District Training Assembly 2014

The District Training Assembly was held on Sunday, 27th April at the George Fox Centre, Lancaster University. This is the third Rotary Assembly of the year and follows the International Assembly, held in San Diego in January for DGEs from all Districts, and the RIBI Assembly held in Birmingham.

The Assemblies had the word ‘training’ added following the 2013 Council on Legislation to better reflect their purpose which is to give incoming District and Club officers the latest information, news and priorities for Rotary.

In the initial plenary session DGE Roger Mason gave a light hearted, humorous update which set the tone for the rest of the District speakers. Mary Bradley gave a really good presentation about membership and our old friend Vas gave us the latest news from Foundation.

A guest speaker from Aquabox, the charity run by Wirksworth Rotary Club from Derbyshire, gave a talk about the charity and how it has developed since it was formed in 1990. He might wish to review his notes since the one thing he omitted was what everyone wanted to know – How much does a box cost? The answer - £120 buys a box for a family, which is filled with items needed for survival, and £250 buys a Community Aquabox which consists of just a box and larger community filter which produces up to 500,000 litres of clean drinking water.

As well as lots of other information we also learned that the theme for the 2014-15 Rotary Year will be “Light Up Rotary”. No doubt Rotarians worldwide will, as always, interpret the theme in their own way, but as we all know very well there is great need for us to shine the spotlight on the good work that Rotary does every day around the world.
Got an Idea? Share it with us!

*Although there is still plenty of this Rotary year to enjoy and get stuck next year’s club officers are already planning for 2014-15.*

If we have done something as a club this year you really enjoyed or there is something you would really like to see in next year’s programme don’t wait until the programme is in place and then say, “Why don’t we do.....?” talk to Hazel or Ray about it now.

Keep an ear to the ground for good speakers for the coming year, preferably ones who have not just spoken to another local group, the aim is to have one a month. Any ideas for club visits??

Do you know of any local projects we could get involved with, any school or community activities which we could support by fund raising, physical help or simply by giving time or providing a listening ear.

*Please pass on your ideas to President Elect Hazel*

Can’t get to a Rotary meeting?  
**Please read this!**

1. If you are not able to attend Rotary on a Thursday please ring Hazel on **770383** - *no later than 10.00 a.m. Wednesday.*

2. After 10.00 a.m. on Wednesday and before 12 noon on Thursday please ring **Brockwood direct on 01229 772329**

3. *If you fail to follow this agreed procedure, or if an apology is given to Brockwood after 12 noon on Thursday, you will be expected to pay for the meal ordered for you.*

**REMEMBER:**
No meeting at Brockwood on 15th May – it’s croquet and Fish and Chips at Greenodd
A Musical Date for Your Diary

Last year many of those who attended the concert given by Ulverston Victoria School Swing Band said how much they had enjoyed the evening.

The young musicians presented a terrific programme of music that resulted in everyone going home with a smile on their face feeling that they had just heard a very special and talented group of young people.

The musical director Richard Butler reported that not only had we enjoyed the band, but that the young people had thoroughly enjoyed playing for us because of the way we responded to their music.

The band is coming back to perform a concert for us in the Palladium on Friday, 16th May @ 7.30 p.m.

This will be a very popular concert – a ‘Not to be missed’ evening.

Please make sure that you have sold your allocation of tickets so that your friends and family don’t miss out on this event. Some club members have already sold their allocation and more but we still have tickets left – if you need more see Hazel a.s.a.p.

Prizes for the raffle will be gratefully received.

And we thought Rotarians had problems with computers!!!!
‘Know Your Blood Pressure Day’ - Thank You!

On 5<sup>th</sup> April we held a ‘Know Your Blood Pressure Day’, in conjunction with the Stroke Association, for the first time in Millom.

Many thanks to Derrick, who organised the event, his paramedic daughter Camilla, who did the testing and Sue Driver, who did the paperwork – they were kept very busy. Thanks also to the Rotarians who steered residents towards the testing and to The Bear on the Square, Tesco and the betting shop who all provided hot coffee to keep us going.

What made a real difference to the day in the horrible cold and wet weather was the NHS patient transport ambulance, which meant that those being tested could sit down in the dry. A letter of thanks has been sent to the Cumbria Ambulance Service.

70 people, aged 10 to quite old, had their blood pressure checked and several were advised to consult their GP. One was told to seek medical advice as soon as possible. Hopefully they will follow that advice and avoid strokes or other possible consequences of high blood pressure.

Hopefully we can repeat this event next year when perhaps the weather will be kinder to us.

View from the International Space Station

On a recent trip to Norfolk we watched the International Space Station pass overhead. Could it be that they were looking down at us at the same time?

To check if ISS is visible at any time go to http://spotthestation.nasa.gov/sightings and enter your location (UK, then England, then the nearest town – Kendal & Ambleside are on the list).

