

ROTARY NEWS

ISSUE NO. 9 THE ROTARY CLUB OF HODDESDON MAY 2015

**shelter
BOX**

With temperatures dropping to zero in many parts of Nepal, along with constant thunderstorms and rain, the need for shelter has become even more desperate after the recent deadly earthquake.

The quake has damaged an estimated 600,000 homes in the country, leaving almost three million people with nowhere to go. Frequent aftershocks mean that even surviving buildings could collapse at any minute, forcing people to sleep out in the open. Families have resorted to creating temporary shelters made from whatever can be salvaged from the rubble, but these flimsy shelters aren't enough to protect people from the harsh weather bearing down on Nepal. Thunderstorms are predicted, while heavy downpours look likely to turn into monsoon rains, bringing the threat of flooding and waterborne diseases. In addition, scientists worry that the impact of the earthquake could have reached as far as Nepal's glacial lakes, destabilising them and increasing the risk of further flooding and landslides. The first ShelterBox response team to arrive in Nepal, said: 'Each day the population of Nepal is experiencing thunder and heavy rains, and with the monsoon season coming, there is a possibility of flooding as well. With so many people sleeping outside, this terrible weather makes the speed of our response even more crucial. ShelterBox is sending shelter kits to Nepal, which will help people to clear rubble, mend structures and make sturdy temporary shelters that can be adapted and moved when needed. More ShelterBox response teams are on the way to identify the people most in need and to distribute aid. However, we need your support to be able to continue sending aid to Nepal to make sure that no one is left without shelter after this terrible disaster.'



ShelterBox response team member Nicola Hinds with Geeta Shrestha, Nursing Director at one of the Kathmandu hospitals that have received ShelterBox tents.

Hoddesdon rallies to aid earthquake victims.

Members, partners and friends from the club turned out over the May Bank holiday weekend to collect funds for victims of the disaster, Morrisons and Asda kindly allowed us to collect at short notice, and as of the 4th May the club will have raised or donated over £1500 to help Shelterbox in their efforts.



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District 1260 - Chartered 1947 - Club No: 19256 - Charity Number 270925

A few words from our President

Welcome to the latest edition of Rotary News and congratulations to David Johnston on the excellent quality of productions this past year. I was delighted when asked to present the prizes at this year's essay competition in March in company with our Lady Mayor Bren Perryman. I was most impressed with the number of entries as well as the high standard of the essays from these young people who were well supported at the event by their parents and teachers. Thanks must go to Chris Waddington and his Committee for their dedication to this worthy project. I would also like to take this opportunity to wish Chris all the very best for a long and enjoyable retirement.



Together with my Vice President Ted Grad we attended the District Conference welcoming party

on the Friday Evening at which the Mayor of St. Albans gave us a brief history of the historic city as well as welcoming Rotary to the weekend event. It made a pleasant change to hold the conference on 'home ground' and was well supported by Hoddesdon with fourteen members and partners attending the Saturday programme. Congratulations to Jenny Muir and her team for their efforts.



The Easter Party for the elderly and disabled of the Borough was once again a great success with I believe over 350 guests attending. It gave me great pleasure to thank all those involved in the organisation of the event especially Arnold Granat and his team. During my year so far I have had the privilege of inducting two new members, Bob Cornish and Graham Fry and by the time this goes to print I hope to have welcomed Jack Yiacoumi into our club. I sincerely trust that you will all help to make our

new members welcome and their respective mentors encourage them to visit the Main Committees so they can choose the right team to join. With only two months remaining before I hand the Jewel of Office over to Ted I hope you will continue to enjoy the friendly banter that exists at our weekly meetings which I believe has created an atmosphere of good fellowship as well as furthering our aims of service above self.
Peter

The club is once again proud to sponsor and support a team in the teens unite It's A Knockout Family Fun Day to be held on the 14th June. Everyone is welcome to come along to what promises to be a very successful and exciting day.

teens unite
FAMILY
CHARITY IT'S A KNOCKOUT
FUNDAY

SUNDAY 14TH JUNE 2015
WORMLEY PLAYING FIELDS - 11AM-6PM

WANT TO TAKE PART?
Join in the games & enter your team today!
Team of 10 - £20.00
Team of 5 - £10.00
Individual - £5.00
ARE YOU UP FOR THE CHALLENGE?

OR

JUST WANT TO WATCH?
Enjoy all the fun and games!
The general fairground & attractions available open to all who come along.

For more details or to enter the fundraising event please contact us: www.teensunitefightingcancer.org
www.teensunitefightingcancer.org Tel 01992 440091



Welcome to Jack

Jack Yiacoumi was inducted as a new member on 20th April. This takes us back up to 40 members and helps to lower our average age!

Jack owns the Highland Restaurant in Broxbourne and the King Harold's Head in Bumbles Green, Nazeing.

He lives in Nazeing with his partner, Tracy.



In 1993, James Boardman and Swithun Mason were part of a student exchange to Sierra Leone. The two students returned to the UK determined to help those youngsters they had met who wanted to go to school but, for the lack of fairly small amounts of money, could not.



EducAid

Learning for life in Sierra Leone

They began by sending school fees to Sierra Leone and then, in 1995, registered EducAid as a charity. When Swithun and James revisited in 1996 and 1997 it became clear that it was almost impossible to ensure that the money they were sending was being used well. When they visited their sponsored students in school, they found classes with up to 100 children, often without a teacher as they had not been paid for months, and with no resources beyond a blackboard and a piece of chalk. At that point, they began work on establishing their own school where they could implement a quality and balanced education.

