

SOUTH WIND

Charter Granted 7 August 1961

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No. 2686
16 February 2018

Today's Topic: "Fellowship Day"

MEETINGS : EVERY FRIDAY AT NOON

THE DANGERS OF WORKING FOR PEACE: A TALK BY JEN WEIDMAN

By Stefan Sanchez

In all, 79% of Aid Workers suffer with mental issues: 93% of them say it was work related: 84% of them suffering from mental health issues continue working untreated. 62 Billion US Dollars per year in productivity is lost. Incidence of suicide is higher than average.

Engaging on a day to day basis as a peace worker is dangerous to health. Many other industries are legally required to offer health and safety protection against the hazards of the working environment. Peace workers are given nothing to protect their mental health.

Daily exposure to incidence such as rape, murder, starvation, unbearable living conditions, or being assaulted have a pernicious cumulative effect on the minds of peace workers. Self-medicating on drugs and alcohol is the norm, giving temporary relief. A costly price to pay for trying to help others, with one's own sanity being secondary to the health of the traumatised victim.

The modern work place is a symbiotic gathering of innovation, energy, and creation. Mental exhaustion ensures a total lack of vitality with a subsequent costly loss of input. Even the most resilient and mentally strong person can be burned out by a bad organisation.

Take the new University Graduate worker; young, strong, well-educated and resilient... after 6 months of working on a project, perhaps involving the socially deprived, will find herself unable to deal with the daily war of attrition. She needs help, but no one appears to know how.

She has received no ongoing assessments of her mental state, nor any 'pastoral care.' When it is too late the organisation, much to its surprise, loses yet another valuable member. A few days off, every now and then, will not alleviate the problem.

What is the Peace Retreat? This organisation was set up by the speaker herself, a teacher of Peace Studies at



Chulalongkorn University. It is a positive 'guided' experience allowing reconnection with creativity. Jan assures us this is no Yoga retreat on the beach! (Most people's idea of Yoga is a purely superficial, physical, activity).

The course uses well documented, therapeutic tools to re-engage with a person's mental well-being... Nature, connection, fellowship, good food, music, reflection, creativity and fellowship are its very basis.

Charlie Allen, a Peace Fellow and member of the Australian constabulary has said that this effort is necessary for productivity. He insists that these techniques must be used by Peace Organisations as well as Rotary, who are themselves involved in Peace Projects.

In 2018 there will be 'Resilience Retreats' in Australia, Toronto and Thailand. All Rotarians are welcome.

Jan presented us with a Poem, "The Way it is" by William Stafford accompanied by music at the beginning of the talk. We were asked to write down our thoughts. The effect was to focus our minds in a more creative and receptive state.

'Aimless time is the beginning of creative time, of innovation of breakthrough'...John Paul Lederach



SNAPSHOTS FROM RCBS LUNCH, 9 FEBRUARY 2018



Our visitors from RC Tokushima, Japan, Yoshihiko Matsuura and Kenichi Tomari being welcomed by PP Krit with Wasin Techachainiran, introduced by Rtn Kenichi



Rtn Michael and P Dougie in a serious moment



Rtn Scott, our newest member and his proposer, VP Adrian



PP Don and IPP Ken collect for Eddie's Charity from Rtn Vinai and Rtn Tevin



Rtn Carol, SAA Mike and Rtn Stefan



Rtn Rakesh walks away with another golf bag for his very young grandchild

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THE 29TH ANNUAL ROTARY CLUB OF BANGKOK SOUTH CHARITY GOLF TOURNAMENT

Held on Thursday, 25 January 2018 at the Thana City Golf & Sports Club, this year's very successful event raised 500,000 Baht for our charity projects, focusing on children and the disadvantaged.

Everyone in the club would like to take this opportunity to thank all our great sponsors for their help and support. Without this help, we would not be able to raise the funds so desperately needed to help those most in need.

