



Rotary Club of Billerica

News

April 2015

“Service Above Self”



A President’s Lot



Like all of you, I was shocked to hear of Mark Rothon’s horrific

injuries. We often hear an over-used phrase “any parent’s worst nightmare”. This time it really does apply. For Carol and Patrick this was a nightmare and it happened a long way away. We wish Mark well – and also Carol and Patrick as they care for their son. Before I became President I went on a half day of training at Writtle Agricultural College. It was interesting – but totally irrelevant to the experience of being President. At the Belfast Conference I spent a “natural break” chatting with a sergeant-at-arms who will be a

District Governor in July. I discovered what I should have done. Sorry folks, but I should have had a project wherein we all worked hard to fund-raise. Then we could have given the raised funds away. My project was to double our membership and it hasn’t happened. I know we have worked hard at this but we have not recruited anybody. I have concluded that full members are not there to be found. We can keep trying. So how have I seen being President? I keep saying that it has been a privilege to hold the position and that I am proud to serve you. I also know how valuable has been the support I have had from Sue who has always been by my side on the important occasions. But I saw it as my responsibility to get good people appointed to the significant positions in our club and then give them their head

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while I support them. I am proud of what people have achieved. But a fund raising project? Even now, with only 9 weeks to go to handover, (continued overpage)

Anniversary Issue and Moving On

Your Newsletter – Our Thanks To You

A year ago, Peter Greene and myself set out to produce a newsletter, backed by Immediate Past President, Keith Wood.

We wanted it to be worthy of the Club’s reputation and comparable to those produced by larger and more financially solvent clubs

than us, we never anticipated that, like Topsy, it would grow and grow.

Twelve months on, welcome to our first anniversary issue. It includes many items that you, the members, have found interesting and informative. And, again this month, new items which we hope will whet your appetite.

On a serious note, our ambition was two-fold: To present an intelligent, readable newsletter’ – slightly more magazine than “newsy” - to hopefully see it as a vehicle to attract attention outside the club, and perhaps to bring in new members. We have achieved on the first count, but regrettably not on the second count, but, recruitment is (continued overpage)

Anniversary Edition (continued)

another story and all we can do is hope and dream on.

We have built a few bridges on the way. With other Rotary Clubs in our District who receive a monthly copy and have responded favourably, not least our sister/daughter club Billericay Mayflower with whom we now circulate each other's newsletters to all members. Our own, through the grateful auspices of Mayflower editor, Peter Owen, even goes to Rotary members in Australia and South Africa – and our own is seen, dare I say, on the island of St Helena (but not read by "Bony"!).

As your Press Officer, I have also been able to use the Newsletter as a means of letting the community,

as a wider audience, know what we get up to. For five years, I worked wonderfully with the local Gazette editor, Neville Wilson and his reporter Rachael Hook and, between them, they gave events some great publicity. They have moved on. So have we.

You will have seen in the March issue, that the Gazette, under its new editor Alan Woods is promoting Rotary News. We have been thrilled to co-operate and it was exciting to see a first full page of Rotary Club news from ourselves and Mayflower in the Gazette on April 1 (And it was no April Fool's joke!). This will continue on a regular basis - I have already prepared our next article.

None of the above could have happened without your support as members. If you had rejected the new-look at an early stage I would not be writing this now – nor thanking you. But I am and I do.

With two special mentions. To my right-hand and my computer support, Peter Greene without whom this would not be possible since I am an idiot in front of a screen. To Malcolm Acors and Tom and the team at Acors Press without whose generosity in not charging us for printing our monthly effort, is appreciated, gratefully received and thanked beyond belief.

Hopefully I will be thanking you all again in 2016.

Inner Wheel

Down With The Curtain and Up With the Flags

Hello Rotarians,
Spring has sprung! (allegedly). Despite our St. George's Day Charity lunch on April 16 being somewhat early this year due to availability of the village hall at Margaretting, the sun shone for us and we turned up at 10am ready to serve, when needed, fish/chicken/veggie-burger and chips, apple pie and cream, wine and fruit juice. Ever tried a nice crisp rosé with fish & chips – it works!

On arrival we did not expect to see ladies in gym gear carrying yoga mats! They were equally puzzled by a load of women carrying in food and other accoutrements, as we had the big hall from 10.30. The good - we could get ready in advance in the smaller hall and kitchen. The bad – our clattering around was not conducive to the calm of yoga and

they shut us out with a curtain. Not seen, not there!