In 2000, Miriam Mason-Sesay, a UK teacher and sister to Swithun, moved from London to the Sierra Leonean capital, Freetown, to start the first EducAid school. On 18th September 2000, 20 young people joined Miriam to found Lumley, their first Junior Secondary School, in a rented house in the west of Freetown. Since 2000, EducAid has founded 3 schools and has been asked to run 5 more. There are now 9 schools run by EducAid in the Western and Northern Provinces with more than 3000 pupils being educated, fed



and, in many cases, housed by our strong network of teachers and staff in our sites across the country. EducAid is a UK registered charity that promotes and provides high quality, holistic education among the underprivileged and war affected young people of Sierra Leone. They believe that the education of young men and women is essential to: unlock human potential, overcome poverty, improve wellbeing, build democracy, and that it is the cornerstone of stable development.

HOW CAN WE HELP ?.

The recent outbreak of Ebola has meant that many pupils are having to be taught in much smaller groups, they now have a shortage of English dictionary's. If you have an old unused dictionaries then please consider donating it to help. Club member Peter Lardi will be collecting and passing them on to the charity, you can contact Peter on 01992 462292

A recent article on the District website published the summary of the research from Exeter University on Social Media and Mental Health?

Over a two year period a group of seniors who were receiving care were given a computer and social media training. At the end of the period, in comparison with the control group, the group which received the training had improved cognitive capacity, an increased sense of competence, a stronger sense of personal identity and greater social activity over all."



Hoddesdon Rotary Club 😊 feeling determined

Posted by David Johnston [?] · March 8 · 🌐

Tomorrow lunchtime we will be giving a talk on Social Media to our club members. Please like and share this post in order to show the power that social media can have. Please feel free to comment and wish us luck

2,391 people reached

✓ View Results

Unlike · Comment · Share

👍 Hoddesdon Rotary Club, Tena Wallace, Steven Read, Patricia Theobald and 31 others like this. Most Relevant ▾

🔄 26 shares



Write a comment...



Hoddesdon Rotary Club Thanks for the support, talk went well, attitudes are slowly changing 😊

Like · Reply · Commented on by David Johnston [?] · March 10 at 8:27am



MOCK INTERVIEWS



Rotary commitment to young people and school pupils in particular is well known: we try to make a difference through challenge (our Technology Tournament) reward (bursaries for those taking initiatives towards vocational and personal development goals), through encouragement (essay writing and public speaking) and practical involvement like our Easter Dinner for the local elderly. Since 2007 we have supplied interviewers to the skills-coordination organisation Youth Connexions and their events for 14 year olds to 6th formers in local schools including John Warner, Broxbourne, Cheshunt, St. Marys, Goffs and

Turnford. On 13th March 2015 we helped at The Sele School for a second year. Mock interviews allow mistakes to be made before they count. Face-to-face coaching has greater impact than the written word on the pupils involved. We set a friendly but realistic scene, show what should be expected in a proper interview, listen to responses to scripted questions which we adapt "on the hoof" then discuss how each individual can optimise their presentation. We draw on whatever wisdom age confers plus our business experience and it seems to work! We rarely encounter a problem individual: however nervous they may be at the outset, their confidence seems boosted and we get appreciative feedback. One common thread is web and other research – demonstrating interest in the target organisation and distance from the herd by having intelligent comments and questions for the interviewer when asked. Each pupil is judged on their CV and academic record, punctuality, sensible dress, good body language and attitude and a willingness to learn, whether the aim is to be a bricklayer or a ballet dancer. We try to draw out each pupil's USPs (Unique selling Points) – it is surprising how many understate their talents. For the Rotary interviewers this is a very rewarding adventure: we are committed to supporting the next generation and the looks on so many young faces make mock interviews a real pleasure. John Hiscock



The Vocational committee is busy organising the clubs annual tournament to be held at the Civic Hall on Tuesday 16th June starting at 9.00. The majority of local schools will all be fielding teams for what is always a very exciting day.

There were some very good speakers at this year's District Conference at St Albans Arena including Dame Esther Rantzen, Simon Weston and several others whose names would not be so familiar to you. Our early start from home proved worthwhile as free parking had been arranged on the top deck of the multi-storey, almost next door to the Arena, and was well manned by Rotary marshals. Unfortunately the House of Friendship - where all the charity representatives had their display tables - was crowded into a totally inadequate area and made it difficult to see the displays or talk to the stallholders. Terry Fisher took with him a pull-up display on behalf of the Hoddesdon Club, but there was no table reserved for him; he had to squeeze into a space on half a table although his banner on "Creative Writing" had been specially made by Bob Cornish to fit a six-foot table. This caused frustration for Terry but he lost no time in making available the sheets which Lindsay Jones had prepared. *The Silver Line* is the confidential, free helpline for older people and Esther Rantzen was keen to make sure all of us memorised the Silver Line number, 0800 4 70 80 90 and encouraged any lonely old folk to make full use of it, 24/7 - there are now 1000 on their waiting list but the process of training volunteers continues as speedily as possible, currently 100 per week are completing the training prior to joining their team of telephone listeners. One of the speakers was Debbie Pezzani, founder of Teens Unite Fighting Cancer, which she began with her friend Karen Millen in 2007 serving just one family but which now engages 140 volunteers and is currently helping 630 young people who are battling life-threatening illnesses, mostly cancer. Five members of staff, who do not attempt any medical care, build self-confidence and offer friendship and the opportunity for young people to meet and chat with one another as they face similar difficulties. Simon Weston OBE is a really encouraging chap to listen to, full of fun and able to enthuse people whose conditions he plainly sees as more traumatic and painful than his own. Even now, two decades after the Falklands War he continues to have surgery and is quick to compare his full and satisfying life as an author and businessman with the fate of his fellow servicemen who died in the fireball on the Galahad. He has met and made friends with the Argentinian pilot of the plane which dropped that 500lb bomb - a lesson in reconciliation for everybody. Even in the tightly packed programme, with the RI President, John C Barnes and local musical talent with Luton Youth Cantores Choir and the final send-off from the Hertfordshire Showband, there was room for coffee break, lunch and tea as well as a Q & A session when four senior members of Rotary, including RIBI President Peter King, fielded blind questions "from the floor". In 2016 District Conference will be May 20-22 in Torquay so you may like to pencil those dates in your diary now.


