

EXEpress

Issue 45 September - October 2016

The Newsletter of Exe Valley Rotary Club

President John



Club Bulletin

The following Committee reports were circulated to members via email several weeks ago and are repeated here because the contents are of great importance to the Club and members might wish to refresh their memories regarding the issues raised

7th September Business Meeting

TREASURER'S REPORT

£1,078 paid to RIBI; £680 paid to District; £500 paid to RFUK for polio; £50 paid to RFUK for website. Donation of £100 to Marie Curie (Mike Viney draw) – acknowledgement received. Acknowledgement also received from Children's Hospice. Still awaiting acknowledgement from Rotary Club of Kingsbridge (Rotaproj - £75, 8th July). Cheque dated 23rd February, 2016 to Devon Youth Games was finally cashed on 14th July. Authorised signatures changed to add John Freeman and Andy Harris, deleting Bob Rice and David Disney.

MEMBERSHIP COMMITTEE REPORT

Following the Club's enthusiastic support for the Corporate Membership Scheme proposal this scheme has been initiated.

The height of the holiday season is perhaps not the ideal time to commence such a project!

Nonetheless the first tranche of X5 invitations has been sent to:

Castle Place GP practice, Clare House GP practice, Castle View Dental practice, Park Hill Veterinary practice and Heathcoat Fabrics. To date a response has been received from Stephen Powles of Park Hill Veterinary practice – there is interest and he has passed the details on to his partner Catherine Tapp.

The committee has a meeting organised for Monday 26 September. Firstly I would ask those committee members who have not yet confirmed their attendance or otherwise to please do so.

We shall be reviewing the responses received by then and chasing-up where we may not have had a response.

We shall also be agreeing further organisations to which invitations will then be sent. Suggestions from all members for organisations to invite are welcomed.

Now we have adopted a Corporate Membership Scheme the club ought to formally amend our club by-laws to specifically incorporate:

1. Corporate Membership
2. Relaxed attendance requirement

Accordingly the committee will be drafting proposed amendments with regard to these issues to put to the club.

BRUCE PEARSON

5th October Business Meeting

TREASURER'S REPORT

One subscription owing – ongoing contact with this person. Donation of £25 to RC Exeter Eastgate sponsoring Dartmoor Challenge – not yet acknowledged. Donation of £100 to Devon Freewheelers (Richard Vickery draw) – acknowledgement received. Donation of £150 made to Tiverton Hospital for fish tank maintenance – acknowledgement received with photographs showing the excellent state of the tank. Still awaiting acknowledgement from Rotary Club of Kingsbridge (Rotaproj - £75, 8th July) – their cheque has yet to be paid in. I have chased.

Community Committee

To date in this Presidential year the club has assisted with the Electric Street Food Fayre in September and the Heathcoat celebrations. The next Street Food Fayre is December. I have also asked for the 2017 dates in advance. Do we wish to continue with this service? As a thank you to the club, Mid Devon District Council allow us to host, at no cost, a Gluhwein Stall at the Christmas Lights Switch on (26 Nov) and, this year also at the Street Food Fayre (3 Dec). My initial responses from the Community Committee suggest that we should do both, but to do so we will need significant help from the whole club. Not only will we need help manning the stall but, whilst I am able orchestrate, I will need legs on the ground to bring everything together. The good news is that we will be in the pannier market and therefore will be covered by the liquor licence and have access to power. At this stage I am assuming we will be outside but I need to check. We will need to source / possibly collect the cabin, table, something to heat the wine, lights and bunting and of course a plentiful supply of Gluhwein. I believe we already have a substantial supply of plastic cups. Being new to the club and this role I do not know what other projects members might wish to participate in and for now am simply reacting to requests as they arise. Please do feedback to me any ideas you have and the Community Committee can consider them.

Tony Steiner

Membership Committee

Met last week, and were joined by the President and Secretary.

We have produced the following to clarify the Club's existing expectations with regard to members' attendance:

Recruitment of new members is not just the responsibility of the Membership Committee - but rather of every club member, although the committee will do everything they can to assist and facilitate recruitment.

To that end the Membership Committee are keen that when any member is promoting the club to any potential new members we are all 'singing from the same hymn sheet' and giving a consistent message with regard to the attendance expectation.

EXE VALLEY ROTARY CLUB – GUIDANCE TO MEMBERS AND PROSPECTIVE MEMBERS ON ATTENDANCE

Members whether individual or a corporate entity should **aim** to attend at least two meetings monthly.

There is an expectation that members will obtain leave of absence in advance where more than three consecutive meetings are to be missed. (the intention is so that any member who has not attended for three weeks and not obtained leave of absence can be contacted to ensure they do not need club assistance with anything)

All members not on leave of absence will be required to pay for meals unless they have apologised in advance.