The space station is the third brightest object in the night sky and it moves quite quickly so it is easily spotted.
Amazing Pictures

Impressive Highways system above the Rainforest in Sao Paolo, Brazil.

Now this is finished perhaps we could get them to build a bridge over the Duddon!!!!

Amazing walk at West Side of Taihang Mountain in Shanxi Province, China. Not a route to take after a night in the pub!!!!
LETTER OF RECOMMENDATION

Those of us who have had to write references in the past and wished we could just put down that the person concerned was a waste of space might like to take a note of what the manager writing the letter below really said:

To whom it may concern,

Trevor Adams, my assistant programmer, can always be found hard at work in his cubicle. Trevor works independently, without wasting company time talking to colleagues. Trevor never thinks twice about assisting fellow employees, and he always finishes given assignments on time. Often he takes extended measures to complete his work, sometimes skipping coffee breaks. Trevor is a dedicated individual who has absolutely no vanity in spite of his high accomplishments and profound knowledge in his field. I firmly believe that Trevor can be classed as a high-calibre employee, the type that cannot be dispensed with. Consequently, I truly recommend that Trevor be promoted to executive management, and a proposal will be executed as soon as possible.

Yours faithfully,

J Smith (Manager)

A separate note said, “The idiot was standing by my shoulder when I wrote the reference please re-read only the odd numbered lines.”

Thus it becomes ...

To whom it may concern,

Trevor Adams, my assistant programmer, can always be found wasting company time talking to colleagues. Trevor never finishes given assignments on time. Often he takes extended breaks. Trevor is a dedicated individual who has absolutely no knowledge in his field. I firmly believe that Trevor can be dispensed with. Consequently, I truly recommend that Trevor be executed as soon as possible.

Not really a recommendation any more is it?
May & June Rotary Meeting Menus

For vegetarian, diabetic, allergy options or if you really can’t eat something talk to Hazel for an alternative.

**May**

1\(^{st}\)  Away from home  *(Lunch at Kirkham Prison)*

8\(^{th}\)  Garlic Bread & Cheese  /  Honey Glazed Salmon with New Potatoes

15\(^{th}\)  Away from home  *(Croquet Club – Fish & Chips Tea)*

22\(^{nd}\)  Plaice Veronique, New Potatoes / Chocolate Pudding with Cream

29\(^{th}\)  Breaded Mushrooms with Garlic Mayonnaise Dip / Chicken & Leek Pie, New Potatoes

**June**

5\(^{th}\)  Cottage Pie, handcut Chips / Key Lime pie

12\(^{th}\)  Florida Cocktail / Coq au Vin

19\(^{th}\)  Gammon Ham, Roast potatoes / Lemon Meringue Pie

26\(^{th}\)  **Full English Breakfast**  -  **08.30 a.m.**
Visit to Kirkham Prison
Thanks to Ian for organising a really interesting day! Arriving at Kirkham Prison we were issued with identity tags and then taken to the boardroom to be welcomed by the Prison Governor Graham Beck.

The prison is a Category D open prison and accommodates 634 male prisoners including those serving a life sentence for crimes such as murder. All prisoners are serving a minimum of 4 years.

The first thing you notice is it really is an “open” prison. There is a feeling of space and well kept green areas. The prisoners do not wear uniform which contributes to a feeling of normality as we walked around.

Noticeably the prisoners were very polite when we met them and there appeared to be a good relationship between prisoners and prison officers. This prison has a completely different ethos based on trust with the aim of preparing prisoners for release into society.

On admission to the prison the prisoners are allocated to the various areas available for work including a huge plant nursery, a 120 acre farm with prime beef cattle, a joinery shop, a recycling unit and a painting & decorating unit.

The Manchester College have an educational unit on site offering all levels of education. There is a very well stocked library run by the council with books available in many languages reflecting the different nationalities on site. Daily newspapers are available together with popular DVD’s.

Prisoners are responsible for washing their own clothes at the launderette.

In one interesting area old cycles were serviced and restored. These were provided by the Margaret Carey Foundation charity in Preston. When restored the charity sends 25 cycles a month out to Africa.

Moving to the gymnasium, located in an old aircraft hanger, we were amazed at the facilities available. Outstandingly the gym caters for the general public who have suffered strokes under a scheme called KISS – Kirkham Inmates Supporting Stroke. Local stroke victims go twice a week for exercises carried out by prisoners under the supervision of trained gym staff.

If anyone should think this all sounds like a holiday camp - at 8.00p.m. the doors to the inmates unit are locked until 7.00p.m. the following morning.

All in all it was an excellent day. Surely this is the way forward in our prisons by showing respect and trust and giving purpose to each day. Pres. Elect Hazel
Croquet, Fish and Chips

On 15th May we have another first for Millom Rotary Club.

Many of us will have played a version of croquet with children or grandchildren and will have made the rules up to suit the occasion, but how many have played the game ‘properly’. In fact, having lived in different parts of the UK and visited just about every county the only croquet club I have ever seen is the one at Greenodd which is where we are off to on 15th May.