Next bad news – only a few places in the hall to display and attach our flags.. Yes, it took a man to bale us out. John, husband of a member, kindly did it and ingeniously found enough attaching places. Many guests dressed in red and white with the 'red hatter' ladies as usual dressed appropriately as per their name.

Following excellent fish, chicken, veggie-burger and chips (nice and hot), then apple pie and cream, our speaker, Bill Pirie, a retired senior police officer, who has talked to your Rotary club, amused us with his tales of life in the Essex force. A sing-along of appropriate songs, with Ben playing piano and flags waving, finished off a really good day.

By Maya Gupta, Inner Wheel correspondent

President (cont.)

I can't think of something we might have done. Shining people's shoes in Waitrose? Get the London Symphony Orchestra to play in Lake Meadows? Fly a drone to take pictures of people's gardens? None of these would get past the Service Committee. It's Ed's turn next. I am sure you will support him as you have supported me.

On another matter, in about a week from now, there will be a general election. I have contempt for Westminster Village politics, where personalities dominate and the serious issues of the day are seldom discussed and never objectively. However, the only time we have a chance to seriously influence Westminster is when we vote in a general election. Expect to see our candidates pressing the flesh with commuters at the station. Suddenly, constituents matter! I put it to you that it is our citizenly duty to get out and vote and not be part of the growing army that stays at home.

Speakers' Corner

Making Every Day Count

Peter Hall, administrator of Little Havens Hospice updated us with developments as our speaker on April 13. Little Havens is the local part of Havens Hospices, who



operate throughout the UK. It was set up in 1998. Since then it has supported 1200 families throughout Essex, using 900-1,000

volunteers, a considerable saving over paid staff.

But it still costs £46,00 a week to run Little Havens and £100,000 per week to run both Fair Havens and Little Havens.

Peter reminded us that, some years ago, he was a patient at Fair Havens and his case was considered to be terminal. "This explains why I am so passionate about the work of the hospice," he said.

Since Peter last talked to us, Little Havens has added a new garden, details of which are explained in their excellent Spring magazine issue *SIDEBYSIDE* which also includes a list of their dedicated fund-raisers, charity



and celebrity partnerships and personal stories of those who have passed through their hands successfully.

He adds: "Every pound counts. We are so grateful for Rotary's contributions to our cause."

Rotary Club of Billericay Mayflower - 25th Anniversary Charter

Top Awards For Top Members In Night Of Celebration

Our club president Mike Ginn as an invited guest of honour and his wife Sue as well as Roger and Sarah Kettle as guests of Rotarian Alan Campbell were delighted to join Rotarians of the Rotary Club of Mayflower in celebrating their 25th Anniversary Charter Night.

A memorable and enjoyable occasion which we were delighted to share with our sister club. Good dinner followed by excellent speeches from District Governor Stan Keller, Club President Ifor Roberts, a most humorous one by Andy Hunter thanking The Ladies and Guests and finally a response on behalf of the Guests from PDG Margaret Morley.

DG Stan Keller proposed the toast to the Club and President Ifor then outlined the impressive performance of the Club in both social and fund raising activities over the past year.

The Club had raised £36k from a variety of initiatives but in particular the most successful Christmas Market and Summer Fest. He thanked individuals as well as the whole Club for their positive participation and efforts throughout the year in enabling the achievement of the various initiatives.

Following on from this, Ifor presented Paul Harris awards to Frank Pamplin and Barry Howe for their ongoing contributions

to the Club and then the most prestigious Sapphire awards to David Randall and Peter Owen for their outstanding efforts on behalf of the Club and the Community over the years. Needless to say all the Rotarians present were most generous in their applause for these deserved awards.

Peter said:
"When they sang "He's a jolly good fellow, the frogging came into my throat. I will treasure the award forever in the name of Rotary."



We were delighted to be among them on such a big event.

Modesty Prevails But One Year On

Do You Remember These?

Colleagues. Although we kicked-off in March 2014, this is our first anniversary newsletter. Peter Greene and myself (as you will read elsewhere) have seen it grow. It's been a lot of work but also a lot of fun. So, before we kick-on to the next twelve months, here's a month-by-month special item reminder of what you, kind colleagues, contributed and hopefully enjoyed..

March 2014: (Four pages):



Josefine Pedersen from Mayflower School, runner-up in district heat of Young Chef (see later). Our first inset:

Mike Sinclair's Budget 2014 supplement.