We are currently in the process of organising information meetings for X2 prospective new members.

In addition we will shortly be welcoming our first Corporate Member to the club - Ashfords Solicitors - with the lead members being Ashford partners Darren Blackburn and Chris Gregson. Chris Shears has agreed to help produce a suitable Corporate Membership Certificate for display in company premises and to be presented by the President when the lead member is inducted. We have several speakers shortly who I expect to be particularly interesting – all excellent opportunities to invite along guests who might become potential members! 12 October Sanjay Mortimer on 3D printing; 19 October Nigel Field on cyber security; 09 November Dr David Jenner from the CCG on NHS reorganisation

BRUCE PEARSON

(STOP PRESS: Information meetings will be organised shortly for two potential members and also two Ashfords partners, Chris Gregson and Darren Blackburn. Ashfords are to be inducted as a Corporate Member on 9th November)

Committee Report

I have spoken to both Exmoor and Tiverton Rotary clubs about the Rotaract initiative. Both were positive. Exmoor said they would be focusing on Youth this year and may well make a focus on Rotaract a part of this – they will get back to me. Tiverton club was also very keen. Catherine Roughton, President of Tiverton Rotary Club joined Exe Valley for dinner on Wednesday 21 September as a result of which I sent her the draft flyer I have been developing for her comment. It is Tiverton's view that an 'e' club has the most chance of success in the area – which is likely to be the case, once a group has formed. At present I am waiting for Tiverton to get back to me about the flyer. Once they have, we will be ready to reach out to the community. On which I would like to lay down a challenge for each member of Exe Valley Rotary club – and that is to make contact with three young people of an age to join Rotaract (18-30 give or take a few years) to discuss what Rotaract has to offer and invite them to come and talk to us (me – the youth committee - the club) about it. Once we have a core of interested people (we only need three or four!) then we will invite them to come and talk to us and see if we have sufficient critical mass to establish a Rotaract club.

Charlotte Waelde

International & Foundation Committee Report

The good news is that the 5000 "Purple4Polio" crocus corms are in our possession, thanks to Ken Mills for his efforts in tracking them down. We had a long discussion regarding planting strategy. Committee members will be contacting Tiverton Hospital, Mid Devon DC, The Leisure Centre, Local Schools and a site in Uffculme. Once the sites have been agreed we will advise the club further regarding a planting and promotion programme. The target dates will be in mid November, watch this space! The planting will be covered with press publicity together with commemorative plaques, the involvement of local dignitaries, and public participation. The Committee discussed further support strategies, identifying Mercy Ships, Shelter Box and Aid for Samburu as potential candidates. Further details and recommended actions to follow. The "Foundation" Malt Whisky Xmas initiative which the club has supported for some years was discussed, latterly club support has been patchy, it was agreed that the Club members would be consulted to evaluate interest

Chris Steele

		<u>Meeting Duties</u>		Grace	Meal Steward	Vote of Thanks/Object
Nov	2	7.30/8.00	Council & Business	Scrace Nic	Radford Ray	Cole Eric
	9	7.30/8.00		Leach Fred	Reynolds Fred	Crocker Lester
	16			Fuller Robert	Rice Robert	Davies Trefor
	23			Haig Gavin	Shears Chris	Pugsley Richard
	30			Webber William	King Chris	Derrett Ron
Dec	7		Council & Business	Hutton Graham	Steiner Tony	Disney David
	14			Kidd Ken	Stevens Martin	Scrace Nic
	21			King Chris	Jerry Tiernan	Andy Harris
	28		Christmas week			
	4		Council & Business	Leach Fred	Taylor Richard	Fuller Robert

PROGRAMME for November - December 2016

Wednesday	2nd	November	2016	6.30pm - Council Meeting. Business & Special General Meeting
Wednesday	9th	November	2016	David Jenner, 'N.H.S. reorganisation'
Wednesday	16th	November	2016	T.B.A.
Wednesday	23rd	November	2016	Richard Pocock , retired consultant urologist, (subject TBA)
Wednesday	30th	November	2016	Stephen Powles, 'Hornets – Gentle Giants'
Wednesday	7th	December	2016	6.30pm - Council Meeting. Business Meeting
Wednesday	14th	December	2016	Christmas Dinner, venue to be confirmed. PARTNERS' EVENING
Wednesday	21st	December	2016	Fellowship meeting
Wednesday	28th	December	2016	No meeting
Wednesday	4th	January	2017	6.30pm - Council Meeting. Business Meeting



Club News

29th August 2016



Exe Valley Rotary Club members turned out in force to marshal, steward, and give general assistance at the 200 years of Heathcoat Celebrations

Boney M, Bucks Fizz, the Wurzels, and many other acts entertained great crowds at Westexe Park to celebrate the 200 years Heathcoats had been part of the town. As well as the music the day was filled with fun for everyone from magic shows, martial art displays, balloon making, bouncy castles, face painting and much more. A wide variety of food and drink was available. Cameron Harvie, Managing Director of Heathcoats, said the company was proud to have been part of Tiverton and the people of the town had been key in the company's success.

