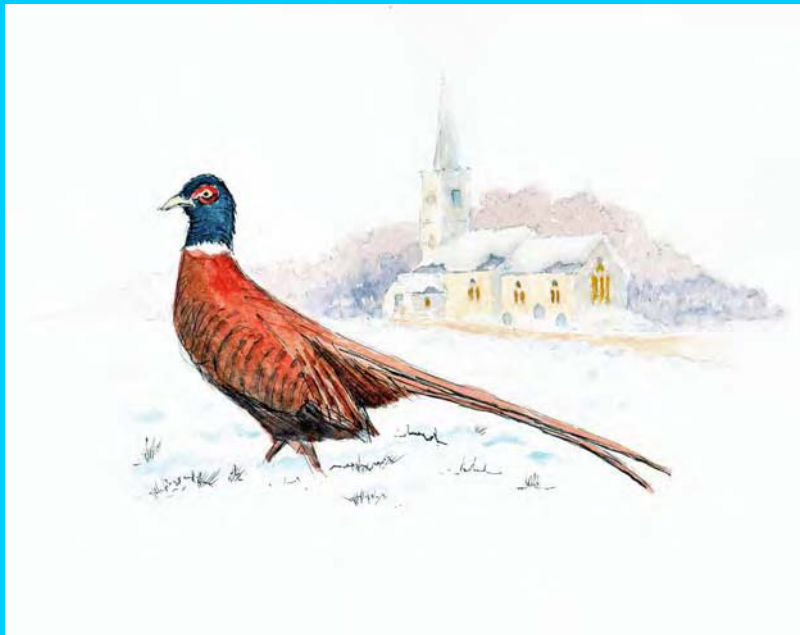


OBITER DICTA

The Bulletin of the Rotary Club of Colchester Forum
President: Irene Kettle
www.colchesterforum.co.uk



JANUARY 2014



FORUM HAS TALENT

John Parsonson is a talented artist. This is a fact which he has modestly concealed for many years. Only this year he has been outed because another Forum member, Trevor Hunnaball, has commissioned John to do the paintings for his firm's 2014 calendar. If Trevor has not yet sent you a copy you should ask for one and prepare to be amazed.

We show here John's design for his 2013 Christmas card.

There are other artists in the club to be publicised at a later date.

FOOD BANK COLLECTION AT CHRISTMAS LUNCH



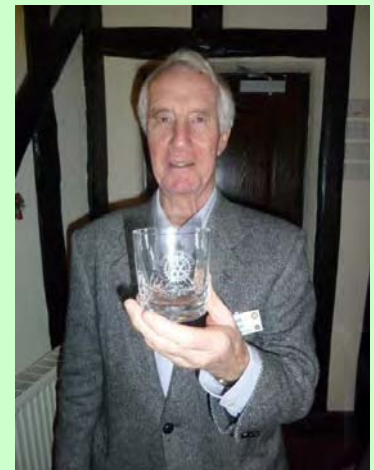
Members did not forget others in need and brought enough items to fill two boxes for the Food bank.

DISTRICT GOLF TROPHY WINNERS



V.P. Peter Hill presents the District Golf Trophy to the winners, Brian Gant and Peter Powell. Alan Tindall & Alan Rustage were the runners-up.

ALAN RUSTAGE GETS DISTRICT GOLF RUNNERS-UP TROPHY



- CLUB MEETINGS - January 2014**
- 2nd MY JOB TALK – John Guest
Vote of Thanks: Louis Thorp
 - 9th KNIFE CRIME – Ann Oakes-Odger MBE
Vote of Thanks: Kevin Sturdy
 - 16th COLCHESTER CANCER SERVICES – Dr Bruce Sizer
Vote of Thanks: Stephen Penrose
 - 23rd BUSINESS MEETING
Object of Rotary: John Threlfall
 - 30th EVENING MEETING WITH GUESTS – Masonic Hall
CLIMATE CHANGE – Prof John Midwinter FRS
Vote of Thanks: Andrew Crayston

- CLUB MEETINGS - February 2014**
- 6th SURPRISING INVENTIONS – Rtn John Vaufrouard - *Vote of Thanks:* Alan Tindall
 - 13th COLCHESTER FOOD BANK – Linda Hurr
Vote of Thanks: Bill Frame
 - 20th BUSINESS MEETING
Object of Rotary: Kit Hughes
 - 27th COLBEA – Bob Bagley CEO
Vote of Thanks: David Priest

EDITORIAL



Editors:
Jo Portway and Bill Ward

The festive season brings on its own pressures. I have had a busy family Christmas with twelve sitting down at the festive table. It has also meant that I have had family sleeping in my back bedroom where I keep the computer on which I prepare this bulletin. I have prepared this edition in a rush so if there are more errors than usual I hope you will make allowances.

