

EXEpress

Issue 41 January - February 2016

The Newsletter of Exe Valley Rotary Club



President Bob's Notes

Hi to you all.

This is the first edition of Exepress for 2016. The year seems to be flying by. Already we have enjoyed a range of excellent speakers, a fun night of ten pin bowling and either watched or judged a heat of 'Youth Speaks' starring Tiverton High School. The participants did themselves proud and it was a delight to watch as they grew in confidence and hopefully they benefitted from their experience with us. Unfortunately they didn't win at the next round in Torquay, but they had a really great time and are now looking forward to the new speech and debating club to be established at Tiverton High School.

The year continues to gather apace and very soon two of our biggest events will be upon us, namely the Uffculme Show and the Templeton Trail. I know that the respective Chairs and Committees are working hard to ensure both run smoothly and successfully. Many hands will be required for these events. If possible please make yourselves available to help at the time.

Les Christiansen has kindly put his name forward for the role of President Elect next year. The AGM will rubber stamp the proposal. Of course others of you can still come forward and a vote would have to follow!! I know that John is still looking for Chairs for International and Community next year. I'm sure he would welcome any volunteers.

I am off on my annual Lamb Inn skiing trip on Sunday and will miss the next Business Meeting and a speaker evening on 9th March so the club presidency will be in the capable hands of our President Elect.

I hope you are all enjoying your Rotary, if not please let me know.

Club Notice Board

Bi-Monthly Brief Briefing Notes

Business Meeting: 6th January

Reports:

President Bob Rice: Thanked Fun & Fellowship for organising a really good Christmas party at the Tiverton Golf Club.

Secretary David Disney: Ron Derrett requested Leave of Absence from 26th Jan until 12th March. Granted. Advised that data synchronisation between RI/RGBI websites was progressing. The new Pull up banner was on display. Website. An update on progress, with Chris Shears commenting. EVRC shirts acquisition update.

Treasurer Ken Mills: Donations to - CHICKS £250 acknowledged; Send-a-Cow £500 acknowledged by Mole Valley; Salvation Army £750, acknowledged by new Tiverton people and by Regional Commander.

Community & Vocational Richard Vickery: Tiverton Hospital wildlife garden work in hand. Tiverton Museum. Logistics support has been offered for Tivvy Bumper Sculpture Trail '16.

Fun & Fellowship Ray and John Radford: **Committee meeting on 7th January when decisions will be made.**

Youth Committee Charlotte Waelde: Tiverton High School. Update of Youth Speaks. Two teams will make their presentation on 10th Feb 6.30 at Hartnoll. THS interested in Youth Leadership and other initiatives. Templeton Trial - Guy Cruwys agreed 17th April. Info and promotion being sent out every which way. Holiday for Children's Trust in progress.

Any other reports Uffculme Show. 2nd May, to be put in everyone's diaries. The position of the car park, which is now off the Willand/Uffculme road, will be a major change. Revamp of promotion and publicity.

Any other Business Reminder: A Vice President for 2016-17 is needed.

Draw including the monthly £100 won by Chris King, Prostate Cancer Research.

Business Meeting: 3rd February

Reports:

President Bob Rice: Les Christensen has volunteered to be Deputy President.

Secretary David Disney: Andrew Butler requested Leave of Absence for March 2nd 9th 16th 30th and April 6th.

Treasurer Ken Mills: £100 was paid to Prostate Cancer UK - acknowledgement received (Chris King £100 draw) Acknowledgement has finally been received from Tiverton Amateur Operatic Society for the £50 donation.

Community & Vocational Richard Vickery: Marie Curie Daffodil Appeal in hand. Rachel Wenham. Tiverton Town Team. Tiverton Museum support with the Bumper Trail.

Fun & Fellowship Ray and John Radford: 30th March The Ganges - partners' evening.

