



# EXEpress



Issue 46 November - December 2016

*The Newsletter of Exe Valley Rotary Club*

President John



I want to say a huge thank you to Bruce P and the Membership Committee for wonderful work encouraging all the new and corporate members to join Exe Valley, even if it means I have to induct them all.

Thank you to Ray and John for organising the Christmas meal. It was an excellent evening and a great time was had by all.

We have had a great start to the skittles season playing and winning 3 games.

Charlotte has been working very hard to get Rotaract up and running and we are happy to help you with this in anyway. I'm sure this will be the case for all Rotarians.

We had a very encouraging Gluhwein Stall on the 26<sup>th</sup> November and 3rd December making £396 overall.

We have now planted our Polio crocuses. Thank you for all the hard work and arranging this Chris and everyone who was involved.

I want to thank everyone for all the help that has been offered to me and I hope you have all had fun at the events organised by the committee, and we hope that the next couple months can be as progressive as the last 6 months. I wish you all a Merry Christmas and Happy New Year. Hope you all have a good time.

## Club Bulletin

### BUSINESS MEETING MINUTES 2nd November 2016

**Les Christiansen, Vice President** lead on Nomination for Club Officers. President Les Christiansen, President elect Andy Harris Junior Vice President required Assistant Secretary required Committee chairs All existing Chairmen willing to continue, with John Radford taking the role of Chairman of Fun & Fellowship. Bob Rice to continue as Sergeant at Arms All other officers are standing on The Uffculme Show. Les Christiansen will act as the Chairman for the year

Assistant Secretary drew attention to the circulated Agenda which stated tonight's meeting would be a SGM. It would not be a SGM, but it was intended to hold the AGM at the December 7th Business meeting. This created some debate which was left unresolved as further clarity was seen necessary.

**Treasurer. Ken Mills.** The Audited accounts have been prepared and are ready to be submitted to the AGM.

**Monthly Draw** was won by Ken Mills.

**ADG Anthony Aggett,** addressed the Club. Complimented the Rotaract initiative. Membership doing extremely well. He gave an update on the Polio Appeal. He also left his best wishes for Andy Harris.

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

### BUSINESS MEETING 7th December 2016

#### SECRETARY'S REPORT

1) To comply with District's new procedures (2016 manual) we are expected to elect 2017/18 officers before the end of December. If any member is unsure about this change of process, or seeks detailed explanation why the use of an SGM has been replaced, the new Manual (which should be accessible from "My Rotary" website) provides the answers. I and/or Les Christiansen will happily enter into a dialogue if asked, but ask that discussion be undertaken away from the main meeting so as to enable the President and members to get through a long agenda as efficiently as possible.

2) District have asked me to circulate the results of its own elections, which are appended to this email.

3) The organisers of the Bampton Community bus are very short of volunteer drivers and have asked if any EV Rotarian may be interested in volunteering. If so, please call Colin Radford on [01884 881351](tel:01884881351) The website with info is <http://exevalleymarketbus.btck.co.uk>

Rotary District election results: fro Brian Barber (District Secretary)

Officers for (2017-2018) - There was only one nomination for each office, these will be carried forward to the Regional District Council meetings on Wednesday 22nd February for ratification.

Role	AG Area	Region	First	Last	Club
Secretary			Simon	Wood	Exmouth & District
Assistant Treasurer			John	Page	Paignton
Assistant Governor	2	E	Tony	Williams	Redruth
Assistant Governor	4	D	Wally	Lake	Tavistock
Assistant Governor	5	C	William	Wills	Plymouth Mayflower
Assistant Governor	6	C	John	Page	Paignton
Assistant Governor	7	C	David	Pritchard	Torquay
Community Chair			David	Glover	Tavistock
Foundation Chair			John	James	Mounts Bay
Membership Chair			Martin	Taylor	Truro Satellite
Vocational Chair			Peter	Harrison	Dawlish Water
Youth Service Chair			Bob	Bridges	Lostwithiel

According to District Standing Orders Clause 9c, the District Governor Elect will be appointing Rotarians to fill the other District Officer positions and these will also be carried to the District Council Meeting in February for ratification.

No nomination for District Governor for 2019-2020 has been received to date.

