Frank Mcphilips gave us his memories of life growing up in Millom.

He talked about Surrey Street, a row of company houses where he lived until he was 7 years old. He talked of the tribal nature of children playing. Nothing but fields (swampy) where children played in the grass while mothers watched. Millom is now a “small town”. He was looked after by the Jacksons’. Basil being a “duck and diver”. Everyone looked after each other. At the right age he went to St James’ School where the Sports Field was just some banking. Dad worked in the ironworks on the blast furnace with no health and safety. He was given a penknife and a packet of fags upon retirement. The Lagoon was known as The Hollow and famous for blackberries. Children had the freedom to wander around. Tesco’s has been built on the site of major railway sidings.

At the age of nine he moved to Lapstone Road. Suddenly there was much building. Gammerscroft and other areas were developed using steel framed houses that are now corroding badly. Eileen Kelly gave violin lessons for pupils at 0.5 hours each. In frosty weather it was possible to make good slides which would be melted by the Council gritters.

Children were expected to be responsible for themselves and were well known to Little Jimmy the park keeper. It was such a close knit community that misbehaviour would be known all around almost instantly. It was a caring community for many years.

Talk about Archery by Terry Ridal.

Bows were in use 15,000 years ago. Archery is like shaking hands with your ancestors. The Flat Bow was first, in Egypt 4,000 years ago and the Assyrians had a split-limbed bow. Hoyt, in modern times had to withdraw their marketing for a modern split-limbed bow. Genghis Khan and his hordes had a Horsebow - short but very powerful for shooting from horseback. Originally bows for hunting had a light draw weight, whereas the bowmen of Agincourt could pull upwards of 140 lbs weight. However it took years of practice and caused body/skeletal deformities with the muscular power needed. The longbow gets it strength from the belly of the bow where it would be held and an experienced bowyer knows instinctively how to create a powerful bow.. A muster included bow and three arrows. The only excuse for absence from Church was the the compulsory Sunday practice. This Law has not yet been repealed.

Dogs for Good is an innovative charity, exploring ways dogs can help people overcome specific challenges and enrich and improve lives and communities. Would your group be interested in hearing about how we train dogs to support adults and children with a wide range of disabilities and conditions?
The Folding of the Flag

- The 1st fold is a symbol of life.
- The 2nd fold is a symbol of the belief in eternal life.
- The 3rd fold is made in honor and remembrance of the veterans departing the ranks who gave a portion of their lives for the defense of the country to attain peace throughout the world.
- The 4th fold represents the weaker nature, for as American citizens trusting in God, it is to Him we turn in times of peace as well as in time of war for His divine guidance.
- The 5th fold is to the country, for in the words of Stephen Decatur, 'Our Country, in dealing with other countries, may she always be right; but it is still our country, right or wrong.'
- The 6th fold is for where people's hearts lie. It is with their heart that they pledge allegiance to the flag of the United States of America, and the Republic for which it stands, one Nation under God, indivisible, with Liberty and Justice for all.
- The 7th fold is a tribute to its Armed Forces, for it is through the Armed Forces that they protect their country and their flag against all her enemies, whether they be found within or without the boundaries of their republic.
- The 8th fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day.
- The 9th fold is a tribute to womanhood, and Mothers. For it has been through their faith, their love, loyalty and devotion that the character of the men and women who have made this country great has been molded.
- The 10th fold is a tribute to the father, for he, too, has given his sons and daughters for the defense of their country since they were first born.
- The 11th fold represents the lower portion of the seal of King David and King Solomon and glorifies in the Hebrews, the God of Abraham, Isaac and Jacob.
- The 12th fold represents an emblem of eternity and glorifies, in the Christians eyes, God the Father, the Son and Holy Spirit.
- The 13th fold, or when the flag is completely folded, the stars are uppermost reminding them of their Nations motto, 'In God We Trust.'

After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington, and the Sailors and Marines who served under Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States, preserving for them the rights, privileges and freedoms they enjoy today.

Address by Dick Johnson  AG

He brought greetings from Ulverston Club. Pleased to say that polio is nearly eradicated with help from a recent enthusiast, Bill Gates. He expressed concern about membership shrinking and suggested that we “think outside the box”. Foundation Centenary is near and will be celebrated in Blackburn Cathedral. Next year's Conference will be one day only because membership is shrinking. Conference costs are being made up from reserves as RIBI is in financial deficit. Some of our subscription goes to USA and the altered exchange rate means that the £ is devalued and costs are higher. District structure may well change.

Dick was a Millom GP and shared some of his memories with us.

He was a trainee GP or GP Registrar as they are now known. Millom is a funny old place but beautiful. Everyone knows everyone else- even intimately! In 1968 CO-OP went bust following the closure of Hodbarrow. So, Dick went to Australia, Queensland, with all expenses paid. He spent 2 years in Cairns and travelled about doing locums.