April 2014 (Six pages):



One of our great speaker months – local man and Fleet Street

photographer, Arthur Edwards spoke about 40 years of filming the Royals. This month saw our first report from Inner Wheel keeping us up-to-date on what they are doing and providing a platform for their activities.

May 2014 (8 pages):



We celebrated the award of “Best Club Website” to our club at the District Assembly. James Ilesley's inaugural “Through the Lens” article on hints and tips for photographers is published, and we applauded the opening of the Thriftwood

College for which the driving force behind the fundraising was **Mayflower Club, and to which we made valuable donations.**

June 2014 (8 pages):



Keith Wood's last message as President and his most interesting report on

the RIBI national conference. We started our regular Speaker's Corner report on that month's Speakers at our meetings, and highlighted the Kids Out day at Marsh Farm.

July 2014 (12 pages):



President Mike sets out his aims and ambitions; Immediate Past-President

Keith Wood reveals how the Sand Dams project will “change lives forever”.

August 2014 (12 pages):



Roger Kettle makes us all jealous with his Villa Paradise holiday

in France and Peter Strong, Foundation Chair 2002-2014, reflected on years of genocide, tsunami, goodwill and service.

September 2014 (12 pages):



Bumper issue. As president Mike described: A Stunning Double at Home and Abroad....

the fundraising concert by Essex band RePublic in Emmanuel Church which raised over

£2,000 and the twinning visit to Beausoleil which we covered in fulland again in October.... and even into November.

October 2014 (12 pages):



We launch news of our overseas charity projects...

the first of our Sand Dams is being built; we join the fight against Ebola with a Christmas raffle for Médecins sans Frontières, Mary's Meals and ShelterBox. At home, Norman Wilson regaled us with another great aviation tale: “How I had a company plane before I had a company car!”

November 2014 (14 pages):

Also our Christmas edition. We establish Rotakids officially as



the charter is granted to the Quiltons at Quiltons Junior School; our 55th Charter Lunch is

enjoyed by all at the Chichester Hotel and Rotary District 1240 Newsletter recognises our own newsletter with a special display. And Josefine Pedersen was finally voted Young Chef of the Year at the 2014 Essex Tourism & Hospitality Awards.

January 2015 (12 pages):



Our efforts to help combat Ebola reached new heights with our successful Christmas

raffle at the Market., We raised over £1500, and our donation of £600 to Médecins sans Frontières, generated (continued on Page 6)

The Big Dinner - Didn't we do well!

Meeting a challenge again

Five Mondays in the month. How better than to spend the last one raising money for a major charity, as we always do well. Instead of our usual lunch on March 30, Immediate past President Keith Wood laid on a super evening at our mutual home, The Ivory Rooms, for members, partners and friends. We gathered in force, sharing an excellent meal with many good friends from within our own Club and from the Mayflower and Basildon clubs.



Key point. This was an event supporting the Scottish charity "500 Miles", founded in 2008 by Olivia Giles to give people with mobility difficulties a chance to live independent lives.



As a quadruple amputee herself following a devastating attack of meningitis, she says "I know how important that independence is. The charity's name comes from The Proclaimers' famous lyrics, "I would walk 500 miles", because that's our aim - to get disabled people in Africa up and walking". The charity helps people with mobility difficulties and gives them a chance to live independent lives. March 2015 was Big Dinner month aiming to raise over £500,000, targeting Malawi and Zambia. Our Club's dinner was just one of hundreds worldwide during March 2015. The event consists of hundreds of separate dinners eaten all over the world,

some being shown in a web-stream broadcast hosted by Fred MacAulay, who attended a dinner himself. Every dinner brings new life and hope to someone in Africa who needs an artificial limb or limb support, to achieve mobility or full body function.



Videos recorded for the Big Dinner in Edinburgh, highlighting the work of the charity and the needs of its aid recipients, were shown during our meal.

Our contribution: over £1,800 (incl. Gift Aid) raised out of our own pockets, including a raffle which added a generous £150. Keith Wood graciously acknowledged the effort made by all members: "Thank you all for your support. It was a great evening for a great cause."

"500 Miles" - Thanks For Your Club's Wonderful Response

Following our report of the Big Dinner, we have received the following feedback from Olivia Giles We print the

response in full and appreciate how much our club effort and donations have been recognised.. It is events

which like this which makes our small club play such a big part in raising money for great causes.