## **BUSINESS AND POSTPONED ANNUAL MEETING 7th December 2016**

Adjourned Annual Business Note to members:- The Special General Meeting (SGM) called in November to elect next year's committee was postponed to 07.12.16 after club recognised a procedural change in the 2016 Rotary Manual. The former SGM process is now redundant and a new requirement imposed that an AGM (to be held before end of December in each year) should now address the election of next year's committee. This postponed meeting therefore brings the Club into kilter with the new 2016 Rotary Manual notwithstanding that EVR has already held an AGM in June (without addressing next year's elections)! Elections for 2017/18 Nominated President - Les Christensen, Senior Vice President - Andy Harris, Junior Vice President - Secretary - Andy Harris, Assistant Secretary - Appointments for 2017/18 Auditor - William Withers Council members (3 - 6 normally officers and Committee Chairs) District voting delegates President, Vice President, Secretary Honorary Member Mr G Persey

## **TREASURER'S REPORT – BUSINESS MEETING 7th December 2016**

Donations made to CHAT (Ken Mills draw – acknowledgement received) and £250 to Ellen Tinkham School (Approved by Council at the last Rotary meeting. Acknowledgement also received from Templeton Church (Bruce Pearson draw)

## **COMMUNITY COMMITTEE REPORT December 2016**

The main activity of the Community Committee has been the Gluhwein stalls at Tiverton Pannier Market over the last two weekends. Thank you to the many Club members and their spouses that supported this. The numbers in attendance meant that our presence was very noticeable and we were able to sell 99 bottles worth of warming Gluhwein. It also made it an enjoyable event for us all. The Treasurer will no doubt have a note of the final tally once the expenses have all been claimed.

**TONY STEINER Community Chairman**

## **MEMBERSHIP COMMITTEE REPORT December 2016**

The club has recently had the opportunity to welcome the X4 corporate members from Ashfords (Solicitors) to separate meetings:

Darren Blackburn  
Tom Biddick  
Robert Horsey  
Chris Gregson

We have had seven day letters sent out and with no objections received for Bob Evans (Logistics), Tim Barton (Business Consultant) Rory Davies (Building Services) and Anthony Ndoritu (Teacher).

The eight above are all now club members but yet to be formally inducted to the club by our President.

On 15 December David Jenner is attending an information meeting.

Fellowship is the key to Rotary and I do hope everyone will go out of their way to ensure they introduce themselves to all our new members, get to know them and make them welcome over the next few weeks.

With these new members all joining pretty well together, the membership development priority for the club is their integration and to that end the Membership Committee are delaying sending out any more corporate membership invitations until into the New Year.

Please though do everyone keep inviting along guests to our meetings – they are always welcome. A guest enjoying an evening or two with us is far and away the best way to attract a new member and I think everyone will have to agree that our recent meetings have had a really vibrant feel and attendance numbers recently have been excellent.

We have had a superb variety of really excellent speakers recently so I would encourage everyone to pass-on to Fred Reynolds contact details of anyone they feel would be of interest to the club (and of course prepared to speak to us!)

**BRUCE PEARSON Membership Chairman**

**5th December 2016**

## **YOUTH COMMITTEE REPORT**

- 1) Forms for Rotary Holiday for Children Trust completed and returned
- 2) Mandy Slevin THS has indicated that they will be putting forward a team for Youth Speaks - although I have not as yet had any joy in tempting them to enter any of the other competitions.
- 3) Facebook page established for Rotaract club in mid Devon. Caitlin Davies who used to belong to Interact at THS is very enthusiastic about the initiative and working hard to spread the word and try and bring on other interested young people. If members of Exe Valley have spoken to anyone who might be interested do direct them towards the Facebook site. The idea is that they can keep up to date with what is going on through the site while we try to drum up interest.

**CHARLOTTE WAELD Youth Chair**



## Treasurer's Clarification on Salvation Army Donation

Rotarians,

Some members had expressed doubt that the annual £750 donation to the Salvation Army was being used locally. Council recommended and the Club agreed to split the donation this year - £375 to the Salvation Army and £375 to CHAT. To discover more I visited them yesterday and spent time with Tony Godwin, who runs the local operation with his wife Heather. The church is in Chapel Street - 01884 253584.