The Silver Line
helpline for older people



Recently our Rotary Club presented a cheque to Young Life to support them in their work. Young Life is an organisation that started in America and has had groups in the UK for some years now. While the umbrella organisation gives ways of working, each local Young Life group operates and funds itself – not unlike Rotary in that respect! Our local Young Life group is managed and paid for by the efforts of the local churches all acting together, but it costs quite a lot of money to employ someone and to fund the work of the various groups and the training of new leaders, so our support for them is greatly welcomed! Young Life International - Hoddesdon is the 'Youth Charity of the Year' for the Borough.



Elise is one of the local leaders and she writes:

"Young Life this year has been going fantastic. With so many different pieces moving, it seems like there is something going on every evening and it's very exciting. Young Life club has been going well as usual. Such energy and excitement from our brilliant leaders has been great as they continue to run club and get to know teenagers. This year we have developed a deeper relationship with John Warner school, hosting a fundraising quiz night there, doing weekly lunch clubs such as board games club, and other ad hoc events. This has enabled us to meet so many new students that we hope to have come along to Young Life club and build better friendships. Our weekly small group meetings, Ngage, has been different this year, but very good. We have a whole new group coming along who are interested in exploring some of life's biggest questions in a more "chilled out" atmosphere. It has been quite a privilege to watch them process more about the Bible as well as learn to support and encourage each other. Over Christmas the young people of Ngage, raised money to buy two Christmas hampers for those less fortunate. The young age group, WyldLife, for years 7-9, has also been going very well. As a new group, we are still laying down the foundations for the next few years as the leaders learn how to lead a club well and find opportunities to build relationships in a different way than the older kids. We are very excited to offer two great camping trips for this age group this year: one a local camp called BASH and another one in Scotland. Perhaps the most exciting for us this year is our new camp in Scotland. Young Life International has purchased it's own camping facilities called Loch Monzievaird and we are over the moon to be taking 20 young people there this summer. It will be an amazing time for the young people to go on adventures and experience new things, but it will also help Young Life to become more well-known in the UK, hopefully furthering our outreach to even more young people" Young Life International – Hoddesdon is full of great ideas to see them into the future, beyond the summer camp. Two dates to look out for when we can give further support to Young Life are 6th June: a Silent Auction of Promises at the United Reformed Church, Mill Lane, Broxbourne, 3-6pm, including strawberry tea, and the annual charity cricket match on 10th July at Barclay Park.

Young Life International is a company limited by guarantee and a registered charity in England and Wales. (01582 589840)

THE 200 CLUB

We are looking for new members to join, and get to the target figure of 200. 2015 saw the start of the 13th year of the Club and over the last 11 years over £38,000 has been paid out in prizes and a similar sum handed over to the club charitable spending arm for expenditure both locally and nationally, but far and above the largest expenditure was on the annual Easter Dinner for the local retired folk which still continues today. The membership has fallen in recent years and this can be accounted for by a combination of economic conditions and a dropping off in the number of non Rotarians remaining in the Club. The cost of joining is £52.00 per annum. Most members pay by Standing Order, with draws being made on a quarterly basis. The continued success of the 200 Club is vital to the continuation and furtherance of the charitable work carried on by the Rotary Club. If you have friends or know of any local people or businesses that would like to join I will be glad to hear from them. Interest in becoming a Member should be made to me Roger Abraham as detailed below. A number is allocated for membership which then goes forward in the Quarterly draws.

ROGER ABRAHAM, Tel: 01992 465667 E: rjaabraham@aol.com



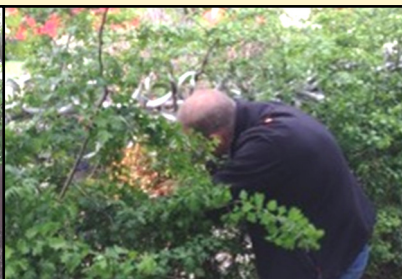
A number of Snooker evenings were recently organised by club member Robert Lorenzini at Hoddesdon Conservative Club. The members had a great time with some intense rivalry at times, the evenings proved thoroughly enjoyable, and as an added bonus generated £80 towards our charity account.



Rotary thanks Manny Pacquiao for helping us KO Polio!

Hoddesdon helps Jackson Hall.

On Sunday 19th April four members of the club David, Keith, Steve and Chris, in response to a request from the Jackson Hall over 60's Club committee, arrived at the hall in Burford Street, Hoddesdon at ten o'clock ready to remove "barbed wire" from the perimeter fence. The "wire" was put up over 15 years ago but now falls foul of health and safety rules, being less than 2.4metres above ground level and hence a hazard to those on the adjacent football pitch and footpath.



The "barbed wire" turned out to be jagged aluminium strips on aluminium tubing firmly embedded in a spiky hedge which has grown up over the last few years and which now on its own is more than enough defence against unwanted intruders.

In the end, though it proved no match for the intrepid team, armed with socket spanners, angle grinders and most importantly heavy-duty gloves. Five hours, a tea and lunch break and only a few minor injuries later the job was complete.

All in all a worthwhile, practical community project, for which the over 60's club were very grateful.



Memories from Days gone By

As I remember, it used to be a very exciting time. School would have broken up for Easter when my birthday came round, so I was at home and able to watch while my father decorated a cake especially for me. His uncle had taught him well during his apprenticeship in Weymouth's Swiss patisserie. Café Bernina it was called, a popular resort for families to have morning coffee or at teatime to indulge in one of the luscious pastries which Uncle Riccardo had ready for them.

