

Presidents Bumlings

I think we've had a good February and part March. Mike Clark treated us to a most interesting talk about his early medical career and more latterly his hobbies involving wood and metal work. Many examples of his involvement with prosthetics were passed round the members present-hopefully no one was daunted by the examples of hip replacement joints! Mike's wood carvings and intricate examples of his talent with the welder were amazing. He also explained of the growing band of artistes in West Sussex who show their wares over two weekends in May under the Open Doors banner. Mike and Sue are enthusiastic exhibitors and they of course would be delighted to see any of you-the likelihood of being tempted to buy is great!

The Gilbert and Sullivan evening despite being low in numbers was a great success- Gordon Peters had us all mesmerised by his undoubted talents- he certainly got the audience involved and the singalongs were great fun. This was boosted by the presence of eight or nine members of the Havant Light Opera company and some from the Chichester AOS. Tickets & raffle ticket sales together with the bar sales enables us to make a profit of £645 which was divided between the 3 Clubs to go towards their commitment to help finally rid the world of Polio.

You may recall some of us collected for the Sussex Air Ambulance at Sainsburys back in the Autumn, Neil Brame arranged a speaker who proved to be a very interesting man. They receive virtually no funding from Government and so rely on donations and fundraising events. It costs around 3 million pounds to provide this excellent service. They recently joined forces with Sussex police who use the same type of helicopter with a paramedic on board to be able provide night time cover as well. Remember this is a 365 day a year 24 hour service. Hopefully we can give further support in the future.

On the 4th March we were given a most interesting 'my job talk' by Peter Haydn-Jones involving several opposites. His time spent in the Navy took him to many faraway places, skippering several ships in his work involving charting the ocean beds. It was quite surprising to learn that most of our charts of the world were produced in the early part of the century using simple methods like a lead and line! His illustrations of this and modern methods were excellent. He was later land based in recruitment at Admiralty House before taking a civilian job in his native Wales administrating for a large pharmacy wholesale group. We kept off the subject of Rugby!

John Barret of Midhurst & Petworth Club gave us a talk on the St Richards Hospital Radio service at the Chichester Park Hotel where we had another excellent meal with our partners. He explained that a dedicated team of around 50 volunteers kept the whole thing going since the '50's, and the service they provide is very well received by the patients with a special request time, involving personal visits to the wards being especially loved. What dedication. He played many clips of old favourites which kept us all guessing!

You may recall we have donated £2000 to the Wheelchair Foundation- Milton Frary promised to try and find other Clubs to join in and has floated a proposal which involves an Italian Club and a South African Club. It would be splendid if we could achieve the larger container between us and RI. We will be investigating this further over the next few weeks.



GSE Programme 1 to 5 June.

We could still use some volunteers to Host our students overnight. Please contact Bernard if you can help.

Date	Monday 1st June	Tuesday 2 nd June	Wednesday 3 rd June	Thursday 4 th June	Friday 5 th June
breakfast	Arundel	With hosts	With hosts and then train from Chichester 8.28am	With hosts	With hosts
Morning	Worthing Club	RCC individual vocational visits	Train to Brighton RC 10-12 Pavilion	Chichester Priory Vocational visits??	Handover to John Penny/John Parham to go to Eastbourne
Lunch	Worthing Club	RC of Chichester	With Brighton RC	Chichester Priory Vocational visits??	
Afternoon	Worthing Mayor's parlour for tea (4.30)	RCC tour of Chi and Roman palace	To Brighton police station/ Lanes	Chichester Priory Gunwharf??	
Evening	6.30 handover in Chichester to RCsC	same hosts	Back to Chichester met by hosts	Same Hosts	
Evening event	Relax with hosts	RCC Skittles evening The Spur- Slindon ?	Relax with hosts	Priory Presidents Night at the Dogs Brighton	
Notes	Worthing contact Yvonne Bradbury-White 01903 879945	RCC contact David Purse 01243 264027	Brighton contact Campbell Boyce 01273 556529		