It also proved to be an opportunity for **Exepress** to observe the members in action and to be able to offer this guide to the different faces of Rotary volunteers



Rtn Disney effects the 'They Shall Not Pass' face

The air of absolute authority shown here is very impressive. Who would dare try to go in the wrong entrance when confronted with this confident and robust pose



Rtn Shears is attempting the 'Walking About Looking Busy' face. If we are honest this is the face we have all adopted at one time or another.

As a new member Rtn Shearer's is obviously 'still work in progress'



Rtn Mitchell displays the 'Very Pleased With Himself' face

This is someone who has not volunteered on this occasion, (but still got in free)



Rtn Mills has the 'Warm, Welcoming & Knowledgeable' face Which is the standard we should all aim for (Rtn Harris can only look on in admiration)



The ultimate aim of Rotarian volunteering for public events is displayed here. The good folk of Tiverton and district enjoying themselves in a safe and hassle free environment

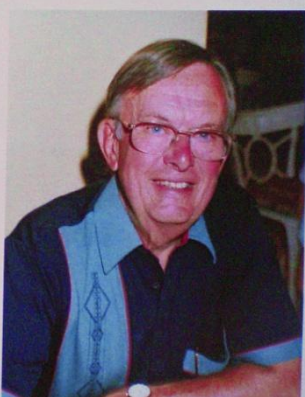


.....oh, yes - we're still watching you Rtn Shears! Several EVRC members are available to assist you in perfecting the 'Walking About Looking Busy' face. that you seek.

'Colin'

Ralph Colin Greensmith

30th March 1927 - 18th September 2016



Another Small Segment of EVRC History.-
attending the funeral service held in celebration of the life of
Rotarian Colin Greensmith on Monday 3rd October 2016
at St Peter's, Tiverton:

Rotarians Ken Courage and Richard Taylor of the Rotary Club of Exe Valley (Tiverton). Representing also fellow Rotarian members of the Exe Valley Rotary Club, especially fellow Founder members: Trefor Davies, Gavin Haig, Bruce Pearson and Ray Radford All members of the Exe Valley Rotary Club appreciate the dedication and hard work that Colin and his fellow Tiverton Rotarians contributed to the formation of our new Club in 1985, as members of the Tiverton Rotary Club Extension Committee under the chairmanship of Rotarian Alf Gilbert. It was a privilege to have known Colin and to have shared his Rotary experience. Richard T.

Colin Greensmith's Eulogy
by Founder President Ken Courage –
given at our Club's Business meeting on 5th October:

Ken reported that he and fellow Founder Member, Richard Taylor, had attended the funeral of Rotarian Colin Greensmith held at St Peter's Church, Tiverton, on Monday 3rd October, as representatives of EVRC. Tiverton Rotarian Ralph "Colin" Greensmith (now sadly deceased on 18th September 2016 at the age of 89) was the last surviving member of the Tiverton Rotary Club's "Extension" Committee comprising three senior Rotarians, who in January 1985 were charged with the task of setting up the new Exe Valley evening Rotary Club, under the watchful eye of the then Rotary District 120 Extension Officer, Rotarian Jack White of the Burnham-on-Sea RC. Colin's two colleagues on that "Extension" Committee were Alf Gilbert (then Tiverton Club President) and PP Tom Thomlinson, both of whom have, sadly, since then also passed on to "higher service." Together, these dedicated Rotarians inspired the original group of five "Formation" members to meet on 5th February 1985 in the home of their President, agree with the idea of starting up a new Rotary Club, then commence the task of recruiting a further 20 potential members before the necessary application could be made to Rotary International HQ in Evanston, USA. They achieved this in the space of less than 3 months, marked with the holding of the new Club's Inaugural Dinner at the Tiverton Hotel on 26th April 1985! The rest, as they say, is history and the Exe Valley Rotary Club exists today as a fitting reminder of the far-sighted decision made by Colin and his colleagues 31 years ago! Colin had been involved in community and civic activities all his adult life. Apart from his Rotary Club activities, he was the first CEO for the new Mid Devon District Council formed in 1974 after the local government reorganisation and had been involved with the Boy Scouts movement for many years. He will be greatly missed by his family and many friends. Our thoughts are with Elaine and their family.

