



OBITER DICTA

The Bulletin of the Rotary Club of Colchester Forum

President: Ivan Stedman

AUGUST 2011

www.colchesterforum.co.uk

DISTRICT GOVERNOR VISITS FORUM



“That was the best speech by a DG that I have heard in 30 years of Rotary”!
(Peter Hill)

£700 PRESENTED TO PROSTATE CANCER CHARITY



At our lunch meeting on Thursday 21st of July President David Jones gave a cheque for £700 to Gemma Cornwell for Prostate Cancer.

£700 PRESENTED TO BREAST CANCER CARE



At the same meeting President David gave a cheque for £700 to Linda Arnold for Breast Cancer Care Charity.

GRAND NATIONAL DRAW RAISES MONEY FOR TWO CHARITIES



The source of the money that enabled our club to give both these cheques came from the Grand National Draw organised by Peter Blake.

Club Meetings –August 2011

- 4th MY JOB TALK – Tony Dutch
Vote of Thanks: The President
- 11th CHAMBER OF COMMERCE – Robert Leng
Vote of Thanks: Mary Beverley
- 18th MY ROUND THE WORLD TRIP – Harry Royle
Vote of Thanks: Ian Dewis
- 25th BUSINESS MEETING
Object of Rotary: Ray Gamble

Club Meetings –September 2011

- 1st FOCUS INTERVIEW – Irene Kettle
Vote of Thanks: The President
- 8th CAREERS ADVICE – Susan Rose
Vote of Thanks: John Russell
- 15th T.B.A. –
Vote of Thanks: Ian Dewis
- 22nd BUSINESS MEETING
Object of Rotary: Bill Frame
- 29th THE ARCTIC CIRCLE – Max Pemberton
Vote of Thanks: Alan Rustage (Evening meeting)

EDITORIAL



Editors:
**Bill Ward, Irene Kettle and
Bill Frame**

This month we are back to the usual eight-page issue. Although we are coming up to the holiday season there is a very full programme of future events in the diary. We have fundraising, service and social events. Hopefully people will have something to report to your editors about some of these events.

Our President talks about those things in Rotary which have kept him motivated and maintained his interest. I am sure that the message he is wanting to impart is that the more you put in, the more you get back. (Tony Blaxill needs speakers by the way.) Rotary has made me do a lot of things that I would never have thought of doing by myself and I have had a lot of fun and, hopefully, helped one or two people by the way.

Bill Ward

FRAGMENTS FROM FRANCE

On the night of 30th June 1990, I completed my year as President in the company of Graham Thornton, President of Trinity, (it was his President's Night) and Graham Savage the outgoing District Governor. As we sipped champagne in one of Thorrington's hottest fleshpots, little did I realise that 20 years later I would become a recycled President. My second time around began with a very enjoyable Handover at The Munning's House at Dedham. On that occasion I was most anxious to pay tribute to Ivan Stedman, who took over the Presidency at very short notice and who has had a highly successful year. The Club owes an enormous debt of gratitude to Ivan for stepping in at such a difficult time.

At my first meeting, I was keen to show some of the events in the History of Forum which have kept me motivated and indeed kept me in Rotary when at times it would have been much easier to walk away. Starting with Eurowalk a series of physically challenging, fund-raising events have enabled Pauline and I to build up friendships which transcend Rotary. I was pleased that we could welcome Karen Wallace to lunch early in her head-ship of Kingsford Junior school. She was the first head-teacher, I have met who has spent 20 years as a professional croupier. The experience should stand her in good stead in facing the rough and tumble of her new career.

Last week gave me the opportunity to conclude the good work done in Ivan's year when we presented cheques for £700 both to The Prostate Cancer Charity and to the Breast Cancer Charity, and to thank Peter Blake for all his efforts on the Sweepstake which made the presentations possible. My first month in the hot seat was rounded off by the visit of the DG, Ian Muir. Peter Hill is not generally known for his outbursts of unrestrained praise but I think he spoke for many members when he declared, "That was the best speech by a DG that I have heard in 30 years of Rotary"!

