Welcome to New Members

For more information or to find your local Rotary club in Cumbria or Lancashire visit our website www.rotary1190.org or you can email the District Secretary at secretary@rotary1190.org.

We would be glad to hear from you.

Next issue (Autumn) will be published and distributed at the District Council Meeting at Lancaster University - 18th September 2017.

NB Deadline for feature submissions will provisionally be 15th August 2017 and the extended deadline of 19th August 2017 is for last-minute news snippets. But please don’t wait for the deadlines – send copy and photos as early as possible.

All submissions are gratefully received, but space is limited and your article may be shortened or even left out. Overflow articles may be published on the district website, at tinyurl.com/rotary1190overflow

Please be assured that every effort is made to publish the stories that we receive. Views expressed in the magazine are not necessarily the views of Rotary District 1190 or the editorial team at Rotary NorWest.

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From the Editor
Ken the editor writes…..
Welcome to a new Rotary year! As you’ll see from the following pages, I’m intent on making the magazine as relevant as possible to our goal of increasing membership. Please, PLEASE make sure every single copy of this magazine ends up in a public space like your local library, doctors’ or dentists’ waiting room, opticians, community centre or similar.

To further this aim, from September the District Executive has authorised a new initiative – every single club will get their own special insert to promote their individual club to its local audience. I first tried this back in January but it was my first issue and while a quarter of clubs co-operated, I hadn’t got the distribution in place so it went off half-cock. This time will be different, especially as every club will get a hundred of these inserts, enough to apply them to the September 2017, January 2018 and April 2018 issues!

Now for the details: I need each and every club to appoint a named individual to write two hundred words telling people in YOUR locality why YOUR club is the greatest place for community-minded individuals in YOUR area to make a contribution. The reverse of the insert will tell the updated and uplifting story of Rotary’s global fight to eradicate polio.

Don’t worry about layout and logos if that’s not your area of expertise – I can look after that. Just let me know when and where you meet, an idea of some recent or ongoing projects and particularly your social activities like sports and entertaining. Please get the text and any illustrations to me at kejones@btinternet.com by 31st July 2017. I’ll be sending reminders regularly but why not pre-empt me by getting your insert drafted this week?

Thanks! Ken Jones
Even a quick glance through these pages gives a great impression of the diversity and scope of Rotary activities in Lancashire and Cumbria. We’re on the lookout for civic-minded men and women to join us in both serving our communities and enjoying our fellowship. If you feel attracted to the pleasures of helping, please contact your local Club secretary at the email address listed here.

**Accrington**
Thursday at 12:30 - 1st & 3rd; 5th 18:15
The Pheasant, Bassenthwaite CA13 9YE
secretary@bass(rotary).org

**Blackpool & Longtown**
Wednesday at 19:15 for 19:30
The Golden Fleece, Ruleholme, Irthington, Carlisle CA6 4NF
secretary@bramptonlongtown.rotary1190.org

**Burnley**
Monday at 18:00
The Oaks Hotel, Colne Road, Reedly, Burnley BB10 2LF
Secretary@BurnleyRotary.org

**Burnley Pendleside**
Wednesday at 19:00 for 19:30
Belvedere & Calder Vale Sports Club, Holden Road, Reedly BB10 2LF
secretary@burnleypendleside.rotary1190.org

**Carlisle**
Wednesday at 12:30 except last of month (19:00)
Shepherd’s Inn, Montgomery Way, Rosehill Estate, Carlisle CA1 2RW
secretary@carlisle(rotary).org

**Carlisle Castle**
Thursday at 18:45 for 19:00
Hallmark Hotel, Court Square, Carlisle CA1 1QY
secretary@carlislecastle.rotary1190.org

**Carlisle South**
Tuesday at 12:30 or 18:30
Shepherd’s Inn, Montgomery Way, Rosehill Estate, Carlisle CA1 2RW
carlislesouth@btconnect.com

**Carnforth**
Thursday at 19:00 for 19:15
The Longlands Hotel & Restaurant, Tewitfield, Carnforth LA6 1JH
secretary@carnforth.rotary1190.org

**Chorley Astley**
Monday at 19:15 for 19:30
The Park Hall Hotel, Carnock Richard, Chorley PR7 5LP
secretary@chorleyastley.rotary1190.org

**Church & Oswaldtwistle**
Monday at 12:15PM or 18:45PM
The Dunkenhalgh Hotel, Blackburn Rd, Clayton Le Moors BB5 5PJ
candorotary@gmail.com

**Clitheroe**
Thursday at 12:30
The Rose and Crown Hotel, Castle Street, Clitheroe BB7 7BT
secretary@clitheroe.rotary1190.org

**Cockermouth**
Friday at 12:30
Hundith Hill Hotel, Lorton Vale, Cockermouth CA13 9TH
secretary@cockermouth.rotary1190.org

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**Furness**
Wednesday at 18:15 for 18:30
Barrow Golf Club, Rakesmoor Lane, Hawcoat, Barrow-in-Furness LA14 4QP
secretary@furness(rotary).org

**Garstang & Over Wyre**
Wednesday at 19:00 for 19:30
Garstang Country Hotel & Golf Club, Bowgreave Drive, Garstang PR3 1YE
secretary@garstangoverwyre.rotary1190.org

**Grange-over-Sands**
Wednesday at 12:00 for 12:30
Netherwood Hotel, Grange-over-Sands LA11 6ET
secretary@grangeoversands.rotary1190.org

**Great Harwood & Rishton**
Tuesday at 19:30
Foxfields Country Hotel Whalley Road, Billington, Clitheroe BB7 9HY
garrcs@gmail.com

**Kendal**
Monday at 12:30
Stonecross Manor Hotel, Milnthorpe Road, Kendal LA9 5HG
secretary@kendal(rotary).org

**Kendal South Westmorland**
Tuesday at 19:00 for 19:30
Heaves Hotel, near Kendal LA9 5HE
secretary@kendalsouthwestmorland.rotary1190.org

**Keswick**
Thursday at 12:00 for 12:30: 5th 19:00
Skiddaw Hotel, Market Square, Keswick CA12 5BN
secretary@keswick(rotary).org.uk

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**Here are the Club meeting dates, venues and times.**