There is still a lot to report on our many activities. Our strength has been in our Youth Programme and the next month is usually one of the busiest for our youth committee. Fortunately we know that we can rely on the support of the whole club for these events.

The schools we support are very grateful for our help and have told us how much they value our contributions. Rotarians do not say "they should do something," because they know they and us are the same people.

W.W.

PRESIDENTIAL RAMBLINGS

.December was certainly a busy month at Forum so I am sure we were all grateful for a few days off with our families over the festive season. Those of us who joined Tom Souter's trip to the Albert Hall for the John Rotter Christmas concert were rewarded with the perfect start to the celebrations. It was a wonderful event and Tom is planning to repeat the excursion next year; I will certainly be booking!

The true spirit of Christmas was evident at North Station as commuters generously gave £851.20 during our collection. Having heard a presentation by representatives of Young Carers at the recent District Council meeting, I am even more convinced this is an excellent cause for Forum to support. Thanks to Barry and his band of merry volunteers for braving the chilly early mornings to collect.

It was also good to see so many donations for the Food Bank were made at our Christmas Lunch. I really enjoyed the occasion and it was nice to be able to invite partners, wives and guests to join us. Colin and Sue's music was an absolute delight and I am so grateful to them for giving up their time. Having Trevor back with us was the icing on the Christmas cake.

On a sad note, I have to record that I wrote to Philip and Lorraine George on behalf of the Club following the death of their inspirational and courageous son Rob. As I said last month, our work with the Anthony Nolan charity, which was inspired by Rob's plight, will continue.

January will see a busy start to 2014 at Forum with both a Curry Night and a Fifth Thursday event to look forward to in addition to our weekly meetings. We also have our flagship Youth Speaks competitions which I know will be first class.

Please take a moment as you start a new diary to note the date of the President's Night – April 25. I really hope you will all be able to support this event.

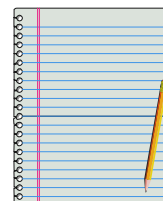
Happy New Year

Irene

2014

Jan	11 th 14 th Tuesday 21 st Tuesday 30 th	Curry Supper – Colchester Officers' Club INTERMEDIATE YOUTH SPEAKS – Town Hall SENIOR YOUTH SPEAKS – Town Hall EVENING MEETING WITH GUESTS – Masonic Hall 7 for 7.30 pm.
Feb	8 th	Quiz Night – In Aid of Olive Jeffries Trust
Mar	7 th	District Quiz Night
April	11-13 th 25 th	RIBI Conference – Birmingham PRESIDENT'S NIGHT – Le Talbooth
May	11 th 29 th	Country Car Drive EVENING MEETING WITH GUESTS
June	1-14 th	RI Conference – Sydney Australia

DATES FOR YOUR DIARY



(Editors' Note: We can only publish dates we are given.

Please see we have a written note of anything you want shown here, and tell David Priest so he can put it on the web-site)

December 5th 2013
COLCHESTER WOMEN' S REFUGE
Megan Saliu



Megan is the Senior Outreach Worker for the Colchester Women' Refuge. She was very pleased to be asked to come to talk to us because they depend a great deal on support from other organisations in the town.

They deal with domestic abuse which can be physical, sexual, emotional and financial. These can happen in all kinds of relationships and in any social class or race. It usually stems from one member of a relationship to control another. 118 women have died in the last year from domestic violence. The cost to society is estimated at £25 billion a year. On average a woman has been assaulted 35 times before she seeks help. Three quarters of all children on the at risk register are in an abusive household. 30% of cases occur during a pregnancy. Women are more likely to abuse drugs because of an unhappy relationship. They feel afraid, restless and lacking in self-esteem. Women often find it difficult to recognise that they have a problem because they have been raised in abusive families and they think this is the norm.

They often feel they have nowhere to go and only leave eventually to protect themselves and their children.

The refuge has two units in Colchester with 21 flatlets. They often have to turn people away because of having no accommodation. Through their Outreach Service they help women to go to the police, find housing and benefits and support children who have suffered.