He decided to specialise in anaesthetics and trained again in Newcastle while based in Whitehaven. He was tempted by Glasgow but did not like the big city and traffic jams. So, he joined the GP training scheme. Poggie started GP training scheme in Millom so Dick joined up in 1978. His son was just 18 months old and they lived below the Marriage Rooms in a Flat. The marriage Registrar was unhappy about nappies drying on radiators in a large room used for affairs! Ben, the son, managed to lock Mum out of the Flat. Being a GP was ahead of the times in organisational terms GPs are general contractors to NHS doing all medical and bureaucratic procedures. Total responsibility for about 3000 patients. A few hours in the afternoon could be free for golf or homework. Mentoring was one training method where the trainee sat alongside the GP and learned at his/her knee. He spent a week with Dr Harris in Kirby and time with a GP in Broughton who was a rural GP and got pay per capita enhanced for rurality and a walking miles payment. He ran a surgery on Tuesdays in the Alms Houses. Being rural at special times of the year could mean sherry and cake ad infinitum as he visted all the distant patients. Towards the end of the year he failed his exams because he had been invited to the Army Mess the night before and was the worse for wear.
## Meetings and Events for February 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Event</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd February</td>
<td>Brockwood</td>
<td>Council, Reports and Business</td>
<td></td>
</tr>
<tr>
<td>9th February</td>
<td>Brockwood</td>
<td>Speaker is Andy Deacon “Forensic Photography”</td>
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</tr>
<tr>
<td>16th February</td>
<td>Brockwood</td>
<td>Speaker is Josie Garnett “Courtroom Action”</td>
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</tr>
<tr>
<td>23rd February</td>
<td>Brockwood</td>
<td>Club Photographs</td>
<td>C Driver</td>
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### Duty Host and HUSTLE

Please read the Duty rota for February and March. 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>
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</thead>
<tbody>
<tr>
<td>2nd February</td>
<td>Keith Nixon</td>
<td>2nd March</td>
<td>Derrick Walker</td>
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<tr>
<td>9th February</td>
<td>Carole Pogrel</td>
<td>9th March</td>
<td>David Webb</td>
</tr>
<tr>
<td>16th February</td>
<td>Gilbert Scurrah</td>
<td>16th March</td>
<td>Bryan Whitaker</td>
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<tr>
<td>23rd February</td>
<td>Robert Tyson</td>
<td>23rd March</td>
<td>Brian Bowe</td>
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<td></td>
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<td>30th March</td>
<td>Ray Cole</td>
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### February 2017 Brockwood Menus for Rotary meetings

<table>
<thead>
<tr>
<th>Date</th>
<th>Menu</th>
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<tbody>
<tr>
<td>2nd February</td>
<td>Prawn Cocktail, Beef and Onion Sandwich with chips</td>
</tr>
<tr>
<td>9th February</td>
<td>Pasta Carbonara, Apple and Cinnamon Crumble</td>
</tr>
<tr>
<td>16th February</td>
<td>Leek and Potato Soup, Honey-glazed Salmon with New Potatoes</td>
</tr>
<tr>
<td>23rd February</td>
<td>Roast Chicken, Lemon Tart</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.
A message from David Friend

My Rotary Club in Milom, of which I am the current president, is developing a £54,000 Global Grant project in Ethiopia which will train, equip and mentor 100 young people, 50 girls & 50 boys, in rural villages where no real employment prospects exist. This help and ongoing support will lift them out of abject poverty, endow them with shareable skills for life and give the means to educate their future families enabling them to break out of the awful poverty cycle that pervades. This link takes you to our website where you can click on the bee for full details http://www.rotaryibl.org/clubs/page.php?ClubID=1168&PgLID=250469

Webneh Kindu – a girl of 18 who has been assisted to start beekeeping by Bees for Development, Ethiopia, our local partner. In her first year she earned ETB 1200. For some of us this may seem modest but this is just the start. And to put this into perspective – Webneh was forced to forgo her place at secondary school because her family could not afford to pay for term-time accommodation (the school is too far to walk daily) – and yet term-time accommodation for one year would have cost less than ETB 1200. We know that this new project will be able to help more people like Webneh. The project monies will be spent locally and give a tremendous boost to the local economy.

In terms of cost/benefit and sustainability your donation will achieve amazing value – yet more! Rotary’s Global Charity, The Rotary Foundation, will add half as much again to your donation – £10 becomes £15. Send me an email if you need more info - david@marshouse.net

Send me a cheque if you want to be part of this wonderful project, payable to Rotary Club of Milom, address c/o David Friend, Horama House, Berwick Rails, Milom, Cumbria, LA7 4JU

Beekeeping in Ethiopia

Bill Turnbull, patron for Bees for Development, recently spoke about the work of the charity on Radio 4. You can listen again here: http://www.boc.co.uk/programmes/b064jt7

Our Mission is to teach best practices in beekeeping to secure sustainable and resilient livelihoods for vulnerable communities, at the same time as safeguarding and protecting the environment. We are an Ethiopian resident charity based in Bahir Dar, Amhara.

Our objectives

Delivering beekeeping training to vulnerable communities to build sustainable and resilient livelihoods

Helping beekeepers to secure best value for their bee produce by accessing strong market chains which are fair and rewarding

Ensuring that honey bee populations thrive as a result of environmental protection and the use of sustainable methods

Enabling beekeepers to access high quality, relevant information about methods, market opportunities and policy development.

Skills training for men, women and youth

We provide in-depth training for farmers through a seasonal programme of three modules of training in year 1. We make sure new beekeepers have access to follow-up and refresher training in year 2. We train Development Agents where necessary so they have the capacity to provide on-going support to beekeepers in their working areas. This ensures new beekeepers always get the technical help they need.

“I was trained on how to graft improved mango. The trees will give me fruit to sell and my bees will collect nectar from the flowers and make honey” New beekeeper in Dera

Find out more at: www.beesfordevelopment.org