

# Cardiff Breakfast News

## Maggie becomes District Governor

Sunday 25 June was a big day for Maggie Hughes, a Founder Member of the club, when she was installed as our District Governor for the new Rotary Year starting on 1 July for District 1150 (Southern Wales). She will be having a busy time, as the District extends from the Bristol Channel in the south to Knighton in the north, and from Aberystwyth in the west to Abergavenny in the east.



21 members of the club, friends and partners travelled to the Towers Hotel in Swansea for the event and to support Maggie. This was a great day for Maggie and Bill, and the club can bask in Maggie's reflected glory.

At our evening meeting on Wednesday 31 May, in anticipation of Maggie becoming DG and in recognition of what she has already done for Rotary, the Club honoured her by adding a sapphire stone to her existing Paul Harris Fellowship. The presentation was made by President Sheelagh. At the same time, Maggie's husband Bill was made an Honorary Member in recognition of all the help he is giving to Maggie at this busy time in her life.



Also at that meeting, we played our part towards satisfying one of Maggie's objectives for her year in office by inviting Cheryl George from the Alzheimer's Society to take us through training to become **Dementia Friends**. We gained an understanding of how dementia affects people, how it progresses, and what we as members of the public can do to help those affected to remain living successfully within the community. Some members of the club are now considering whether to do the extra training needed to become **Dementia Champions**.

## Sheelagh's Reviews her Presidential Year 2016-17



On 1st July last year I became your President, and it seems a long time ago, but also a short time ago. Presenting a report like this brings back how much has been packed into the last 12 months.

We began the year by discussing "THE WAY FORWARD" and made some key decisions to reduce the number of committees, the number of people on Council, the number of times Council should meet—decisions prompted by the need to use our scarce resources as effectively as possible.

As importantly though, we reaffirmed and agreed our core objectives—

- ◆ Support youth
- ◆ Work in the local communities
- ◆ Support disaster relief overseas and support those people nearer home less fortunate than ourselves
- ◆ Fellowship
- ◆ Fundraising to support the objectives above.

How have we performed in each of these areas—I think quite well.

**Youth**—Interactors, RotaKids, youth competitions, Cardiff & Vale Youth Orchestra all continue to receive our full support. Highlights have been the enthusiasm of the very young RotaKids to 'help others' and have fun, Huw Boucher, our protégé, winning the National Final of Rotary Young Musician. When he is rich and famous we will claim some credit.

**Work in and with the local communities**—Whitchurch festival, Tongwynlais, reading in schools and 'Sparks in the Park'.

**Disaster relief**—in addition to our usual contributions to Rotary charities, individual members contributed and the club made up the difference to donate two ShelterBoxes.

**Fundraising and Fellowship**—I put these two together as much of our fundraising comes from activities that involve us and others coming together to enjoy ourselves and support worthy causes—curry & jazz, international quiz, concerts, Big Breakfast, and carol singing. Occasionally though, it has been important to join together purely for fellowship—summer garden party, visit to the museum, the Royal Mint and designated fellowship club meetings.

A variety of speakers have also entertained and educated us—e.g. Women in Prison from Geoff, the Battle of Memetz Wood from Richie, Richard III from Rhian and the Hospital Service from Keith.

A full year in which we also at our SGM secured the future of the club when several members volunteered to be President. I do not think we have had a waiting list before! My thanks to everyone for their support throughout the year, and my best wishes to Steve B when he takes over in July.



## Presidential Handover

We look forward to Stephen Best taking over as President at the Handover Dinner on Wednesday 5 July. 6.30 for 7 pm at the Whitchurch Golf Club.

We shall be entertained before the meal by a Quartet from the Cardiff and Vale Youth Orchestra. Our speaker after dinner will be John O'Shea, Principal of Coleg Merthyr Tudful.

## Wednesday Breakfast Meetings (7.30 am at the Whitchurch Golf Club)

- 5 July *No morning meeting—Handover Dinner this evening*
- 12 July Update on the club's website, DMS and "My Rotary" and collection of goods for the Huggard Centre
- 19 July Committees
- 26 July Speaker: Mark Worwood "*Joseph Parry, Composer of Myfanwy*"
- 2 Aug Speaker: Jonathan Stubbs "*Hearing loss*" and collection of goods for the Paradise Run

*Visitors are welcome at any of our meetings. It would be helpful if visitors could warn the Secretary in advance.*

## Whitchurch Festival and Fete

**Friday 7 July at 7 pm** The club will again be helping at the Whitchurch Festival. This year we will be organising a Duck Race to take place on the Whitchurch Brook starting at Warren Evans Court and finishing downstream near the Three Elms. Helpers will be needed beforehand to sell ducks, and on the day (in wellies) to control them. More details from Steve Finch.



**Saturday 8 July** We shall have a Bottle Tombola stall at the Fete on the Common, with two sets of prizes, one for children and one for adults. Contributions of bottles please, which can be delivered to Pauline Owen.

