Arthur Ferguson

Arthur was made an Honorary Member during our meeting at “Its All Greek to me “ with Vaz. Arthur was praised for his considerable work for Millom Rotary Club and some revealing comments showed a multi-talented Arthur who has a great sense of humour and a liking for practical jokes. As our oldest member ‘long may he continue’. Well done Arthur!

Garden Party.

Remember, remember Sunday 7th August (and request some fine weather from your particular God). David is cooking up a garden party in delightful surroundings with entertaining company. Don’t miss out! Bring your own alcoholic beverage of choice. Remember that there will be a small charge for nibbles.

Fellow Rotarians,

Rotary District Quiz 2016/2017

We are delighted to advise you that The Rotary Club of Clitheroe will be arranging the District Quiz for this new Rotary year and sincerely hope that you will join this competition once again, or consider entering if you have not done so previously. The last Rotary Quiz saw entries from 53 Clubs across Cumbria and Lancashire and if our own experience was anything to go by, much fellowship and fun was enjoyed by the participants and supporters alike. It would be good to see an entry from every Club in our district (excluding ourselves, of course).

We will endeavour to offer a good balance of questions across a wide range of subjects and sincerely hope that the vast majority can be answered by the team members.

The entry fee for a team of 4 members remains the same as in recent years, at £25 and, as usual, each team will be required to provide a scorer, with the Home team selecting a timekeeper and an independent question master for their match.

The first Rounds will be held between the 1st September and the 15th October and we have already made a start with the questions, but we require confirmation of your intention to enter, together with your entry fee £25 payable to The Rotary Club of Clitheroe no later than the 12th August 2016, as there is much administrative work to carry out before hand.

An Evening of Classics with the Westmorland Orchestra

in partnership with local Rotary Clubs

Richard Howarth conductor
Pamela Redman leader & soloist

Featuring well-loved favourites by Humperdinck, Svendsen, Khachaturian, Tchaikovsky and Massenet, plus a selection of Viennese marches, polkas and waltzes

Sunday 2 October 2016 | 7.30pm
Coronation Hall, Ulverston

Tickets £10 (under-16s £2)
Available from the Coronation Hall Box Office (01229 587140) or Rotary members.

Secretary: Chris Gibson; Eachwyck, The Green, Millom, Cumbria. LA185HZ.
Tel: 01229 773284; Email: chris.gibson@btinternet.com

Club Website: www.millomrotary.org
Entertainments and information

Can you read this? Only 55 people out of 100 can.

I cdnuolt blveiee that I cluod aulaclty uesdnatnrd what I was rdanieg. The phaonmneal pweor of the hmuan mnid, aoccdinig to a rscheearch at Cmabrigde Uinervtisy, it dseno't mtaetr in what oerdr the ltteres in a word are, the ony iproamatnt tihng is that the frsit and last ltteer be in the rghit pclae. The rset can be a taotl mses and you can still raed it whotuit a pboerlm. This is bcuaseae the huamn mnid deos not raed ervey ltter by istlef, but the word as a wlohe. Azanmig huh? Yaeh and I awlyas tghuhot slpeling was ipmorantt! If you can raed this be glad!

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression 'going bananas' is from the effects of bananas on the brain. Read on:Never, put your banana in the fridge.

After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anaemia: High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in cases of anaemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Go bananas!!
**Meetings and Events for August 2016**

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Event</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th August</td>
<td>Brockwood</td>
<td>Council, Reports and Business</td>
<td>Minutes Sec.</td>
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<tr>
<td>11th August</td>
<td>Brockwood</td>
<td>Club Speaker - David Webb</td>
<td>David</td>
</tr>
<tr>
<td>18th August</td>
<td>Brockwood</td>
<td>Debate. “Who’s backing Fracking??”</td>
<td>All members</td>
</tr>
<tr>
<td>25th August</td>
<td>Brockwood</td>
<td>Speaker on topic of Blood Bikes</td>
<td>Keith</td>
</tr>
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**Duty Host and HUSTLE**

Please read the Duty rota for August and September. When it is your turn please try to baffle fellow Rotarians and relieve them of £1-00. Also please provide a small prize for the winner.

<table>
<thead>
<tr>
<th>Date</th>
<th>Host</th>
<th>Date</th>
<th>Host</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th August</td>
<td>Tony Jackson</td>
<td>1st September</td>
<td>Robert Tyson</td>
</tr>
<tr>
<td>11th August</td>
<td>Keith Nixon</td>
<td>8th September</td>
<td>Derrick Walker</td>
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<tr>
<td>18th August</td>
<td>Carole Pogrel</td>
<td>15th September</td>
<td>David Webb</td>
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<tr>
<td>25th August</td>
<td>Gilbert Scurrah</td>
<td>22nd September</td>
<td>Bryan Whitaker</td>
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<td>29th September</td>
<td>Brian Bowe</td>
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**August 2016 Brockwood Menus for Rotary meetings**

<table>
<thead>
<tr>
<th>Date</th>
<th>Menu 1</th>
<th>Menu 2</th>
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</thead>
<tbody>
<tr>
<td>4th Aug</td>
<td>Devilled Eggs</td>
<td>Lasagne, Chips and Salad.</td>
</tr>
<tr>
<td>18th Aug</td>
<td>Breaded Mushrooms.</td>
<td>Roast Beef.</td>
</tr>
</tbody>
</table>

**If you are unable to get to a Rotary meeting.**

In the first instance please let Carole Pogrel know. 01229 773144 or carolepogrel@hotmail.com. After 10-00am on Wednesday please ring Brockwood direct to cancel your meal on 01229 772329.

If you need to contact members login at ‘Members login’; go to ‘Contact and search’ then ‘Club members’.

**The Four Way Test.**

1. **Is it the TRUTH?**
2. **Is it FAIR to all concerned?**
3. **Will it build GOODWILL and BETTER FRIENDSHIPS?**
4. **Will it be BENEFICIAL to all concerned?**

The **Object of Rotary** is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:
- **First.** The development of acquaintance as an opportunity for service;
- **Second.** High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian’s occupation as an opportunity to serve society.
- **Third.** The application of the ideal of service in each Rotarian's personal, business and community life.
- **Fourth.** The advancement of international understanding, goodwill and peace through a world fellowship of business and professional persons united in the ideal of service.