By the time my birthday came round, the Christmas cake had long been enjoyed and the last of the icing had disappeared; the ornate little models of Christmas trees and Santa had been carefully put away for another year. Now less ornate decoration for my birthday cake required much manual dexterity. There were no models to make up for the lack of miniature figurines, snowmen, reindeer or Father Christmas and his sleigh. The lettering, the swirls and curly bits with appropriate dots and flurries were added in a variety of pastel shades, nothing too gaudy to tastefully present "Happy Birthday" in a greeting to be admired by all.

Some weeks earlier, the kitchen would have been commandeered for a morning, probably when Mother had planned a shopping expedition, and Father was able to roll up his sleeves and bring the largest mixing bowl into service. The rich mixture of fruit and flour, all the most amazing ingredients for a proper fruit cake, full of colour and rich scents, would have filled the air, just like when the Christmas cake had been in preparation. After the cake had spent the required time in the oven, and then had been resting quietly in the cupboard under the stairs, at last would arrive the moment when the kitchen was once again made available for the pâtissier to exhibit his skills, first applying the marzipan and then the icing.

Lastly, having allowed the icing to set firm, there came the final stage. A flurry of activity with greaseproof paper, making little receptacles for the icing sugar, which he created with his skilful knack, twisting the greaseproof into a funnel for each colour to be applied in turn. A small snip off the end would form the nozzle. (He did not find metal nozzles to his liking!) Then came the really intriguing process, as the artistic flourishes began to cover the top of the cake. The wording came gradually into perspective, with my name centrally placed, surrounded by swirls and flourishes enough to fill the whole area. It was magnificent to see - and even better to taste! Those smells and memories are now nearing eighty years old but this year I found a new excitement in anticipating my birthday. Only a few days ago I was offered a coffee at Bill Statham's house which was particularly delicious and I ventured to ask for details about how it had been prepared. Yve duly obliged, relating the details to my daughters, and they seized upon this narrative as the basis for my 84th birthday present - a coffee-making machine! Peter Lardi



Hoddesdon Rotary Club has recently donated £5000 via the Gurkha Welfare Trust for a school in a remote area of Nepal. The school has no mains electricity but has a working solar power system funded by the Nepal Government. With the Hoddesdon Rotary Club donation, a number of computers have been purchased which unbelievably are the first computers to be installed in the school. They will be used as teaching aids and to teach the pupils computer skills. Another project has been to provide much needed school desks and these have been marked as donated by Hoddesdon Rotary Club." At time of printing we are still waiting for news regarding the school and how it has been affected in the earthquake, we will update in the next edition.



WELCOME TO GRAHAM

Graham Fry was inducted as a new member on 16 February. Graham, a retired solicitor, lives in Much Hadham with his wife Jacqueline. Graham is a former Chairman of Hoddesdon Round Table.



21 years old and still going strong !!. The H



The prize presentation evening was held in the children's section of Hoddesdon Library on the 11th March. The room was filled to capacity with thirty finalists from all ten local primary schools (first in the 21 years of the competition), their parents, head teachers and year 6 teachers and a few Rotarians. Peter Hay, President of Hoddesdon Rotary Club announced the winners and Councillor Bren Perryman, Mayor of Broxbourne presented the prizes; certificates to all finalists, a £15 book token to the winner from each school and a day out in the chosen occupation of the overall winner, Who won? Poppy Hurley of St Cross School who wants to be a crash team doctor! Well done to all that participated and a big thank you to our local schools for taking part. The club will now aim to arrange for Poppy to have a day working at a local hospital in order to give her some help towards achieving her ambition.

Rotary Club of Hoddesdon

Primary School Essay Competition 2015

<u>School</u>	<u>Pupil</u>	<u>Ambition</u>
Broxbourne	Abbie Luckhurst Rachel Nash James Woollard	Musical Actress Journalist F1 Driver
Cranbourne	Georgia Sapsford Pedrum Shirazi Bethany Thompson	Window Dresser Civil Engineer Doctor
Forres	Kaye Birmingham Lucy Jean Smith Charlotte Tinc Bourdice	Gymnast Author Dancer
Roselands	Amber Blackham Alexander Matthews Jamie Morgan	Police Dog Handler Fireman Author
St Augustine's	Molly Hindley Mia Sando Amy Dain-Williams	School Teacher Author School Teacher
St Catherines	Oyinkan Adewale Isabel Newton Aimie Singleton	Astronaut Fashion Designer Actress
St Cross	Poppy Hurley Owen Ruane Isabella Rubino	Doctor - Crash Team ** Footballer Human Rights Barrister
Sheredes	Jack Burford Nathaniel Murray Connor Roche	Football Commentator F1 Driver Author
Westfield	Lydia Cappalonga Isye Dixon Liberty Wilmott	Dancer Zoo Keeper Beautician
Wormley	Hannah Merritt Brady Nickolds Betty Landowski Spray	Author Author Set Designer

Dear Hoddesdon Rotary Club,

Congratulations on the twenty first anniversary of you for inviting me to contribute to the competition. I am 21 years old now, although it seems like a much shorter time ago although it seems like a much shorter time ago shouting "Well Done Little!" from the back of the room. I wanted to be a Marine Biologist and go to university in the Caribbean on the first day of the course I was shocked to my 11 year old self. Despite slight disappointment the rest of school and have kept myself busy with the competition.

For many years I played table tennis and was a member of the team. Some of my proudest moments in table tennis was winning the UK team and individual event and winning the UK team. Whilst I've stopped playing at this level I was first and second year and was pleased to win the British Universities Championships. As well as being part of my University Street Dance group and entertainment at the anniversary ceremony.



hula-hooping!

I'm currently in the third year of Leeds. Despite the fact that in a few short months I have managed to finish although I still have many more to go. I was a contestant in the world hula-hooping competition.