Breaking news is that this week's collection went very well, raising over £200 for The Army Benevolent Fund. Well done to John Williams and the team! We have also authorised International Committee to pledge £1,000 for Sanitation First in Africa. Forum for Africa already has funds to cover this amount but I know that John Lloyd is determined to raise this amount through events this year. A good start, I think, and thank you all for your support and kind wishes. **David**

DATES FOR YOUR DIARY

August	7 th	Treasure Hunt
	19 th	Cricket Day at Colchester Cricket Week – run by Colchester Club. £45 a head
September	29 th	Collection Tesco's Highwoods
	29 th	Evening meeting – St Giles Masonic Centre 7 for 7.30 pm
		"Arctic Circle and Beyond" – Max Pemberton
October	15 th	PELDON WINE NIGHT – In aid of Opkyk South African Project. 7 for 7.30pm
	21 st	Jesus Christ Superstar – Colchester Operatic Society -
	23 rd	MILES FOR SMILES – Sponsored Walk.
	29 th	John Rutter "Come and Sing" Masterclass.
November	26 th	Collection at Fiveways Co-op.
December	2 nd	Collection – Tesco's Highwoods
	3 rd	Collection – Tesco's Hythe
	8 th	THURSFORD SPECTACULAR – Leave at 2.15 pm.
	11 th	A CHRISTMAS CELEBRATION – St Botolph's Church – 3pm
	19-21 st	Station Christmas Collection
	22 nd	Club Christmas Lunch
April 2012	27 th	PRESIDENT'S NIGHT – Le Talbooth.
	30 th	Visit to Brits RC in South Africa.
June	21-24 th	RUTLAND WATER ACTIVITY AND SOCIAL WEEKEND

**Thursday 7th July 2011
A NEW VOICE
President David Jones**



David had done his life story the first time he was President so he would rather say why he was a Rotarian still and the best bits of Rotary that he had enjoyed. He joined Rotary in 1980 in Witham.

David presented a slide show of his Forum photographs from over the years.

He moved to Colchester in 1984. He was soon asked to organise Mock Interviews for every secondary school in the town. When he first became President 15 past presidents were still in the club. He was involved with the 1990 Group Study Exchange from Michigan. He became counsellor to a Rotary Ambassadorial Scholar.

One of his most successful things was to get David London as a governor at Philip Morant School.

He became involved with John Lloyd in Eurowalk going on a recce in 1981 planning to do the walk in 1982. Our Dutch twin club then said they would like to be involved and offered to raise £10,000. It was a huge success and we walked 20 miles a day through England, Belgium and Luxembourg. There was fantastic fellowship and we went on several visits to Heemskirk/Uitgeest. 96 members and wives went to Maastricht with them.

The club supported Rodney Borgartz and David Judge as District Governors.

There were the cycle trips down the Seine and although it was a bit wet at times the fellowship was wonderful. He heard JPD tell of his imprisonment in Colditz for the first time.

The Mayenne weekend brought 40 Rotarians to France to join John Lloyd and David at their holiday homes.

The Brussels walk to raise money for Africa in 2009 brought members of the Brits Club from South Africa to join us. He then went to South Africa to see the work of the Opkyk School for disadvantaged children.

These were just a few things that have kept him and enthusiastic member of Rotary. Thank you for sharing it with me.

W.W.

**Thursday 14th July 2011
A DIFFERENT LIFE
Karen Wallace**



When Forum members decided to assist with Reading at Kings Ford Junior School they never dreamt that when they met the new Head teacher she would be an ex Croupier and Casino Manager who had rubbed shoulders with the Mafia.