We will meet at Greenodd at 2.30p.m. when someone will be there to show us how to play.

Hazel will order the tea from Crakeside Fish & Chip Shop so that it's ready for about 5.00p.m. They cook it fresh to order. To give you some idea what's available:

Fish & Chips  £5.40  Chicken & Chips  £4.90
Pie & Chips  £3.60  (Chicken, Cheese & Onion, Meat & Potato)
Cumb. Sausage & Chips  £4.80  Peas, Gravy, Curry sauce  90p

The cost at the croquet club is £3 per person

You should be home by 6.00p.m. and this will replace the usual evening meeting

This is an ideal social event to invite a guest to come along to. It should be fun!
We can arrange transport when we know numbers

There are lots of websites setting out the rules of croquet but maybe it would be best to wait and see what the expert says.

This is very definitely not the dress code, but as with bowls they will probably expect us to wear footwear with a flat sole i.e. no heel to dig into the lawn.
May & June Meetings

May

1st  HMP Kirkham Prison visit (Lunch – staff canteen)
8th  Committees & Council (Dinner @ Brockwood)
15th Croquet + Fish & Chips (Crakeside F & Ch)
22nd Fellowship (Dinner @ Brockwood)
29th A Life in Education (Dinner @ Brockwood)

June

5th  Club Assembly & Council (Dinner @ Brockwood)
12th Fellowship (Dinner @ Brockwood)
19th Garden Visit (Dinner @ Brockwood)
26th Breakfast Meeting (Breakfast @ Brockwood)

Birthday Toasts & Votes of Thanks

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<tr>
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<td>22nd Birthday toast</td>
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<td>Vote of Thanks</td>
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<td>June</td>
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<td>19th Birthday toast</td>
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<td>26th Birthday toast</td>
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The Hustle

The name chosen by the club as an alternative to ‘The Swindle’ is ‘The Hustle’ which we decided to re-instate each week. Below is a rota for us all to have a go at baffling our fellow Rotarians, and relieving them of £1. Please provide a small prize when it is your turn to run the hustle – having fun and raising money for the club account to pay for guest speakers etc. is what’s important not the size of the prize.

If you are not at Rotary for any reason on your allocated day please swap with someone else and let Mick know.

Meeting and Events Programme 2013-14 (Updated - 24th March)

All meetings will be at 6.00 for 6.30 p.m. unless otherwise stated

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<th>Date</th>
<th>Venue</th>
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<td>RIBI &amp; Stroke Association - Know your Blood Pressure Day</td>
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<td>10th April</td>
<td>Birmingham</td>
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<td>10 Pin Bowling vs Furness Peninsula Rotary</td>
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<td>24th April</td>
<td>Brockwood</td>
<td>Hearts of Oak ~ Speaker</td>
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<td>27th April</td>
<td>Lancaster Uni.</td>
<td>District Assembly</td>
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<td>1st May</td>
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<td>15th May</td>
<td>Greenodd</td>
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<td>Garden Visit</td>
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<td>26th June</td>
<td>Brockwood</td>
<td>Breakfast Meeting 8.30 a.m.</td>
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<td>3rd July</td>
<td>Brockwood</td>
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The Rotary Club of Millom ~ Who’s Who in 2013~2014

Club Council 2013-14

The Council is made up of:

President,(President Elect, President Nominee), Secretary, Treasurer, Immediate Past President, Comm. & Voc. Chairman, International Chairman, Foundation Chairman, Admin /Club Service Chairman, Elected Members (Ian Lockwood, Hazel Eady, Frank McPhillips)

Club Officers 2013-14

President                                    Gilbert Scurrah         716034
Immediate Past President                    Keith Nixon          716491
President Elect                             Hazel Eady           770383
President Nominee                          Ray Cole            774378
Hon Secretary                              Mick Eady           770383
Hon Treasurer                              Derrick Walker       771744
Assistant Treasurer                       Keith Nixon          716491

Service Committee Chairmen/Officers 2013-14

Admin / Club Service                   }      Keith Nixon          716491
PR, Membership & Marketing            }      Frank McPhillips    774501
International Service               }      Ray Cole            774378
Rotary Foundation                   }      Robert Tyson        772753
Com. & Voc. Service                 }      Bryan Whitaker       770134
Youth Service                        }
Attendance & House Officer       Hazel Eady           770383
Speaker Secretary                   Keith Nixon          716491
Welfare Officer                     Gilbert Scurrah       716034
H & S Officer                       Vacancy
Protection Officer                  Vacancy
Fund Raising                        Hazel Eady           770383
Social Secretary                    Hazel Eady           770383
IT & Archivist                      Chris Driver         773147
Sports Officer                      Robert Tyson         772753
Millomarian Editor                  Mick Eady           770383