You are invited to contact the various secretaries via their email address highlighted in blue.
<table>
<thead>
<tr>
<th>Club</th>
<th>Date</th>
<th>Venue Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kirkham &amp; Rural Fylde</td>
<td>Thursday at 1st, 3rd &amp; 5th at 19:00</td>
<td>The Restaurant, Ribby Hall Village, Wrea Green, Preston PR4 2PA <a href="mailto:secretary@kirkhamandfylde.rotary1190.org">secretary@kirkhamandfylde.rotary1190.org</a></td>
</tr>
<tr>
<td>Lancaster</td>
<td>Monday at 17:45</td>
<td>The Holiday Inn, Waterside Park, Caton Road, Lancaster LA1 3RA <a href="mailto:secretary@lancaster.rotary1190.org">secretary@lancaster.rotary1190.org</a></td>
</tr>
<tr>
<td>Lancaster Loyalne</td>
<td>Tuesday at 19:30</td>
<td>Globe Arena Morecambe [MORECAMBE FOOTBALL CLUB] LA4 4TB <a href="mailto:secretary@lancasterloyne.rotary1190.org">secretary@lancasterloyne.rotary1190.org</a></td>
</tr>
<tr>
<td>Leyland</td>
<td>Thursday at 18:15 for 18:45</td>
<td>Farington Lodge Hotel, Stanfield Lane, Farington, Leyland PR25 4QR <a href="mailto:secretary@leyland.rotary1190.org">secretary@leyland.rotary1190.org</a></td>
</tr>
<tr>
<td>Longridge &amp; Preston North</td>
<td>Thursday at 18:30 for 19:00</td>
<td>Ferra's Country House Hotel, Thornley, Longridge PR3 2TB <a href="mailto:secretary@longridgenorthpreston.rotary1190.org">secretary@longridgenorthpreston.rotary1190.org</a></td>
</tr>
<tr>
<td>Lunesdale</td>
<td>Thursday at 19:30</td>
<td>The Castle Inn, Main Street,Hornby,Lancashire. LA2 8JL <a href="mailto:secretary@lunesdale.rotary1190.org">secretary@lunesdale.rotary1190.org</a></td>
</tr>
<tr>
<td>Lytham</td>
<td>Thursday at 12:30</td>
<td>Clifton Arms Hotel, West Beach, Lytham FY8 5QJ <a href="mailto:secretary@lytham.rotary1190.org">secretary@lytham.rotary1190.org</a></td>
</tr>
<tr>
<td>Maryport</td>
<td>Wednesday at 19:30</td>
<td>Waverley Hotel, Curzon Street, Maryport CA15 6LW <a href="mailto:secretary@maryport.rotary1190.org">secretary@maryport.rotary1190.org</a></td>
</tr>
<tr>
<td>Millom</td>
<td>Thursday at 18:30</td>
<td>Brockwood Hall, Whicham Valley, Millom LA18 5JS <a href="mailto:secretary@millom.rotary1190.org">secretary@millom.rotary1190.org</a></td>
</tr>
<tr>
<td>North Fylde</td>
<td>Wednesday at 20:00</td>
<td>Briarcliffe Hotel, 56 Kelso Avenue, Thornton Cleveleys FY5 3JG <a href="mailto:secretary@northfylde.rotary1190.org">secretary@northfylde.rotary1190.org</a></td>
</tr>
<tr>
<td>Padiham</td>
<td>Wednesday at 12:40</td>
<td>Higher Trapp Hotel, Trapp Lane, Simonstone, Nr Padiham BB12 7QW <a href="mailto:secretary@padiham.rotary1190.org">secretary@padiham.rotary1190.org</a></td>
</tr>
<tr>
<td>Pendle View</td>
<td>Tuesday 2nd &amp; 4th at 19:45 for 20:00</td>
<td>Rishton Cricket Club BB1 4HB <a href="mailto:info@pendleviewrotary.org">info@pendleviewrotary.org</a></td>
</tr>
<tr>
<td>Penrith</td>
<td>Monday at 18:00</td>
<td>George Hotel, Devonshire Street, Penrith, CA11 7SR <a href="mailto:secretary@penrith.rotary1190.org">secretary@penrith.rotary1190.org</a></td>
</tr>
<tr>
<td>Poulton-le-Fylde</td>
<td>Wednesday at 19:00</td>
<td>Singleton Lodge , Lodge Lane, Singleton, Poulton-le-Fylde FY6 8LT <a href="mailto:secretary@poultonle-fylde.rotary1190.org">secretary@poultonle-fylde.rotary1190.org</a></td>
</tr>
<tr>
<td>Preston</td>
<td>Wednesday at 12:15 for 12:30</td>
<td>Guild Lounge, Invincibles Stand, Preston NE FC, Lowlthorpe Road, Deepdale PR1 6RU <a href="mailto:secretary@preston.rotary1190.org">secretary@preston.rotary1190.org</a></td>
</tr>
<tr>
<td>Preston Amounderness</td>
<td>Monday at 18:15</td>
<td>Preston Marriott Hotel, Garstang Road, Broughton, Preston PR3 5JB <a href="mailto:secretary@prestonamounderness.rotary1190.org">secretary@prestonamounderness.rotary1190.org</a></td>
</tr>
<tr>
<td>Preston Guild</td>
<td>Friday at 07:30</td>
<td>Scholars Restaurant, University of Central Lancashire PR1 2HE <a href="mailto:secretary@preston.guild.rotary1190.org">secretary@preston.guild.rotary1190.org</a></td>
</tr>
<tr>
<td>Preston South</td>
<td>Tuesday at 12:30</td>
<td>Farington Lodge, Stanfield Lane, Farington PR25 4QR <a href="mailto:secretary@prestonnorth.rotary1190.org">secretary@prestonnorth.rotary1190.org</a></td>
</tr>
<tr>
<td>Ribblesdale</td>
<td>Monday at 19:30</td>
<td>Spread Eagle Hotel, Sawley, Clitheroe BB7 4NH <a href="mailto:secretary@ribblesdale.rotary1190.org">secretary@ribblesdale.rotary1190.org</a></td>
</tr>
<tr>
<td>Rosendale</td>
<td>Wednesday at 18:30</td>
<td>Sykeside Hotel, Haslingden, Rosendale BB4 6QJ <a href="mailto:secretary@rosendale.rotary1190.org">secretary@rosendale.rotary1190.org</a></td>
</tr>
<tr>
<td>Silloth-on-Solway</td>
<td>Wednesday at 18:45 for 19:00</td>
<td>The Golf Hotel, Criffel St. Silloth-on-Solway CA7 4BL <a href="mailto:secretary@silloth-on-solway.rotary1190.org">secretary@silloth-on-solway.rotary1190.org</a></td>
</tr>
<tr>
<td>South Ribble</td>
<td>Wednesday 1st &amp; 3rd at 19:15 for 19:45</td>
<td>The Railway, 1 Preston Road, Leyland PR25 4NT secretary@southernbl Ribrotary1190.org</td>
</tr>
<tr>
<td>St. Annes-on-the-Sea</td>
<td>Tuesday at 18:30 for 19:15</td>
<td>Fylde Rugby Club, Blackpool Road,Ansdell, Lytham St Annes FY8 4EL <a href="mailto:secretary@stannesonthesea.rotary1190.org">secretary@stannesonthesea.rotary1190.org</a></td>
</tr>
<tr>
<td>Thornton Cleveleys</td>
<td>Monday at 12:30</td>
<td>Taylor Room, Cleveleys Park Methodist Church, West Drive, Thornton Cleveleys FY5 2BL <a href="mailto:secretary@thorntoncleveleys.rotary1190.org">secretary@thorntoncleveleys.rotary1190.org</a></td>
</tr>
<tr>
<td>Ulverston</td>
<td>Monday at 18:30 for 19:00</td>
<td>The Oldie Mill, Coast Road, Barlsea, Ulverston LA12 9R <a href="mailto:secretary@ulverston.rotary1190.org">secretary@ulverston.rotary1190.org</a></td>
</tr>
<tr>
<td>Upper Eden</td>
<td>Tuesday at 19:00</td>
<td>Upper Eden Rugby Club Pennine Park Westgarth Kirkby Stephen CA17 4TF <a href="mailto:secretary@uppereden.rotary1190.org">secretary@uppereden.rotary1190.org</a></td>
</tr>
<tr>
<td>West Lakeland</td>
<td>Tuesday at 19:30</td>
<td>The Red Admiral, Gosforth, Seascale CA20 1PB <a href="mailto:secretary@westlakeland.rotary1190.org">secretary@westlakeland.rotary1190.org</a></td>
</tr>
<tr>
<td>Whitehaven Castle</td>
<td>Thursday at 19:15 for 19:30</td>
<td>Chas Home, Inkerman Terrace, Whitehaven CA28 8AA <a href="mailto:secretary@whitehavencastle.rotary1190.org">secretary@whitehavencastle.rotary1190.org</a></td>
</tr>
<tr>
<td>Wigan</td>
<td>Wednesday at 19:00 for 19:30</td>
<td>The Greenhill Hotel, Red Dial. Wigan CA7 8LS <a href="mailto:secretary@wighton.rotary1190.org">secretary@wighton.rotary1190.org</a></td>
</tr>
<tr>
<td>Windermere</td>
<td>Wednesday at 18:00</td>
<td>Windermere Hydro Hotel, Bowness-on-Windermere LA23 3BA <a href="mailto:secretary@windermere.rotary1190.org">secretary@windermere.rotary1190.org</a></td>
</tr>
<tr>
<td>Workington</td>
<td>Wednesday at 12:15</td>
<td>Hunday Manor Hotel, Winscales, Workington CA14 4JF <a href="mailto:secretary@workington.rotary1190.org">secretary@workington.rotary1190.org</a></td>
</tr>
<tr>
<td>Workington Derwent</td>
<td>Monday at 19:00</td>
<td>Hunday Manor Hotel, Winscales, Workington CA14 4JF <a href="mailto:secretary@workingtonderwent.rotary1190.org">secretary@workingtonderwent.rotary1190.org</a></td>
</tr>
</tbody>
</table>

