there was a police roadblock, but since it was a taxi they waved it past and I arrived home safely without incident. These roadblocks can be anywhere and I realized how lucky I was to have chosen to take a taxi.
The real surprise to me was I had never driven a taxi before. I don't know where I got it, and now that it's in my garage I don't know what to do with it.
If you want to borrow it, give me a call.
A world of good wishes
The Christmas chaos leaves many of us feeling stressed and exhausted, but some simple changes can make a world of difference

*By Dr Lydia Brown, University of Melbourne*

If you are feeling stressed about Christmas, you are not alone. Research shows that Christmas can be stressful, and it can even place a toll on your health.

Studies from around the world have found Christmas is associated with an increased risk of fatal heart attacks. In fact, one large study reports that Christmas and New Year’s day are associated with more fatal heart attacks than any other days of the year.

And while researchers are still investigating the mechanism of this “Merry Christmas Coronary”, we know emotional stress is one risk factor that can be ameliorated through self-care.

Instead of doing Christmas on autopilot, follow these three easy steps to a stress-free Christmas. These strategies are backed by science and can help boost your well-being and protect your health during the busy time ahead.

1. **GIVE LOVE NOT STUFF**

Look around any shopping centre this time of year, and it is pulsing with stress. Just finding a carpark can seem like climbing Mt Everest. And that is before you have even started the intrepid task of finding the perfect gift to symbolise how much you care.

Almost all of us have enough stuff. So finding a thoughtful gift for loved ones is exponentially hard.

This year, instead of focusing on expensive gifts, try writing gratitude cards to your loved ones. Gratitude card writing offers a very powerful boost to happiness that, so giving gratitude won't only mean something to your family – science says it will likely improve your own well-being, and your relationships, as well.

But if you do want to spend money on others, a well-being tip is to purchase experiences not things. Replace a gift of hand cream for your mum with a voucher for afternoon tea. Research tells us that experiences have a bigger positive impact on our happiness than things.

Taking your mum out for afternoon tea will create a happy shared memory that will last well after the hand cream tub has been used up and thrown away.

2. **SEEK STILLNESS**

December is one of the most social times of the year. Between work parties, catch ups with old friends and family get togethers, make sure to schedule time out to be still.

While social connection is a strong contributor to health and longevity, too much socialising without time to restore is not balanced – and it can contribute to mental and physical stress.

At Christmas time, family tensions are particularly common and there are often pressures (especially for women) to cook and care for everyone. Taking time out for self-care is essential.
During December, you will have to schedule time for self-care. If you don’t schedule it, life will get too busy and self-care simply won’t happen.

This month, set reminders on your phone to do nurturing things such as long walks, quiet cups of tea on your veranda, or nights in – curled up on the couch with a good book.

3. EMBRACE IMPERFECTION
Western culture strives for perfection.

At Christmas time, the struggle for the perfect gift, the perfect celebration, and the perfect family is immense. Striving for perfection is perhaps a key reason why most people experience an injection of extra stress at Christmas time.

In fact, a recent study of approximately 30,000 Europeans found the only demographic who do not report elevated stress at Christmas time are religious Christians. Perhaps this is because there is less of a focus on outer perfection, and more of a focus on stories and the immaterial meaning of Christmas in this group.

Rather than striving for the perfect Christmas this year, let go of the reins a little and make peace with your argumentative aunty and burnt-sausage Christmas lunch. By allowing your Christmas to be imperfect, you will have more mental space to savour the real meaning of Christmas.

When you let go of ‘perfect’ it is easier to laugh, and you will enjoy a Christmas of connection, sharing and self-care.

So this year, don’t do Christmas on autopilot. Give love not stuff, seek out stillness and don’t strive for perfection. That way, you will have the mental space to settle into the magic of Christmas, and you will start the new year feeling rested and restored. ❖

**Christmas Anecdotes**

**BUY YOUR OWN GIFT**
Last Christmas, grandpa was feeling his age and found that shopping for Christmas gifts had become too difficult. So he decided to send checks to everyone instead.

In each card he wrote, "Buy your own present!" and mailed them early.

He enjoyed the usual flurry of family festivities, and it was only after the holiday that he noticed that he had received very few cards in return. Puzzled over this, he went into his study, intending to write a couple of his relatives and ask what had happened. It was then, as he cleared off his cluttered desk that he got his answer.

Under a stack of papers, he was horrified to find the gift checks which he had forgotten to enclose with the cards.

**CHRISTMAS SPIRIT**
It was just before Christmas and the magistrate was in a happy mood. He asked the prisoner who was in the dock, 'What are you charged with?'

The prisoner replied, 'Doing my Christmas shopping too early.'

'That’s no crime', said the magistrate. 'Just how early were you doing this shopping?'

'Before the shop opened', answered the prisoner.

**A SIGN OF THE TIMES**
As a little girl climbed onto Santa's lap, Santa asked the usual, "And what would you like for Christmas?"

The child stared at him open mouthed and horrified for a minute, then gasped: "Didn't you get my E-mail?"
Novum Hotel Alster Hamburg St. Georg. Room rates are Euro239 per room per night including breakfast and service charge and excluding city tax. City tax is dependent on net nightly cost and accommodation excluding breakfast.