Club Diary March—April

March	Meeting	Location	Stewards	Detail
17	District Council	Horsham		
18	Business	Pallant Suite	C Dixon, M Foyle	
25	My Job Talk	Pallant Suite	J Gardner, L Greenwell	Clive Balaam
April				
1	Foundation Speaker	Pallant Suite	L Guest, T Saunders	Barry Jones
6	Club Council	Bob Syme's House		
8	Fellowship	?????	M Hall, G Hardstaff	
15	Speaker Night	Pallant Suite	T Hardwick, M Harvey	Ann Webb
22	No Meeting			
23	St George's Night	Oving Village Hall	P Haydn Jones, J Hodge	

Community Service Committee March Update—Neil Brame

The last 3 months has been a busy time for the committee who have agreed the following donations:-

The Salvation Army – £500

St Joseph's Refuge run by Stonepillow (previously Christian Care Asscn) - £250

£200 to the Harbour club in support of their December Challenge where assistance is provided to the homeless/needy via Health Workers etc.

1 in 9 - £100 to cover unexpected bills relating to their recent Charity Walk

The Gateway Club need an all weather table tennis table, bats, balls etc. They meet at the Appledrum Centre and Mencap are ordering the equipment to avoid VAT. - £500

[West Sussex Crossroads - £500.](#) We have been looking for a way to provide direct support for Carers and this Charity does just that. Trained staff relieve carers for a few hours once or twice a week. Our donation will benefit people in the Chichester area.

Kids Afloat. Clubs taking part now make a financial contribution - £100 was agreed

[W Sussex Cancer Patients Forum – President Bernard met the Chairman whilst out dog walking!](#) The Forum wish to produce a diet booklet costing £5/600. Our Club have "earmarked" £100 and Bernard has approached other Clubs for contributions. We are pleased to see that the £500 total has been achieved.

[Sussex Air Ambulance – Larry Culver visited our Club on 25th February to explain the workings \(and financing\) of this service.](#) A very enjoyable evening and a cheque for £500 was presented.

Rotary is as much about Service as Fund Raising and we have been trying to increase our Community involvement. This is a very personal matter as we all have different interests and abilities (especially if it involves heavy physical work!) but so far we have:-

Played Bowls at Joys Croft with a quiz night coming soon.

Agreed to help the New Park Centre

Provided approx 15 volunteers for Aneurysm Screening training at St Richards (more required in May) We are also on the Hospitals list if they require assistance with an event or a volunteer to fill a particular post

Kids Out on 10th June

Agreed to visit The Gateway Club when their table tennis table arrives



TWINNING WEEKEND – MAY 15th/16th/17th

Mike Clark

The Committee are pleased to confirm the programme and arrangements for the weekend in May. The numbers of visitors from Aschaffenburg and Bar-le-Duc total around 22, and they will be arriving as usual on the Friday afternoon, by plane, Eurostar and car.

Our meeting place will be the Chichester Yacht Club at Birdham from around 4.30 to 5.30pm with a tea provided. Obviously those families who are hosting will be there, but you are all welcome. The hosting arrangements are in the hands of Colin Kaye, and if you indicated your willingness to host earlier in the year, he will have been, or will be in touch with you. Colin is also co-ordinating the supper parties for our visitors on the Friday evening, and he will be talking to you about that.

On Saturday morning, we have two outings. A maximum of fifty will visit Uppark House, for a private guided tour followed by lunch in the National Trust restaurant. The remainder will go to Portsmouth by train from Chichester, ascend the Spinnaker Tower, have lunch in a private dining room overlooking the harbour and (for our visitors) an opportunity to pick up a bargain or two at Gun Wharf. On return, the rest of the afternoon is at leisure.

The Dinner will be held at Canine Partners at Heyshott. Weather permitting, we will start with drinks and canapés outside with some gentle live music, and the main meal will be preceded by a short demonstration of the skills shown by the organisation's dogs. We will endeavour to keep the obligatory speeches to a minimum (President please note!). On Sunday, our visitors will need to leave around 2pm. Church services at the Cathedral and St. Richards RC Church are optional, and the farewell lunch will be held at Lodge Hill Centre, Watersfield off the A29. This will take the form of a hog-roast (vegetarian option available if requested) with incidental music provided by student musicians from

 Chichester College. Those who can arrive early may have the opportunity to see what Lodge Hill has to offer in outdoor activities, and even take part in some, under instruction!