Here are the Club meeting dates, venues and times.
You are invited to contact the various secretaries via their email address highlighted in blue.
Retiring District Governor
Malcolm writes....

All good things must come to an end! This is certainly so in my case – I have had a fantastic year! There have been so many highlights, the main one being visiting all 68 Clubs in the District and seeing all the good work being done in the name of Rotary. It is also a humbling experience attending our Youth activities and hearing from the youngsters and their parents what a difference Rotary has made to them. The youth are our future and we must ensure that we continue with all our activities that embrace youth.

On behalf of Jacquie and myself, I would like to thank you all sincerely for your warm welcome and hospitality extended to us whenever we have visited you. I am proud to have been your District Governor - thank you for that honour and privilege. Thank you also for your support during the year, it has been an unbelievable experience that neither Jacquie nor I will ever forget.

With all the good work done this year by Rotary Serving Humanity it is time now for Rotary: Making a Difference. With best wishes to Larry and his team for the coming year.

Our new District Governor Larry Branyan adds....

Rotary in Cumbria and Lancashire faces a new vision for 2017-2018, as RI President Elect Ian Riseley has challenged Rotarians throughout the world to “Make a Difference”. Rotarians have been doing this for 112 years, but now the need for us to do things differently is very much evident.

In keeping with other voluntary organisations, Rotarians in the UK and Ireland must be prepared to change our ‘modis operandi’ ensure that our Clubs appeal to the lifestyle of a younger, more ethnically diverse generation where women are fully integrated into every club. Older, long established Clubs may resist this route, and we may have to create new style informal Clubs that meet this need.

Folks often say young people don’t volunteer and don’t want to join organisations such as ours. Totally untrue! Our success with RotaKids, Interact and now Rotaract disprove this myth! We simply need to ensure we provide a style of Club, still be founded on Rotary’s basic principles, which fits with the modern lifestyle of the 18 to 50 years age group.

Public image and perception of Rotarians needs to change. Our websites need to reflect the diversity of each Club and we need to tell those who aren’t yet Rotarians what we do. We can use Rotary Club Central to record the value of time and money raised by every Club in the world. If Rotary is to survive for another 112 years, we need to get the wheels of change into motion NOW! The willingness to change needs to come from you as Rotarians to ensure that we do “Make a Difference!”

I look forward to my year in office, and will be visiting every one of the 68 Clubs within the District commencing in August.

Lunesdale’s International Chair Honoured

Duncan Hamlett, International Chair of the Rotary Club of Lunesdale, with his daughter Mrs. Jenny Firth (not forgetting Pinkie the Eradicate Polio mascot) at the Buckingham Palace garden party on 1st June in the presence of HM Queen Elizabeth and other members of the Royal Family. Duncan was awarded the British Empire Medal for Services to Charity in the Queen’s New Year’s Honours List.