Speakers' Corner

31st August: Rtn Tony Steiner, Job Talk



The latest run of Quentin Lett's Wednesday morning Radio 4 show with the title of 'What's the point of ...' finished last week with What's the Point of the London Black Cab. I thought I would keep the theme going for just one more week with What's the Point of the Devon & Somerset Law Society. The day job is Executive Director of Devon & Somerset Law Society. I joined DASLS, as we know it, in March 1995 to help out for a few weeks whilst the Society's then only employee was recovering from Pneumonia. As they say it's an ill wind that blows no good and nearly 22 years later I am still there. I should say that my colleague made a full recovery and returned to work and is now clocking up 27 years in post. I did read law at Plymouth graduating in 1994 and more recently gained a Masters degree from Exeter in Business Administration. I should start by telling you that The Devon & Somerset Law Society is one of around 120 local law societies across England & Wales. It is independent of The national Law Society who are also the regulatory body. We have around 1400 solicitor members who live and work across the two counties. Its roots go back to 1808 when the Exeter Law Association was founded at its first meeting in the Royal Clarence Hotel, Primary purpose to provide a law library. Skipping forward it became the Devon & Exeter Incorporated Law Society and was registered as a company limited by guarantee in 1926 and in 2008 we merged with the Somerset Society to become Devon & Somerset Law Society. If you are a solicitor you do not have to join your local law society. Many struggle and a number of the societies across the country are more or less moribund and many are very small with around 100 to 200 members. There are others with around 500 members and just a handful of larger societies with 1000 + members; the others being metropolitan societies. We offer a typical assortment of services and support networks including a plethora of committees and fora, 50 to 60 training events each year, a recruitment agency, an international twinning programme, mediation services and complaints conciliation. We own our own premises on Pynes Hill, When I first met my wife she was rightly interested in what I do – less so these days! I said I worked for the Devon & Somerset Law Society. Oh she said; The Law Society and so I had to explain that there are 120 local societies unlike every other profession that has a branch network of its main professional body – it must have been this chat up line that swung it for me. So you regulate solicitors? No we don't do that – the Solicitors Regulation Authority do that. Who are they? An executive arm of The Law Society which is also not us. So that's who I call f I want to complain? No – that's the legal ombudsman. Well what do you do she says? I am not sure I have ever been able to give a definitive answer to that question and in the main I have made it up as I went along. I contribute to the overall purpose of the Society in whatever way seems appropriate at the time; I run our training business and also our recruitment agency business. Generally I manage the office and oversee the accounting. I chair various committees and fora, keep the IT running, supervise our apprentices, write and distribute newsletters, meet with individual members, liaise with our sponsors. I am a sounding board for our members – one once very generously described me as his window on the world! So she (the wife that is) says, that's all very well but do you actually do all day and the answer is often I am simply in the office putting people in touch with one another, organising and promoting our activities – and that is the job, running a network. Is that it she said – well she is a nurse and they work much harder than I do for half the money. But none of this is done in isolation – it's a team effort – there are four of us including two apprentices and supported by two semi-permanent officers and like all successful organisations we are guided by our strategic plan or at least as it is determined by our members – generally through the voice of our committees and officers. Of course this can be like herding cats and so like the Civil Service we employ our own modus operandi – lawyers love latin tags. So this morning or at least the morning when I wrote this I: Washed up the mugs from yesterday. Dealt with the emails that arrived overnight –OK that didn't take long as it is August and everyone was on holiday. I sent an email to all our member firms promoting a conference that I had organised, asking for help with our campaign to raise the profile of solicitors and shared some best practice when dealing with cyber fraud. Liaised with other speakers for further conferences. Registered and advertised 3 vacancies with our recruitment agency Liaised with our media group partners regarding the Annual Legal Awards – you might have seen adverts for our legal awards which showcase what solicitors contribute to their communities. Other days see me out and about visiting members in their work place or hosting a meeting with groups of members, whether its discussing regulatory matters, management issues or other interest areas. But whatever it is I do it is supporting the interests of our members and adding value to their membership of their Society. As a Society we consider many issues that affect solicitors and their clients. We are fortunate in the UK to have the Rule of Law. It is the principle first embraced in Magna Carta that everyone, even the monarch, is subject to the due process of law. As we know there are still many parts of the world where life is cheap and access to the law is just for the rich and powerful. Of course one might argue that the rule of law is being undermined by the lack of public funding to support the legal aid bill. There are parts of our country where legal aid practitioners no longer practice. It can be difficult to access proper advice – not everyone is on the internet. We know that the courts are struggling with the number of litigants in person who cannot afford proper legal representation and of course there is a fear that in conducting their own case they have a lesser chance of a proper outcome. There are efforts to protect the most vulnerable in our Society – legal aid is still available to qualifying individuals in cases of domestic violence. Of course there are alternatives to the court process and there is a growing trend to towards alternative dispute resolution. On a more serious note the system is far from perfect and the access to justice conundrum is heavily debated and lobbied for in and by our Society. Other issues that we have been considering: Will, Mediation – Cut price Conveyancing – Practice management – Compliance –Cyber Crime Rotary Clubs are not so different from the Devon & Somerset Law Society. We have common interest and purpose that we remind ourselves of at the business meetings and we contribute to our community. And that is the point of the Devon & Somerset Law Society. We bring together a common interest and through our efforts we support the legal community and their clients – and hopefully have a bit of fun along the way. And it's down to me and my colleagues to make sure it all runs smoothly!