We have tried to vary the theme a little this year, and our choice of venues is to reflect what the Club and Rotary supports in the local community. Ever conscious of costs, we have budgeted carefully and are able to hold down the cost of the full weekend to our members at £50 per person, which includes wine and drinks and is no more than it was in 2003, and we think a bargain.

You all indicated your intentions in the questionnaire which we sent out in January. Our budget is based on those intentions, so we will shortly be asking you to confirm, and to indicate your preference for the Saturday outing. If Uppark is oversubscribed, it may be a case of "family hold back", but we will keep you informed.

Thank you for your support.

Our 'Young Chef' club winner JJ Pulvertaft continues to 'do us proud' and has successfully progressed to the National Finals on 2 May. His menu at Regional final is shown here. JJ impressed the judges not only with his cooking skills but with the quality of his preparation and planning. Good Luck at the Nationals, JJ.



Young Chef

Starter

Selsey Crab Pancakes with a Duo of Purees.
Served with a Watercress Salad
And Lemon and Poppy seed Dressing.

Main Course

Herb Crusted Rack of Spring South Downs Lamb
With a Red Wine, Redcurrant and Rosemary Jus
Served with Glazed Turned Vegetables.

Dessert

Violet Soufflé with a Wild Blackberry Compote
Served with a Daisy Shortbread
And Crystallised Spring Flowers.

Welcome to John Donahie to our club. We look forward to getting to know you and your wife Jane over the next few weeks.

John's details:

79 Elm Grove South
Barnham PO22 0AS

john@donahie.com

01243 555550 / 07843 230534

**THE ROTARY CLUB
OF MIDHURST & PETWORTH**
Founded 1964 Reg Charity No. 1010759

JOIN US FOR FUN & FOOD

River Site

Midhurst Rother Academy
(previously Midhurst Grammar School)

4th April 2009 7.15 pm for 7.45 pm

Rob Doney 01730 814180 email robdoney@aol.com



Royal West Sussex NHS Trust
 St Richard's Hospital
 c/o Cancer Services/ Palliative Care
 Spitalfield Lane
 Chichester
 West Sussex
 PO19 6SE
 www.rwst.nhs.uk

Bernard Stoneham
 President
 Chichester Priory Rotary Club
 2 Mill Close
 Chichester
 West Sussex
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12 March, 2009

Dear Bernard,

May I take this opportunity to thank you for your help in providing the money needed to print and distribute our new cancer diet pamphlet, prepared by patients from our Cancer Forum.

Research suggests that a person's diet and lifestyle play a role in determining whether or not they develop cancer. The World Cancer Research Fund also advise that cancer survivors should also follow similar lifestyle and diet guidelines to prevent recurrence, unless directed otherwise for certain cancers/treatments by their medical team.

Hopefully our pamphlet will go some way toward giving people guidance and choices.

Please would you pass on our sincere thanks to all those Rotary Clubs who helped raise funds.

Regards
 Mike

Mike Thomas
 Chairman
 Western Sussex Cancer Patients Forum

ABOUT US

HOME PAGE

What is the Western Sussex Cancer Patients Forum?

The Western Sussex Cancer Patients Forum comprises a group of patients who have experienced cancer, & some cancer related healthcare professionals. Carers are also welcome.

We are not a Support Group: We focus on supporting the overall care that our local hospitals and Primary Care Trust provides to cancer patients. Some members of the group represent the Forum on other Cancer related Trust Groups and are also members of the wider Central South Coast Cancer Network Patient Partnership Group.

A friendly informal meeting (chaired by one of the patient members) is held each month at the hospital, to debate ideas, good practice, and discuss any improvements required.

Why Get Involved?

It is an opportunity, as a cancer patient, for you to have a voice and to highlight your ideas. You can assist in future developments and monitor the services provided for cancer patients in your local hospital.

What the Western Sussex Cancer patients Forum has achieved?

A Cancer Patient satisfaction questionnaire was developed in collaboration between Western Sussex Cancer Patients Forum members, clinicians and nurses. It enables the hospital to analyse the cancer patient's opinion of the services they have experienced during their patient journey. This is sent out on a regular basis by St Richard's Hospital audit department.

Outreach Programme

We meet with other cancer patients on an individual basis outside the hospital setting to discuss their own personal journey. This will expand the information received from the Patient Satisfaction Questionnaire.

