President Hazel’s Page

Thank you Millom Rotary!

for giving me the opportunity to be your President. It’s been a really happy and rewarding year simply because I have known the support you have given me. Every President is different and will look at the club through different eyes and that should be so, otherwise we would stagnate.

I would particularly like to thank Mick for his support as Secretary and also Editor of the Millomarian. I know the hours spent on both.

Congratulations also to Mick who has just received, from Rotary International, a 2 Sapphire Paul Harris Fellowship Award in recognition of his sustaining membership of the Rotary Foundation – Rotary’s own charity. Is this a first for the club?

I would also like to thank Keith and Ian for helping in the planning of the programme that we have enjoyed. Our aim is to be sure you were glad you came to Rotary having enjoyed the evening.

A huge thank you to Brockwood who have supported us in every way, particularly to Dan for the excellent meals and Dave, Amelia & Molly for looking after us in such a friendly and helpful manner. Nothing is ever too much trouble!

As we move to Norfolk we will take so many happy memories with us for which we thank you. Life is a tapestry and you will certainly be woven into ours.

I know that you will support Ray as he takes on the mantle to lead the club in 2015/16 which I am sure will be a great year.

My good wishes go to you as you look ahead to the coming year. My hopes are that Millom Rotary will continue serving the community for many years to come.

“Work together! Play together! Have Fun together! And you won’t go far wrong!”

We are just ordinary people but sometimes we manage to do extraordinary things.

Thank you!
EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-kg potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can.

Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-kg potato bags.

Then try 20-kg potato bags and eventually try to get to where you can lift a 30-kg potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.
Rotary International has a series of assemblies each year starting with the International Assembly for District Governors Elect in January (currently held in San Diego) through to Club Assemblies in late May or June. The aim is to pass on information to Rotarians to help them plan to get the most out of the year ahead and to focus efforts to make Rotary the most effective it can be in terms of helping those in need in the world.

Below is an agenda for our Club Assembly to be held on 11th June. We will welcome AG Richard Atttenborough to that meeting when his job will be to pass on information which he feels will be useful to us and to pass back to the DG information about what the clubs plans are for 2015-16.

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### Rotary Club of Millom

**Club Assembly ~ 11th June 2015**

#### AGENDA

1) President Hazel hands meeting over to President Elect Ray
2) Introduction: President Elect Cole Plans for 2015 - 16
3) Committee Chairmen presentation of plans:
   - Admin / Club service
   - Community & Vocational / New Generations
   - International / Foundation

   After each presentation there will be an opportunity for questions after which there will be a vote to accept the proposals as an integral part of the club programme for 2015-2016.

4) Governance: Secretary & Treasurer
5) Comments: Assistant Governor Richard Atttenborough
6) PE Ray hands back meeting to President
Each 3x3 square must contain the digits 1 to 9 as must each row and column. No guess work should be needed – just logic!

A sign outside a Caribbean Bar!
Could this be a business opportunity for Cumbria?
Mick’s Page

Since this is the last Millomarian I will produce I thought I’d take a bit of space just to say “Thank you.” to everyone. When Ron Fleming asked me to join Rotary in 1998 I had no idea what to expect. There was some family tradition of belonging to organisations as we all sung in choirs except my Dad who was never involved in organisations of any kind, perhaps because as an electricity distribution engineer he spent his working life working shifts. My mum on the other hand was a member of WI and St John’s Ambulance and numerous choirs for many years. Rotary International, however, was nowhere on the radar.

I will be forever grateful to Ron for starting us on the route to making Rotary friends not just in Millom or even District 1190, but also in many far flung parts of the world. We have met Rotary friends in USA, Canada, India, Australia, New Zealand, South Africa, France and many other European Countries. When you attend Conferences, Conventions and Assemblies you come to realise that the International part of our name is no idle boast.

It has been a privilege for both of us to serve Millom Rotary Club as President and we hope it wasn’t too traumatic an experience for you all.

My year as District Governor for District 1190 and the preparation time before as well as the year as IPDG will be an experience we will never forget. I thank you all for your support during that time especially those who drove me all over the District visiting clubs (19,000 miles in one year) and “The Green Team” who were the ‘Best stewards ever!’ at our District Conference in Glasgow in March 2010.

We will transfer to District 1080 in July and look for a new club. We will let you know when we have ‘signed up’ to our new club. We hope that you will visit us in our new home. You will always be welcome!

We wish you well for the future and we are sure the club is in good hands.

Mick
Ulverston Victoria High School Swing Band

On 15th May we hosted the return visit of the wonderful Ulverston Victoria High School Swing Band and what a fabulous evening it was.