After University I plan to also volunteer in a hospital doing work and also re-joining Leeds and so living in Leeds. I am an organisation in the future I have to decide and to be a "Well Done Little!" from the



Woddesdon Rotary Annual Essay Competition

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versary of your writing competition and thank celebration. I won the competition ten years er time and I can still hear my Dad proudly k of the library. I remember writing that I o Plymouth University. Well, I'm pleased to n until I realised that you're not taken to the to swim with dolphins; this was definitely a ightly changing my career plans I enjoyed the y with many different activities since the com-

represented England on several occasions. ennis were winning the Four Nations team School Games with the South East of England level, I continued to play for my University in o win two Bronze medals for doubled in the vell as table tennis at University, I'm currently o and Circus Society and so if you need any ony, my specialities are unicycling and fire-

third year studying Sociology at the University e work load being quite intense at the moment, I really enjoy University and it seems strange to think onths I'll be out of education and into the real world. I've met some of my best friends in Leeds alt- any good friends from home including my friend Hannah who is in the picture with me who was also a iting competition!

an on staying in Leeds for a year and saving money to go travelling with my boyfriend the year after. I omeless shelter here and so I'd like to be able to stay and continue with this as its extremely reward- lates to the type of job that I hope to get after University. Homelessness is a prominent issue in n the city combined with studying Sociology has influenced me to want to work within a charitable uture although I'm not sure of the exact type of job I'd like yet. Luckily it's still a little while until I here's still the small matter of graduation to come first and hopefully, my Dad will be shouting "Well e back of the hall. Haylee Potts, Age 21 (and a half)

What I want to be when I grow up and why?

The crash team are my inspiration because they save peoples lives, Just like when they saved my granddad's life.

It all started one day, when I was in Ireland, it was a normal day (so it seemed)! My grandad was so ill, he could barely lift his wrinkly old fingers! Everyone was worried about him even his old friends that he hardly ever sees. The days passed and he was getting worse. My dad phoned the hospital for an ambulance as he was in so much pain.

My family and I, went to visit him, sadly I was not allowed in the room that he was in. I sat down shivering on a hard hospital chair outside the room with my mum and dad (everyone else was in with my grandad). Bib... Bib... Bib... the machine stopped my heart was telling me he was gone but out the corner of my eye a bunch of doctors, nurses (who were the crash team) sprinted into the room where he lay. They worked on him for ten minutes, my Auntie and I peeked through the long green thick blinds, he gave me a wink and a thumbs up, as if to say I'm here, I'm alive! I cried so hard, it felt like I could never cry again.

My inspiration is the crash team - for saving his life and to this day he is alive!

I will go every step of the way, get full marks, pass my exams, get into university and study there for seven years to become a doctor. Its better to save someones life than to hear that they have passed away. It is my dream and I'm going to make it with a positive heart!



Outward Bound Course to Eskdale. 3rd to 24th July 1982



**THE
OUTWARD
BOUND TRUST**

Adventures for life

I caught the 10.45 train from Euston Station due to arrive at Eskdale Green about 4.30. I left Euston with a

certain amount of apprehension not knowing exactly what the next 3 weeks would have in store. However I felt better when I found out the person sitting next to me was going as well and by some coincidence was also a fourth year apprentice with London Electricity Board. The train journey passed quite quickly and it seemed we arrived at Eskdale Green in no time at all. We were met at the station by a couple of the instructors who led us up the main road through the village to the mountain school, a walk of about 1 mile. During this walk all my apprehension flooded back and I was wondering what would the school be like, what would the activities be like and most of all would I enjoy it. We arrived at the school about 5.00 and it was nothing like I expected. There was a large country house set before a small lake, there was woods behind the house which in turn led to the mountains. To the left of the house was a small chapel and to the right a block of dormitories.

We stood on the steps to the school whilst we awaited the instructors to split us into our patrols. As I stood waiting on the steps I wondered what the other lads would be like in my patrol, once split up we were taken to our dormitory by our instructor Mike, we was told to make our beds, sort out our clothes and then he would take us on a small tour of the grounds.



Dinner was served at 6.30 although only a small number of the whole group had arrived by this time. The rest of the evening was spent settling in and getting to know the rest of the patrol.

Sunday, Monday and Tuesday we were up at 6 for a run around the lake and then being forced to jump in before going to get dressed and showered. These 3 days dealt with basic compass work, first aid, mountain rescue and camping procedures, into these 3 days we also fitted in an assault course, canoe capsizing, basic climbing, volleyball, abseil-

ing and a few bridge jumps into rivers. These 3 days was very tiring but also exciting especially the canoeing, abseiling and climbing.

Wednesday, Thursday and Friday was taken up in completing the first expedition. We had prepared food and rucksacks Tuesday evening as Wednesday morning we had a high climb to do before setting off on the expedition. The weather was terrible raining and very misty. We set off about 1 o'clock to camp at a place called Three Tams, we were due to reach there about 6 and it was on this walk that I got very fed up as I was tired wet and we couldn't see a thing. I

was just walking up a steep mountain following the person in front of me, when we did finally reach the site I could only see one of the tarns and



for the first time I thought I'd rather be back home or working. However once we had got our tents up and cooked dinner I began to feel better even though my sleeping bag was also wet. I think I must have fallen asleep about 8 o'clock. We were up at 5 o'clock and walking by 7, the visibility was better and it was not raining too much. I felt a lot better as we walked and viewed the magnificent scenery. I enjoyed the rest of the day walking up Scafell Pike and pitching our tent about 6pm.

Friday was the final day and we set off about 7.30 stopped about 10 and then split up into two groups of six for the walk home of about 8- 10 miles. I arrived back about 3.30 and I don't think I can remember feeling so tired but it was a fantastic feeling thinking back on what I had accomplished.

Saturday and Sunday consisted of canoeing on the sea near Windscale. I really enjoyed this although I capsized quite a few times, There was assault courses, 14 ft wall and 7 ft beams to be tackled, which apart from the walls we won in the inter-patrols competition. On Sunday we also prepared for the second expedition and in the afternoon we had an orienteering competition which was run in pairs, this was really tiring especially if you couldn't find the markers, but we did ok coming in 10th out of about 70.