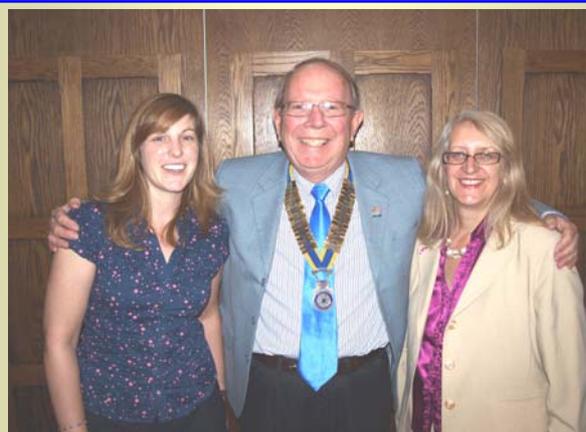
Karen's route to becoming a Teacher was different to say the least. She started by qualifying as a Teacher but finding out that being a croupier in her spare time and her love of travel meant that she decided to put her teaching career on hold for a while (about 25 years!) She managed to combine the above 2 interests by getting a job with a cruise company and circumnavigating the world a few times although she tried to get the warmer climes most of the time. She was recruited by a company to manage land based Casinos which seemed mainly to be in Eastern or Northern Europe. In Eastern Europe she came across some branch of the Mafia when she took over a club and was given the keys to three safes. One was for the cash, the second was for the gambling chips and the third was for Guns!. It appears that like the wild west the gamblers had to hand over their guns at the door before they were allowed in. Karen thought that she got respect from the Mafia as she didn't stand any nonsense from them. Eventually she tired of her nomadic life and returned to England not having a clear idea of what to do next. She then spent £500 on a careers consultant who told her she should be a teacher!

She started initially in Harwich as a teaching assistant and her potential was recognised early on and she has quickly become a Head teacher. Karen expressed her gratitude for the work Forum members have done at the school not just in reading but helping the children become good citizens. She is no great lovers of the Sat tests and feels that she would rather turn our good rounded boys and girls than worry to much about exam successes. The children at Kings Ford have quite a few hurdles to overcome in their start to life and for some of them getting to School daily is an achievement in itself.

She concluded by thanking Forum members for giving their time to help and assured us that our efforts were much appreciated.

W.F.

**Thursday 21st July 2011
PROSTATE AND BREAST CANCER
Gemma Cornwell and Linda Arnold**



Gemma Cornwell

Gemma said that her favourite part of her job was coming to collect money which is really needed. One man dies every hour from prostate cancer which is the most common male cancer. There is no definitive test for the disease and the main need is to make men aware of the risk. The symptoms are pain, frequency, difficulty in passing urine and weak flow. Men over 60 are most at risk and there can be a strong family history.

The money is needed for research and education. Her charity has spent £9.5 Million on research so far. Their helpline is staffed by specialist nurses and they have a support network of volunteers, many of them fellow sufferers.

Linda Arnold

Breast Cancer Care was started 40 years ago by a lady who had had breast cancer and found no help or support existed. They offer a free phone line for advice and they also match people with volunteer workers. They do some research into drug treatments but their main effort is in promoting awareness. One woman in eight gets breast cancer. There are many obstacles to living a normal life and many women need help to cope. The charity provides literature in hospitals to breast care nurses and helps to train volunteers. The training does need a lot of money. They rely largely on fund-raising and contributions in the present economic climate are dropping.

President David Jones presented two cheques for £700 each to Gemma and Linda for their charities, the proceeds of the Grand National Draw.

W.W.

**Thursday 28th July 2011
BUSINESS MEETING
DISTRICT GOVERNOR – Neil Muir**

Business Meeting

President: Council wished to send £50 each to two of deceased founder president John Cross's chosen charities.

International: John Lloyd asked us to support the District Scheme to provide water and sanitation in Africa. We will send £1,000 from our Forum for Africa Fund to get a matching grant. This will pay for a well and a water pump.

Treasurer: A few subs still not paid!!

Ketchup bottles should be returned (empty, washed and filled with money) by 13th October please

The frugal lunch on 13th October will be provided free by the Rose and Crown so our normal £13 will go to fund raising.

The collection today appears to be going well with heavy collection tins.

District Governor – Neil Muir

Neil said he would keep his talk short and to the point. The DG's visit is to bring the message from the R.I. President

Everyone in the world needs food, water and shelter. Rotary can help throughout the world. Think first of your own family and job, "What do you need?" Then think of your greater family of the local community. Rotary already does a lot but we must keep on doing it. The world is changing faster than ever and we need people to help, not just enrolling new members but retaining older members. To do this we must offer value for money in Rotary so that members enjoy what they do. We need interesting speakers at meetings. Web-sites should be like Forum's, up-to-date and informative.