Ed Harrison
Vice President & Secretary
Rotary Club of Billericay
36 Western Road
Billericay
Essex CM12 9DX

7th April 2015

Dear Ed

Thank you from 500 miles for supporting the BIG dinner

Thank you very much indeed to the Rotary Club of Billericay for holding a big dinner for the BIG dinner for 500 miles on 30th March. I know that very many dinners, lunches, afternoon teas and even breakfasts were held all over the world, but I am so grateful for every single one and to each person and group who said yes and decided to set a table - it sounds like possibly more than one table in the case of your Rotary Club! - and to gather together with fellow Rotarians to sit down to eat so that people in Africa can stand up and walk.

Thank you very much indeed for the Club's extremely generous donation of £1,470 (including the raffle proceeds) with Gift Aid of £330 on top of the registration fee of £25 that I know you've already paid making a terrific total of £1,825. That is a superb sum of money. Please pass my thanks (and, if you wish, this letter) to all who contributed to this donation.

I assure you that your gift will be used to significantly improve the quality of life of people struggling with mobility difficulties by funding the prostheses and orthoses that they need through one of our projects in Africa. I hope you were able to see from the online broadcasts what a life transforming difference prosthetic and orthotic devices make if they are well made, well fitted and renewed. The patients featured in the broadcasts are only a tiny percentage of our clients but their stories are representative - and there are hundreds more people whom we have not reached - yet. I thank you on behalf of the beneficiaries as well as for 500 miles. I've included information about accessing the online broadcasts at the end of this letter in case you or any of your members, would like to watch them again.

I realise that you and possibly some of your members know quite a lot about what 500 miles does and how we work so I'll not go on about the nuts and bolts but please let me say that on top of the transformational effect we can have on the outcomes for disadvantaged individuals, and particularly for children by enabling them to go to school, I really believe that the work of 500 miles is highly effective in terms of (1) impact per pound and (2) numbers of disabled people who will benefit because we have unusually low overheads and because we are a small charity, we're very direct in our application of funds.



The BIG dinner has gone pretty well overall I think. At the time of writing we have over 650 dinners registered and so far we have received over £365,000 in donations including guaranteed Gift Aid. Money is still coming in and dinners are still being held so I'll be updating the total on the home page of the website - www.bigdinner.co.uk - and I will send a formal update in a few weeks.

Organising the BIG dinner has certainly been the experience of a lifetime for me and hearing the lengths that people (many of whom I don't even know) have gone to in raising funds for 500 miles has been particularly humbling. All the individual stories of people's different dinners are utterly heart-warming and I am loving hearing about every single one. I think I hope that we might reach the original target of £500,000 in time through increased awareness of 500 miles, but in any event, I am delighted that we will have raised enough money from the BIG dinner to go forward with our plans for a new 500 miles centre in Zambia. If your Club would like to be kept up to date with that and all of our news, please send me an email to olivia.giles@me.com and I'll add the email address you give me to our private list for receiving our newsletter.



500 miles is all about the people we help and I like sharing their stories. I hope you enjoy this one about Tionenji Kanyadzwa. She is a 50-year-old woman who we nearly missed when we went on an outreach visit to Chimiteka because she hadn't got the message we were coming. Communication in remote communities is such a challenge. We went to her home because we were told by her neighbours that she really needed help. Tionenji suffers from muscle weakness in her left leg, possibly as a result of polio. To get around she basically walked on her hands and feet with her back bent right over like a crab so that so that she could get support from her hands.

500 miles has made knee/ankle/foot orthoses (KAFOs - splints) for her and, together with crutches, they allow her to stand and walk upright so that she does not have to crawl. The picture shows her taking some steps outside her home, with Patrick, one of our technicians who featured in the online programmes, at her side. I'll be 50 this summer and the parallel of our dependency on pieces of plastic and metal to stand tall compared with the different levels of ease with which we get them, really makes me think and feel incredibly grateful.

Thank you very much indeed to all at the Rotary Club of Billericay for helping us to help other people like Tionenji with your generous support of the BIG dinner.

Kind regards

Yours sincerely

Olivia

The BIG dinner online broadcasts

The main link is: www.scotsman.com/bigdinnerhostatbd2015

You will find both Programme One and Programme Two there along with a selection of short films. If you have any trouble watching, all you need to do is refresh your browser. If you download the programmes into your computer they become much smoother and easier to watch as you are not dependent on a strong and consistent internet connection. If you have problems downloading please send an email to info@bigdinner.co.uk.