They are always short of funds. Government support is falling and some refuges are having to close. When asked for their most pressing need Megan said they needed money to provide new toys for children in their care who otherwise would get no Christmas presents. A collection by members raised £580 for Megan to take back with her.

W.W.

December 12th 2013
THE ROYAL BRITISH LEGION –
President Terry Sutton



President (since 2007) of the Colchester Branch of The Royal British Legion, Terry Sutton, told us the Legion provides financial, social and emotional care and support to all members of the British Armed Forces - past and present and their families. The Legion is also the national Custodian of Remembrance and safeguards the Military Covenant between the nation and its Armed Forces and is best known for the annual Poppy Appeal and its emblem the red poppy.

Founded in 1921, the Legion is not just about those who fought in the two World Wars of the last century, but also about those involved in the many conflicts since 1945 and those still fighting for the freedom we enjoy today.

The Royal British Legion is the UK's leading Armed Forces charity and one of its largest membership organisations. Members get together through the network of branches and clubs all over the country and overseas to participate in social, fundraising and welfare activities.

Membership is open to everyone. They welcome men and women of all ages, whether they have served in the Armed Forces or not.

Legion membership ensures that Remembrance is kept alive and that the sacrifices our brave Service men and women have made are never forgotten.

The ex-Service community have a voice and that their concerns are brought to the public eye.

Becoming a member also provides the opportunity to get involved in a wide range of activities and events held locally, regionally and nationally throughout the year. It is also important to remember that what money is raised locally is spent locally. A series of events is planned for 2014 being the centenary of the outbreak of WWI.

Colchester BRL Branch meet every 2nd Tuesday of the month in the Musket Club, Fallowfield Road Colchester CO2 9ND.

JP

**Thursday 19th December 2013
CHRISTMAS LUNCH**



There was a very full attendance of Forum members and their guests at the Christmas Lunch at the *Rose and Crown*. This meant we were all short of elbow room at the tables but that did not matter as we are all good friends. It was nice to see the return of Trevor Hunnaball after all his problems and to see him looking so well again.

There were a number of guests, including our Paul Harris Fellow, Olive Jeffries MBE and former member Gordon Dean with Nancy.

There was plenty of conversation and laughter. We pulled crackers and put on the funny hats and enjoyed our turkey dinner. In the intervals between courses we were entertained by Colin Bennet who played seasonal music on the keyboard. After lunch he was joined by his wife Sue who sang to her own guitar accompaniment. The money collected for the staff gratuities was then presented.

Irene announced that the three-day Christmas collection at the station had raised a total of £851-20p and 7 cents for Colchester Young Carers. There was the added attraction of three different Father Christmases whose presence boosted the generosity of the travellers. Irene thanked all those who had given up their time to take part.

Bill Frame had asked members to bring contributions to the food bank to this lunch and they brought enough to fill two large crates which he would take to their depot.

W.W.

**AMAZING BUT
USELESS KNOWLEDGE**

The Amazon rainforest produces more than 20% of the world's oxygen supply.

The Amazon River pushes so much water into the Atlantic Ocean that, more than one hundred miles at sea off the mouth of the river, one can dip fresh water out of the ocean. The volume of water in the Amazon river is greater than the next eight largest rivers in the world combined and three times the flow of all rivers in the United States .

Antarctica is the only land on our planet that is not owned by any country.

Ninety percent of the world's ice covers Antarctica .

This ice also represents seventy percent of all the fresh water in the world.

As strange as it sounds, however, Antarctica is essentially a desert;

the average yearly total precipitation is about two inches.

Although covered with ice (all but 0.4% of it, ice.),

Antarctica is the driest place on the planet, with an absolute humidity lower than the Gobi desert.

In the Sahara Desert , there is a town named Tidikelt , Algeria , which did not receive a drop of rain for ten years.

Technically though, the driest place on Earth is in the valleys of the Antarctic near Ross Island .

There has been no rainfall there for two million years.

The deepest hole ever drilled by man is the Kola Superdeep Borehole, in Russia .

It reached a depth of 12,261 meters (about 40,226 feet or 7.62 miles).

It was drilled for scientific research and gave up some unexpected discoveries, one of which was a huge deposit of hydrogen - so massive that the mud coming from the hole

was boiling with it.

D.J.P.