Monday, Tuesday and Wednesday we was out on our climbing expedition at a place called the Pillar Rock. We went almost all the way there by mini bus, but we knew we would have to walk back about 15 miles. I had three multi pitch climbs which I did not really enjoy while doing them, but when it was finished and you could look back on what had been achieved it was a really good feeling.

We was up at 4 the following morning to start the walk home, there was 5 of us in our group of which

(Continued on page 11)



(Continued from page 10)

I was the leader. We started off well but by 10 the sun was really fierce and we had some really steep climbs. However we carried on to the top of Wastewater Lake and decided to stop. It was here that I noticed one of our group was looking very red from the sun, he was also very tired and grumpy so we put him in the shade and made him drink lots of water. He didn't look or feel any better after an hour, so I decided to ring the school and change our route for an easier one. I walked to the telephone box which was couple of miles away and was told by the warden to lay him in a stream and give him chocolate. We set off again at about 2.30 and by 3.30 he could hardly walk any further so we took his rucksack and let him rest, then another member also said he could walk no further so we had to rest some more and take his rucksack. We finally got back to the school about 6.30 by stopping almost every half hour and carrying the 2 rucksacks between the 3 of us who was still ok. We found later the 2 were suffering from mild heat exhaustion.



Thursday we prepared for and then set off in the afternoon for what was called 'THE SOLO'. I set up my bivouac as fast as possible after being dropped off and then fell asleep for the rest of the evening. I am not sure what time I woke up on Friday, but I started a fire and cooked an egg and rasher of bacon, I dropped the bacon on the fire but still ate it as I was hungry. I then improved my shelter to make it more waterproof and camouflaged and then went back to sleep. I awoke some time later and cooked my remaining egg and rasher of bacon with some hot chocolate and sat by the river for a while then went back to bed. If I hadn't been so tired I would have been bored stiff. We as collected some time Saturday morning and taken back to the school. In the afternoon we had cross country in which I did really bad coming 66th, but I fell up to my waste in a bog taking an allowed but supposedly quicker but rougher route. Sunday and Monday consisted of the inter patrol competitions which as a patrol we won. We also had to prepare for our final expedition. We were split into groups of 4 and I was chosen as leader, we then decided our route and organised our rations and kit ready for Tuesday Morning. *(Tuesday was the 20th and the day of the Hyde and Regents Park bombings, one of our patrol leaders was a PTI in the Blues & Royals)*

The final expedition, I think must be one of the best things I have ever done, it was really great but very hard. The 4 of us all helped and supported each other and I don't think anyone complained on the whole route. We were walking for 12 hours a day in country we did not know, looking for checkpoints along the route. We never got lost or missed a checkpoint or took any shortcuts because I think we all knew we would only be cheating ourselves. It was great how we all got on and completed the route, when some were tired at night (including myself) the others would put up the tents or cook dinner.

When we arrived back at the school we had walked 65 miles in 3 days and climbed some of the major peaks in the Lake District. I was hot, dirty, tired but had never felt better.

Friday consisted of packing up and cleaning the school and also presentation of badges, before getting the train back to Euston. Finally, I think this course is something I will remember for the rest of my life.

I wrote this for my employer nearly 33 years ago when I had just turned 20 and was in the last year of my apprenticeship. Life for me up to that point had been pretty easy, I hadn't had too make to many decisions in life, most things were decided for me, and most of my time was spent thinking about cars, beer and girls. Work was a distraction that had to endured, and future responsibilities were a long way off. Well these 3 weeks changed my outlook, attitudes and shaped my future life, they gave me a new feeling of confidence, I learnt that some things can only be achieved with hard work, not to give up easily and that with determination and positive attitude it is possible to achieve more than was first hoped. I learnt what it was like to be outside my comfort zone, to have to make decisions that affected not only my own wellbeing, but also that of my colleagues. I learnt what it was like to have to lead by example, when not to show weakness and when to show care and concern, but most of all I learnt that when working together as part of a team it is possible to achieve things that could not be achieved individually.

The Rotary Club of Hoddesdon's Everest Base Camp and Community Project is one such example of what can be achieved through teamwork, its aim is to promote the club within the local community, build relationships with local schools, demonstrate what Rotary can achieve and most importantly give some teenagers from Hoddesdon schools this same opportunity, hopefully it will provide experiences that will help to shape their future lives for the better not only for themselves but also for others.

Sadly we have all watched the news unfold of the recent terrible tragedy in Nepal, as a club we have responded within days with the purchase of a SHELTERBOX. The earthquake has meant that we have to slow our preparations whilst we await news of what the future holds, maybe we will have to rethink or re-plan, maybe our future community project can assist in some small way, who knows ? but with a positive attitude, hard work, determination and a team effort we can complete our project.

David Johnston. 27.4.15



ROTARY BIRTHDAY ADVENTURE: Millenium Dome Walk



The day went very smoothly - the journey via the M11 was a piece of cake and no congestion charge! The climb group were Rotarians from all over the South from Bicester to Hoddesdon, united by the wish to celebrate Rotary's 110th birthday by doing something special for charities.

Our focus was on End Polio Now and Walking for Water ("Roll Out The Barrel"): with the generous support of friends and my colleagues in Rotary and 41 Club I raised £355, £440 with Gift Aid so I could relax and enjoy the experience. I met four others I already knew, including PDG Amanda Watkin now General Secretary of RIBI who read out a message from

RI President Gary Huang at the top of the dome. After a Health & Safety video and briefing we were kitted out with tabard (the "onesies" were still wet from the day before when the weather had been awful), boots, harness and climb latch we set off up a 30 degree incline on bouncy walkway with handrail, clipped onto a safety wire. It was pretty clear they did not want anyone sliding off the Dome and damaging the visitors below. It was not a difficult ascent though some found it tricky to pass the latch over the 200 fixed points en route and there was a certain amount of hanging around for stragglers. At the apex is a viewing platform where we could unbuckle, walk around and take pictures but it was as bitterly cold as a witches thingy and it tried to hail on us for five minutes so we snapped away and got off. It was a worthwhile adventure and I enjoyed it but it was not as challenging as I thought it might be. However, the skyline was really interesting with lots of development in all directions. To the East can be seen the Emirates Air-line Cable Car from Royal Docks at New-ham to Greenwich Peninsula next to the O2 which is sky high - a Rotary trip? <http://www.tfl.gov.uk/modes/emirates-air-line/> John Hiscock



Hoddesdon members and friends supported the Cwmbran Vale Christmas pudding project which raised in total a fantastic £14000.