Youth Committee Charlotte Waelde: Rotaract Alan Jukes to speak. Have contacted numerous people to assess the requirement to make a successful club. Social media and range of issues and commitment to make it work. Rotary Young Leaders Award Scheme. Time on Dartmoor team building. £500 per person. Petroc interested in other Rotary Youth initiatives. Templeton Trial. 17th April. Route being decided to be 5 and 10 kilometre trials. Stewards will be required. RHCT. Two Moors, Willand, Castle and Tidcombe Schools involved.

Any other Business Charter Evening 18th March

Date & Venue of the next Business Meeting. Wednesday 2nd March at the Hartnoll Hotel at 9.00 pm

Draw £100 draw was won by Martin Stevens.

(Editor's Note: the above Brief Notes are exactly that, 'brief'.

They are designed to give a simple overview of the main action points. For a full report please read the relevant Business Minutes)



PROGRAMME for March, April, May and June 2016

Wednesday 2nd	March 2016	6:30pm Council Meeting. Business Meeting
Wednesday 9th	March 2016	Hedley Saunders, R.N.L.I.
Wednesday 16th	March 2016	6.30pm Uffculme Show Meeting. John McInerney – ‘There is no case nowadays for government support of agriculture- discuss’
Wednesday 23rd	March 2016	Alison Hernandez, P&CC Candidate
Wednesday 30th	March 2016	Visit to the Meteorological Office, Exeter? PARTNERS' EVENING. F&F arranging
Wednesday 6th	April 2016	6.30pm Council Meeting, Business Meeting
Wednesday 13th	April 2016	6.30pm Uffculme Show Committee Meeting TBA
Sunday 17th	April 2016	Templeton Trial
Wednesday 6th	April 2016	6.30pm - Council Meeting. Business Meeting
Wednesday 13th	April 2016	6.30pm Uffculme Show Meeting. Jon Sowden THS Head Boy & Girl visit
Sunday 17th	April 2016	Templeton Trial
Wednesday 20th	April 2016	Clay Pigeon shoot at Holmead? PARTNERS' EVENING. F&F arranging
Wednesday 27th	April 2016	Uffculme Show Planning Meeting
Monday 2nd	May 2016	Uffculme Show
Wednesday 4th	May 2016	Uffculme Show debriefing
Wednesday 11th	May 2016	6.30pm Council Meeting. Club AGM & Business Meeting.
Wednesday 18th	May 2016	Visit to Meteorological Office, Exeter. Limited numbers! F&F arranging
Wednesday 25th	May 2016	6.30pm - Car Treasure Hunt. 8.30pm – Dinner at the Hartnoll Hotel. PARTNERS' EVENING. F&F arranging
Wednesday 1st	June 2016	6.30pm - Council Meeting. Business Meeting
Wednesday 8th	June 2016	Club Assembly
Wednesday 15th	June 2016	T20 Cricket at Taunton. F&F arranging
Wednesday 22nd	June 2016	Committee Meetings. (Handover to incoming Committees?)
Wednesday 29th	June 2016	Handover Evening. PARTNERS' EVENING.
Wednesday 6th	July 2016	6.30pm - Council Meeting. Business Meeting.

President's Night (date etc.) still to be arranged. F&F organising.

Members' Duty Roster

			Grace/Invocation	Meal Steward	Vote of Thanks/Object
Mar	2	7.30/8.00	Council & Business	Freeman John	Taylor Richard Harris Andrew
	9	7.30/8.00	Hedley Saunders, R.N.L.I	Fuller Robert	Vickery Richard Heywood Arthur
	16	7.30/8.00	(6.30 Uff Shw) John McInerney	Haig Gavin	Viney Mike Hutton Graham
	23	7.30/8.00	Alison Hernandez, P&CC Candidate.	Heywood Arthur	Waelde Charlotte King Chris
	30	7.30/8.00	Meteorological Office, Exeter	Fun and Fellowship	
Apr	6	7.30/8.00	Council & Business	Hutton Graham	West Bruce Leach Fred
	13	7.30/8.00	(6.30 Uff Shw) THS Head Boy & Girl	Kidd Ken	Withers William Mitchell Peter
	17	Sunday	Templeton Trial		
	20	7.30/8.00	Clay Pidgeon shoot at Holmead	King Chris	Butler Andrew Pearson Bruce
	27	7.30/8.00	Uffculme Show Planning Meeting	Leach Fred	Christiansen Les Phillips John
May	2	Bank Holiday Monday. Uffculme Show			
	4	7.30/8.00	Council & Business	Mitchell Peter	Cole Eric Pugsley Richard
	11	7.30/8.00	Council & Business	Pearson Bruce	Crocker Lester Radford John

Club News

The Exeexpress Editor goes to extreme lengths to seek out some club service news.....