## Rotary Club of Cardiff Breakfast

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*Is Rotary for You? - Come and see what we do.*

## Huw Boucher, sponsored by Cardiff Breakfast Rotary, is Rotary Young Instrumentalist 2017

Our young harpist Huw made it through to the National Final of Rotary Young Musician, which was held in the Royal Welsh College of Music and Drama on Saturday May 6. To our delight, he was the worthy winner of the Instrumental Competition, despite suffering from a broken string as he played. Congratulations Huw.



## Paul Spencer Awards



These awards are given each year in memory of Past President Professor Paul Spencer, and are presented to the Interactor from each of our Interact clubs who is chosen by the club's members as the person whom they feel has made the biggest contribution to the club's success in the year. We were delighted that Mrs Avril Spencer came to breakfast on 3 May to make the presentations.

From L to R: Zoe Wong (The Cathedral School), Tanisha Fair (Whitchurch HS) and Emma Greenslade on behalf of Jess Cooper (Howell's School) with their awards.

## Springtime Swing at The Cathedral School

The Cathedral School's Rotary Interactors and the School's 25 piece Jazz Band came together for a fantastic evening of jazz and swing music on Wednesday 10 May. The Interact Team was raising money for its charity LATCH, and the three house charities, Tenovus, Ty Hafan and Leaves of Hope. Together, pupils and staff put on a fabulous evening with classic jazz tunes, the highlights including, "New York New York", "Feeling Good" and "Cantaloupe Island", and some wonderful solo performances. Throughout the evening, performance standards were very high indeed and the pupils can be justly proud of a superb evening of music.



The Roald Dahl Studio was turned into a night club and the Interact Team hosted a drinks and snacks bar to raise money for the various charities. They raised a fantastic amount of £385, with thanks to the generous audience. A great success!

## A Rotary Friendship Exchange brings visitors from Canada



From time to time, Rotary Districts from different countries arrange Friendship Exchanges when Rotarians stay with each other and enjoy mutual hospitality.

District 1150 (Southern Wales) recently hosted a group from District 5080 (parts of British Columbia, Idaho and Washington states). When the group came to Cardiff at the end of the stay, Philip and Rosemary from the club each hosted a couple. Seen in Philip and Sally's garden are: (from L to R) Philip & Sally,

Brenda & Mike Balahura (RC Castlegar Sunrise), Ursula Brigl (RC Cranbrook Sunrise), Ronda Sorenson (also RC Castlegar Sunrise) and hosts Rosemary & Tony

## “Message in a Bottle” on display



At the Lisvane Festival fete on Saturday 24 June, Catherine of the **insync** pharmacy set up her stand with “Message in a Bottle” in pride of place in her display. Her stock is provided by the club. “Message in a Bottle” is a community initiative supported by many Rotary clubs and other organisations, whereby an elderly or vulnerable person's written medical details are placed in a distinctive

bottle which is placed in the 'fridge. A warning sign is placed behind the front door, so that in an emergency it is seen by the paramedics attending, who know to go and look in the 'fridge for essential information.

## More great support for the Global Polio Eradication Initiative

At the Rotary International Convention held in Atlanta in June, Bill Gates (of Microsoft fame) came to announce that the Bill & Melinda Gates Foundation will provide a further donation to the “End Polio Now” project. He promised up to \$300,000 over three years, provided Rotary can raise \$150,000 dollars (\$50,000 a year). All money raised by Rotary will be matched 2:1 by the Foundation. The challenge was accepted by RI's President John Germ.



As Bill Gates said, “The vision of eradicating polio began with Rotary, and its support of that effort has been unwavering for more than 35 years. Rotary's commitment to raise \$150 million over the next three years to end polio forever is a testament to the compassion, generosity, and kindness of more than a million Rotarians around the world.”

## RotaKids enter Rotary's Young Writer "Purple 4 Polio" Poetry Competition.

At Whitchurch Primary School, the RotaKids committee decided that all ninety Year 9 pupils should enter the Young Writer **Purple 4 Polio** competition. Supported by their teachers to carry out the research needed, all the pupils produced some very creative and interesting poems. Choosing winners was difficult, as each entry seemed to highlight different issues surrounding the disease itself. A winner was chosen from each class, and these poems went forward to the District Final.

The District Final was held at the Senedd on Thursday 22 June. All three poems won awards. The poems by Lily Harries and Ffion Elson were "highly commended", and Joshua Jenkins wrote the overall winning poem. Certificates were presented by Rhiannon Passmore, AM for Islwyn, and our own AM Julie Morgan came especially to support our own youngsters.



Joshua's poem is reproduced here

After the competition had been completed in Whitchurch Primary School, one pupil was overheard saying "I will never be able to look at a purple crocus again without thinking of Polio"!

Why did this happen to me?

I have polio,  
Why did this happen to me?  
Sugar cubes and syringes  
I can't believe this is me!

I can't afford medication  
It's very difficult  
I really need 20p  
but you chuck it on the floor.

I have polio  
Why did this happen to me?  
Coughing and sneezing  
I can't believe this is me!

All the coughs and colds  
Interspersing with me,  
I'm one of the few left  
with polio in 2011.

I have polio  
Why did this happen to me?  
Purple fingers and thumbs  
I can't believe this is me!

Everyone's purple,  
Of course, except for me,  
I can't wait to see,  
If they'll vaccinate me!