

Cardiff Breakfast News

The Rotary Club of Cardiff Breakfast

presents

The Cardiff County and Vale Youth Orchestra

Nobody Does it Better

007[™] Tribute Concert

Film & TV Themes

7.30 pm, Thursday 24th March 2016

The Dutch Barn Concert Hall

Whitchurch High School

Lower School

Manor way, Cardiff

Tickets £12 (£6 for children)

on the door, or from

Richard Cunningham (029 2075 2486)

or Mary Davies (029 2052 2848)



The Cardiff County and Vale of Glamorgan Youth Orchestra was formed in 1975 and has approximately 120 very talented young musicians between the ages of fourteen and twenty three. The Orchestra gives five concerts each year in venues such as Hoddinott Hall, the Millennium Centre and Llandaff Cathedral and aims to tour abroad every second year. The cost of the tour to individual musicians is borne by their parents but we must ensure that youngsters whose parents cannot afford these costs are not prevented from participating. Membership of the orchestra provides opportunities to improve both musical and life skills. And when abroad they are magnificent ambassadors for Wales.

This young Orchestra was informed recently by the Local Authority that all funding was being withdrawn and it would need to become self-funding. The Orchestra now depends almost solely on money raised by the Youth Orchestra Association, the youngsters themselves, and sponsorship. This concert has been organised specifically to raise funds for the Orchestra and for Charities supported by Rotary such as Cancer Research Wales and Wales Air Ambulance.

* * * Help Us Support Our Youth Orchestra * * *

Wednesday Breakfast Meetings (7.30 am at the Whitchurch Golf Club)

- 2 Mar *No meeting - St David's Day Big Breakfast yesterday*
- 9 Mar Committees and collection of goods for Northlands
- 16 Mar Speaker: Tim Rhys-Evans of Only Men Aloud/Only Boys Aloud
- 23 Mar Discussion on "The Way Forward"
- 30 Mar *No meeting - Easter week*
- 6 Apr Committees and collection of goods for the Huggard Centre
- 13 Apr RIBI Conference Feedback
- 20 Apr Speaker: David James "Travels around the Empire"
- 27 Apr Speaker: Geraint Richards "Wheelchair Development Fund for Sao Paulo"
- 4 May Presentation of Paul Spencer Awards and Interactors to breakfast.
- 11 May Committees and collection of goods for the Paradise Run

Visitors are welcome at any of our meetings. It would be helpful if visitors could warn the Secretary in advance.

Charter Dinner Friday January 22nd



Olly (*tenor sax*), Tom (*keyboard*),
Gareth (*bass guitar*) and Alex

The Club celebrated 19 years since the granting of its Charter in 1997, with a dinner at the Whitchurch Golf Club.

Before dinner was served we were entertained by a Jazz Quartet featuring 6th Formers from The Cathedral School. They spoke about the school's efforts to raise money to buy a minibus for a school in Kenya. A bucket collection was taken later in the evening and we were able to send off a cheque for £230.

After dinner we had a most interesting presentation from Professor Howard Young, entitled "My experience as an Anti-Doping Tester", based on his time spent testing at the London Olympics, the Rugby World Cup and elsewhere. He explained some of the history of doping in sport, and how the present regime for testing for drugs is carried out. This highly topical presentation took us behind the headlines about doping.

Prof Howard Young demonstrating how to seal a sample bottle



Rotary Club of Cardiff Breakfast

President: Mark Worwood

Secretary: Susan Hewerdine 029 2068 9265, sue.hewerdine@gmail.com

E-mail: info@cardiffbreakfastrotary.org Website: www.cardiffbreakfastrotary.org

Facebook: www.facebook.com/pages/Cardiff-Breakfast-Rotary-Club/499933336710595

Is Rotary for You? - Come and see what we do.

Two New Paul Harris Fellows



The Club has recently honoured two of its members by the award of Paul Harris Fellowships.

The first was presented to our present Hon Secretary Sue Hewerdine by District Governor Chris Williams who had come all the way from Fishguard to join us at the Charter Dinner. It was awarded for her service to the club as a Past President and as a highly efficient Secretary for a number of years.