Forum has been involved in many great projects in the past and still is ready to do more.

Forum's contribution to District has been good but they need support for the District Conference which is where decisions are made that will affect you all. The Rotary Convention next year is in Bangkok so why not plan a holiday to include it?

Finally, what is Rotary?

Rotarians are enthusiastic, fun-loving people who share a common interest in helping others.

Your club fits that description very well.

W.W.

Forum Freewheelers

PLOUGHMAN'S LUNCH JULY 21st

An invitation to a Ploughman's Lunch at Rachel's lovely home was happily accepted by 10 Forum Freewheelers. The weather was uncertain but Rachel, being very positive, had arranged for us to dine at tables in the garden. She had prepared a tasty lunch for us complete with delicious strawberries cream and meringues, the latter purchased at her local shop in Great Horkesley – as was a very good cheddar cheese. Our Ploughman's Lunches are an ideal way of getting together and catching up with everyone's news. Thank you Rachel for preparing such an elegant meal and arranging with the weatherman to spare us the rain which had been forecast.



Future Events

Aug 17 Wed	Guided Tour and Afternoon Tea "Lifehouse" Thorpe le Soken
Aug 25 Thurs	Garden Visit – <i>Tudor Roost</i> Fingringhoe Contact Gill Crayston before Mon 22 Aug
September	TBA
October	TBA
Nov 24 Thurs	Ploughman's Lunch – Liz Threlfall's Confirm please before Mon 21 Nov
Dec 1 Thurs	Advance Notice of Christmas meal – Library Room at Milsom's

Our best wishes for a Happy Birthday to.....

Aug 3	Liz Threlfall
Sept 9	Carla Tindall
Sept 26	Dawn Frame
Sept 29	Ann Stedman

PLEASE CAN YOU HELP?

Events have now been arranged for August, November and December. We still have nothing planned for September and October. Would anyone like to arrange an outing or offer to host a Ploughman's Lunch? Viv is doing a sterling job compiling a diary so if you feel able to help please contact her with possible dates.

The Woolverstone Project Rotary Evening BBQ and Fun Sailing Competition Friday 29th July.



First and second in the Rotary race



Lady Jane comes home



The usual suspects from Forum

On this overcast and windy evening six of us joined other Rotarians from Harwich and Dovercourt, Woodbridge Deben, Ipswich, Ipswich Orwell, Ipswich Wolsley, and Felixstowe. Sailing for the Rotary Trophy was won by Harwich and Dovercourt, but our own 'Lady Jane' skippered by a member of Felixstowe came second. It was a shame that none of our sailors could come so as to represent Forum, perhaps next year? The race was followed by an excellent BBQ of Pork or Beef baps together with a selection of salads, and of course a glass of Wine. The Chairman of the Trustees Johnty Dickinson told us that they now had 27 craft, at Woolverstone and Alton Waters, and were indebted to Rotary for all their help over the years in raising money for both sailing craft and manual help. They operate every weekday in helping the disabled to learn to sail, but they are desperate for new members who could help them, otherwise they may have to turn away some new pupils. If helpers were not sailors already they would teach them. They hoped to make this Rotary challenge Race and BBQ an annual occasion and together with a raffle the event made nearly £300 towards their funds. **Louis Thorp**

TOMATO SAUCE

I am getting slightly worried about the eating habits of some of our members. It appears that not only have some members used the entire contents of their sauce bottle but have also had time to fill it with money. I know that in the Frame household the thought of putting tomato sauce on some of Mrs Frame's carefully crafted and seasoned cuisine is not only frowned upon but in many instances results in lots of humphs and grimaces. I therefore have to choose my moments extremely carefully to bring out the Wilkins bottle with the result that at my current rate of progress I will be pushed to achieve the October deadline that the President has requested. In fact I may be lucky to have finished the sauce let alone filled it with some of my ill-gotten gains(expenses anyone!). **Bill Frame**

“COME AND SING” WITH JOHN RUTTER In Aid of Headway Essex.