Rotary District 1190 Conference Saturday 17th March 2018

Registration open from 1st July 2017 - see District Web Site
Conference fee £25
includes:
Bacon Butties (vegetarian option) on arrival from 9am; tea, coffee & biscuits; Buffet Lunch
Optional Bed & breakfast £150 per room (single occupancy £125)
Friday Night: Cumbria Themed Dinner & evening
Saturday night: dinner and entertainment
Non residents in the hotel Friday and/or Saturday dinner £30 per person per evening
Confirmed speakers:
Marcus Hawthorn – Royal British Legion
James Martin – Rotary Blogger
Ken Robertshaw – Peace Scholars
Judith Diment - PolioPlus

From the District Governor
It is three years since a party of Rotarians from the Preston and Preston Guild Clubs visited Nepal to see projects relating to deaf people supported by the Preston-based charity Deafway. Since then there has been a series of earthquakes in that country which has caused disruption to these projects. A party from the Rotary Club of Preston were pleased to take the opportunity of returning to Nepal this March to evaluate what further aid is required.

The Nava Jyoti school for deaf children in Sindhuli, a remote area of eastern Nepal, suffered particularly badly in the earthquakes with some school buildings destroyed and others badly damaged, including the dormitory block of this primarily boarding school. The visiting Rotarians were delighted to note the recovery at this school. Damaged buildings have been repaired and new classrooms of a much lighter and flexible design built. Indeed now, the school is the victim of its own success. The new and extra classrooms mean that the school can teach more children - and there are still many deaf children who need the services of a school like this, but a shortage of hostel accommodation limits the extra numbers that can be taken on.

Apart from financial support from the two Clubs, Rotary has been able to provide help in the form of technical advice for the building and rebuilding work. Rotarian David Wyatt, CEO of Thomas Consulting, a firm of structural engineers based in Buckshaw Village, Chorley, advised on the repair and strengthening of old buildings and helping to design lighter and more flexible new classrooms to withstand possible future earthquakes. “I was pleased to be able to visit the school after being involved with it for some time” explains David “and it was very emotional to take out and distribute toys, mainly sports equipment, provided with money raised by Sherwood RotaKids and to see their reaction to the letters and pictures from their friends in England. They literally have nothing at the moment and to receive presents from so far away was very exciting for them”.

The party also visited another school for deaf children supported by Deafway, the Shreejana School in Pokhara, Nepal’s second city. This school has not been as lucky as the Nava Jyoti school and although suffering some minor damage during the earthquakes has not been able to raise the necessary funds to improve the school’s basic infrastructure. A shortage of space and hostel accommodation again limits the school’s ability to expand and cater for the pressing demand to provide an education for deaf children. The toys and sporting equipment, part of the Sherwood gift, were well received by the children who turned out to meet the visiting Rotarians in large numbers, despite it being their day off!

Although the government of Nepal has taken responsibility for funding the Shreejana school and is taking an increasing role at Nava Jyoti, its support is insufficient for the full needs of the schools. There is still difficulty in providing essentials such as an adequate diet and further plans for expansion and improvements depend on outside help.

The Nepal visit finished with a complete contrast from the emphasis on younger people which had characterised the trip so far - a meeting, in Kathmandu, with older and vulnerable deaf people. Having been deaf for all their lives and, as a result, have been barely accepted or even totally rejected by their families, they meet regularly through a Deafway sponsored scheme. By learning basic sign language they obtain, perhaps for the first time in their lives, the ability to communicate with other people. This group suffered particularly badly during the earthquakes, in that although none were injured (they were on a picnic outdoors at the time) many returned to find their homes destroyed.

The visiting Rotarians received warm greetings from everyone they visited, but the raw emotion from each and every member of the Older Person Project will remain with the visitors for a long time. A simple gift of even a couple of pairs of socks together with a visit and the showing of an interest in them can mean so much to these people whose lives would otherwise be very lonely.

Rotarian Keith Cameron from Preston, summed up the visit by declaring himself emotionally drained from the experience. “This is the second time I have been to visit these projects in Nepal and I am increasingly impressed with the efforts being made locally to give the deaf people of Nepal, old and young, an equal chance in their society. All this would not have been possible without the help and support of Deafway in the first place.”

Any Club wishing to know more about Deafway and their UK activities or their operations abroad in Asia and Africa should visit the website at www.deafway.org.uk or contact the development officer, Nicola Terry, at Nicola.Terry@deafway.org.uk.
Dogs for GOOD in Furness

At the first meeting in May of the Rotary Club of Furness we were pleased to welcome Llynn Matthews and her sister Brenda who came to tell us about Dogs for GOOD. They were accompanied by Christa – Llynn’s Black Labrador, supplied by Dogs for GOOD.

The charity was formed 30 or so years ago by Francis Hay who suffered from bone cancer and obtained a dog to help her about the house. The dog was trained to help her dress and to retrieve things she had dropped, and from those small beginnings the charity developed. While still small, they nevertheless provide an essential service to enable disabled people to live independently. They are a huge money saver, providing literally 24/7 service for a fraction of the cost of a human carer.

As well as home service, dogs are also being used in schools with amazing results helping to calm children who would find the school environment too stressful. There is also a pilot operating in Scotland which uses dogs to help dementia patients, again with incredible results.

In Llynn’s case, Christa helps her to dress as well as to pick up anything she drops from her wheelchair. There doesn’t seem to be a limit to Christa’s ability to retrieve things, from Llynn’s keys, her purse or a tiny sixpence, as she demonstrated later in the evening by collecting the cheque President Mike presented to the charity.

We learnt that training begins by socialising 18 month old puppies; walkers take them out and expose them to buses, shops, traffic noise, busy crowded places, etc. All of the Dogs have green “jackets” which identify them as Assistance Dogs. The jacket carries an official badge which entitles them to enter any premises including shops and restaurants when on official duty. Training takes 14 months at the charities Banbury Centre and then the dogs are paired with their disabled partner at Culcheth, Warrington.

Llynn said that training a dog costs £12,000 and Christa is her second dog. She will keep her until she is about 10 years old and has to arrange for her to let off steam regularly. Generally she takes her to the beach where she can run wild for a while along the shore. Surprisingly they are allowed to have 4 litters during their lifetime.

After a host of questions, President Mike proposed a vote of thanks and presented a cheque which Christa picked up and gave to Llynn. Then to top it all Christa drew our Foundation Draw raffle!

