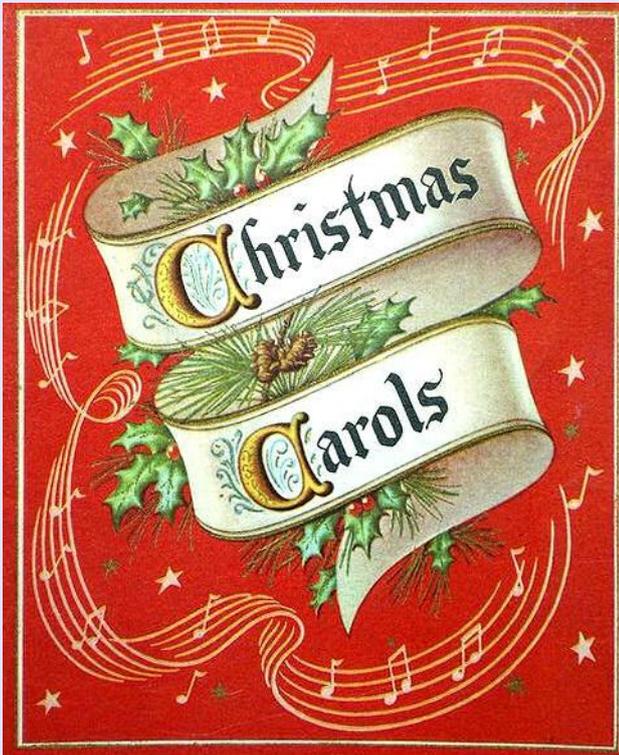


Cardiff Breakfast News



Join us at our
Carol Service

on Monday 11 December in
St Michael's Church, Tongwynlais,
7 pm.

Come and sing your favourite carols,
and enjoy seasonal refreshments
afterwards.

As there is no Area Carol Service this year,
we have decided to have our own.
Everybody is welcome. Please come and
bring your families and friends.

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

- 1 Nov Rotary videos presentation and collection of goods for the Paradise Run
 - 8 Nov Business meeting
 - 15 Nov Special General Meeting
 - 22 Nov Committees
 - 29 Nov *5th Wednesday evening meeting*
 - 6 Dec Interactors Christmas visit and collection of goods for Northlands
 - 13 Dec Christmas entertainment
 - 20 Dec *No meeting. We shall be visiting RC Cardiff Bay on Tuesday 19 December*
 - 27 Dec *No meeting*
- 2018
- 3 Jan Committees and collection of goods for the Huggard Centre

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

Other Events for your Diary

Sat 4 Nov Sparks in the Park
Mon 13 Nov Choir & Curry Evening - sold out
Thur 23 Nov Young Chef competition
Mon 11 Dec Carol Service in St Michael's Church, Tongwynlais 7 pm
Wed 13 Dec Bucket collection at Sainsbury Colchester Ave with Rotary Choir
Tues 19 Dec Breakfast with RC Cardiff Bay, Novotel, 7.30 for 8 am
Sat 23 Dec Bucket collection at Sainsbury Colchester Ave with brass quartet
Fri 19 Jan Charter Dinner

Visit to Dyffryn House and Gardens

Michael Sant reports: On Friday 15 September, 18 Cardiff Breakfast Rotary Club members and guests braved the thunder and lightning and a burst of monsoon-like rain for a guided tour around the stunning collection of intimate garden rooms and the extensive vegetable sections at Duffryn House, led by Chris Powell, a retired Cardiff Parks Officer. The group then assembled in the Billiard Room of the house to receive a potted history from the 16th Century to the present day, with the estate now being managed by the National Trust. We then made our way to the Garden Restaurant where we enjoyed a cream tea. Our thanks go to Deborah Kerlake of the National Trust who set up the arrangements for us.



The Training Room at the Heath Hospital

In the last newsletter we reported how the Rotary clubs in Area 4 had all responded to the appeal for the floor for the new training room for the BSc course in Emergency, Pre-hospital and Immediate Care. Although the room is not yet finished, President Steve, Heather Guy (who spearheaded the project) and Assistant Governor Liz Davies were invited to the launch of the course, attended by Vaughan Gething AM, the Cabinet Member for Health, Wellbeing & Sport in the Welsh Assembly Government, on 25 September.



Rotary Club of Cardiff Breakfast

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

Rotary Youth Leadership Awards (RYLA)

Again this year the club sponsored three teenagers to go on the RYLA courses held in July at the Storey Arms Outdoor Activity Centre. They came to breakfast on September to tell us about their experiences, and to receive their certificates, which were presented by District Governor Maggie Hughes. Each has written a short account of their experience.

My experience at RYLA was incredible, I have learnt so many new valuable skills that I am already using in my part-time job, school work and every day tasks. At the beginning I was so apprehensive and nervous about what was to come. As soon as I arrived at Storey Arms I knew I made a great choice in applying for this course. Everyone was super friendly and welcoming and we all got stuck in with activities straight away. The whole week was exciting but challenging as we all were pushed out of our comfort zones. Leadership is not just taking control of a group, it's about teamwork, something I feel I



have definitely improved on since my RYLA week. I have made so many great friends from this experience and we meet regularly. I would definitely recommend the course to anyone who wants to learn to lead.