Lizzy Waddington

It's every parent's worst nightmare to hear that your child has been diagnosed with cancer and then with barely a pause the hard slog of treatment, with all that entails, begins. In Lizzy's case this involved fortnightly visits to St Bartholomew's Hospital in London for six months intensive chemotherapy. It quickly became obvious that, while she could easily get into London by train on a treatment day, she was going to be too ill to manage the return journey by public transport. With me working in surgery until late evening this could have been a difficult problem. It wasn't however, because the club immediately stepped in. Arnold appealed to club members and within days had arranged a rota of volunteer drivers to pick up Lizzy and Trish from Barts and drive them home. It was practical evidence, if it were needed, of what is so great about Rotary and, of course, the Hoddesdon club in particular in their aim of "Service above Self". We wanted to thank publicly all of those who so willingly gave of their time, often arriving in Hertford Heath late in the evening. It was a great comfort to know that when Lizzy felt at her worst she didn't have to worry about her return journey. We are very, very grateful to you all. Now that I have retired I have been able to pick up Lizzy myself and we are nearing the end of her course of treatment. If all goes to plan she will have her last chemotherapy on 11th May. She then has to wait six weeks until a repeat scan which, we hope, will confirm that the lymphoma has gone. Chris Waddington

Concert goers in Ledbury were in for a special treat when an unexpected guest attended the Rotary Club of Ledbury's charity concert held recently to raise funds for Acorns Children's hospices. Guests were left stunned when legendary global rock star Robert Plant climbed on stage to sing a duet with Welsh singer songwriter Deborah Rose, who was performing. Whispers were heard around Market Theatre, as he sat in the audience, speculating on whether it was the famous Led Zeppelin singer, 66, before he got on stage to sing Roy Orbison's Love Hurts in front of a small audience of 200. Rotary club spokeswoman Jan Long said: "Many in the audience had guessed that the man with the beard and long curly hair was global rock star Robert Plant. But we were all surprised and delighted when he performed a song on stage. "There were even empty seats in the theatre. People will be kicking themselves they were not there." The concert raised £1,000 for the charity and Robert spent time after the show talking to the concertgoers and posing for pictures.



Brighton Marathon

On Sunday 12th April, with two friends Nick Sawyer and Tom Porter, I ran in the Brighton Marathon. The weather was perfect, dry and sunny, with a cool light breeze coming



off the sea. One of the newer city marathons (the first event was held on 18th April 2010) the race began at 9.15 in Preston Park in the north of the Brighton and after turning north for a short uphill stretch, continued east along the flat seafront to Rottingdean. We then turned and ran back along the promenade to Shoreham before turning back again and finishing by the marina in front of an enthusiastic crowd of thousands. Over 9200 runners completed the course, the winner coming in in 2 hours 10 minutes while the last runner arrived at the line 9 hours 18 minutes after starting. I was really pleased with my time of 4 hours 15 minutes, particularly as a hamstring injury, which had plagued my training, didn't surface on the day. It was a significant improvement on my first marathon in Paris two years ago. You will



see from my running shirt that I originally entered the race on behalf of Pancreatic Cancer UK in memory of Nick's father who died from the condition four years ago. However when my sister Lizzy was diagnosed with Hodgkin's Lymphoma in November I decided to split the sponsorship with the charity CLIC Sargent which supports children, teenagers and young adults with cancer. The charity has helped Lizzy in many ways over the last few months. I am very grateful to members of the club who generously sponsored me and would like to thank them for their support.



David Waddington



Today, 10 children and young people in the UK will hear the shocking news that they have cancer. Treatment normally starts immediately, is often given many miles from home and can last for up to three years. Being diagnosed with cancer is a frightening experience and the emotional, practical and financial implications of treatment are intensely challenging for the whole family. CLIC Sargent is the UK's leading cancer charity for children and young people, and their families. We provide clinical, practical, financial and emotional support to help them cope with cancer and get the most out of life. We are there from diagnosis onwards and aim to help the whole family deal with the impact of cancer and its treatment, life after treatment and, in some cases, bereavement. <http://www.clicsargent.org.uk/>

teens:) unite

FIGHTING CANCER



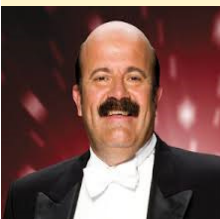
Ways & Means

The vast majority of the money required to fund the daily ongoing activities of the club is raised by the Ways & Means Committee. We are fortunate as a club to have a team that has been very successful over the years but it can't raise the money required without the support of YOU !!, the members, readers and friends of the club. Please see below dates for your diary of the forthcoming events.



The Club Annual Celebrity Evening this year will be held on the 13th November at THE SPOT-LIGHT (Civic Hall). Guest Speaker will be Willie Thorne, other acts TBA in next edition.