21st September: Stephen Walford, Chief Executive of Mid Devon District Council



Following the retirement earlier this year of Kevin Finan. Stephen joined from Buckinghamshire County Council where he was Director of Growth & Strategy. His professional background is in strategic planning, economic development and regeneration, all areas that are key to our future progression. Previously Stephen worked at Somerset County Council in strategic planning and transport policy and still has family connections in Somerset. Stephen said: "It's great to finally be here at Mid Devon District Council and I look forward to working with members, officers, partners and the local community to drive Mid Devon forward to ever higher heights". His talk was on the various aspects of local government and his responsibilities

28th September: Winston Reed, Greener for Life Chairman



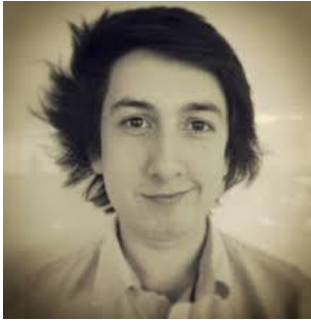
Winston is a local farmer and founder of Greener For Life which is a specialised company devoted to sustainable food and energy production. Created by farmers for farmers the GFL management team advises on: site specific 'best mix' renewables design & build; training/optimum operation; feedstock planning; biomethane & power to grid projects; end user Power Agreements. GFL's aim is to make the UK the greenest country in Europe, regenerate local rural economies and empower small farmers. Also create a green field revolution by designing and building integrated community renewable energy centres. These, together with large scale biogas/biomethane plants, (which run off food waste), can reduce communities' dependence on outside sources for heat, energy & fuel. GFL wishes to meet more of the UK's energy needs from renewables, and with five branches it helps to create a more sustainable food and energy production system

For more information click on these links: [GfL Renewables](#); [GfL Energy](#); [GfL Foods](#); [GfL Efficiency](#); [GfL Fuels](#)



12th October: Sanjay Mortimer, 3D Printing

Report by Rtn Bruce Pearson



I first knew Sanjay Mortimer as a nursery school friend of my son. Then he was an eloquent little boy with long dark hair and a lot to say. Now he is rather bigger - but otherwise precisely the same little boy he has always been! He found himself at senior school too with David and to this day they remain firm friends. Sanjay studied computer science and robotics at Newcastle University before gaining a PGCE and embarking upon a career as a CDT teacher in Norfolk at a state boarding school. There he wanted to teach kids how to 3D print. He started making making printers and quickly realized that the unique requirement for 3D printers was the 'hot end (nozzle). Sanjay designed his own and with financial help from a friend ordered a 100 of them. They put them on the Ebay and expected to sell them over the course of half a year. The hot ends

sold out in 72 hours. They then ordered more. Within weeks as orders grew exponentially they had given up their jobs. Sanjay's friend lived on the Isle of Wight and it was there they initially based their business. First their bedrooms filled with hot ends - then their living room. They then expanded to offices. They then got their own workshop. Rapidly they found that as nearly all of their production was being exported the Isle of Wight got was not ideal and they relocated to an Oxford business park. All funded from profits created within the expanding company. The company (E3D) is one of very few worldwide specialising in designing, developing and manufacturing 3D printing components and has now become the world leader in producing 'hot ends'. Rather than making the entire machine the company focuses instead on components for other people's 3D printers. This lets them concentrate all their engineering resources into few parts. This is the same as the PC and mobile phone markets where almost every part of the device is made by a specialist manufacturer. Although E3D is now the world's leading supplier of hot ends, the most important component in a 3D printer, they also make extruders, bearings and other spare parts as well as electrical components such as boards. All is designed and much is manufactured in-house, although the manufacture of some none-critical components is outsourced, some abroad including China and USA. Sanjay explained that their unique advantage is that the crucial components they manufacture have higher accuracy, reliability and can run at higher temperatures than those of their competitors - up to four hundred degrees. However whilst this aspect of the business continues to grow exponentially the greater part of the business is now consulting for big 3D printer companies, testing of leading machines and materials for manufacturers, and many other extrusion-based printing related things on the side. The company now considers itself primarily a research and development engineering company. On the back of this research they have also now acquired an ever increasing financial stake in a Boston (Massachusetts) based company leading in the production of laser sintering metal printers. Sanjay has identified that the existing available software for design and operation of 3D printers leaves much to be desired and is currently interviewing potential staff for an additional company he has set up to specialise in the development of that software. The feedback to me from so many people fortunate to hear Sanjay firsthand has been nothing short of remarkable! Everyone learned much about the process of 3D printing and the ways in which the technique is changing the world of manufacturing worldwide. Beyond that though they were particularly impressed by the talent, drive, tenacity and relaxed presentation skills of Sanjay himself - and that he could find the time to travel from Oxford to speak to us.