Zumbathon

The second annual charity Zumba event took place at the Park leisure Centre hall in Barrow on Sunday 14th May 2017, organized by the Rotary Club of Furness. This year we’re supporting the Furness General Hospitals Bay Be appeal for the state of the art maternity unit currently under construction at the hospital site in Dalton Lane, Barrow.

The 3 hour session began at 2.00pm and once again the “Zumbathoners” [if that’s the correct description] did not disappoint, with the majority of the 48 participants “Zumbathoning” for the full 3 hours, and just to be clear, this is no mean feat. 3 hours of Zumba, even with the scheduled breaks is not for the faint hearted. It has to be up there with the Morecambe Bay walk in terms of effort and commitment, not only from the participants but also the three instructors Laura, Lauren and Sam. They each led the class in turns, but joined in with the class during their down time! No sitting around for those ladies.

We raised just over £500 on the day and there is likely to be more to come from sponsorship money and gift aid. One lady said she had £240 pledged in sponsorship already, mighty effort indeed! Massively well done to everybody and many thanks to all who participated, particularly the instructors, Laura, Lauren and Sam, the Park Leisure centre staff and management including Margaret, Sara and Tracey, the Rotarians who attended the event, Ken Riley who provided the bottled water and BAE Systems who provided the stage.

We hope to present a cheque to Heidi Bowron of the Bay Be fundraising team when all the sponsorship money has been collected, and yes, we will do it all again next year!
Health Mela Movement
Driven Forward by
Rotary District 1190

From its beginnings nearly twenty years ago, the Health Mela Movement has grown into an extraordinary outreach programme bringing health awareness to communities throughout Lancashire and Cumbria. And Rotary clubs have been keen partners in the campaign.

In Preston, in the year 2000, Professor Romesh Gupta OBE, Mr. Ishwer Tailor MBE and several other like-minded individuals formed a group which was to become the National Forum for Health and Wellbeing (www.nfhw.org.uk). Members of the group shared a desire to improve the health and wellbeing of the local community by providing them with appropriate education and information. As part of their strategy they planned a series of health awareness fairs modelled on the traditional south Asian festival – the annual Preston Health Mela was born!

Rotary International has a long history of involvement in initiating and supporting similar schemes to promote health and wellbeing in communities around the world, as the ‘water box’ programme, the campaign to eliminate polio, and many other activities demonstrate. It’s no surprise then that members of the Leyland Club soon became involved in providing assistance at the Preston Health Melas. As a result of their experience this club decided to hold its own first Health Mela in September 2012. The event, held in partnership with the NFHW was a great success. Its popularity and benefit to the local communities has resulted in a further four successful annual events being held in Leyland so far.

The aims and objectives of the Mela, focusing on improving health & wellbeing by engaging and empowering the community, mirrors what the Rotary Foundation sets out to achieve. It provides members with direct involvement in community service and enhances the visibility of the Rotary movement.

All types of health-related bodies attend the events, from local branches of charities specializing in various forms of cancer, and dementia to multiple departments of the local hospital trusts invariably manned by volunteers and professionals giving their time freely. These events provide a real
opportunity for the public to seek health & wellbeing related information in a friendly and non-threatening environment. The visitors find clear signposts for accessing appropriate services. The highlight of each event is a free health MOT providing appropriate tests and confidential risk assessment and counselling for diabetes and cardiovascular episodes. There are also eye and ENT checkups and the opportunity to visit a wide range of health-related stalls.

This is all associated with a lot of fun and life style education for all family members.

Recent Leyland events have been held at a local High School, Academy @ Worden, with the aim of promoting the engagement of students and improving their health awareness at an early age. The young people are encouraged to volunteer to support the events and participate in various health related themed competitions.

During the last 5 years, nearly 3500 visitors have attended the Health Melas in Leyland and nearly 800 health checks have been carried out. Of those who have taken advantage of the various health checks on offer, including the Health MOT, about 30% were referred to their GP for further intervention due to abnormal results.

Based on the success of the Leyland event, similar fairs, supported by Rotary Cumbria and Lancashire and part funded by Rotary International have recently been held in Carlisle and Carnforth. Each of these events has attracted the support of distinguished guests including the Lord Lieutenant of Lancashire, District Governors of Rotary Cumbria and Lancashire, office bearers of Rotary International, Presidents and senior officials from the Royal Medical Colleges, the General Medical Council, the Department of Health, and NHS Trusts, as well as MPs and other elected local representatives.

Typical of the reactions of guests to the Mela experience is that received from Professor Caroline MacEwen, President of the Royal College of Ophthalmologists. After her visit to Leyland, Professor MacEwen wrote,

‘You, your team and all stakeholders deserve full plaudits. The Leyland Health Mela was an excellent day for recognising that good health is not a passive state, but one which involves active participation and enjoyment. The emphasis on involvement of the entire community was impressive and including eye health emphasised to all ages that our eyes and vision are to be valued and treasured. This health mela is an exemplar of true community involvement in health promotion and its success is reflected in the numbers who attend and the year on year demand.’

Since their inception in 2000, approaching 50 Health Melas have been organised with around 25,000 visitors and 2,500 health checks completed in total.

For the future, the programme of Health Melas continues to grow and extend its geographical range. The recent 2017 Health Mela held at the University of Central Lancashire in Preston was the biggest yet with over 1500 visitors. Melas at Bolton and Leyland will shortly follow and negotiations are underway which should result in new venues in Accrington and Chorley.

In its forward planning, the National Forum for Health and Wellbeing puts a very high value on the model of its collaboration with the Rotary Club of Leyland and other clubs in Cumbria and Lancashire and welcomes ideas for the development of these joint activities. The ideals the two organisations share in relation to the promotion of community health and wellbeing add a real synergy to successful work in this area.

Further information about the National Forum for Health and Wellbeing can be obtained on its website www.nfhw.org.uk or by contacting Professor Romesh Gupta, romesh.gupta@nfhw.org.uk
Youth Speaks Regional Final 2017

Following a superb Regional Final at Darwen Vale High School the results are as follows.

