



HOWZAT!



ROTARY CLUB OF NEWLANDS

“The club that appeals”



President: Graham Finlayson
Secretary: Bill Meyer



ROTARY:
MAKING A
DIFFERENCE

Editor: Peter Ennis

e-mail: howzat@newlands.org.za

Newlands Rotary website: www.newlands.org.za

Rotary District 9350 website: www.rotary9350.co.za

19 February 2018

WEEKLY UPDATE

P O Box 44735
CLAREMONT
7735

MEETINGS: Western Province Cricket Club Sports Centre, Ave De Mist, Rondebosch, every Monday at 18h00 for 18h15.

ATTENDANCE: Notice of apologies and guests and/or meal specifics to email Paul Spiller at dr.paul.spiller@gmail.com and copy to Bill Meyer at meyport@iafrica.com before 10h00 on Monday mornings please.

Comment

The Editor

What the Germans Get Right About Productivity

By Caitlin Schiller, Editor-in-chief, *Blinkist Magazine*

Frühstück, *Rechnung*, *quatschen*, and *VoKuHiLa* are among the hundreds of colorful words I learned in preparation for my move to Germany. Upon arriving in the Fatherland, however, I was brought swiftly to bear with something I hadn't considered: the quantity of English words I'd need to unlearn in order to make sense of my new home.

Ask for a “Beamer” and you'll be presented with a run-of-the-mill office projector. The average “Public viewing” is (depending on who wins) corpse-free—you'll just be watching football in a big, clamorous group. If you are male identified and dapper, you'll wear a “Smoking” to a friend's wedding. The adopted English word that stands out sharpest in my mind, however, is “wellness.” When Germans speak of a wellness weekend, they can either mean a spa getaway, or an actual location: a “Wellness.” In a country where you can't toss a bath bead without hitting a few dozen such retreat centers, it's not a word you'll be getting away from. And really, that seems quite fitting.

Germans care deeply about self care, and one such manifestation is their singularly healthy relationship to illness at work. German colleagues meet a sniffly “Guten Morgen” with a stern directive to go home and rest—and don’t come back until you’re healthy! The rationale is simple: **you can’t be productive if you don’t feel well**. What’s more, rest is not the sole province of the sick. German employees count on four weeks of vacation a year, and also enjoy some of the shortest work weeks known to Europe. In the manufacturing sector, it’s standard to devote only 35 hours to toil—which is a far cry from the 49-hour work week the average full-time employed American can expect.

What Germans get right about work is this: being productive requires more than just a strong work ethic—it calls for taking time out to take care of oneself. That self care might mean going home to nurse your cold, having a weekend away at a “Wellness,” or meeting up with friends after work. For Germans, productivity depends as much on that legendary Teutonic focus (which is real, let me tell you), as it does clocking out and being a whole person.

Generally speaking, there are two routes to self-improvement and to changing your own life:

There’s a metaphor for that attitude, but it’s actually not German. The concept of “sharpening the saw” comes instead from American Stephen Covey’s *The 7 Habits of Highly Effective People*. If you spend the whole day sawing away but don’t find time to sharpen your saw, Covey posits, your work will suffer. And if we’re talking people, not power tools, that means taking care of your most vital resources: your physical, social, and mental wellbeing. Grant yourself adequate time to rest and recharge, he explains, and you’ll enjoy greater well-being and greater productivity.

Clearly, a modification to the image of the all-work-no-play German is in order. Germans do take work very seriously, but they take with equal gravity being joyfully done with it. A fitting articulation of this attitude is the delightful expression, *Feierabend*: a compound noun for “after-work hours,” but translated directly is the infinitely more puckish “party evening.”

But here is a word that, while it’s become quite common, is neither festive nor native to the German vernacular: burnout. It’s hard to say exactly when or how, but if I had to guess, I’d allege that this North American transplant slipped by border control circa 2010 via conference calls and lunch-date handshakes, continuing its spread by way of new startups and tech giants. However it got here, one thing is for certain: it is not agreeing with the Deutsch.

A Gallup poll from earlier this year showed that of a workforce of about 40 million, as many as 4.1 million German workers have experienced work-related mental or emotional distress. The Chief Executive of Techniker Krankenkasse, a public health insurance fund, says that “lifestyle diseases” are on the rise, with its customers missing more than 15 days of work a year on average. Psychological illness is to blame for 14% of missed working days in Germany, which reflects a 50% increase over 12 years. Furthermore, statistics show that of the ten health issues most commonly leading German workers to compulsory time off, psychological issues—among them, burnout—have seen the steepest rise, vaulting from 12,1% in 2010 to 16,2% in 2016.

A commenter on the article that first raised the issue of German burnout tethers the issue to the German vocable from a few paragraphs back. “The problem can’t be from overwork,” the commenter writes. “Germans LIVE on work. The problem is that there is no *Feierabend*—no END of workday.”

German employers have noticed the extended workday the commenter underscores, and they're taking measures to halt the de-Germanification of German work culture. Volkswagen, for example, blocks email after office hours and releases them to inboxes only the next workday. A Volkswagen spokesman said that the company "respects relaxation time" and will only interrupt after the workday finishes in the case of emergencies. In 2014, there was even serious talk of making this practice nationwide, so concerned were German officials with the psychological havoc wrought by the never-done startup culture and work habits routine at big tech companies.