All money raised from the tournament will now go directly to our many projects, including our clean drinking water systems projects and library kit projects for rural schools.



**THE ROTARY CLUB OF
BANGKOK SOUTH (RCBS)**

**29th Annual Charity
Golf Tournament**

on 25 January 2018
Thana City Golf & Sports Club





Khun Khob's Club Almanac #2686

16 February 2018

Happy Birthdays:

Carol Kuhn February 17
Ron Livingston February 19

Wedding Anniversary Greetings:

None

Attendance for 9 February 2018: 61%

Present 29, Make-up 15, Absent 28, Exemption 30, Total 102

Visiting for 9 February 2018

From Abroad:

Kenichi Tomari RC Tokushima, Japan
Yoshihiko Matsuura RC Tokushima, Japan

Invited Guests:

Omid Wali
Scott Ledwell
Selena Topham
Wasin Techachainiran

Introduced by:

PP Andrew MacPherson
Mark Wolf
Adrian Topham
Kenichi Tomari

Recent Makeups:

RC South Surrey, 7 February 2018: Chip Bowness
RC e-Club One, 9 February 2018: PP Per Dibber

Makeups:

Incoming Board, 27 January 2017: Alastair Timblick, Dana Caron, PE Dean Outerson, Dr. M Chase Schneier, PP Mark Butters, PP Michael Schulz, Patrick Shrimp, Peter Upperton, PP Per Dibber, Tevin Baechtold, PN Tim Cornwall

Golf, 2 February 2018: P Douglas Riach, Gerard Geraets, PP Mark Butters, Mark Shaw, PP Nigel Hardy, Rakesh Sodhia, PN Tim Cornwall

Training the Trainers for Multi-District PETS, 3 February 2018: PDG Alex Mavro

New Member Orientation, 7 February 2018: PDG Alex Mavro, PE Dean Outerson

Membership, 7 February 2018: PDG Alex Mavro, PE Dean Outerson, PP Don Lavoie, P Douglas Riach, IPP Krin Charnmaytesakul, PP Mike Doyle, PP Nick Pisalyaput, PP Niti Meyer, PP Ole Madsen, Tevin Baechtold, PN Tim Cornwall, Rui Belo, PP Vichai Tantratituvud

CLUB CALENDAR

Thursday, 22 February 2018 – Paul Harris Dinner with PP Sean Brady on The Relevance and Value of Rotary and the Paul Harris Foundation in an Increasingly Polarized World. Venue: The Residence, Grand Hyatt Hotel, Bangkok, from 18:00 hrs.

Friday, 23 February 2018 – Peter Coll on Nova Scotia School Foundation and Rotary's involvement.

Friday, 02 March 2018 – Dominic Faulder on his book on Anand Panyarachun – Inter-club delegations visit to RC Bangkok South.

Friday, 09 March 2018 – the Program Committee is in the confirmation stage with a foreign diplomat who will address us on this day. TBC.

Friday, 16 March 2018 – Dr. Bhume Bhumiratana on Cybersecurity

Friday, 23 March 2018 – Dr. Bert van Walbeek on Risk Mitigation & Crisis Recovery Management in Thailand

Friday, 30 March 2018 – Tony Campbell on The new gold rush - the regulatory challenges of Bitcoin and other Cryptocurrencies.

Wednesday, 4 April 2018 – Kids Day Out 2018 – A fun day at Royal Varuna Yacht Club with a great bunch of kids and fellow Rotarians. The feel-good day of the year... Please contact **Rtn. David Record** at davidjrecord@gmail.com for more information.

Friday, 06 April 2018 – No meeting due to Chakri Day Nat. Holiday

Friday, 13 April 2018 – No meeting due to Songkran Festival

For more information about Bangkok South events contact: rotarybangkoksouth.org/calendar-of-events

The Crowne Plaza Bangkok Lumpini Park Hotel, 952 Rama IV Road, Bangkok 10500 Thailand
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