Alternatively you can use these back up links for the two programmes: <http://bcova.me/8Z5ief/> for Programme One and <http://bcova.me/2k6qmhd/> for Programme Two. You can't download from the two backup links.

Quilters' School Radio

Hats off to Quilters!



Scheduled for broadcast on May 1st at: www.phoenixfm/qfm
Schoolchildren at Quilters Junior school completed their third Program on Monday April 20th., 2015.

As in previous broadcasts, the program contained a mix of music, jokes, dedications and, of course, an update on the work of the RotaKids club at the school. On hand to help the children manage the recording equipment were stalwarts from Phoenix FM, Chairman Paul Golder, and

technician Gary Casserley.

Pictured below are two of the stars of the station from Year 5, Anna Wildgust, recording part of her contribution to the show, and Nathan Winterford who is helping handle the technical aspects.

It was Anna who came up with the idea of making jokes part of the regular shows under the title "Five Minute Funnies". Nathan, on the other hand, is being trained by PhoenixFM to be the station's technician on all the technical aspects of the recordings. It is planned that, in time, Nathan's



growing expertise will allow the children to record short specialised pieces, for broadcast internally in support of class projects.

After the show, Headmaster Mike Wade discussed plans for future broadcasts with PhoenixFM's Paul and Gary. We hope to feature

this in future issues of this Newsletter. One of the plans under consideration is a joint venture with the British Legion to celebrate VE Day, in which we hope Club member Norman Wilson will be able to be interviewed as one of the veterans who survived the war. Other programs

(continued on Page 9)



Modesty prevails ... (continued from Page 4)

a moving letter of thanks from Dr Benjamin Black in Sierra Leone which we published. The District 1240 Newsletter followed this up.

February 2015 (12 pages): News and First images of our Sand Dam having been built; Quiltonians RotaKids set up new radio station "QFM"; we have an exclusive talk



from Basildon council leader Bala Mahandran- and Trevor



Stansfield says: "I'll carry on cruising"

March 2015 (12 pages): We announce press agreement to promote club events in the Gazette and arrange for Mayflower to share the glory; 31 members tour the Royal Opera House workshops



at Purfleet and report back; "A Great Visit", and Sue Ginn, wife of president Mike, gives us a personal

interview of her work as a lay reader and a street pastor.



RIBI Conference Report

Seduced by Belfast

I attended the 2015 RIBI conference in Belfast. I flew into Belfast a little miffed at the overall cost to my pocket, but I left the city feeling as if we had a really good time despite one unfortunate event.

Conference is about two things. One listens to a series of presentations on a number of themes.



Away from the conference chamber, one networks – or tries to. There is also a business meeting and for the first time I attended this as a voting delegate – and in consequence missed the Grand National.



I expect the speakers to be of high quality and to be interesting. I was not disappointed. The outstanding speaker at the conference for me was Dame Mary Peters. This remarkable athlete emerged from the rubble which was 1970s Belfast and won a gold medal at the Olympics in Munich. It wasn't as if she sprinted 100 metres. No.



This was a major endurance test over a couple of days as she competed in the Pentathlon achieving personal bests in four of the five events. If she had done nothing with the rest of her life, that would be enough to sit back and be proud. But Dame Mary has been a significant person in Northern Ireland and has recently retired as Lord Lieutenant of the City of Belfast.

The conference venue was the Waterfront. It is a well-appointed venue. I have a personal measure of the excellence of conference centres. This is that there should

be no queues outside the ladies' toilets. Why should ladies have to cross their legs because they are female? Harrogate was awful in this respect. Birmingham was good and so was the Waterfront.

On the Friday evening, a mass visit was arranged to the Titanic exhibition to be



followed by a fork buffet. The Titanic did not disappoint. I learned a lot and I could see why the people of Belfast are proud that the Titanic was built there. It wasn't their fault that the Captain of the Titanic made a fatal error of judgement.



The business meeting was an utter bore apart from a motion to abolish "Selection Advisory Committees". These committees go against my instincts as they advise clubs who they should vote for. Our District Governor Stan joined the debate and made an impassioned plea to keep the committees. He spoke well and may have been decisive. The vote was almost exactly 50-50 and the motion needed a two thirds majority to succeed.