Whether this was your favourite kind of music or not nobody could fail to be impressed by these amazing young musicians. In spite of the fact that there were two other events in Millom at the same time we still had a full house. As one person said, “When the swing band is in town it doesn’t matter what else is on ... this is the place to be!” We enjoyed a different programme this time with a bigger emphasis on the three superb singers.

Many thanks to everyone who helped to make the evening a success and boost our charity funds. After all expenses have been paid we made £680 profit and the bucket collection at the end for Nepal was £145.
With Apologies To All Blonde Teachers !!!!

A blonde got a job in a school as a physical education teacher of 16 year olds.

During a games lesson she noticed a boy at the end of the field standing alone, while all the other kids are running around having fun kicking a ball.

She took pity on him and jogged over to speak to him.

'Are you OK?' she asked.

'Yes, thank you.' he replied.

'You can go and play with the other kids you know……,' she said.

'I think it's best I stay here.' he said.

'Why's that sweetie?' said the blonde.

The boy looked at her incredulously and said,

“Because I'm the goalie!”

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2014-2015 Meeting and Events Programme

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<td>June</td>
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<td>4th June</td>
<td>Brockwood Hall</td>
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<tr>
<td>11th June</td>
<td>Brockwood Hall</td>
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<tr>
<td>18th June</td>
<td>Thwaites V. Hall</td>
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<td>25th June</td>
<td>Brockwood Hall</td>
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<td>Committees &amp; Council</td>
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<td>Club Assembly</td>
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<td>Barbecue</td>
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<td></td>
<td>Handover Evening</td>
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Dear Fellow Rotarians,

It is often said that time passes quickly when you are enjoying yourself; our current Rotary year has literally flown by. This is all well and good but as we become that little bit more mature we need the pace to slow down a little and from time to time even stop still!!

President Hazel planned an exciting, varied and innovative programme of events for her Presidential year, which is now rapidly drawing to its conclusion. We have enjoyed many visits, with a mixture of really interesting speakers and social events. I am certain all members will join me in congratulating President Hazel on an excellent Rotary year. It is even more remarkable that she has achieved so much especially with the trauma associated with their impeding move to pastures new, compounded with Mick’s leg injury which most certainly caused them both considerable anxiety.

I also personally acknowledge the magnificent work Mick has done in his role as Secretary; he has managed to keep us on the straight and narrow despite my unintentional best efforts to give him blood pressure. On behalf of our club I wish to thank them both for their dedicated work for Rotary in general and Millom Club in particular. It would be remiss of me not to acknowledge the fantastic work Mick has done in producing the ‘Millomarian’. This informative magazine has proved to be extremely popular and a brilliant aide-memoir for those of us whose memory is not quite as sharp as it was.

Looking forward to the Rotary year 2015/16, obviously our numbers will, in the short term, decline, with Hazel and Mick leaving; however I am confident that working together we can look forward with optimism. Sadly Rotary, similar to many other organisations, is not, for many valid reasons, as popular as it was years ago, however I genuinely believe there is scope within our community to attract interest, perhaps through a different approach.
We have an excellent incoming team of officers, many are experienced Rotarians, others have risen to the challenge of taking on office for the first time. I promise each and every member that you will not be alone in your role, collectively we have many years of experience in Rotary and we will work together to share the load. If any officer does have any concern, no matter how small, please have a chat with me and we will sort it out.

I will be honest, I cannot follow or replicate the fantastic and tireless example given by President Hazel and neither do I intend to: I simply do not have the energy or time, however, through liaison with club members, I will as Frank Sinatra sang, ‘Do it my (our) way.’

Work is well underway for the new 2015/16 programme, new initiatives, fellowship, visits and speakers. I will not detail my thoughts at this time but will share them with you all on the evening of our Club Assembly.

I am certain all members will agree that ‘Brockwood’ has proved to be an excellent home for our club. The location, staff, management and owners of the venue have proved to be extremely supportive and helpful, nothing has ever been too much trouble. Well done ‘Brockwood’, a little gem of hospitality.

One final request to all club chairman, please have your thoughts documented as to what your priorities will be for presentation at our Club assembly in June, I would suggest we try to keep everything simple and achievable, after all we are a club of quality not quantity.

Ray

President Elect.
Clay Pigeon Shooting

A huge thank you to David Webb for organising and funding the afternoon of clay pigeon shooting at his home on Thursday, 14th May. Everyone had a go and the pheasant swaggering around David’s garden afterwards was perhaps a reflection of the degree of accuracy of our shooting. All agreed that it was an event worth repeating.