The money we send goes directly into the Tiverton Church's Community Fund which is entirely under the control of the Tiverton Church and administered by Tony and Heather to be spent in the local area. This fund is small - £3,000 to £4,000 per year and thus our contribution is very important. They spend it on people whose needs come to their attention, working very closely with CHAT, Social Services and other local organisations. They expect to distribute some 20 parcels of food and toys over the Christmas period. Much of the income is in kind - gifts of toys were accepted whilst I was there and a couple of bags of toys left for the Culm Valley Childrens' Centre. They maintain close links with other Family and Childrens Centres in the area (which includes Cullompton).

At the Church they run brunch and lunch clubs, providing hot meals. They also run childrens and youth clubs and many other activities. They also participate in wider Salvation Army projects, especially disaster assistance (e.g., they feed the rescuers at major incidents) and the Salvation Army's current major project to combat people trafficking and modern slavery.

The Salvation Army itself pays for the building, which they own, its maintenance, the salaries of Tony and Heather and grant many of the activities run there. It is huge. There are two major operations (see their own website and that of the Charities Commission).

The SA Social Work Trust has income and expenditure of the order of £120MM. It runs directly care homes and centres, a Housing Association and many other activities. They have reserves of £31MM - about 5 months expenditure.

The SA Central Fund is larger - nearly £200MM income and expenditure, with over £500MM in reserves, which are invested to provide income - and funds all the other charitable activities of the SA. Legacies and donations account for two thirds of this income, the balance being trading profits.

Beyond reminding me that the Chapel Street building is a church, religion was not specifically mentioned.

Overall I am satisfied the money we donate is used well and locally and is very important to them. I shall propose at the next Council meeting that we restore the usual donation by adding another £375.

Thanks, Ken M



### Programme for January - March 2017

Wednesday	4th	January	6.30pm Council Meeting Business Meeting.
Wednesday	11th	January	6.30pm Uffculme Show Meeting. Dr. Patrick Hook, 'High Tech Foxing'.
Wednesday	18th	January	7.00pm 'Facebook' tuition at THS for 25 members. 8.30pm Dinner at Hartnoll
Wednesday	25th	January	Ten Pin Bowling at Taunton. PARTNERS' EVENING. F&F arranging.
Wednesday	1st	February	6.30pm Council Meeting. Business Meeting.
Wednesday	8th	February	Tim Barton, 'Job Talk'.
Wednesday	15th	February	Charlotte Waelde, 'Ethiopia'.
Wednesday	22nd	February	6.30pm Uffculme Show Meeting. Glenn Crocker, 'Planning Issues'.
Wednesday	1st	March	London Trip, F&F arranging. (Tuesday 28th February-Thursday 2nd March)
Wednesday	8th	March	6.30pm Council Meeting. Business Meeting.
Wednesday	15th	March	Martyn Green, 'Professional Regulation'.
Wednesday	22nd	March	6.30pm Uffculme Show Meeting. Les Christiansen, 'Honeylands'.
Wednesday	29th	March	Visit The Globe at Sampford Peverell. PARTNERS' EVENING. F&F arranging.
Wednesday	5th	April	6.30pm Council Meeting Business Meeting.
Wednesday	12th	April	6.30pm Uffculme Show Committee Meeting.



**Exe Valley Rotary Club - Members' Duty Roster 2017**

			Grace	Meal Steward	Vote of Thanks/Object
Jan	4	Council & Business	Leach, Fred	Scrace, Nic	Fuller, Robert
	11	Speaker	Cole, Eric	Vickery, Richard	Haig, Gavin
	18		Pearson, Bruce	Viney, Mike	Heywood, Arthur
	25	Ten pin bowling	<b>Fun &amp; Fellowship committee</b>		
Feb	1	Council & Business	Ashfords representative	Barton, Tim	Shears, Chris
	8		Butler, Andrew	Steele, Chris	Leach, Fred
	15		Christiansen, Les	Steiner, Tony	Mills, Ken
	22	Speaker	Cole, Eric	Butler, Andrew	Ashfords representative
Mar	1	If not on London trip	Courage, Ken	Taylor, Richard	Pearson, Bruce
	8	Council & Business	Crocker, Lester	Tiernan, Jerry	Phillips, John
	15	Speaker	Davies, Rory	Vickery, Richard	Reynolds, Fred
	22		Davies, Trefor	Viney, Mike	Waelde, Charlotte
	29	Visit to Globe Inn	<b>Fun &amp; Fellowship committee</b>		