Chemotherapy Patients Parking Fees

Members of the Western Sussex Cancer Patients Forum were successful in working with the trust to achieve reduced car parking costs for chemotherapy patients attending St Richard's Hospital.

Pamper Sessions for Cancer Patients

From an idea expressed by some members of the Western Sussex Cancer Patients Forum and in collaboration with Chichester College (Dress Beauty Salon, Staff & Students) and healthcare professionals from St Richard's hospital - 'Pamper Sessions' were devised specifically for cancer patients.

A free treatment pamper session, ie. facial, manicure, pedicure or make-up, has been offered to St Richard's Hospital cancer patients who have completed their cancer treatments or if they are feeling well enough to undertake a pampering session. The sessions have been very well received.

Please consider being part of our friendly group by contacting us via the link below:

Contact us

WESTERN SUSSEX CANCER PATIENTS FORUM

onevoice
 shelter BOX
 March 2009
 The newsletter of ShelterBox, a disaster relief charity that provides shelter, warmth and dignity to those who have been affected by disasters worldwide.
DISASTER RELIEF
 www.shelterbox.org
 DONATION HOTLINE: 01326 569782
 Charity no: 1096470
 President H.R.H. The Duchess of Cornwall

Dear Supporters,

February saw us working in two new, but very different places affected by disaster. In December and January the Gaza Strip became a major battle field. The scale of the destruction was huge and tens of thousands of people were left homeless. Having assessed the need on the ground, we despatched boxes to the region and have been working tirelessly to get them to the people who most need them. The politics of the region have led to the Gazan border being closed to most aid deliveries, but I am proud to say that in true ShelterBox spirit we didn't give up and eventually found a way through the red tape to get the boxes distributed. Well done to everyone involved in getting this difficult job done.

Closer to home, we also distributed boxes to those affected by the terrible fires in southern Australia. I know that for the SRTs on the ground this was a very emotional experience - you never expect to have to distribute ShelterBoxes in your home town. Our best wishes go to you all and your fellow countrymen at this difficult time. Whether it be Gaza or Australia, we will get the job done and get shelter to those who need it.

Thanks to one and all for making this happen.

Rotarian, Tom Henderson
 Founder & CEO
 ShelterBox



Countries and boxes

GAZA: The delivery of 200 boxes took place in early March.

AUSTRALIA: 96 ShelterBoxes and four school boxes have been delivered to the fire-ravaged areas of the state of Victoria.

SOMALIA: The third and final SRT deployment ended in February with five IDP camps successfully equipped with tents.

SUDAN: The latest SRT deployment ended in mid-February. ShelterBox worked with the local Sudanese aid agency *Kush* to distribute 403 boxes to IDP camps in Agok. An additional 300 boxes were sent to the village of Nawayapur after it was destroyed by fire.

No.	Date	Region	Location	Boxes Sent	Disaster Type
20	Feb-09	Asia	Australia	96	Bush Fire
19	Jan-09	Asia	QRT	100	Conflict EPs
18	Dec-08	Africa	Somali and	140	Conflict EPs
17	Dec-08	Oceania	Papua N G	86	Storm Surge
16	Nov-08	South America	Brazil	5	Flood
15	Nov-08	Caribbean	Cuba	100	Hurricane
14	Nov-08	Central America	Honduras	100	Flood
13	Nov-08	Africa	Darf. Red Congo	400	Conflict EPs
12	Oct-08	Asia	Pakistan	1300	Earthquake
11	Oct-08	Asia	Highland	5	Earthquake
10	Sept-08	Africa	Somali and	300	Conflict EPs
9	Sept-08	Caribbean	Turks & Caicos	200	Hurricane
8	Sept-08	Caribbean	Jamaica	418	Hurricane
7	Aug-08	Africa	Sudan	370	Hunger/Refugees
6	Aug-08	Asia	Nepal	604	Flood
5	Aug-08	Europe	Ukraine	500	Flood
4	Jun-08	Central America	El Salvador	5	Flood
3	Jan-08	Africa	Sudan	700	Conflict EPs
2	Sept-08	Asia	China	2080	Earthquake
1	Sept-08	Asia	Myanmar	224	Cyclone
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