At the age of only 27 Sanjay is an outstanding example of young British design and engineering talent. As the leading partner of a high-tech start-up company providing employment for ever more high-achieving British engineering graduates he is to be particularly applauded.

BRUCE



19th October: Nigel Field, Alchemy Systems, Cyber Security



Nigel gave a very informative talk on the cyber security and out lined the main sources of threat that exists in **Malicious Software:**

Malware; **Botnet;** **Zombie computers;** **Computer Viruses;** **Computer worms;** **Ransomware;** **Scareware;** **Spyware;** **Denial-of-Service Attack;** **Phishing;** **email spoofing;** **Subdomains;** **Memory safety**

For an in depth definition of these threats please hover your cursor over the particular item and follow the link. (It's safe, honest!).

Here are the Top 10 Internet safety rules to follow to help you avoid getting into trouble online and offline:

1. Keep Personal Information Professional and Limited: Potential employers or customers don't need to know your personal relationship status or your home address. They do need to know about your expertise and professional background, and how to get in touch with you. You wouldn't hand purely personal information out to strangers individually—don't hand it out to millions of people online. **2. Keep Your Privacy Settings On:** Marketers love to know all about you, and so do hackers. Both can learn a lot from your browsing and social media usage. But you can take charge of your information. As noted by [Lifehacker](#), both web browsers and mobile operating systems have settings available to protect your privacy online. Major websites like [Facebook](#) also have privacy-enhancing settings available. These settings are sometimes (deliberately) hard to find because companies want your personal information for its marketing value. Make sure you have enabled these privacy safeguards, and keep them enabled. **3. Practice Safe Browsing:** You wouldn't choose to walk through a dangerous neighborhood—don't visit dangerous neighborhoods online. Cybercriminals use lurid content as bait. They know people are sometimes tempted by dubious content and may let their guard down when searching for it. The Internet's demimonde is filled with hard-to-see pitfalls, where one careless click could expose personal data or infect your device with malware. By resisting the urge, you don't even give the hackers a chance.

4. Make Sure Your Internet Connection is Secure: When you go online in a public place, for example by using a public Wi-Fi connection, [PCMag](#) notes you have no direct control over its security. Corporate cybersecurity experts worry about "endpoints"—the places where a private network connects to the outside world. Your vulnerable endpoint is your local Internet connection. Make sure your device is secure, and when in doubt, wait for a better time (i.e., until you're able to connect to a secure Wi-Fi network) before providing information such as your bank account number. **5. Be Careful What You Download:** A top goal of cybercriminals is to trick you into downloading malware—programs or apps that carry malware or try to steal information. This malware can be disguised as an app: anything from a popular game to something that checks traffic or the weather. As [PCWorld](#) [advises](#), don't download apps that look suspicious or come from a site you don't trust. **6. Choose Strong Passwords:** Passwords are one of the biggest weak spots in the whole Internet security structure, but there's currently no way around them. And the problem with passwords is that people tend to choose easy ones to remember (such as "password" and "123456"), which are also easy for cyber thieves to guess. Select strong passwords that are harder for cybercriminals to demystify. Password manager software can help you to manage multiple passwords so that you don't forget them. A strong password is one that is unique and complex—at least 15 characters long, mixing letters, numbers and special characters. **7. Make Online Purchases From Secure Sites:** Any time you make a purchase online, you need to provide credit card or bank account information—just what cybercriminals are most eager to get their hands on. Only supply this information to sites that provide secure, encrypted connections. As [Boston University](#) notes, you can identify secure sites by looking for an address that starts with *https*: (the S stands for *secure*) rather than simply *http*: They may also be marked by a padlock icon next to the address bar.