.....and his efforts pay off, thanks to the hard work and contributions by Rtn Charlotte Waelde

Templeton Trails Trailer



Mapping the route and Rtn West takes the opportunity to point out the nearest pub.....but decides to test the water instead



THS Rotary 'Youth Speaks'

At the regular club meeting on the 10th February Youth Committee Chair, Charlotte Waelde, organised a 'Youth Speaks' evening for THS Year 7 students. Two teams were keen to participate in the District Competition being held on the 13th February. Unfortunately only one could be considered for the event.

The students had only two weeks to prepare and very little help was given by adults. The format is structured and consists of a Chairperson, a Speaker and a Vote of Thanks. The Chairperson introduces the presentation and the Speaker has a strict time limit on the length of the subject. A vote of thanks is then given by a member of the team.

Team 1 chose '**Social Media. It's there forever!**' as their subject and Team 2 chose '**Help Stop Pollution**'. Rtn Martin Stevens then asked the teams in succession 'why did the speaker choose that particular subject?', to which the students response indicated they had given considerable mature thought to their subject choice. The judges assessed the two presentations and duly retired to consider the winner. Unfortunately there could be only one winner and that was awarded to Team 2. The judges then gave the students some invaluable feedback on their performances which will hopefully help them in the actual competition.



Team 1

Chair : Imogen Ogborne

Speaker : Beth Stagg

VOT : Lottie Oxenham-Babb

Team 2

Chair : Lauren Buckingham

Speaker : Logan Ball

VOT : Olivia Davies



Youth Committee Chair Rtn Waelde gives last minute instructions to Rtn Steven on the question



Judges: Rtns Mills, Rice and Steele
Time Keeper: Rtn Butler

...Came the day! In action at the finals!

Team 2 consisting of Chair : Lauren Buckingham; Speaker : Logan Ball; VOT : Olivia Davies



Unfortunately they didn't win, but they had a really great time and are now looking forward to the new Speech and Debating Club to be established at Tiverton High School

Club Miscellany (in lieu of Club news)

	<p>Spotted at a Rotary League Skittles Match was Exe Valley Rotary Club member Lester Crocker!</p> <p>After reminding members present who he is, President Bob wasted no time in awarding him the Andrew Butler RIBI Magazine Award for this attendance and continued membership.</p>	<p>Spotter and photographer: Rtn R. Pugsley</p>
	<p>Summed up in one photo . . . What Rtn R. Pugsley <u>once</u> looked like . . . and what he <u>will</u> look like.</p>	<p>Spotter and photographer: Rtn B. Pearson</p>
	<p><u>Spotted in Superdrug on Christmas Eve!</u></p> <p>Rtn Richard Pugsley doing some last minute panic gift purchasing whilst wearing a Christmas theme suit. Rtn Peter Mitchell contributed this photo thinking the subject would be embarrassed with its publication.</p> <p><i>But not a bit of it!</i></p> <p>When confronted with this damning evidence of utter tastelessness he admitted being very proud of his attire and produced several photos of himself walking around the town in it.</p> <p>Our concern is for his poor son - forced to accompany him on this inconsiderate public perambulation .</p> <p>What effect will it have on the lad in years to come?</p> <p>If litigation should follow as a result can anyone suggest a good solicitor?</p>	<p>Spotter and photographer: Rtn P. Mitchell</p>
	<p><u>The Way We Were (in 1983)</u></p> <p>From left to right:- Top row. Bruce Pearson, Colin Southgate (in NZ), Ken Courage, Martin Gray, Trefor Davies, Gavin Haig, Charles Denman Bottom Row. Peter Lovelock(RIP), Gerry Stoneman, Damien Courage (Ken's son), Tom Jenkins(RIP), Ray Radford.</p>	<p>Photo & Identifier: Rtn C. Denham</p>