## Club News

### November 24th and 28th : Purple4Polio



Mayor Steve Flaws, Rtns. Ray Radford, Peter Mitchell, Pres. Elect Les Christiansen, President John Freeman, Rtns. Chris Steele, Richard Taylor, and Exeter & District Polio Group Chairperson, Gordon Guest



### **Exe Valley Rotary Club planted 5000 Crocus Corms to commemorate the fight against Polio**

For over 30 years, Rotary International and its members have been committed to fighting to eradicate polio across the world. The amount of polio-endemic countries has dropped from 125 to just two, with over 2.5 billion children receiving vaccinations thanks to the help of Rotary. With eradication now closer than ever, Rotary International in Great Britain and Ireland's latest campaign, Purple4Polio, is designed to unite communities in activities as part of the final push to eradicate polio for good. Exe Valley Rotary Club acquired 5000 purple crocuses which will be planted in two community sites in Tiverton, at Horsdon Roundabout and Tiverton Hospital. On the 24th November Tiverton Mayor, Councillor Steve Flaws, planted the first corm at Horsdon. A further 2000 will be interred by Mid Devon Parks & Garden staff. On November 28th Exe Valley Rotary Club members will plant a further 2000 corms outside Tiverton Hospital. The remaining corms will be planted at schools and other sites in the town. The campaign ties in with the 100 year anniversary of The Rotary Foundation, Rotary's own and only charity, which has played a key role in making polio eradication become close to a reality, along with hundreds of other projects both in Great Britain and Ireland and overseas. The purple crocus is a symbol of Rotary's worldwide campaign to eradicate polio, with its colour representing the purple dye used to mark the finger of a child who has been immunised.



Crocus Planters assemble at the Tiverton Hospital



The obligatory Elf & Safety Elf arrives to assess risks



The site is declared 'ideal for crocuses' and planters set to with the Elf Inspector joining in the fun



## GLUHWEIN EVENINGS : 26th November and 3rd December

A guide to running a successful gluhwein evening:



First: the setting up



Second: the quality control team



Third: the Elf Inspector arrives ..... & inspects



- he declares it 'pixiedelicious'



Four: which means 'open for business!'



and..... let's get serving



- remembering to leave some for paying customers!

### **REPORT BY THE GLUHWEIN PROJECT MANAGER**

It was a surprise when someone said, and by the way Tony, the Community Committee organise a Gluhwein stall for the Tiverton lights switch on and you are the Project Manager. Yes Lord Sugar I said and set about working out what was needed. Fortunately I was able to rely on the experience of my team 'Gluhwein' who, without the usual hysterics of The Apprentice, were ready with urn, counter, signs, lighting, float and abundant enthusiasm. The task was made easier by the offer of a pitch inside the Pannier Market complete with liquor licence cover - oh and by the way you can also have a stand at the electric street food event the following weekend. All I needed was some Gluhwein - Mole Valley to the rescue although we had to buy some last minute top ups from Budgens. I am extremely thankful that so many members came forward with offers of help on both evenings and special thanks are due to Richards Vickery and Taylor who were on hand for both events. In the end we enjoyed two successful and fun evenings, pouring 99 bottles of warming Gluhwein for the Tiverton Community, well supported by the club and incidentally raising a little cash. So thank you to all that were involved. I hope you enjoyed it as much as I did. Profit £397.06. Cheers!