The conference was over at lunch time on the Sunday. We went on a city bus tour and then were walking back to our hotel when Sue came a terrible purler on some hazardous paving. An ambulance was called which arrived in 10 minutes (full marks to Belfast). We were taken to the Royal Victoria Hospital and five and a half hours later Sue was

(continued overpage)

RIBI Conference Report (cont. from Page 7)

discharged. She had cut her forehead in two places, but that was patched with plastic skin. They thought she had broken some ribs, but an x-ray showed that she hadn't -- but she had twisted the frame of her glasses. She was in some pain (co-codamol prescribed) and getting very stiff. As I write she is getting a beautiful shiner.

On the Monday, we had booked to go out to visit the Giant's Causeway. Sue is a geologist and she was determined to get there. We went to Boots Opticians and they managed to untwist the frame of her glasses and then we made it to the coach which had been held for us. Even I, who am into trains,



would commend the Giant's Causeway to anybody to visit. A massive spectacle.

So why did I entitle this piece as "seduced by Belfast"? Two particular things. The people are unbelievably friendly. It is a cultural thing. I have never been anywhere else in the world where the

people are so friendly. Then it is a clean city. No litter. There is no food waste outside takeaways. The architecture of the city is impressive and the buildings are clean. I am pleased to have been there.

I feel I should also put in a plug for Easyjet. I may have paid through the nose for our flights, but when I told the people on the desk about Sue's fall, nothing was too much trouble. Wheelchair provided. A lift up to aircraft deck level. At Stansted, another wheelchair, another lift and Sue was wheeled right through to the bus for the gold plated Stansted car park. Thanks Easyjet.

By President Mike Ginn

A New Era - Associate Membership

"Try before you buy!"

Following the work of the Membership sub-Committee, the Club agreed at its Business Meeting on April 20th. to ratify the sub-committee's proposals for Associate membership of the Club. It agreed that for prospective Club members who are unable to commit to regular attendance at Club meetings or events, we should proceed with the new category of Associate Membership. The following rules were agreed to govern this "Try before you buy" membership category:-

1. Associate membership will last for up to two years but a review is possible at that stage. (This is not available to past Rotarians or current Club members).

2. It requires a minimum Rotary Commitment of attendance at, or support given to, twelve (12) Club meetings OR Club events in any one Rotary year. (For part of

any Rotary year the attendance or support will be proportional).

3. Reduced fees:-

Joining Fee - £30 (once off)
(Contributes to the cost of Rotary pins, name badges, tabards etc.)

Annual Subscription - £60
(Equivalent to £5 per month excluding costs of meals which will be charged on each occasion at the guest fee rate).

NB No contributions need be paid to RIBI, District, or Rotary Foundation. Associate members are not to be given a classification, cannot become 'sustaining members' of RI, but will be included in the Club directory.

4. Associate members are encouraged to attend Club Councils, Club Service Committees, and District Council meetings, and to become officers of the club, but are NOT allowed to vote. They will re-

ceive Minutes of Meetings and will have access to the Club's website and receive Club Newsletters and bulletins.

5. Associate membership will be by invitation and the applicant will be supported by a nominated sponsor for the purposes of maintaining contact and mentoring the new member.

6. New associate members will be encouraged to support Club functions, e.g. Charter Lunches, Partners' lunches, President's Day, and Club Visits and outings, and play an active part in all discussions.

7. For the encouragement and fostering of Associate e-members for the general good of the Club, Associate members can be e-Associates who "virtually attend" club meetings (Service or Council) using audio or video links, once such links can be put in place. All "Associate Member" rules and obligations will apply to e-Associates too.

Know Your own Blood Pressure



Members of the Rotary Club of Billericay aided by volunteer nurses, Juliet, Faith and Cepta, returned to Billericay's Waitrose store on Saturday 18th April, to offer free Blood Pressure tests to the public, and provide information and advice on keeping it under control. It was part of the Annual "Know Your Blood Pressure" (KYBP) Day held as a collaboration between the Stroke Association and Rotary Clubs in the UK, events which play a big role in reducing strokes here.

High blood pressure is far more common than one would think and remains the single biggest risk factor for stroke, contributing to over half of strokes in England, Wales and Northern Ireland. KYBP day raises awareness of the link between high blood pressure and stroke.



"I don't want to spoil my weekend..."