8. Be Careful What You Post: The Internet does not have a delete key, as that young candidate in New Hampshire found out. Any comment or image you post online may stay online forever because removing the original (say, from Twitter) does not remove any copies that other people made. There is no way for you to "take back" a remark you wish you hadn't made, or get rid of that embarrassing selfie you took at a party. Don't put anything online that you wouldn't want your mom or a prospective employer to see.

9. Be Careful Who You Meet Online: People you meet online are not always who they claim to be. Indeed, they may not even be real. As [InfoWorld](#) reports, fake social media profiles are a popular way for hackers to cozy up to unwary Web users and pick their cyber pockets. Be as cautious and sensible in your online social life as you are in your in-person social life. **10. Keep Your Antivirus Program Up To Date:** Internet security software cannot protect against every threat, but it will detect and remove most malware—though you should make sure it's to date. Be sure to stay current with your operating system's updates and updates to applications you use. They provide a vital layer of security. + apply the **The 5 minute rule** and think before taking any action. **Hover cursor** over senders email address or the suggested link and double check that the dialogue box on view is consistent with the main heading.



Rotary Institute 2016

One of the great events of Rotary is the Rotary Institute, a multi-national regional conference. This event brings international Rotary leaders together to share ideas, information and inspiration.

Last year our Institute was held in Kenilworth, shared with the Scandinavian Districts. This year we combine with our friends from Spain, France, Italy, Germany, Portugal and more in Madrid.

The theme for the Institute is '**Rotarians working together for a better future**' and by strengthening our friendships, between us we will be able to do more to serve humanity. We will also celebrate the Rotary Foundation's 100th Anniversary.

As well as the Rotary Institute on Saturday 26th and Sunday 27th November, there is chance to join other events:

- 23rd and 24th November - GETS for incoming District Governors
- 24th November (afternoon) - District Trainers' Seminar
- 25th November - Foundation Day
- 26th and 27th November - Youth Workshop

There will also be time for fun, to taste the local cuisine and visit the city of Madrid and its surroundings. It is only a short flight away. Institute is a wonderful opportunity to make new friends and strengthen existing ties.

For further details and to register, visit the **2016 Institute website**.



Volunteer vacancies now open!

This is your chance to get involved with a number of exciting vacancies which have opened up across various areas of [Rotary International in Great Britain and Ireland](#).

These include positions within the newly reformed committee structure, Rotary Magazine, the Rotary in Great Britain and Ireland Conference Committee and the E-Learning team.

For further details on all roles listed below and information on how to apply, visit our [vacancies](#) page (please note this will require sign-in to the members' area of the [Rotary in Great Britain and Ireland website](#)).

Service Committee positions

To reflect the needs of clubs, the Rotary in Great Britain and Ireland committee structure is changing. The service avenues will now be supported through a Home (Community) group and an Away (International) group, each with a chairman and team members of specialists addressing each of the activities and interests we wish to promote and support through districts and clubs. This is a fantastic opportunity to be at the forefront of change in Rotary.

Positions are open for Committee Chairmen and Committee Members/Specialists for 2017/18, with a full list of committees and job specifications available on our [committee vacancies](#) page.

Join us in Manchester!

We are thrilled to confirm that actress, author and wildlife campaigner Virginia McKenna OBE and her son Will Travers OBE will be joining us at conference to talk about their charity Born Free!

In 1964, Virginia and Bill travelled to Kenya to star in the classic wildlife film 'Born Free', which influenced the rest of their lives by sparking a lifelong commitment to wildlife. Along with Britain's most loved astrologer and TV personality Russell Grant, Paralympian, broadcaster and polio survivor Ade Adepitan, British Ironworks Centre Director, Ben Knowles and a [whole host of other inspiring speakers](#), you are guaranteed to be kept entertained all weekend. We promise a variety of [entertainment and functions](#) to tickle your fancy including the very special Katherine Jenkins concert. Katherine is singing for Rotary conference delegates in what promises to be a stunning evening of entertainment. Advance tickets are available exclusively for registered Rotary conference delegates. [Register for conference](#) now and don't miss out on this truly spectacular opportunity!

Join in with the 10 year anniversary celebrations of the Rotary Young Citizen Awards where winners from the past decade will be invited back to tell us what they have been up to since winning, mingle in the buzzing Community Showcase and get involved in many more exciting activities on offer throughout the weekend!

Don't miss out on the special Early Bird discount and [register now](#) to be part of something special!