Chris Gibson started us off but Carole thought it was a bit loud!

Chris Driver has the stance

Sue and the other ladies found the recoil a bit fierce
The shotgun is nearly as big as Gilbert

The recoil took Carole by surprise!

President Hazel found the shotgun to be rather heavy

Pose for the camera....
The view from David’s garden is stunning!
Pity about the intruder
The Hustle / Swindle

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*

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
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<tbody>
<tr>
<td>4th June</td>
<td>Bob Brown</td>
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<tr>
<td>11th June</td>
<td>Carole Pogrel</td>
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<td>18th June</td>
<td>Ray Cole</td>
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<tr>
<td>25th June</td>
<td>Hazel Eady</td>
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Passed the Driving Test ... Need a Car!

A teenage boy had just passed his driving test and inquired of his father as to when they could discuss his use of the car.

His father said he'd make a deal with his son, "You bring your grades up from a C to a B average, study your Bible a little, and get your hair cut. Then we'll talk about the car."

The boy thought about that for a moment, decided he'd settle for the offer, and they agreed on it.

After about six weeks his father said, "Son, you've brought your grades up and I've observed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut."

The boy said, "You know, Dad, I've been thinking about that and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair. Moses had long hair, and there's even strong evidence that Jesus had long hair."

After a long pause the Dad replied.

"Did you also notice they all walked everywhere they went?"
June Rotary Meeting Menus

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

June

4th Fish & Chips / Ice Cream
11th Breaded Mushrooms / Chicken & Roast Potatoes
18th [Away Barbecue]
25th Turkey & Roast Potatoes / Mille Feuille

Fire Safety in the Home

On Thursday, 21st May we welcomed Derek Plumb, who is a volunteer with Cumbria Fire Service, to our meeting to give us a presentation about ‘Fire Safety In The Home’. Although we probably thought we knew all about it … many said that they learned something new and hopefully that means we are now safer from fire in our homes.

A thought provoking talk about how to stay safe from fire in the home
Birthday Toasts & Vote of Thanks

Rotary Year 2014 – 2015

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<thead>
<tr>
<th>June</th>
<th>Birthday toast</th>
<th>Vote of Thanks</th>
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<tr>
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<td>None</td>
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<tr>
<td>11th</td>
<td>Birthday toast</td>
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<td>18th</td>
<td>Birthday toast</td>
<td>Frank McPhillips</td>
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<td>25th</td>
<td>Birthday toast</td>
<td>Mick Eady (x3)</td>
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<td></td>
<td>Vote of Thanks</td>
<td>Ray Cole</td>
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</tbody>
</table>

St. George’s Flower Festival

Sudoku Solution

Fortunately this school bus was not in use when the hurricane struck in Granada!
Thwaites Gala 2015
Saturday, 13th June

Gates open: 12.30 p.m.
Thwaites Village Hall, The Green, Nr Millom

“Rain or shine the best family day out in South Cumbria!”

Admission: Adults £1  Children 50p (11 and under)

Lake District Mountain Rescue Search Dogs
Holborn Hill Junior Brass Band
KD Dancers,
FSK Karate Demonstration
Cumbrian Heavy Horses
Classic Motorbike Judging & Parade
Archery, Tug o’ War, Toddlers Corner, Refreshments
Face Painting, Hot Dogs, Stalls & Games, Ice Cream & Candy Floss, Smashem’ Kitchen, Bouncy Castle, Obstacle Course & Slide, Grand Raffle & lots more....

Come and see the new THWAITES GALA FLAG
designed by a pupil of Thwaites School

Special Ricky’s bus service running all afternoon between Millom Market Square and The Green:

Don’t forget your camera to get your picture taken with Olaf from Frozen
Can’t Get To A Rotary Meeting?

Please Read This!

1. If you are not able to attend Rotary in June please let Hazel know by e.mail at hazeleady7@gmail.com or phone 776140 no later than 10.00 a.m. Wednesday

2. After 10.00 a.m. on Wednesday please ring Brockwood direct on 01229 772329

Keeping in Touch ~ Contacts

To find contact details for any member of the club go to the club website www.millomrotary.org, login at ‘Members login’, go to ‘Contact and Search’ then ‘Club Members’. The website is updated as soon as changes are made .... unlike the telephone directory.

A Last Few Words of Kids’ Wisdom

HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids.
Derrick, age 8

WHAT DO MOST PEOPLE DO ON A DATE?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough.
Lynnette, age 8

IS IT BETTER TO BE SINGLE OR MARRIED?

It’s better for girls to be single but not for boys. Boys need someone to clean up after them!
Anita, age 9