(Editor's Note: warning to members - Club Miscellany is what happens when there is very little Club News . . . well . . . I have to fill the space with something)

Speaker's Corner

13th January **Ash Jones, Senior Citizen Liaison Team Charity**



Ashley Jones, SCLT volunteer, gave a very interesting and informative presentation on the work of SCLT. SCLT came into existence in December 2009, in Bristol, with the intention of helping the older population feel safer in their daily lives through three primary objectives -

Crime Prevention : Victim Support : Social Advocacy

He described the inspirational journey the charity has taken, with recognition by the Prime Minister with the prestigious 'Big Society' Award in 2013. With an ever increasing population of older adults (aged 60+) at present 20% and predicted to be 25% by 2030, SCLT aims to help these people to stay safe into later life by awareness of the scams, cons and deception-type offences which are often targeted at vulnerable seniors. Ashley hoped his presentation was helpful and emphasised the fact that 'an ounce of prevention is worth a pound of cure'. Each member received a copy the SCLT award winning magazine 'The Senior Siren'.

20th January **Mac Bridger, CHAT (Churches Housing Action Team)**



Mac Bridger described the work of CHAT which was founded to help people experiencing housing difficulty in Mid Devon, believing everyone is entitled to decent, secure and affordable housing - somewhere to call home. They give free, impartial and confidential housing advice. Services are maintained through donations from churches, gifts from individuals and grants from grant-making trusts.

Began as a response to the needs of rough sleepers, CHAT's Emergency Food Store has grown to become one of the best-supported outreaches to the local community, with collecting boxes in supermarkets, and in churches and schools. Vouchers are also given out for fresh meat and fruit and vegetables for local shops. In certain circumstances vouchers are also given out for hot food and drinks at a local cafe.

Although Mid Devon is a very beautiful place to live, it is very expensive for most of its residents; housing and water costs are higher than the national average, and wages considerably lower. Mac confirmed this has led to surprisingly high levels of social deprivation and he felt CHAT helps those who would otherwise 'fall through the net'

17th February **Helen McIntosh, Mid Devon Messenger**

Rtn Fred Reynolds, Speaker Finder, introduced Helen McIntosh who is the local Secretary and Team Leader of the Talking Newspaper for the Visually Impaired. In her presentation she said the first paper was produced in 1970 and there are 500 centres across the UK. This is an entirely free service offering a weekly recording (on a memory stick) of news from the local newspaper plus the free loan of a simple device on which to play it. This enables the visually impaired to keep in touch with local news and views, what's on, planning decisions and family announcements, etc. The Talking Newspaper Federation is the umbrella organisation and in her presentation she said that there are 65 local volunteers who read every 8 weeks at their Headquarters at John Heathcoat & Co. Ltd.





24th February Alan Jukes, 'Rotaract'

Alan Jukes from Northampton Rotary Club explained to members how to set up a local Rotaract group and the benefits it would offer to people aged between 18 - 30 years. It was his belief that it was not true that young people did not want to be involved in charitable activity and that Rotaract made that vital link between Interact and possible Rotary Club membership. He gave good examples and advice on how to establish a Rotaract club by inviting potential members to club service projects, social events and assisting in organising special events in the community. Exchanging ideas, planning activities and projects form the basis of any club, and stressed that socialising was also a major part of such a club. Also present was John Smith from Saltash Rotary Club who offered to facilitate and help set up a local Rotaract if required. While Rotary clubs serve as sponsors, Rotaract clubs decide how to organise and run their club and what projects and activities to carry out.