Ellen Hughes (Whitchurch HS)

I'm Juliette, and this year I was sponsored by the Rotary club to attend the Rotary Youth Leadership Award week in the Storey Arms Centre, Brecon Beacons. As soon as I arrived, everyone was really friendly and welcoming, and with the help of team-building exercises, we all became great friends really quickly. The aim of the week was to develop the skills needed to be a good leader, and for me, this was particularly relevant in enhancing my self-confidence and team working skills. In our teams, a pair of us would each lead a

certain activity. I chose canoeing, and realised the importance of leading by example as an effective leadership method. We also took part in gorge walking and caving. The latter was a huge difficulty for me, but I persevered with my group and received a great sense of achievement from it. This week was an amazing experience and confidence booster for me, and I have made friends for life and great moments that I will cherish for the rest of my life! Thank you Rotary for this fantastic opportunity!



Juliette Goodwin (Howell's School)

During my week in Storey Arms I gained loads of new experiences, from learning how to lead small groups of people to making many new friends and building reliance. The course was a hands on learning experience that required you to enjoy being out side in rain or sun, there were lots if water based activities that were challenging but rewarding and at the end of every day I felt as if I had accomplished something. The people I met on this course came from areas all over South Wales. I have managed to stay in touch with the friends I made there and I hope that they will be friends for life.

Seren Evans (Cardiff 6th Form College)



News from Howells Interact

In July, the Howell's Rotary Quiz was held in our Great Hall attended by members of the school community and Rotarians. The winning team was Charlotte's Angels, a team of teachers. Each round was written by a member of the Rotary Interact committee and there was a raffle. The sweet sales we held at the Summer Fayre and Summer Concert raised over £210 and cake sales such as the Macmillan Coffee Morning raised over £95. Through these events we've raised over £350 for *Pay for a Day*, last year's committee's main charity, to help reach the school's pledge of raising £6660 which we achieved at the end of the summer term.

Earlier this year, we sadly lost one of our school community to childhood cancer and the whole school has been raising money for a dedicated area in memory of her called Martha's Place, as well as a bursary in her name, so during the summer term we raised £113.45 for this and *Latch*, one of the charities supported by her parents.



The largest event held by the current committee was a college mixer in September, held to encourage integration between Year 12 and 13 students. This was a resounding success and raised £1345. It received positive feedback from the college members attending and provided a fun environment in which students got to know each other. The proceeds from the mixer are going to two different charities, *Latch* and the 5C's, (Chernobyl Children Cancer Care Cardiff). 3 members of our

committee went to Belarus over the summer to volunteer at a summer camp for life-limited children. As they were really moved by their experience, they really wanted to continue to support the charity once they came home.

Our customary charity netball match raised £146.50 for our overseas charity, Alalay. It involved a staff versus college shoot-off and a college tournament in which the Year 13s were victorious.

Report by Hema Natarajan, Interact Secretary



Charities supported by club donations in 2016-17

The Rotary Foundation—general fund
The Rotary Foundation “End Polio Now”
Action for Children Wales
Alzheimer's' Society*
Velindre Hospital*
Stroke Association*
Sea Cadets*
Meningitis Now*

* - *speaker's charities*

Megan Appeal
Bryn Celyn Junior School
ShelterBox
Kids Out
Men's Sheds
Wales Air Ambulance
5 C's
Prostate Cymru
Cardiff County & Vale of Glamorgan
Youth Orchestra

District 1150 Conference in Plymouth

23 people went to Plymouth for the weekend 13-15 October to support Maggie Hughes at the annual District Conference, in her year as District Governor. We all had a very good time and congratulate Maggie on organising such a splendid event. The pictures tell some of the story.



On Friday night we were invited to put on fancy dress, on the theme of "Hollywood Blockbusters". Steve F appeared as Darth Vader and Steve B as Chewbacca from Star Wars

Dancing was to the music of Zoots, who played brilliant '60's dance music. They persuaded Philip (of Bonnie & Clyde) that he ought to take up the guitar



Sue C (Librarian from Harry Potter) and Steve F (Darth Vader) were awarded Oscars as the best dressed lady and gentleman.

The club's party at the Conference Dinner



Among many interesting and inspiring presentations, we joined in with the *Plymouth Singing for the Brain* choir

Maggie delivering her DG's speech.



“ALL THROUGH THE WORLD” - a Rotary Song

Tony has been able to go to clubs in the USA when he and Jean visit their son and his family. He discovered that some of them have a habit of song singing, which led him to write words for the Rotary Toast based on the song *All through the Night*, but changed to *All through the World*. DG Maggie asked for more verses, and the song was sung by everybody at the *Songs of Praise* which started the Sunday morning session at the Conference, led by our Rev Canon Neville, to great acclaim. Here it is for those who missed it

ALL THROUGH THE WORLD

To the tune *Ar Hyd y Nos (All Through the Night)*

To the health of all Rotarians
All through the world.
Fellowship of all Rotarians
All through the world.
Bringing peoples close together,
Understanding, peace for ever,
Service is our joint endeavour,
All through the world.

Rotary has its own Foundation
All through the world.
Helping out in every nation
All through the world.
Water schemes for irrigation,
Building schools and education,
Rotary's a true vocation,
All through the world.

Children lived and died with polio
All through the world.
Memories soon will be a shadow
All through the world.
Vaccinations beyond measure
Stop its spread. Be gone for ever!
Then we'll need a new endeavour,
All through the world

Storms and droughts and gales affect us,
All through the world.
Hurricanes and 'quakes still hit us,
All through the world.
If you've suffered such a blizzard
Shelterboxes are delivered.
Rotary has got it covered
All through the world.

Repeat verse 1 if desired