This event will take place on the 29th of October at Philip Morant School, Rembrandt Way. Tickets will be £10 per person, £5 for under 15s and £6 for observers. *(Please bring your own lunch.)*

Music parts will be provided and to make sure there are enough parts please book as soon as possible before Friday 14th October at the latest.

Tickets (by post only, cheques payable to Rotary Club of Colchester Forum) from:-

Alan Rustage, 9 Alton Drive, Colchester CO3 3ST. Please enclose SAE. Singers indicate how many of each voice.

10 am	Registration
11 am – 12.45 pm	Morning session
12.45 pm – 2 pm	Lunch
2pm – 4.45 pm	Two afternoon sessions

A selection of John Rutter's music and his CDs will be available to purchase. John will be happy to sign them for you.

A TRIBUTE TO JOHN CROSS

by David London

On the 12th of July seventeen members and former members of Forum attended the funeral of our founder President John Cross. This gives some indication of the respect we had for the thirty eight year old who led us through that initial lengthy period of induction before we received our charter. Of these seventeen nine are the survivors – out of eleven – of the original twenty nine founder members. Fifteen of us have been Presidents in our time and I regretted not taking a camera to record for the archives this gathering. When I mentioned this several “tut tuts” were to be heard. Why? Are pictures only for happy events, births, Christenings, weddings and other “family” gatherings? Neither of our “regular” photographers was present and I did wonder what would have happened had they been there?

John left the club to move to Aldeburgh sometime after the family business of Cullingfords closed in 1995 so it was understandable that there are majority of our present members who did not know him. Back in 1974 for the twenty nine potential new boys our formation coincided with the formation of new Districts. District 108 used to consist of Essex, Suffolk and Norfolk and it was under that executive we had our initial induction meetings. Then Essex was split off to form 124 and a whole new Executive descended on us weekly to give their slant of what Rotary was about. Consequently our gestation was a very lengthy process and come some way to explain that once chartered we steered well clear of District events! Eventually the District Governor came down and mildly ticked us off for this attitude. This all mainly came during John’s Presidency and he handled these situations with great tact. I am not suggesting we were a particularly rebellious gathering though there were some very strong characters with us then who have mellowed somewhat since!

Looking around the club now it is difficult to remember that at charter our youngest member was 29, single and drove an E-type Jag. Our oldest member at 53 was John Powell Davies who looked down with more than a little horror – he was some 6ft.3 tall – at the antics of us younger ones. The school master in him could tolerate the weekly lectures on such obscure subjects like Foundation, but at the end of several lunches you did tend to come away wondering if you were doing the right thing in thinking of joining. Four of the twenty nine did decide that - very shortly after we were chartered but it was John chairing the embryo Council that held us together until then. The back page of the membership card contains a lot of memories and the growing number of *; John will be sadly missed.

TOM’S TOPICS

Health in Europe

Those of us who visit the European countries for holidays used to possess a form commonly called the E111. This form enabled us to use the free health cover provided by the individual countries. Cover was not always free. For example, in France you paid when you were getting the treatment and a portion was returned to you later.

This form was replaced by a card called the “EUROPEAN HEALTH INSURANCE CARD.” This card lasts for only five years and many cards issued are now due for renewal. My card expired in December 2010 and I did not go abroad after that date but I hope to do so in 2012. I am writing this note because I have only just become aware of the need to renew my card and perhaps some of my readers also need to get their cards brought up to date. When I asked around the club the first three I asked were quite unaware of this fact.

I have made a telephone call to 0191 218 1999 and have arranged for new cards for Betty and I to be sent to us.

Tom Ford

CROQUET EVENING 26th JULY



Croquet can be slow



or fast and furious



but above all it is always elegant.



Can Robert tell me what to do next please?



I shall have to think about this stroke



I only came for the beer.



This is the best part of the evening



I was just this far away from winning



Robert gives Marilyn her prize for being the most elegant mallet