Some Background Information

Rotaract originally began as a Rotary International Youth programme in 1968 in the USA and has grown into a major Rotary sponsored organization of over 9,539 clubs spread around the world with 219,397 members. Rotaract focuses on the development of young adults as leaders in their communities and workplaces. Clubs around the world also take part in international service projects, in a global effort to bring peace and international understanding to the world. "Rotaract" stands for "Rotary in Action", although the name originally comes from a combination of "Rotary" and "Interact" (International + Action), the high school level programme created by Rotary International in 1962. Rotaract clubs hold regular formal meetings which feature speakers, special outings, social activities, discussions or visits to other clubs. Members meet on designated days for service project work, social events, or professional/leadership development workshops. The purpose of Rotaract is to provide an opportunity for young people to enhance the knowledge and skills that will assist them in personal development, to address the physical and social needs of their communities, and to promote better relations between all people worldwide through a framework of friendship and service. Rotaract conducts many programmes which are activities with a charitable purpose. The dual roles of Rotaract is for young adults and college and university students to "give something back".

NAME: Chris Campbell
AGE: 29
ROTARY CLUB: Swansea Bay
OCCUPATION: Deputy Business Editor and Property Editor at the South Wales Evening Post.



During my first couple of weeks in Swansea working for the Evening Post, I stayed in a guesthouse overlooking the Bay. At breakfast I would meet a Swede, here to accompany his wife, who was in the city to lecture at one of its two universities.

Peter, who is involved in politics in Stockholm, is also a Rotarian and, knowing I was new to the area, asked if I would like to join them for a meal at the local Rotary club. After meeting the club's members, the majority of whom are female, I went back the following week and a few months later became its 14th member.

My previous thoughts of Rotary was that the organisation was difficult to join, but after spending time at the club I understood it was seeking ways to modernise and appeal to more young people. I was impressed by the number of events it was organising and in my first few months I attended a quiz night, a choir evening, listened to a talk from Top Gear's former Stig Ben Collins and gave a presentation to fellow Rotarians about my work at the city's newspaper.

The Club has also been increasing its presence online and I have recently become its Vocational and PR Officer. We regularly have articles and picture stories on our latest events published in the city's newspaper and on its website, the latest on World Polio Day and members' efforts in the region to contribute towards the End Polio Now campaign. We are also regular users of Facebook and Twitter, with our own pages.

Many young people are unaware of what Rotarians stand for, how they can approach a Rotary group, and that there is an opportunity and need for younger people to join. I have seen more

"Many young people are unaware of what Rotarians stand for, and that there is an opportunity and need for younger people to join."

youngsters visit us, often using social networking to contact the club beforehand. Increasing the work Rotary does with schools, colleges and universities, combined with more interactive club websites and social networking channels, will help spread the message that Rotary is a welcoming organisation that is on the look-out for new people to help support communities and international projects further.

Rotary to me is all about creating opportunities for people at home and abroad and doing so in an environment of like-minded people with a wealth of knowledge and backgrounds. It also turns out that my Granddad was a Rotarian for more than 40 years!

To sum it up in a few words, to me, Rotary is an 'opportunity to help'.



To find a club near you visit:
rotarygbi.org/club-finder

Letters

Dear Exe Valley Rotary Club Members,

I invite you to join me and many hundreds of Rotarians and friends at our [RIBI Annual Conference](#) in Bournemouth from Friday 1st – Sunday 3rd April 2016. An exciting programme of speakers and activities promises to make the weekend one to remember. Conference gives us the opportunity to come together from all around Great Britain & Ireland to celebrate Rotary, to be informed, motivated and entertained.

We welcome a number of speakers from the worlds of sport, theatre, television and music, as well as hearing directly on the good work of our own clubs and the many charities and humanitarian projects of our Rotary partners.

Conference is the opportunity to celebrate our Rotary Foundation, as it approaches its centenary, it remains an integral part of what we do as an organisation and how we continue **‘to do good in the world’**.

For the first time ever, alternative sessions are being held on the Saturday afternoon, parallel to the Business Session. You can choose from a variety of Rotary workshops and a General Interest Session, featuring some wonderful entertainment.