Celebrate World Polio Day

World Polio Day will be taking place on **Monday 24th October 2016**, so it's time to get thinking about how your club can mark this important occasion! Here in Great Britain and Ireland we are encouraging you to celebrate with a **Purple Pinkie Day**. This means you can do anything purple related, whether it's dressing up all in purple, illuminating buildings in your community in purple or co-hosting a family fun day with other local organisations. This is a fantastic way to engage your local schools, businesses and communities at large. We have prepared a **Briefing Note** for clubs to give you some top tips! End Polio Now have also prepared a number of digital assets including **social media images** and a **World Polio Day toolkit** for clubs to promote Rotary's fight to eradicate polio.

Please let the **communications team** know what you're up to and also **submit your event** on the End Polio Now website.



Submit Your Planting Event

Rotary clubs have shown incredible support ordering over six million corms for mass crocus planting activities. Head to the Rotary website to **submit your event** and you will appear on our **crocus planting map**, which we want to see covered in mini purple crocuses! By submitting your event, members of the public will be able to find planting activities in their area, giving you further chance to engage with your community and promote Rotary's polio eradication campaign. The more events we get registered, the bigger the impact!



Signage Templates Available

To help Rotary clubs and Floral Groups spread the word in their communities, we have produced Purple4Polio themed signage to erect alongside your crocus planting locations. Two versions of the crocus planting sign have been created for those clubs working with RHS Bloom Groups or other floral organisations, and those who aren't. A **Rotary Club Briefing** has been created to give you a step by step guide for getting your sign produced. Sign artwork can be found in the **Purple4Polio** section of the website.



Picture Perfect

There will be two photographic competitions with prize pots for each competition of at least £750 based around the mass crocus planting and flowering. Full details including terms and conditions and how to submit your entries will be sent to Club Secretaries in due course. We are most interested in the content of your photographs but the clarity and composition will be considered too.

Competition 1 - Community / Planting - The Rotary Prize

Community is at the heart of everything Rotary does, including the mass crocus planting activities. This competition is about action, capturing community spirit in full flow, we want you to get creative and capture the excitement and enthusiasm of planting, engaging the community and having fun.

Competition 2 - Flowering - The Floral Guernsey Prize

Focused on flowering time when we hope there will be splashes of purple colour across Great Britain and Ireland we are looking for photographs of something that captures the imagination. It could be something unusual, creative, weird, wonderful, unusual or simply beautiful or anything else that you are inspired by and which will make us stop and think when we look at the photograph.





Celebrate with us in Atlanta

Join thousands of Rotarians at the Rotary International Convention in Atlanta, Georgia, USA, 10-14 June 2017. The celebration of The Rotary Foundation's 100th Anniversary promises to be an unforgettable experience. Register before 15 December for extra savings!

Are you wondering where to stay? A number of excellent hotels are offering special convention rates, and many are within walking distance or a short bus or subway ride away. Learn more and book now.

Are you coming to the The Rotary Foundation's 100th Birthday Party? Help us celebrate 100 years of doing good in the city where it all began, with cake, ice cream, and lots of fun. Purchase tickets for only \$26.50 per person.

The Atlanta convention's Host Organization Committee is planning outstanding events for all attendees. [Visit the HOC site](#) to learn about the many events, tours, and activities available.

Spread the word! Download promotional materials for social media, posters

REGISTER NOW

Presidential Peace Conference

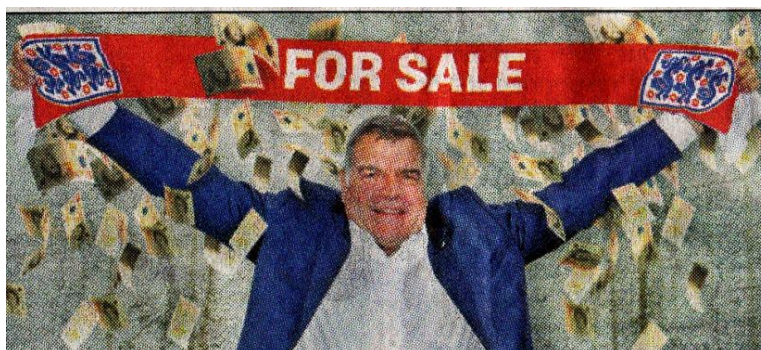
The Presidential Peace Conference will take place 9-10 June at the Georgia World Congress Center. We'll celebrate our successes, continue to address the underlying causes of conflict, and look ahead to future opportunities to build peace. This special event is open to the public and all preconvention and convention attendees, including Rotary members, Rotary Peace Fellows, program alumni, young leaders, and friends of Rotary. Learn more.

Sport

Football

We would like to apologise to our readers for getting the length of Sam's reign as England manager completely wrong.

Who would have thought football could be so corrupt?
(Editor's Note, please read this last sentence with an ironic smile)



No excuses accepted Sam!

Athletics

Russian athletics latest drug experiment to assist their runners to have the speed of a racehorse has gone seriously wrong