**INTERMEDIATE**

*Best Chairperson:* Thea Hardman, St Peter’s Catholic High School, Wigan, D1285

*Best Speaker:* Oliver Davies, Flint High School, D1180

*Best Proposer of the Vote of Thanks:* Indra Lilley, Westhoughton High School, D1285

*Runner up Team:* St Peter’s Catholic High School, Wigan, D1285

*Winning Team:* Rydal Penrhos, Colwyn Bay, D1180

**SENIOR**

*Best Chairperson:* Fiza Ahmed, Ladybridge High School, Bolton, D1285

*Best Speaker:* Joseph Loughran, St Peter’s Catholic High School, Wigan, D1285

*Best Proposer of the Vote of Thanks:* Finty Royle, St Michael’s Academy, Chorley, D1190

*Runner up Team:* St Peter’s Catholic High School, Wigan, D1285

*Winning Team:* Oswestry School, D1180

Rotary Young Musician of the Year 2017

At the Regional Finals held at Liverpool Cathedral on 8th April, District 1190’s Jenny Lucking, sponsored by RC of Kirkham & Rural Fylde, won first prize and went on to represent our region in the National Final in Cardiff at the Welsh College of Music. All the other competitors from our district were fantastic and worthy representatives of our district at Regional level. A huge done all!!

- Annabelle Li Kam Wa, sponsored by RC of Kirkham & Rural Fylde
- Alex Chalker, sponsored by RC Keswick

At the National Finals on 6th May, Jenny didn’t win, but we all should be immensely proud of her achievement, (reaching the National Final). Jenny Lucking Rotary Young Musician National Finalist 2016-17, not bad on the CV! Her performance was absolutely first class!

**Results Instrumentalist:**

1st place, Huw Boucher (Harp) sponsored by Cardiff Breakfast D1150

2nd place, Ellis Thomas (Piano) sponsored by Colwyn Bay D1180

3rd place, Anna Crawford (Cello) sponsored by Rochester D1120

**Results Vocalist:**

1st place, Eyra Norman sponsored by Godalming D1145

2nd place, Karen McLeod sponsored by Gourock D1230

3rd place, Katie Marshall sponsored by Rutland D 1070

Special Schools Music Festival Friday 5th May 2017

Ribby Hall Village, Wrea Green, Blackpool

This annual music festival is organised by the Superintendent Gerry Richardson Memorial Youth Trust which was set up in 1974 by the Rotary Club of Blackpool North. This was in memory of police Superintendent Gerry Richardson who was a member of the Rotary club and was shot dead while attempting to arrest armed robbers involved in a raid on a Blackpool jeweller’s shop on 23rd August 1971. Gerry was posthumously awarded the George Cross. Gerry had a passion for youth work and the Trust continues his legacy by supporting children and young people, many with special needs, to pursue interests and activities, both of physical and cultural character which they have found fulfilling and life and career enhancing.

The event featured about 125 children and young adults from the following schools and organisations:-

- Park Academy - Blackpool, Highfurlong School – Blackpool,
- Redmarsh School - Thornton Cleveleys, Great Arley School - Thornton Cleveleys,
- Peartree School - Kirkham, Woodlands School - Blackpool & MyLife - Wigan

The festival was attended by the Mayors of Blackpool, Wyre and Fylde and by District Governor Malcolm and Jacqueline. The children’s performances were outstanding and left a memorable and lasting impression. A cheque was presented to Maureen Richardson, Gerry’s widow and a Founder Trustee, by President Elect Diane Glister and Past President Gary Pretty from the Rotary Club of Blackpool Palatine. Chairman of the Trust, Jeff Meadows, who is also President of the Rotary Club of Blackpool South, congratulated everybody involved especially the children, their teachers, assistants and helpers.

The festival concluded with disco music and a dance party for the children.
The Princes Royal opens a new Play Pavilion at Freetown Cheshire Home

A great deal of focus and hard work by volunteers Heather Baker and Ian Morris, who are Associate members of Carnforth Rotary, has provided numerous improvements at this Sierra Leone home for primary and secondary school children. The children have a range of disabilities including polio, close to the heart of all Rotarians, and the project is supported by the club.

Just one aspect, a play pavilion made possible by Rotary funding, was completed in time for it to be officially opened by HRH the Princess Royal, Princess Anne, on the 7th of April 2017. This is now a safe place for the younger children to play and also has some sensory parts for one particular student, Natalia, who is autistic; and a safe foam matted floor for Abdulai who can’t walk and has problems with balance, often falling over and bumping his head.

The next project will be two water towers to provide a reasonable store of water to be drawn off when required and to generally assist make caring for 17 residents and 100 school children easier.

The home pays staff expenses rather than a salary as the funds are limited and are received rather erratically from government, but otherwise relies on donations and voluntary support for all other aspects.

Beekeeping in Ethiopia – update from last issue

Further to the article in the last issue about the Millom club’s project supporting beekeeping in Ethiopia, I’m delighted to let you know that the fundraising target has just been achieved and the application for global grant has gone to The Rotary Foundation for approval.
Hundreds Turn Out for Rotary’s 5K and 10K Walk

The weather was kind to make the 12th Charity Walk organised by the Rotary club of Church and Oswaldtwistle a grand day out for over 350 walkers. Rotarians from Accrington, Blackburn, Darwen, Great Harwood and Rishton and Pendle View acted as stewards to make this event a joint project, which certainly promoted the Rotary image.

Most of the walkers had been sponsored and one of the groups under the name of The Burnley Clarets Cheerleaders and Dance saw 60 members raise funds which will help finance 5 of their group to visit Japan, to compete in the World Cheerleaders competitions.

A total of £24,000 of sponsorship was raised which although lower than in previous years, is still significant. Also raising funds were the scouts of Oswaldtwistle (St. Paul’s) group. All of this sponsorship goes directly to the Charity or Good Cause nominated by the sponsored walker.

To welcome the walkers back on completion of their walk, there was plenty of entertainment with the colourful Blojangles jazz band providing a lively atmosphere and a large group of Clarets Cheerleaders and Dance Group giving their displays. Ron Pickup, Walk Organiser said “I am very pleased with what has been a most successful event with good weather and seeing all the walkers enjoy themselves and raise the magnificent sum of £24,000 for many good causes.”

This is the 12th consecutive year that the Rotary club has organised this charity walk and are delighted at the continued success, both by the high number of walkers taking part and the monies raised for charity.

Stroke Awareness

Every year Rotary clubs in Great Britain organise a Stroke awareness week, when local clubs assisted by qualified nurses check out the blood pressure on as many people as possible. At Oswaldtwistle Mills on Saturday 8th April, 2017, the Rotary club of Church and Oswaldtwistle had members on hand all day to encourage members of the public to take part in being tested. 125 tests were taken with 85% of these being within the acceptable range. 15% of the people with a slightly higher blood pressure reading were advised to see their doctor.