There will of course be a series of glamorous evening events for you to attend, including a Military Big Band Concert performing popular classics, big band sounds, tunes from films and shows, culminating in a Last Night of the Proms finish. This is inclusive to your registration. On Saturday evening, a Gala Dinner and Cabaret is complemented by the opportunity to sing and dance with a band playing tunes from recent decades.

The principles of our organisation are to Join Leaders, Exchange Ideas and Take Action, and the possibility of having so many Rotarians and friends together in one place creates the opportunity to make this real, and on a large scale.

We are delighted to be joined by the President of Rotary International, Ravi, who is an inspirational speaker and our supporting cast includes broadcaster John Humphrys, entertainer Sir Richard Stilgoe, the amusing Reverend Richard Coles, Polio Ambassador Sir Liam Donaldson, Rotarian adventurer Ken Robertshaw, former England Cricket Selector Geoff Miller, inspirational Great Britain Paralympic Wheelchair Rugby Captain Steve Brown, Foundation advocate Eric Knowles, the Shakespeare Schools Festival with Jenny Agutter and many Rotary club projects.

Please visit our [website](#) to see the full programme, register online and reserve your places at all of the activities.

I look forward to seeing you there.

Peter Davey

Rotary International in Great Britain and Ireland President 2015/16

Dear Rotarians,

Regional Assemblies

Want to know more about Rotary and its function within your communities? The Regional Assemblies are your opportunity to learn more. Why not take a look at the videos prepared by the 2016/17 Rotary Committees, outlining their plans, what you can expect from the discussion sessions and the value of attending.

Click on the committee’s name to view the video and if you still have any questions regarding the discussion sessions, you can email the Chairman direct by clicking on their name.

Community Service and Events Committee – Chairman [Donna Wallbank](#)

Foundation Committee – Chairman [Allan MacLaughlan](#)

International Service Committee – Chairman [Ron Daniels](#)

Membership Committee - Chairman [Robin Brown](#)

Public Image Committee (previously MPRC) – Chairman [Mike Thorn](#)

Rotaract Committee – Chairman [Tony Jordan](#)

Youth Exchange - Chairman [Alistair Knox](#)

Youth Service Committee – Chairman [Lynne Deavin](#)

Vocational Service and Partnerships Committee – Chairman [Debbie Hodge](#)

The dates and locations of your nearest Regional Assembly:

Saturday 12th March 2016 – Bristol: Aztec Hotel & Spa, Aztec West, Almondsbury, Bristol, BS32 4TS

For more information about the Regional Assemblies, please visit the website by clicking here: [Bristol](#)

Keith Best

Chairman, RIBI Leadership, Development and Training Committee

District News

Rotary Young Chef District Final

The first ever District 1175 Rotary Young Chef Final was held at Exeter College on 22nd January. The whole geographic District was represented with contestants from the Rotary Clubs of Penryn, Truro Boscawen, Ivybridge, Plympton (2), Teignmouth, Dartmoor Vale and Bideford (2). Exeter College proved to be an excellent venue and throughout the afternoon of the competition great support was given by the College staff and catering students in the Michael Caines kitchen. The six girls and three boys aged between twelve and sixteen produced a three course meal in two hours using ingredients with a maximum value of £15. Everyone produced their three courses within the allotted time and the standard was extraordinarily high. Ultimately District Governor Brian Stoyel presented thirteen year Dulcie Van Den Heuvel (Penryn College) with the winner's shield. Second place went to Harvey Dunn (Ivybridge School) and third place to Jamie Squire (Bideford College). All three move on to the Regional Final which will be held at South Devon College on 12th March. Sincere thanks must go to the two judges Richard Hunt and Matthew Pickett who performed the extremely difficult task of deciding the outcome.



Winner Dulcie Van Den Heuvel

RIBI News

Bournemouth Conference 2016



Get set to be inspired, educated, motivated and entertained!

The 91st [Rotary in Great Britain & Ireland Conference](#) is shaping up to be one of the best conferences yet.

Registrations are coming in fast and [functions](#) are starting to sell out quickly, so we urge you to [book now](#) to avoid disappointment! Don't forget with each registration, you receive a **complimentary ticket** to the outstanding Big Band Concert on Friday 1st April!