Tony Steiner Community Chairman



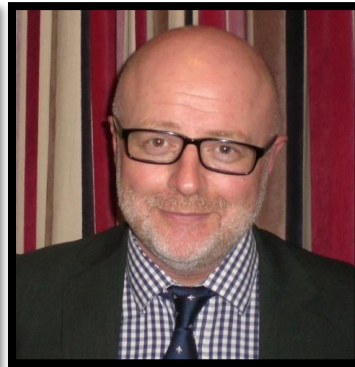


**WELCOME Rory, Darren, Tony & Tim!**

Four new members were inducted into Exe Valley Rotary Club during December

**Rory Davies**

**Corporate Rotarian Member  
Darren Blackburn**



**Inducted on the 7th December**

**On the 21st December President John Freeman inducted Tony (Anthony) Nderito and Tim Barton  
Sponsored by Andy Harris and Charles Denman respectively.**





## **CHRISTMAS DINNER 14th December**

**Report by Fun & Fellowship Chair Ray & John Radford**

We would like to submit a report of our Xmas dinner, held at the Hartnoll Hotel on 14<sup>th</sup> Dec. After many years, we decided that we would hold our Xmas Dinner back at the Hartnoll. Previous years we have been at the Cricket Club and Golf Club, both of which have put their prices up more in line with the Hartnoll. It was well attended by 29 Club members, partners and friends, making a total to 70. As with the last year's Xmas Dinner, we decided not to have a group followed by dancing, as generally by the time we have had our meal a bit of a chat there was only less than an hour dancing, and with a group costing £300 plus, we gave it a miss. Anyway we think we are all pleased to hang around and have a bit of a chat. Nevertheless, we are very grateful to Matthew Heywood, who came along and gave us a couple of stints on his flute, far more advanced than my whistle.

I must say, on arrival the tables were well decorated and pretty good quality crackers. The three course meal was very good followed by mince pies and coffee. Although one or two felt the vegetables could have been cooked a little longer!

Our President John was well supported by his Mrs President Wife Frances, of course all the ladies looked absolutely fabulous. The evening was under the control of Bob Rice, who as always came up with some of his jokes, which were quite clean really, anyway nobody complained.. Bob conducted his normal heads and tails, which was won by Tony Mount. Tony agreed to donate the £65 raised to the ShelterBox charity. The club then agreed to round that up to £100.

All in all, a very successful night which was concluded by the President wishing everyone a very happy Xmas and a healthy new year. The evening then ended at around 11pm or just after.

**Many thanks from Ray & John**

**As they say 'a picture paints a thousand words' . . . . .**



**Photos of Rotarians & Guests having fun supplied by Rtns Gavin Haig & Richard Pugsley**



***"You'll like him - he's a scream"***

## Speakers' Corner

### 9th November N.H.S. Reorganisation

**Dr. David Jenner**  
Chair, Eastern Locality and  
Mid Devon Sub-Localities



David, a part-time GP in Cullompton, has been actively involved in commissioning for nearly 20 years. David was born and brought up in Devon and has worked here ever since qualifying as a GP so is understandably passionate about local health care. He was the founder member of the Mid Devon Locality Commissioning Group in 1993 and then its Chair, subsequently becoming Mid Devon PCG Chair, then Mid Devon PCT PEC Chair until 2003. He has been Chair of Mid Devon PBC group since 2006 and is now Chair of the Eastern Locality Board and its representative on the CCG Board. David has held national roles with NHS Alliance for many years but has recently re-focused his energies on the local health environment.

When we plan and make changes to health services we need to ensure that we have taken the views of patients and local people into account. Listening to feedback and experiences helps us to develop the best services for you.

#### **Locality Health Improvement Plans**

Locality health improvement plans are a mechanism for monitoring and prioritising health and wellbeing issues and reducing health inequalities in the communities of Devon. The plans guide our work and the work of the Public Health team, the local authority and other organisations, identifying both priority issues and priority communities within local areas.

#### **Transforming Community Services (TCS)**

On the 27 May 2015, the Eastern Locality board made recommendations to the CCG's Governing Body on prevention and wellbeing services, services for adults with complex needs and stroke care services. There was a discussion about inpatient beds and urgent care; however no recommendations will be made to Governing Body on these subjects. The decision with regards to inpatient beds and urgent care is expected to be made in public at the Governing Body meeting on the 16th July 2015. Papers for this meeting will be published on our website one week in advance of this meeting.

#### **What is it?**

The Eastern Locality currently commissions a range of services in the community for the population. The TCS programme is designed to plan the future of these important services. The first part of the programme is to look at what the community have been saying and already these conversations are well underway. We are also gathering information on health needs, clinical evidence and policy guidance, which combined with the many conversations, will help shape our vision and direction for community services. The TCS programme is about taking a longer term view and preparing services for current and future generations.