In 2014, Rotary GBI and Stroke Association organised over 400 events across the UK. In the same year, Rotary GBI was honoured with a Special Recognition Award by the Stroke Association for their long-term support of the Know Your Blood Pressure campaign.



Dr James Logan, Channel 4's own TV Doctor, presented the Life After Stroke Award to Rotary GBI at a prestigious awards ceremony hosted by Baroness Karren Brady.

People are funny

Asked if they would like to have a free blood Pressure test, most people were only too delighted to take advantage of the offer. But some.... well what do you think? Here are some of the responses!

"I don't want to spoil my weekend by learning what it is"!!!!

"I have already had it taken, five years ago and it was OK then!"

"I just need to go to the WC first"

But others had come in especially to have their blood pressure taken

because they had seen the preview piece in Billericay Gazette.

Really worth the effort

Juliet was the only nurse until 12.00, and tested a continuous stream of people – hardly any empty chair time. Then Faith and Cepta arrived to take over, and the volume of people really increased – thankfully we had the two nurses there to handle the volume.

87 people were tested, of which 74% were female. 71% were aged 60-85, 3% were older, 14% were 45-59, and the rest younger.

Most importantly, we identified six people who needed to see their GPs urgently, and a further 32 who needed to see their GP for a more routine follow-up.



A big thank you to Waitrose for making the space available and hosting us today.

Thanks also to the three nurses who gave their time freely to conduct these tests, and to all the members of the club and their partners who helped make the event a success.

Hats off to Quilters (cont. from Page 6)

will feature more of the work of RotaKids, in particular their fundraising for the Brain Tumour Research charity, as part of which they will be holding a "wear a hat" day and holding a "Madhatters" lunch on May 21st. In this, pupils will have to wear a hat for 24 hours - it can't come off, even in

the shower!! Extra credit will be given to boys wearing their mums', and girls wearing their dads' hats!

In competitive fun, every pupil will have the same access to arts and crafts materials and will have only 1 hour to make a hat, before they wear it into assembly. Not a second more! Best hat wins.

On the field, there will be a penalty shoot out - "the Hat Trick" Competition. All penalties must be taken and saved by 'hatted' people - only three goals out of three will do!!

All pupils will pay £1 or £2 to participate in all of the activities.

Ongar Heritage Experience

Service Before Self - Not On This Line!



James, Deborah, Margaret, Laurence and I supported the Rotary Club of Ongar's Spring Event in aid of the Motor Neurone Disease Association and the local hospice, St Clare.

Steady rain before we left Billericay did not augur well. When we arrived at The Budworth Hall to collect our programmes and tickets, we were surprised to learn that, although the pavements were dry, there had been hailstones earlier in the morning. The sun was out and stayed out for the rest of our time there.

The programmes gave details of sites of interest in the town which we could visit before the train trip. Unfortunately, Margaret, Laurence and I made the mistake of going into a coffee shop and ordering a



sandwich for each of us. Service seemed to be an alien concept and it took so long to produce this simple food order that we were precluded from visiting most of the sites. Before making our way to Ongar Station, we managed to visit St Helen's church which has part of a stained glass window

dedicated to Father Byles. This Catholic priest had lost his life on the Titanic and his parishioners had paid for the window.



On arrival at Ongar Station we found a number of Austin 7 Club cars on display outside with some of the owners in period costume.



The train to North Weald was hauled by a tank engine and we



returned to Ongar on a diesel unit (Class 205) known to railway enthusiasts as a "Thumper". We

walked back to The Budworth Hall and rounded off our visit with a cream tea. Ongar Club's President Bill Tillott thanked by



name those of his colleagues who had organised the day, and all in the hall for supporting the event.

By Ed Harrison

The Wonders of the Heritage Trail

James and Deborah found time to follow the Heritage Trail and managed to solve most of the clues on the trail, getting all but one answer correct - well done James and Debbie!

They were surprised to find the number of famous individuals linked to Ongar, Jane Taylor,



author of Twinkle Twinkle Little Star, lived here, as did David Livingstone before setting off for his trip to Africa. And there was also the vicar of St.Helens church who



went down with the Titanic (see main report).

And last, but not least, was a close encounter with Bonnie & Clyde at the Austin 7 club display at the station.



Through the Lens with James Ilesley

Perspective - the camera doesn't lie, does it?

A lot of my work is with estate agents, rather than wedding photographers. I have great discussions with the agents about perspective and selling houses.