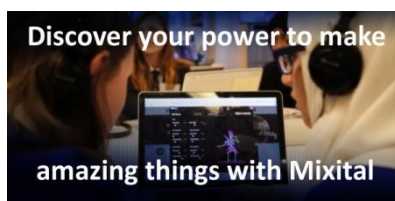
[Fantastic speakers](#) waiting in the wings include remarkable sportsman Steve Brown, who will inspire you with his story of how he became the Great Britain wheelchair rugby captain. Actress Jenny Agutter joins the [Shakespeare Schools Festival](#) and songwriter and musician Sir Richard Stilgoe will tell us how, by setting up the [Orpheus Centre](#), he helped others change their lives through music and performance.

Plus many more!

This year, we can guarantee that there really is something for everyone, with a variety of breakouts and workshops being held on Saturday afternoon, where you can be involved in discussion or relax and enjoy the entertainment!

So join us and be part of the celebration of Rotary. [Book now](#) and create your very own Rotary story!

BBC Mixital



The BBC has launched a new online activity centre for digitally driven young people, called [Mixital](#). Mixital encompasses music, film and the arts into a digital setting and allows young people to improve their skills through coding and animation activities.

For members involved with youth groups, Interact and even Rotaract, this project is a perfect way to help equip young people with the capabilities and expertise for them to thrive through education and the world of work in the 21st century.

Head of BBC Digital Creativity, BBC Digital, Martin Wilson, explains: "Experimentation, collaboration and self-expression are essential if the UK is to grow a nation of digital creators who can manipulate the technology our society relies on." To find out more about Mixital, visit their [website](#), check out this [promotional video](#) or [contact the BBC Mixital team](#).

Elections

We are pleased to announce the results of recent Rotary International in Great Britain & Ireland elections are as follows:

Debbie Hodge of the [Rotary Club of Ware](#), has been elected President of Rotary in Great Britain & Ireland for Rotary year 2018/19.

Brian Stoyel (pictured above right) of the [Rotary Club of Saltash](#), has been elected as the Rotary International Director (Zone 18a) for 2017-19.

Niall Blair (pictured bottom right), of the [Rotary Club of Marlow](#), has also been elected as the Rotary International in Great Britain and Ireland Hon. Treasurer for 2017/18 (unopposed)



ShelterBox

Alison Wallace has been Chief Executive (CEO) of disaster relief charity [ShelterBox](#) for almost three years, during its responses to headline disasters such as Typhoon Haiyan and the Nepal quakes. Now she is moving on to an award-winning think tank. ShelterBox's Board of Trustees has received permission from the UK Charities Commission to appoint Chris Warham, a Trustee since March 2012, as interim Chief Executive. He will guide the organisation through the coming months until the charity completes the recruitment of a permanent CEO



Jubilee of Rotarians

Rotarians from across the world are invited to a Special Jubilee Audience with Pope Francis in St. Peter's Square, at the Vatican, Rome.

The Jubilee of Rotarians will take place from Friday 29th April - Sunday 1st May and will commemorate this year's Rotary theme of '*Be a Gift to the World*'. As well as the audience with Pope Francis, other sessions, concerts and services are also available throughout the weekend.

For more information about the event and details of how to register, please visit the Jubilee of Rotarians [website](#).

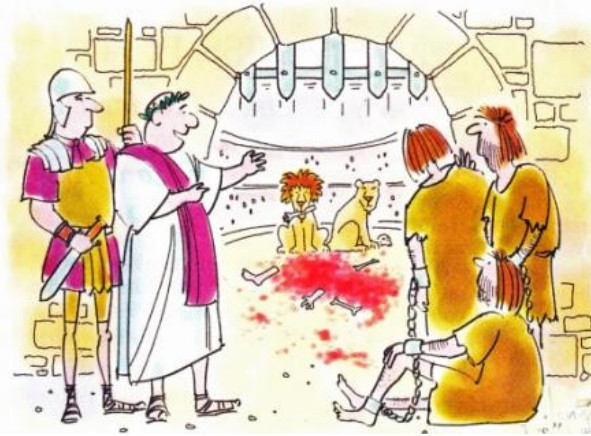


Sport

Rotary Skittles:

Exe Valley: Won Others: Lost (again)

Qui Erant Mortale Pugna:



"Remember, lads - just go out there and enjoy yourselves"

Gardening

The Healing Garden

A wonderful addition to my herb database is 'A Modern Herbal' by Mrs M. Grieve.