#### **Our Aims**

Focusing on adult and specialist community services. Developing the strategy and outcomes for future community services. Achieving sustainable arrangements for the long-term provision of community services.



**"DING DONG!!"**

**16th November: Ellen Tinkham School.**  
**Sarah Wallace & Clare Cherry**



Representing the PTFA, Sarah & Clare said that the organisation and the school want all the pupils to have a great experience and great facilities. EllenTinkham School is a place where the need will vary often outweigh the available funds and this is where fundraising is important. The PTFA endeavours to raise money and support the school with a multitude of projects. The PTFA is an organisation that has been a part of Ellen Tinkham School for many years and hopefully with continued support the PTFA will be able to help make a difference to our pupils' lives for many more years to come. Ellen Tinkham School is a local authority funded special school near Exeter, with 140 pupils ranging from age 3 - 19. All have severe or profound learning difficulties. Many also have physical, sensory or behavioural additional needs. We recently federated with Bidwell Brook, a special school in Dartington, and are looking at provision for 19 - 25 year olds across both school. Our core values are 'Everyone will be the best they can be; no one is excluded and everyone has a voice'

Ellen Tinkham School aims to create and maintain a learning community in which

- \* We are committed to high achievement, effective teaching and learning and good relationships
- \* We listen to each other, celebrate each other's strengths, acknowledge weaknesses, and foster a climate of kindness and co-operation
- \* Our pupils are empowered and given opportunities to participate in a more inclusive school, and in the wider community
- \* Staff present a broad and balanced curriculum which promotes pupils' holistic development and enhances their self-esteem
- \* All staff support and manage pupils effectively and with caring, and expect and achieve high standards of work, discipline and courtesy

Personalised learning and individualised programmes encompass the development of the Ellen Tinkham Key Skills - problem solving and communication, daily living skills, improving own performance, working with others and physical orientation and mobility.

In FE, everyone is actively included and treated with mutual respect. Every student in FE has their views and choices respected whilst still being challenged to achieve and have aspirations. Students are given the skills and experiences to leave school well prepared for their transition to a fulfilling and meaningful life.

Special Therapeutic facilities include rebound therapy, hydrotherapy, communication and decision making, behaviour support, communication, music therapy and advocacy.

Their latest fund raising project is for a Hydro Therapy Pool which still requires £12k to achieve\*

For more information, please visit: <http://www.learn2live.info>



\*On a subsequent meeting members voted for a £250 contribution to the PTFA

## 23rd November Hornets – Gentle Giants

Stephen Powles



A 'gentle giant'



The structure of an incipient nest



Hornet feeding on a wasp

**Hornets** The [European hornet](#) (*Vespa crabro*), is widely distributed throughout [Europe](#), [Russia](#), [North America](#) and [Northeast Asia](#). Like other social wasps, hornets build communal nests by chewing wood to make a papery pulp. Each nest has one queen, who lays eggs and is attended by workers who, while genetically female, cannot lay fertile eggs. Most species make exposed nests in trees and shrubs, but some build their nests underground or in other cavities. In temperate areas, the nest dies over the winter, with lone queens hibernating in leaf litter or other insulation material until the spring.

### **The structure of an incipient nest**

The nest is founded in spring by a fertilized female known as the *queen*. She generally selects sheltered places like dark hollow tree trunks. She first builds a series of cells (up to 50) out of chewed tree bark. The cells are arranged in horizontal layers named *combs*, each cell being vertical and closed at the top. An egg is then laid in each cell. After 5–8 days, the egg hatches, and in the next two weeks, the larva undergoes its five stages. During this time, the queen feeds it a protein-rich diet of insects. Then, the larva spins a silk cap over the cell's opening and, during the next two weeks, transforms into an adult, a process called [metamorphosis](#). The adult then eats its way through the silk cap. This first generation of workers, invariably females, will now gradually undertake all the tasks formerly carried out by the queen ([foraging](#), nest building, taking care of the [brood](#), etc.) with one exception : [egg-laying](#), which remains exclusive to the queen. As the [colony size](#) grows, new combs are added, and an envelope is built around the cell layers until the nest is entirely covered with the exception of an entry hole. To be able to build cells in total darkness, it is assumed they use gravity to aid them. At the peak of its population, the colony can reach a size of 700 workers, which occurs in late summer.