Forum Freewheelers

CHRISTMAS LUNCH Wednesday 11th December.

On a bright, crisp December day, Freewheelers made their way out to Langham to the recently refurbished *Shepherd* formerly known as the *Shepherd and Dog*. (We don't know what happened to the Dog.) Our thanks to Geraldine who arranged for us to have a separate area, apart from the main restaurant, where we were able to gather and have a chat before our meal. A large Christmas tree added a festive touch to the occasion and Christmas cards were exchanged, avoiding the astronomical postal charges. We were able to make our own choice from the menu but perhaps aware of the large amounts of Christmas fare to come, a large number chose salads. Gwen alone opted for a traditional turkey dinner. After the meal while we waited for our chauffeurs, we discussed plans for Christmas and New Year. Thanks again to Geraldine for organising the lunch and providing such a pleasant venue, enabling us to enjoy our usual friendship and fellowship.



Nancy, Lynne and Gwen enjoy their pre-lunch drinks.



Pauline and Ann wait to be served.

TRAVELLERS' TALES

As an increasing number of us have children living in the States, I thought it might interest you to hear of our recent trip to Boston to visit our son Robert and his family. During our 2 week stay we celebrated our grandson's 16th birthday, Thanksgiving day and my birthday. Nathan's birthday celebration was a family meal in an Italian restaurant and then Nathan going out with his friends. At the age of 16 he is now starting to drive - enough to give you nightmares but at least, in America they cannot drink until they are 21 ! Thanksgiving was a very sport orientated day. Watching an American football match-outside in temperatures of zero. It seems to me that the aim of the game is to have a good punch up with your opponent with a rugby ball floating around somewhere on the pitch !

The next day we were invited to Robert's friends' house out in the sticks, for the turkey dinner. There were 20 of us and we were divided into 3 teams (host and hostess excluded - they knew all the answers!) We started outside with wheelbarrow races , basketball shoot outs , hoopla and then, best of all, break the ice on their lake and have pedalo races. By now it is getting dark so we have to go indoors for "brain games." Far too intellectual for me. I sit in the corner wearing the dunce's cap ! After all the excitement, we returned to the table to have dessert etc At this point my daughter-in-law and our hostess enter with a birthday cake with 74 candles - it was rather like bringing a bonfire indoors. Needless to say, I did not blow them all out in one go. This was certainly a different birthday.

It was really good to spend time with the family and to see just how their daily routine works out. Time was short but I also managed to fit in a little shopping.

Pauline Jones

Future Events

2014

Jan TBA Lunch at the Albert
(Look our for an e-mail from Jenny)

Any offers for further events please?

Our best wishes for a Happy Birthday

Jan 9th Gwen Light
Jan 17th Nancy Dean
Feb 11th Mary Hughes
Feb 12th Doris Fleury



CHRISTMAS CONCERT AT THE ALBERT HALL

Tom Souter was able to arrange for us to take a trip to the Albert hall on the 12th of December to see John Rutter's Christmas Celebration. The programme included the Royal Philharmonic Orchestra, the St Albans Bach Choir and the St Albans Cathedral Singers. John Rutter was the conductor and had arranged many of the pieces played and sung. He had also composed some of the music, including a very amusing version of "A one-horse open sleigh ride." He had interwoven musical references to a whole series of Christmas songs that made everyone laugh as they recognised the themes. We all had the chance to stand up and sing a number of carols and then join in a rousing "Hallelujah Chorus."



The journey there on the coach



John, Jill and Nicky in the Albert Hall



Gill and Andrew listen enthralled



Choir, orchestra & organ



Marilyn and Bill enjoy the evening



Tom Souter gets us all home safely

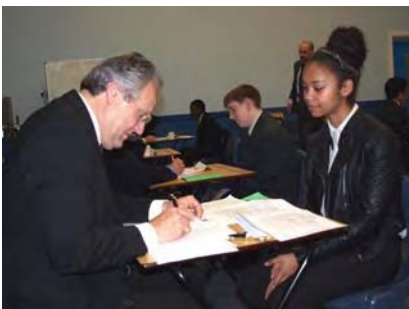
After the end of the performance Tom had arranged with the coach driver to take us back through Oxford Street, Regent Street and Piccadilly Circus so that we could see all of the Christmas lights and the big store displays.