Published in the early 1900's it is meticulously researched and beautifully illustrated and gives new insights into the cultivation of garden herbs and some deliciously eccentric wildlife garden tips. My wife and I particularly liked this one

A few pots placed on their sides may be dotted about the garden, and it will be found that toads will sit in them when they are not hunting around for their prey. They won't leave the garden even if the supply of slugs runs short, they will simply turn their attention to all kinds of other insects.

Much as I admire toads , and would love to talk about them (do read ' Lullaby for a baby Toad' a wonderful poem by Stella Gibbons) my topic for this month is Feverfew a significant herb and a member of the Compositae family.

Originating in the Balkans, feverfew (tanacetum parthenium) has been grown for centuries in Britain and mainland Europe as a medicinal and ornamental plant. It is often found at building sites and around ruined buildings. One legend says it was used to heal a workman who fell during the building of the Parthenon.

According to that leading Herbalist Gerard, it could be mixed with wine and honey and used to help 'them that are giddie in the head ' and those as be 'melancholike', but it's most familiar use is in the prevention and treatment of migraine headaches. The noted Herbalist Culpepper, also recommended feverfew as a treatment for female conditions, stating that it does a woman all the good she can desire of a herb.

Roger Tabor in his excellent book 'All about Herbs' tells the story of a Mrs Jenkins , the wife of a Welsh doctor, who followed Culpepper's advice and found feverfew helpful against her migraines. The Migraine Trust picked up the story and clinical trials followed. These trials and subsequent practice have indicated that feverfew reduces the frequency, severity and duration of migraine. This effect appears to be linked to the sesquiterpene lactones it contains , in particular, parthenolide.

The usual herbalist recommendation is to take fresh leaves which are consumed directly, rather than being made into an infusion - the customary dose being two or three fresh leaves per day wrapped in a slice of bread to avoid the possibility of mouth ulcers.

As always it is essential to check with your Doctor before embarking on any herbal treatment.

Gavin Haig



Forthcoming Events



UFFCULME SHOW
AND COUNTRY FAIR

ORGANISED BY EXE VALLEY ROTARY CLUB 

ALL PROCEEDS TO ROTARY CHARITIES, INCLUDING DEVON AIR AMBULANCE, HOSPISCARE, SHELTERBOX AND MORE

2nd MAY 2016 **10AM - 5PM**

Fun for all the family!

ENTRY PRICES
£5 ADULT
£3 CHILD
(UNACCOMPANIED)

KIDS GO FREE!
ONE CHILD UNDER 16 PER
EACH FULL FEE-PAYING ADULT
Free parking

ATTRACTIONS TO INCLUDE:
LUSITANO HORSES • TAIKO DRUMMERS
KALASH DANCERS • CLASSIC CARS

Craft Tent!

WWW.UFFCULMESHOW.CO.UK

OFF BRIDWELL AVENUE - EX15 3BU

SUPPORTED BY  UFFCULME SCHOOL

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A date for all you Quiz Wizards to note in your diaries . . . (from Tiverton Rtn Norman Annett)

The time has come to think of curious things, to answers of odd questions, at which your mind takes wings. Yes, indeed, this is the first notification that the annual Tiverton Rotary Club Spring Quiz is in the air; the date is April 8th, the venue is Blundell's Big School, the food is in fair Maggie's hands, whilst John R attends the Bar, Tony sets the questions, John A does the IT, Norman A puts bums on seats, the ladies do the raffle, and all the other vital jobs are covered by the troops.

So, all you true Rotarians, gather ye your friends, turn them into teams and come enjoy, have fun, and all for the paltry sum of £8.