One of the most talented snooker players of his generation, Willie Thorne is a renowned sporting personality, event host and after dinner speaker. Honing his skills as a junior player, Thorne became national under-16 champion at both snooker and English billiards in 1970. In a career spanning three decades, Willie won a total of 14 tournament victories worldwide. Alongside players such as Alex 'Hurricane' Higgins, Steve Davis and Dennis Taylor, Willie was a central figure in popularising snooker in the 1980s. During the pinnacle of his success, he featured in Chas 'n' Dave's hit song 'Snooker Loopy'. "The Great WT", as he is affectionately known, was a regular in the Top 16 World Ranking players for well over a decade and is one of the top record breakers for the highest number of 147 breaks in the history of snooker (190). In his later career, he achieved the title of World Seniors Snooker Champion. During his time in the sport, Willie certainly established himself as one of the greatest characters in snooker for over 25 years. After retiring from snooker, Willie became a celebrated broadcaster, TV and radio commentator for all major snooker championships including the World Snooker Championship on all major networks such as Sky Sports, ITV and the BBC, which all maintain his household name. He has also starred on



various popular TV programmes including Strictly Come Dancing, Pointless Celebrities and All Star Mr & Mrs. With his vast presenting experience, combined with his instantly recognisable face, he has established himself as one of the UK's most renowned after dinner speakers, auctioneers, hosts, presenters and Master of Ceremonies. Top class performers in any sporting discipline are a rare breed but few have the ability to be truly entertaining and hold an audience. A scarce commodity indeed which has ensured Willie Thorne is one of the nation's most popular sporting celebrities.

Tickets priced at £45.00 each, available from Roger Merton 07860 423977

On 27th April the Club welcomed Mr Derek Harrison to be the speaker. Mr Harrison has a wide experience musically and is well known in the area for choral work. Derek shared with us the experience of being a 'Conductor', particularly using his experience at the Royal Albert Hall where he conducted a 750 strong choir tiered to the ceiling from the orchestra. The Club was treated to an explanation of the layout of the orchestra and then shown the score that a conductor has to work from with sections for each part of the orchestra, choir and soloists. It is an amazing document that seeks to convey what is in the composer's mind to the listener with the musicians being the medium of communication. Before rehearsals start the conductor has to interpret the score so that the tempo and timbre is steeped into his being and he can give expression through, face, eyes, arms, and body as well as the baton, which he may or may not choose to use. Once the mirror at home can do it properly then rehearsals can start and the conductor can give the leadership required to bring the score to life. Each rehearsal and performance, Derek reminded the Club, should be different: music is not a mechanical repetition of the same thing, but a dynamic, live, reactive medium reflecting the mind both of the composer, and the inspiration of the conductor at the time of the performance. The fascinating talk was followed with lively and interesting questions, which was a mark of the interest stimulated by Mr Derek Harrison. David Bradburn

YOUR CLUB



NEEDS

YOU

Country & Western Lunch

3rd August

The Vicars Field

Great Amwell

Silver Service Catering by Lobster Pot

Music by Krusty Whiskas

Tickets £30. Available from

Roger Merton 07860 423977



Future Events

PETANQUE : THREE EVENING VENUES DURING JUNE/ JULY AT BRICKENDON GREEN (6 PM) DATES TBA.

DRAGON BOAT REGATTA ON THE RIVER LEA (WARE) 13TH JUNE. 10 AM

TECHNOLOGY TOURNAMENT 16th JUNE.

SUMMER EVENING CYCLING SUNDAY 21ST JUNE (LONGEST DAY) WE WILL CYCLE FROM THE CROWN PUB , ON THE PATH ALONG THE RIVER , TOWARDS THE FISH & EELS PUB, DOBBS WEIR, THEN BACK TO THE CROWN PUB FOR POSSIBLE FOOD & DRINKS .

Sunday August the 2nd Country & Western Lunch at the Vicars Field, Great Amwell. Entertainment from Krusty Whiskas. Fully catered 3 course lunch served at your table. Tickets available from Roger Merton @ £30. TEL: 07860 423977

SEPTEMBER. DATE TBA. HODDESDON ROTARY& 41 CLUB ANNUAL GOLF DAY (WHITEHILL GOLF CLUB) A FRIENDLY GAME OF GOLF FOLLOWED BY AN EVENING MEAL WITH WIVES & GUESTS

Celebrity Evening with Willie Thorn 13th November, details to follow in the summer edition.



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**THIS IS A CHANGING
WORLD; WE MUST
BE PREPARED TO
CHANGE WITH IT.
THE STORY OF
ROTARY WILL HAVE
TO BE WRITTEN
AGAIN AND AGAIN.**

PAUL HARRIS 1935

WHO'S WHO DURING 2014-2015 IN

HODDESDON ROTARY CLUB

President: Peter Haynes

President Elect: Ted Gradosielski

Vice president: David Johnston

Immediate Past President: Ken Ayling

Secretary: John Glover

Treasurer: Jeff Ryan

Council Members

Eric Beard, Terry Fisher, David Johnston,
Peter Lardi, John Hiscock, Barry Fitzpatrick

Chairman of Service Committees

Club Service - Ted Gradosielski

Community Service - Arnold Granat

Foundation - Meirion Morris

International - Martin Lynas

Membership - Howard Connor

Vocational - Chris Waddington

Ways & Means - Roger Merton

Attendance: Mike Marsh

Auditor: Roger Abraham

Bulletin & Communications: David Johnston

Chase the Ace: Terry Fisher

Code of Practice: David Bradburn

Evening Drives: Roger Lee

Extension: Meirion Morris

Friends of Rotary: Ken Ayling

George Fuller: Arnold Granat

Sergeant at Arms: Barry Fitzpatrick

Sport: Robert Lorenzini

200 Club: Roger Abraham

Club Archivist: Tommy Knight

Speakers/Programme: Lawrence Bone

Unaccustomed as I am.....

At Hoddesdon Rotary Club we hear from a range of different people and causes with a short talk given at our weekly Monday lunchtime meetings. These vary considerably from personal experiences, fund raising charities, local voluntary groups etc. and the sharing of information is often of mutual benefit. If you have a topic or cause that might be suitable for a lunchtime talk do **contact Rotarian Lawrence Bone (07803 700919) lawrencerbone@gmail.com**

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