The second was presented to Michael Brooke in recognition of his service as a Past President, as a recruiter of new members, and for his significant contribution to the Club's Public Relations activities, especially relating to the Rotary Young Musician District Competition, and winning the District Shield for the best club newsletter in 2015. As Michael could not be at the Dinner, the presentation was made by President Mark at a subsequent breakfast.



Paul Harris Fellowships were created in memory of Rotary's founder, and are awarded to people, whether Rotarians or not, who have made a notable contribution to the work of Rotary International.



DG Chris Williams, Richard Cunningham and Mary Davies with some of the RotaKids

Visit of District Governor to Whitchurch Primary School—Wednesday Feb 3rd 2016

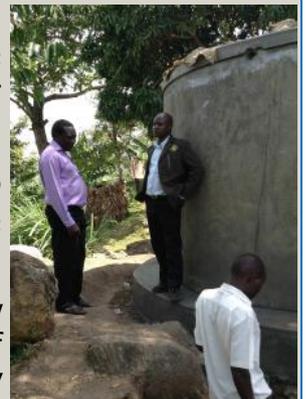
RotaKids at Whitchurch Primary school had arranged for the District Governor, Christopher Williams to revisit the school to talk about his life as a mechanic with the RNLI. Before his talk, the children entertained the DG with performances by the choir, the wind band and the ukulele band. The children then enjoyed his talk. The following Q&A session was most informative and the children asked a vast array of questions. Chris provided an insight into the day to day work of an RNLI crew which the pupils of the school will not forget in a very long time

The Mbale Water Project in Uganda is almost complete

We have heard from the Rotary Club of Mbale that the second source of clean water has been secured and is supplying a new 10,000 litre holding tank with pipework from the tank to the village of Lower Mooni, benefitting about 6,000 inhabitants. Handover will be soon.

Another 25,000 litre tank with 10 new tap stands has been built to serve the 5,000 households of Namagolo, bringing clean water to the area for the first time. This system is being commissioned.

The project has been funded by £2,800 from RCCB, £2,500 from RC New Milton, £1,000 from RC Cardiff Bay, and £200 from the City of Cardiff Rotaract Club, together with a donations from District 1150 and Rotary International's World Fund, making the equivalent of \$35,000 in total.



Youth Competitions

January and February are the two months in the Rotary year when most of the Youth Competitions take place. This year has been no exception.

Young Musician

The Club organised the Area 4 Finals of Rotary Young Musician (Instrumentalist and Vocalist), held in the Dutch Barn concert hall at Whitchurch High School on Thursday 7th January.

We were delighted that our sponsored entrant, harpist Mared Browning from Ysgol Plasmawr, won the Instrumentalist section, playing music by Handel and Natra. Mared has agreed to play for us at the St David's Day Big Breakfast.



Young Chef - Cucina Italiana at Whitchurch High School



The competitors with teacher Mrs Sarah Smith (rear) who advised and encouraged them, and the school's Home Economics Technician.

It was a chilly morning on Thursday 14th January when six pupils who had decided they would enter the Rotary Young Chef 2016 competition made their way to school laden with a multitude of ingredients. Yes, they had chosen an Italian Theme. They were asked to cook and present a healthy three course meal for two people costing no more than £15. Between them there were some very unusual dishes and the judges had a great time tasting the delicious food they had prepared. The winner was Megan Gardner, with Emily Church as runner up. Megan went forward to the Area Final but unfortunately did not succeed in making it to the District Final.

Youth Speaks

The club round of Rotary Youth Speaks took place in the Upper School Library at WHS on Tuesday 26th January. The presentations were of a high standard and the winning team of Maisie McCoy (chairperson), Morgan Haigh (speaker) and Emily Hermon (vote of thanks), who presented the motion "This House believes that Modern Art cannot be done by 5 year olds", was chosen to go forward to the Area Final held on 1st February. Unfortunately they did not win, but Morgan Haigh won the prize for the best individual speaker.



The winning team with the judges and teacher Anthony Rees who coached the teams.

News in Brief

- Young Interviewer District Final is at Howell's School, on Friday March 11th.
- In the last two months, 98 pairs of old spectacles have been collected from the Lisvane Stores and sent to Vision Aid Overseas for recycling.