Rotarians were pleased to be involved in this stroke awareness programme and wish to thank Friend of Rotary Victoria Clayton, and Rotarian Margaret Barry who acted as nurses, and Patricia Knight who was on hand as senior medical adviser.

Maureen Hartley, the Club Rotarian who organised the event said “I wish to thank the Management of Oswaldtwistle Mills for allowing the club to use their premises, and also the medical team for carrying out the testing of the blood pressure checks, and of course the public who agreed to participate.”

The photo shows:
Sitting left to right: Friend of Rotary June Leeming, Nurse Rotarian Margaret Barry, Corporate Rotarian Carmel Cunliffe, Rotarian Alan Leeming. Standing Foundation Chairman Lennie Herbert

CHARTER OF A NEW ROTAKIDS CLUB

The Cub are pleased to announce that Margaret Barry has become the latest member to be inducted as a Rotarian. Margaret trained as a nurse at Queen’s Park hospital in Blackburn where she obtained her SRN in 1966. After her marriage to Jeff in 1969, she served at Sharoe Green hospital and Preston Royal Infirmary before returning to Blackburn.

Margaret decided to join Rotary after sadly losing her husband, knowing it would open up new horizons for her to develop. Ian McTurk, Membership Chairman for the Rotary club paid tribute to Margaret saying “Margaret has impressed fellow Rotarians in the manner she has conducted herself and her enthusiastic approach to the principles of Rotary.”

Mike Nelson
Cheque for Blood Bikes
On Thursday 4th May the club celebrated its 42nd Charter (birthday) at Bentham Golf Club. The event was attended by 80 people including the District Governor, many distinguished guests plus family and friends and members from other Rotary clubs. The club President, Richard Parsons, in his speech of welcome to members and visitors, said how much he has enjoyed his year of office and thanked everyone for their support. The meal was excellent, the speeches were all brief and well worth listening to and the guest speaker Rev. Mark Cannon was incredibly funny. Without fear of contradiction I can say he kept the audience in stitches.

It was a most memorable evening.
Photo shows left President Richard Parsons presenting a cheque for £500 from the club for Blood Bikes to District Governor Malcom Baldwin.

Unique Bonanza Cake Sale
What a glorious day it was on Saturday 25th March, just before Mothering Sunday, for a Bonanza Cake Sale when so any people were out enjoying the sunshine and looking for things to do. In the Lunesdale Hall at Kirkby Lonsdale from 10.30am till 2pm were 9 deserving charities all with delicious homemade cakes of all sizes and flavours waiting to sell to willing customers. The incredibly huge numbers of cakes were baked by their loyal supporters and donated to the charity of their choice so that all the money raised from selling the cakes was in aid of that charity.

The charities taking part were The Anthony Nolan Trust, the Sunbeams of Bentham, Motor Neurone, Mencap, Sight Advice South Lakes, CRMI, 1st Kirkby Lonsdale Scouts, Rotary Club of Lunesdale and Kirkby Lonsdale Girl Guides who made a fabulous selection of soups for lunch served with a home baked bread roll. Morning coffee was served in an adjoining room with delicious homemade scones fresh from the oven baked by a Rotarian and filled with jam and fresh cream. Yummy! Fresh flowers on each table of soups for lunch served with a home baked bread roll. Morning coffee was served in an adjoining room with delicious homemade scones fresh from the oven baked by a Rotarian and filled with jam and fresh cream. Yummy! Fresh flowers on each table and produced 15 bags of rubbish, an excellent morning’s work from these young people.

The third club, Church and Oswaldtwistle, carried out their clean up with members and help from Rotarians from Great Harwood and Rishton, which saw 25 bags of rubbish collected. The clean-up was around part of the Charity Walk route around Baron Way/ Alan Ramsbottom way in Great Harwood. Accrington, and Pendle View the remaining Rotary clubs, carried out their litter pick in the Peel park area of the town, which produced 12 bags of litter. This project was very successful, and it is hoped that it may become an annual event. What was wanted, was achieved, i.e... RotaKids and Rotarians working together to promote a cleaner community in Hyndburn. Over the next 12 months more schools in Hyndburn will be Chartered as RotaKids Clubs, which is a very powerful platform for both Rotary and the pupils to be engaged in.

President Jim Hargreaves said, “As one of the 4 Presidents involved with this ‘Litter Pick’ programme, I am very proud of what Hyndburn Rotarians and especially the students from the 2 RotaKids schools, have undertaken. These young students from local Primary schools, have very much impressed senior members of all four Rotary clubs. I would like to thank Hyndburn Borough Council for their help in providing litter picking equipment and arranging collection of the sacks of rubbish.”
The photos show the amount of litter collected.

Lilian Barton

District Quiz Winners
Congratulations to the team from Garstang and Over Wyre, worthy winners of the District Quiz 2017.
Pendle Pub Walk Tankard Tribute to walk stalwart Brian Doney

One of the founder members of the popular Pendle Pub Walk is to be remembered by having his name engraved on a special tankard. Members of the Rotary Club of Burnley Pendleside are dedicating the tankard, which is presented to the person who raises the most money from Pendleside Hospice’s Pendle Pub Walk, to long-standing Rotarian Brian Doney.

Brian (81) from Padiham, who was a member of the Rotary Club for more than 30 years passed away in February after a year-long battle with bowel cancer. During his time with the club he was instrumental in setting up the first organised fundraising walk, which later became the Pendle Pub Walk, in aid of Pendleside Hospice and Rotary Club charities.

Brian’s wife Kay Doney said: “The Rotary Club was a huge part of Brian’s life, having been a member for more than 30 years, and I know that he would be honoured to have the tankard engraved in his memory. Despite being quite ill for a number of years Brian was always keen to be involved in Rotary activities and last year was named the club’s Rotarian of the Year. Pendleside Hospice has been extremely supportive before, and since he passed away. I started attending reflexology before he died and have been a few times since which has been absolutely brilliant.”

Rotarian Grahame Trudgill who organises the Pendle Pub Walk said: “Brian had the idea for the original sponsored walk. After a few years we needed to freshen things up so we ran dragon boat racing, but then decided to revamp the walk as the 10 miles 10 pubs which then became the Pendle Pub Walk. Brian was a dedicated member of the Rotary Club, he was heavily involved in all the Rotary activities including helping each year at the Pendle Pub Walk. We feel that the tankard is a fitting tribute to him and all the work he’s undertook for us.”