Germans believe in doing a job thoroughly and well, but they also believe in sharpening the saw. Let's all raise a "Feierabendbier" to a kinder, healthier, Deutsch-er way of being productive—and add "burnout" to our list of English words to unlearn.

www.blinkist.com

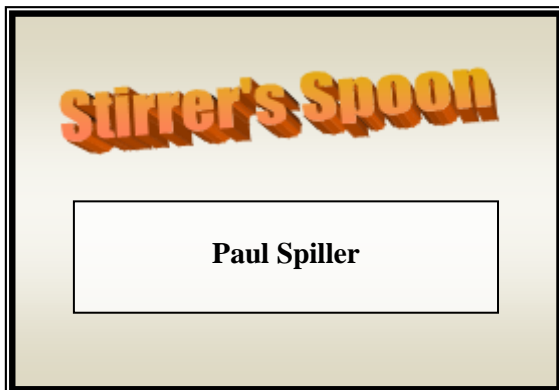
17 June 2016

Previous Meeting

Unfortunately the minutes of the previous meeting did not arrive in time for publication



www.facebook.com/newlandsrotary



[Newlands Rotary Club Runner Calendar](#)

FUTURE FIXTURES

Year Planner

Please advise the secretary promptly of any additions or changes

February 2018

Mon 12 Ordinary
Mon 19 Ordinary
Mon 26 Business

March 2018

Mon 5 Partners
Sun 11 Cape Town Cycle Tour
Mon 12 War Stories
Mon 19 Ordinary
Mon 26 Business

Happy Anniversary	21 February Pieter & Judy van Aswegen
	21 February Tony & Lyn van der Lith

Happy Birthday	15 February (belated) Johnny Hurwitz
	22 February Vanessa Rousseau

Wonderful English from Around the World

Hotel, Japan:

YOU ARE INVITED TO TAKE ADVANTAGE OF THE CHAMBERMAID.

In the lobby of a Moscow Hotel, across from a Russian Orthodox Monastery:

YOU ARE WELCOME TO VISIT THE CEMETERY, WHERE FAMOUS RUSSIAN AND SOVIET COMPOSERS, ARTISTS AND WRITERS ARE BURIED DAILY, EXCEPT THURSDAY.

A sign posted in Germany's Black Forest:

IT IS STRICTLY FORBIDDEN ON OUR BLACK FOREST CAMPING SITE, THAT PEOPLE OF DIFFERENT SEX, FOR INSTANCE MEN AND WOMEN, LIVE TOGETHER IN ONE TENT, UNLESS THEY ARE MARRIED WITH EACH OTHER FOR THIS PURPOSE.

Hotel, Zurich:

BECAUSE OF THE IMPROPRIETY OF ENTERTAINING GUESTS OF THE OPPOSITE SEX IN THE BEDROOM, IT IS SUGGESTED THAT THE LOBBY BE USED FOR THIS PURPOSE.

Airline ticket office, Copenhagen:

WE TAKE YOUR BAGS AND SEND THEM IN ALL DIRECTIONS.

(Just Like South African Airways!)

A laundry in Rome:

LADIES, LEAVE YOUR CLOTHES HERE AND THEN SPEND THE AFTERNOON HAVING A GOOD TIME

UMPIRES AND SCORERS

DATE	19 February	26 February	5 March	12 March
MEETING	Ordinary	Business	Partners	War Stories
SERGEANT	Geraldine Nicol	TBA	Colin Burke	Lew Botha
4 WAY TEST/ OBJECT	Peter Henshilwood	Graham Lowden	Anthony Galloway	John Stephenson
GRACE & TOAST	Bill Meyer	Pieter van Aswegen	Paul Spiller	Shân Biesman- Simons
ATTENDANCE	Andrew Peile	Corinne Hudson	Chris Beech	Andy Ismay
FELLOWSHIP	Johan Beukman	Heidi Andersson	Rochelle Malherbe	Brian Pickup
MINUTES	Ian Pursch	Richard House	Jamie Hart	Jana Forrester
COMMENT	Melinda Stapleton	Jenny Ibbotson	Michael Walwyn	Garnet Carr
THANK SPEAKER	Vanessa Rousseau		Wendy Goddard	
INTRO SPEAKER	Geraldine Nicol		Glynis Menné	

**Invited
GUEST SPEAKERS**

19 Feb **Andrew Peile** – *A life less ordinary*
5 Mar **Ian Domisse** – *Eco Bricks*

If you cannot do your job on the day, please find someone who can do it instead of you, then contact the Sergeant on the day to update the roster. Please don't leave this until the Monday afternoon – let the Sergeant know in advance if you have not been able to arrange a swap. If you are going to be away for particular future meetings let Peter Ennis know.



Rotary Club of Newlands Office Bearers

Graham Finlayson	President	graham@gfinarch.co.za
Bill Meyer	Secretary	meyport@iafrica.com
Peter Ennis	Treasurer	treasurer@newlands.org.za
Corinne Hudson	Community Service	corinne.hudson@gmail.com
Paul Spiller	Club Service	dr.paul.spiller@gmail.com
Jenny Ibbotson	International & Vocational Service	jennyi@mweb.co.za
Regine le Roux	Public Relations	rotary@reputationmatters.co.za
Vanessa Rousseau	Youth Service	rousseau@iafrica.com
Shân Biesman-Simons	Membership	shan@biesman.co.za
Andy Ismay	Entrepreneurship	andy@quicktint.co.za
Jenny Howard	President Elect	jenny@chezgourmet.co.za
Chris Beech	Past President	christopher.beech67@gmail.com

Books for the World

For all educational school books and novels for age from early education to High school

CONTACT: FRANCOISE NDAYIZIGIYE 0737317056

St Anthony's Catholic Church, Ndabeni Street, Langa