At this time, the queen starts producing the first reproductive individuals. Fertilized eggs develop into females (called "[gynes](#)" by entomologists), and unfertilized ones develop into males (sometimes called "drones"). Adult males do not participate in nest maintenance, foraging, or caretaking of the larvae. In early to mid autumn, they leave the nest and mate during "[nuptial flights](#)". Males die shortly after mating. The workers and queens survive at most until mid to late autumn; only the fertilized queens survive over winter. Hornet stings are more painful to humans than typical wasp stings because hornet venom contains a large amount (pkp,5%) of [acetylcholine](#). Individual hornets can sting repeatedly; unlike [honey bees](#), hornets and wasps do not die after stinging because their stingers are not barbed and are not pulled out of their bodies. The toxicity of hornet stings varies according to hornet species; some deliver just a typical insect sting, while others are among the most venomous known insects.<sup>[7]</sup> Single hornet stings are not in themselves fatal, except sometimes to allergic victims.<sup>[7]</sup> Multiple stings by non-European hornets may be fatal because of highly toxic species-specific components of their venom. People who are allergic to wasp venom are also allergic to hornet stings. Allergic reactions are commonly treated with [epinephrine](#) (adrenaline) injection using a device such as an [epinephrine autoinjector](#), with prompt follow-up treatment in a hospital. In severe cases, allergic individuals may go into [anaphylactic shock](#) and die unless treated promptly.

**Diet and feeding:** Adult feed themselves with nectar and sugar-rich plant foods. Thus, they can often be found feeding on the sap of [oak trees](#), rotting sweet fruits, honey and any sugar-containing foodstuffs. Hornets frequently fly into orchards to feed on overripe fruit. Hornets tend to gnaw a hole into fruit to become totally immersed into its pulp. A person who accidentally plucks a fruit with a feeding hornet can be attacked by the disturbed insect. The adults also attack various insects, which they kill with stings and jaws. Due to their size and the power of their venom, hornets are able to kill large insects such as [honey bees](#), [grasshoppers](#), [locusts](#) and [mantises](#) without difficulty. The victim is fully masticated and then fed to the [larvae](#) developing in the nest, rather than consumed by the adult hornets. Given that some of their prey are considered pests, hornets may be considered beneficial under some circumstances

## **Richard Pocock 30th November**

The following article is a brief summary of a presentation given to the Exe Valley Rotary Club on 30<sup>th</sup> November 2016 by retired Urologist Mr Richard Pocock on the state of the NHS. What follows is a personal interpretation by **WhichDoctor** of the presentation and is in no way intended to reflect the views or opinions of Mr Pocock. The dire state of the NHS can be laid at the door of four groups. They are in no particular order; Doctors, Politicians, NHS Managers and Nurses. But for them, the system would be fine. The system is overstretched and inefficient with costs spiralling out of control. Politicians have consistently meddled with the system, introducing wave after wave of reforms which undermine the system and prevent a coherent approach. Doctors have pursued their own self protectionism with the demarcation of specialities within the profession preventing efficient coherent treatment. G P's are now able to opt out of 'out of hours' care. If a patient is terminally ill they would historically have been visited by a GP who would know them and medicate appropriately until the patient died at home. Now they are invariably sent to hospital as the doctor treating them has no personal knowledge of them and must take the least course of action with the least risk. The Doctors union, the BMA is out of date and handled the recent Junior Doctors strike very badly. They oppose every new policy regardless of its merit. Managers have been consistently incapable and in many cases unaware of what they are trying to achieve or how it will impact upon the system. Even proactive and able Managers often have little understanding of the system as a whole. NHS costs are scandalously high and often inflated by failing managers. There is too much emphasis on blame prevention and not enough on increased efficiency and care. Nursing has been elevated to a degree level occupation resulting in a workforce that is overqualified for nursing. They now fill in forms rather than working on wards directly with patients resulting in the loss of consistency with patients and an understanding of each patient's needs.