This year Rotary member Bob Nolan will be taking part in the walk in memory of Brian.

The annual Pendle Pub Walk this year celebrates its 9th birthday, with around 1,800 people expected to take part in the 10-mile route through Pendleside and Barrowford. This year walkers can set off from either the Sparrow Hawk in Fence or Barley Village Hall. The full route from the Sparrow Hawk goes through Fence, Barley, Roughlee, Blacko, Higherford, Barrowford and back to Fence with 14 pubs along the way.

Pendle

District Soccer Finals

On a rainy 30th March 2017, 24 teams entered this year’s District 1190 football competition. The competition was held at the UCLAN Sports Arena in Preston. Teams were drawn from high schools across Preston, Longridge, Chorley, Garstang, South Ribble and Fylde.

Archbishop Temple School emerged as winners, beating Fulwood Academy 5-1 in the final. Both will now represent our District at the National Finals on Saturday the 10th June at St Georges Park, the National FA Football Centre Burton upon Trent.

Alex Grebenar, Associate Lecturer in Event Management at UCLAN said: “Our students have worked really hard to deliver this brilliant tournament. Many had never been involved in events before, so to see them pool their collective skills towards a successful event is a real source of pride. They’ve produced something really valuable for the community, the university, and for themselves as future graduates”.

Former Preston footballer Neil Mellor gave an inspiring welcome to the players to start the tournament which consisted of a preliminary stage of 4 groups, with the top teams of each group moving onto knockout stages towards the hard-fought final which was officiated by EFL Championship referee Darren Bond.

The winners and runners-up earned a place in a national tournament at St. George’s Park, with transport provided by local Rotary Clubs. Archbishop Temple as winners also received a signed FA ball and a new kit for the tournament. As well as providing a platform for local children to compete and develop, the event also maintained a crucial link between UCLAN/Rotary and the local community. Cian McEvoy, Football Development Officer at UCLAN said: “I was delighted to be part of successful event where UCLAN students get involved in something which benefits the local community and celebrates our national game whilst also developing their own employability skills. The UCLAN Sports Arena was buzzing with life and a bit of rain didn’t deter the children from performing on the pitch to a fantastic standard in a positive and sporting way".

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The Rotary Clubs of Preston, as part of District 1190, are closely involved with the local community and raise money for various local and international charities. Huge congratulations to Norman Yates, R.C of Preston South, and his team for helping organise a superb event.
Preston Visits Berlin

On Saturday the 22nd of April a party of 15 Rotarians and partners arrived in Berlin. After an afternoon exploring the sights we met up for a great night of German entertainment. We experienced different cuisines, and apart from the potato dumplings, everyone enjoyed themselves. Many of us were up dancing to the live orchestra, and I am sure the two litre beers had a lot to answer for!

The following day some of us took a tour of Sachsenhausen Internment camp. We met the American tour guide Brian, who, when I mentioned we were a Rotary club from Preston, revealed that while at college in Lubbock Texas he had won a speaking competition organised by the local Rotary club. It won him five thousand dollars towards his education!

Brian adds: “I am a theatre director and actor, originally from Lubbock, Texas, living now in Berlin. When I was 18 years old I participated in a speech competition held by our local Rotary Club in Lubbock. The objective was to write an original speech about the Rotary’s 4-way test. I was extremely nervous when the day came, as I had to deliver the speech to the club at their monthly meeting. I must have done okay, because I made them all laugh and ended up walking away with the scholarship.

I was very grateful for the opportunity and have always looked upon the Rotary organisation fondly, so I was very pleased to encounter the Rotary members on my tours last month and to exchange with them for two days. It was a great group and I was lucky to meet them!”

Returning to our tour of the camp, the day was very cold which in a way made the experiences of the inmates much more thought provoking. Their thin pyjama uniforms would have had no resistance to the bitter winds we experienced. We were enthralled for the whole four hours, and even the heavy rain did not lessen our enjoyment. However the rest of our group who opted for the bus tour were very relieved to be out of the rain.

That evening the whole group visited a German Steak Restaurant which again offered excellent food. The beer and the wine were a constant, with a night cap back at the hotel.

Having had such a great tour the day before, and the weather being dry and less cold, ten of us decided to join Brian again on his walking tour of the city. I am sure for all of us the most interesting history lesson ever experienced. One of our group wore a pedometer and recorded the walk as eleven miles.

That night we were recommended an Italian restaurant which again proved a very positive experience. Having eaten well we once again rounded the evening off in the Hotel bar. Tuesday morning was once again wet and cold so we all did our own thing until our return to the airport.

A great Rotary weekend which all of us will remember for many years to come.

Lyn Fenton

The Muppets Drop in at a Meeting

Jonathan Warburton, Executive Chairman of Warburton’s Bakery, was given a very warm welcome as our guest speaker at a recent meeting. It is a family business founded by Thomas and Ellen Warburton in 1876. Prior to his talk Rotary members plus many guests enjoyed a viewing of Mr. Warburton’s meeting with Kermit the Frog, Miss Piggy and the rest of the delightful Muppets. I refer of course to the company’s hugely entertaining advertisement which successfully promoted sales of giant crumpets, just one of the company’s quality food products. There are 12 bakeries and 14 depots located around the UK providing employment for 4,500 people. Over 2 million bakery products are produced daily including wax wrapped loaves, wraps, crumpets, pancakes and bread rolls. A top priority always is to ensure that every product is of the highest quality and as fresh as possible when it reaches the point of sale.

Lilian Barton

Rotary Health Awareness Day in the Ribble Valley

Rotary in Clitheroe and Ribblesdale joined forces to promote health awareness, by offering a drop in blood pressure testing opportunity in Clitheroe town centre. 74 people had their blood pressure checked and 8 of those people have been advised to see their GP.

Also, a book sale took place alongside the event, which raised £100 for charity.

Our pictures show Retired Midwife and President of Ribblesdale Rotary, Di Ryan, checking over Clitheroe Rotarian, Neil Dowds and Consultant Obstetrician Justine Malpass. Di declared them both fit and well!

Lyn Fenton
We love summer!

Our plant areas are bursting at the seams with fabulous summer colour and scent.

Laze away those summer days with our superb outdoor living range and select the best barbecue food from our Farm Shop.

Dine al fresco alongside the River Brock and cool down with some delicious, locally-produced ice-cream on your way out.