There was an estate agent who was having trouble selling a particular house. It was a great house, ideal for a certain man, but that man wasn't willing to buy it as it didn't have a swimming pool, even though the house was at a price that he could purchase it and just build a swimming pool for much less money than the cost of the other houses he was considering.

The estate agent then decided to use a bit of perspective to convince the man to buy the house, using a basic swimming



pool and the right angle (see photos above - the photo as shown to the Buyer, and how it really was!).



Obviously the man caught on, but said that anyone who would go to that much effort to sell a house, must have a good reason for it, and ended up buying the house.

I see hundreds of photographs using perspective to take interesting photos, from the classic 'holding

up the Leaning Tower of Pisa' and holding the Moon in your hand to much more spectacular photographs, such as the photo below.



This technique is also used in movies to make certain people look taller or shorter than they actually are (don't mention Tom Cruise). To use this technique you have to understand the depth

of field of the picture so that both the subjects are all in focus, this is called hyper focusing.

On manual cameras, you would have to manually set the maximum and minimum distance against the depth

of field scale while adjusting the aperture so that both are in focus. On modern DSLRs, however, you do not have to do this, as it has a

mode to do it for you. I don't like admitting this, but phones use hyper focusing all the time, so that everything is in focus, hence the 'flat' photographs you get from phone cameras. This means that photographs such as the pool photo from the story earlier are much easier to create on a phone than on the common camera, unless you set it up correctly.

However, there is much more to perspective photos than just misleading images, such as the Moon in the tree photo. This photo was not edited in Photoshop, or with any other after-image technology. It was taken on a plate camera with a digital back, and created by making the camera sensitive to infra-red light and a technique called rise and fall parallax, to create the unreal atmosphere, as well as making the Moon sit in the tree, as its light has been bent to make it appear this way.



The camera never lies, but it can make life much more interesting. (www.ilesleyphotographic.com)

Laugh along with Roger

Did you ever wonder?

Why is lemon juice made with artificial flavouring, and dish washing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavored cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes?

Why don't they make the whole plane out of that stuff??

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together? If flying is so safe, why do they call the airport the terminal?

From the Commentary Box

The late cricket doyen, John Arlott, on arriving in Australia to cover his first Ashes tour, was asked at immigration: "Have you a criminal record, Mr Arlott?"

The inimitable John replied: "I did not realise it was still compulsory, old boy".

Club Tit-Bits

Vanuatu Update - End March - ShelterBox have been asked for kits, not boxes, which are being provided from the region. No more Aquaboxes needed.

Lifestraw have obtained free transport via the US military. Rotary New Zealand is working hard to deliver short and long term aid.

Big Band Summer Ball - Brentwood Breakfast club is holding the above at Stock Brook Manor Country Club - 7 for 7.30 pm

June 5, 2015. "Smart - Dress to Impress". 3-course Dinner and Live entertainment by The Melvin Beddow Band.

Rotarian Bert French, like myself an Old Palmerian from the former Grays grammar school, joined us at the school's annual Old Boy's Dinner at Orsett Hall on April 17. Bert, a pre-World War 11 scholar was thrilled to meet up with some contemporaries and memories were shared of pupils

and masters we both endured, loved or hated in those wonderful school years.

Apologies to the Rotary Club of Billericay Mayflower. Their "scatter" visit to Windsor and Eton, and exchange of flags, led to Windsor and Eton giving us the credit, and "following" our Twitter Feed not Mayflower's. But it's all good publicity and helps us all - both Billericay Rotary Clubs - get better public visibility!

Rotary Club of Billericay - Forthcoming Club Meetings and Club Events

Location - The Ivory Rooms



We meet on Mondays at 1245 for 1300

(On the 5th Monday of a month, please check the website)

The Ivory Rooms 66-68 Laindon Road Billericay Essex CM12 9LD tel: +44 1277 632378

April 27

Adam Fontaine - a 2012 Paralympiad

May 4

No Meeting - Bank Holiday

May 11

Speaker - To be confirmed shortly

May 11 (18.30)

Joint Services and Council Meeting

May 18

Business Meeting

May 25

No Meeting - Bank Holiday

Dates for your Diary

June 10

Kids Out Day - this year at Tropical Wings Sth. Woodham Ferrers

June 14

President's Day Outing

July 12

Billericay Mayflower Summerfest Sun Corner

July 12

Billericay Fun Walk Barleylands