MOCK JOB INTERVIEWS – ST HELENA'S SCHOOL - 4th December

The club was invited by St Helena's School to take part with other professionals in their latest group of Mock Interviews. It was a very well organised event that took up the whole of the morning. All of the students from the final year took part. They impressed us with their smartness and good behaviour and we hope they learned something from the event to stand them in good stead in future interviews.



Peter Powell at work



Nick Clarke makes a note



Tony Dutch asks a question

CHRISTMAS MESSAGE FROM AUSTRALIA by Robin Twinn

Greetings All

It is very strange to go Christmas shopping in the heat and to hear carols and see Christmas decorations everywhere without it being cold. It is certainly different.

Watching the Third Test Match was also an experience - some very good batting, bowling and fielding - shame it was (nearly) all from one side. Not a good time to be English but we will recover sometime but you do not know when, and it may not be very soon.

I send greetings from Hillarys and Wanneroo Rotary Clubs (the two nearest and both with a large number of ex-pats. I also came across one of the other Perth Rotary Clubs this morning doing some fund raising in the shopping mall. All things considered (and remembering that they are Aussies and have just won back the Ashes) the natives are surprisingly friendly and not the convicts that we all like to think of them being. They even drive on the correct side of the road and (some of them) speak English, albeit with a weird accent

The local wine (Margaret River and Swan Valley, Western Australia) is quite drinkable , if somewhat expensive and the fish, including shellfish, rivals what you can buy in France . It is perhaps the meat where they excel - quantities are large and very reasonably priced. Talking about flesh, there is plenty on display although, one has to admit, not always a pretty sight and piercing and tattoos are very common (and not just the men)

It is a "warm" day today - over 34c but cooler than when I was watching the cricket when it was over 40c - so time to close and have a dip in the pool and wish you all seasons greetings from Robin and Jackie

WAY AHEAD FEEDBACK FROM ALDERMAN BLAXILL SCHOOL

In our last issue we showed some photos of the "Way Ahead" presentation at Alderman Blaxill School. This is a careers presentation with the emphasis on getting young working people to talk to the students to emphasise what they need to do to succeed in the business world. John Russell, who organised the event, has had this feedback from the school.

Dear John,

Thank you once again for yesterday and please pass on our thanks to your fellow Rotarians and to Ross Barritt, Karl Andrade and Laura Downing (and of course Irene Kettle) for kindly giving up their time to come and talk to the students. The School Council met yesterday lunchtime so I asked them for their feedback on the talks which was very positive – please see a selection of their responses below:

‘Very informative’.

‘An eye opener, showed me the different aspects of the real world’.

‘Made me think about my future’.

‘Gave me the inspiration to reach my goals’.

‘Gave me as insight into what an interview would be like’.

‘I understand a little bit more about retail’.

‘I now know what to include in my CV’.

We will have a report and photos in next week’s edition of the Blaxill Bulletin (Parents’ Newsletter) and I will email you a copy once it is available.

Once again many thanks - this type of experience for the students is always very valuable.

Kind regards,

Jayne

*Jayne P Castle (Mrs)
PA to Headteacher
Alderman Blaxill School*

CHRISTMAS LUNCH WITH GUESTS



Ray checks the lists to see who has paid



Happy smiles from Gordon and Marilyn



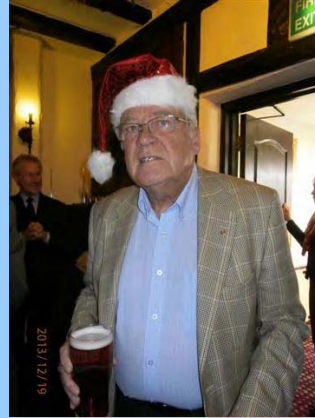
Gwen, Bill and Nancy smile as well



Xmas jumpers are all the rage



Some fashion items are old hat



I'm having a great time really!



Bill and Trevor exchange news



Let me tell you one of my jokes.



That's not funny David!



Sue on guitar and Colin on keyboard.



Always happy with a drink in my hand



Terry wears his Santa hat with style.



Mary shows her best side



READING AT KING'S FORD SCHOOL

For several years the club has been providing help for King's Ford Junior School with their literacy programme. Several club members and their wives go to the school to assist the pupils who need individual help with their reading. They listen to the youngsters read and advise them on any problems. This programme is much appreciated by the school and has meant a big improvement in reading standards.

Here, Jenny Aldir waits in the school library for her next student. Behind her is the book case filled with books donated by Forum.