- It’s a 3-star hotel, 1.3 km from Dammtor station which is close to the Convention Centre, and 8.5 km from the airport
- Booking.com, Agoda Hotels, Trip Advisor have all good ratings and reviews on the hotel.
- Ten rooms have been booked under ROTI

All booking made by our members would be CC’d to me as this not done through a travel agent.

Madu Bishnu
ROTI Chair, 2017-19
Important deadlines
27 June 2018: Last day for special promotional discount
15 December 2018: Last day for early-registration discount
31 March 2019: Last day for preregistration discount
30 April 2019: Last day to request to cancel registrations or tickets
5 June 2019: Last day for online registration

Registration fees
Register early to take advantage of discounted rates. Go to registration fees for information about rates, cancellations, and refunds, and what your registration includes.

Group registration
Groups of 25 or more Rotary members, Rotaractors, and club and district employees may register as a group. All fees must be submitted in full in a single payment using a credit card or check (drawn from a U.S. bank only), or through an international office or fiscal agent.

Review the group registration guidelines and download the group registration form. After 31 March 2019, additional group members can be added only on-site at the convention.

Cancellations and refunds
All registration cancellations are subject to a $50 service fee. Requests to cancel registrations or tickets must be received by 30 April 2019. Registrants who cancel after the deadline will not receive a refund. In cases of force majeure, refund requests will be considered on a case by case basis, and all approved funds will be less than a $50 processing fee. Registration fees and ticketed event fees will not be refunded on requests after 30 April, unless they are due to a visa. Cancellations caused by visa denial must be received by 5 June 2019.

- Cancel online (preferred method)
- Cancel by email: ri.registration@rotary.org
- Cancel by fax: +1-847-556-2194
ENCHANTING RHINE
ROTARIANS ON THE RHINE CRUISE
May 20 - 27, 2019
Enjoy a 7-night cruise from Basel to Amsterdam
AmaWaterways will donate $100 to the END POLIO NOW campaign for every cabin purchased through Travelbugs / Connoisseur Travel for the Rotarians-on-the-Rhine-Cruise May 20, 2018 aboard AmaKristina.

DAY DETAILS

<table>
<thead>
<tr>
<th>DAY</th>
<th>DESTINATION</th>
<th>ACTIVITIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 20</td>
<td>Basel</td>
<td>EMBARKATION</td>
</tr>
</tbody>
</table>
| May 21 | Breisach | Riquewihr excursion  
OR Freiburg excursion  
OR Breisach wine country bike tour  
OR Black Forest excursion |
| May 22 | Strasbourg | “The Gem of Alsace” tour OR Strasbourg bike tour |
| May 23 | Ludwigshafen | “Romantic Heidelberg” excursion  
OR Heidelberg Philosopher’s hike OR “Secrets of Speyer” tour  
Rüdesheim  
Siegfried’s Mechanical Music Museum OR Rüdesheimer Coffee |
| May 24 | Rüdesheim | Gondola ride and wine tasting  
OR Schloss Johannisberg bike tour OR Vineyard hike  
Rhine Gorge  
Lahnstein  
Castles along the Rhine scenic cruising  
Exclusive festive celebration |
| May 25 | Cologne | “Holy City” walking tour and cathedral visit  
OR Kölsch Beer tasting OR Cologne bike tour |
| May 26 | Amsterdam | Canal cruise tour OR Jewish Heritage tour |
| May 27 | Amsterdam | DISEMBARKATION |

*Itinerary subject to change

RIVER CRUISE CATEGORY

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>TYPE</th>
<th>SIZE</th>
<th>CRUISE &amp; LAND PRICE PP</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUITE</td>
<td>Twin Balcony</td>
<td>350 sq. ft.</td>
<td>$4,552.68</td>
</tr>
<tr>
<td>Cat. AA</td>
<td>Twin Balcony</td>
<td>235 sq. ft.</td>
<td>$3,694.68</td>
</tr>
<tr>
<td>Cat. AB</td>
<td>Twin Balcony</td>
<td>235 sq. ft.</td>
<td>$3,562.68</td>
</tr>
<tr>
<td>Cat. BA</td>
<td>Twin Balcony</td>
<td>210 sq. ft.</td>
<td>$3,430.68</td>
</tr>
<tr>
<td>Cat. BB</td>
<td>Twin Balcony</td>
<td>210 sq. ft.</td>
<td>$3,298.68</td>
</tr>
<tr>
<td>Cat. CA</td>
<td>French Balcony</td>
<td>170 sq. ft.</td>
<td>$2,968.68</td>
</tr>
<tr>
<td>Cat. CB</td>
<td>French Balcony</td>
<td>155 sq. ft.</td>
<td>$2,770.68</td>
</tr>
<tr>
<td>Cat. D*</td>
<td>Fixed Window</td>
<td>160 sq. ft.</td>
<td>$2,572.68</td>
</tr>
<tr>
<td>Cat. E*</td>
<td>Fixed Window</td>
<td>160 sq. ft.</td>
<td>$2,375.34</td>
</tr>
</tbody>
</table>

Terms & Conditions: All rates are per person in USD for cruise only, based on double occupancy in the specified category staterooms above. Unless explicitly stated that single supplement is waived, solo travelers in a double occupancy stateroom must pay an additional single supplement amount before receiving any discounts. Port charges of $182, roundtrip airfare, and gratuities are additional. Other restrictions apply. Registration as a seller of travel does not constitute approval by the State of California. AmaWaterways CST#2065452-40. V17NOV28MG