**The Solution:** The Department of Health should be abolished and replaced with an independent Board to manage the NHS. The independence would allow long term plans to be implemented to tackle the issues consistently and effectively.

The number of managers should be reduced. G P's and Nurses should retain greater links to patients to retain greater continuity of care. Patients should set targets to allow the system to be patient driven. The service could be judged by results. Healthcare and Social Care should be linked together to create continuity of care. The system should remain public. The Private Sector should not be able to cherry pick lucrative areas and leave the rest for the NHS. This will enable the NHS to generate income for itself.



## **RIBI News**

### **A New Year's Resolution For Your Rotary Club**

As you prepare for this festive holiday season and reflect on the past year, you may also be thinking about your New Year's resolution. Many people resolve to improve their health and well-being. Could your Rotary club benefit from a similar exercise? Take the [Rotary Club Health Check](#), an easy online quiz to help your club recognize problem areas and prescribe remedies.

Once you've taken the health check, tell us how you did. What challenges will your club address in the new year? Describe your club's next steps in the [Membership Best Practices Discussion Group](#) or write us at [membership.minute@rotary.org](mailto:membership.minute@rotary.org) —you might be featured in an upcoming webinar



### **Membership Leads: an untapped resource**

[Stephanie Witkowski](#), a young professional and Rotary program alumna, is one of the 13,594 people who expressed their membership interest through [Rotary's join and make a difference page](#) in 2015-16. The [membership leads](#) program connected Stephanie with the Rotary Club of Honolulu Pau Hana, Hawaii, USA, a local club that fits her schedule and matches her interests.

Rotary's membership leads program routes prospective members to districts, which in turn try to assign them to clubs that suit their needs. Each week, Rotary hears from about 800 to 1,000 people from all over the world who are expressing an interest in joining. But thousands of them are left unanswered by districts and clubs. These prospective members are an untapped resource that can help clubs reach their membership goals this year.



## Tips for achieving the Presidential Citation

The Presidential Citation is an award that clubs can earn by achieving goals in dues payment, membership growth, Foundation giving, humanitarian service, and more. Clubs have a year to earn the citation. Here are a few tips to help you achieve it:

- Check your [citation report](#) early and often. To add a report to the quick links on your home page, select the star icon next to the citation report.
- Work with your club to divide the tasks for achieving the citation.
- Don't wait until the end of the year to set and reach goals. Report accomplishments throughout the year to make sure they are recorded accurately.
- Use resources such as the [citation achievement guide](#) and a [video guide](#) developed by Rotarians in the western United States. Also, Rotary Club Central has a new feature: The [Members in a Club](#) report now has citation metrics. The report lists Rotary discussion group participants and members who have updated their skills and interests on their My Rotary profile. This information, available on the report's last page, will track progress toward two citation goals, both for online tool adoption. Write us at [riawards@rotary.org](mailto:riawards@rotary.org) if you have any questions, and leave your tips for achieving the Presidential Citation in our [Membership Best Practices Discussion Group](#).

## ATTEND PRESIDENTIAL PEACE CONFERENCE IN ATLANTA

Join us 9-10 June for the Presidential Peace Conference at the Georgia World Congress Center. We'll celebrate our work on the underlying causes of conflict and our successes in making peace a priority, while also looking ahead to opportunities to continue our commitment.

[Learn more about the event](#)

[Register for the conference](#)



## LEARN MORE ABOUT THE ROTARY FOUNDATION CENTENNIAL

The Rotary Foundation turns 100 in 2016-17! Our Foundation stands at the forefront of humanitarian service, having supported thousands of projects to provide clean water, fight disease, promote peace, and provide basic education — as well as the historic project dedicated to eradicating polio worldwide.

[Learn more about the history of The Rotary Foundation](#)

[Find information on how to celebrate and download resources](#)

[Purchase centennial commemorative book, "Doing Good in the World"](#)

## Sport



## Court and Social



*"Do you think she ever gets bored?"*



*"There's got to be something we can ferment and drink"*





Wine Wit Wisdom Whimsy

**IN WINE  
THERE IS WISDOM,  
IN BEER  
THERE IS FREEDOM,  
IN WATER  
THERE IS BACTERIA.**



At my age  
I need glasses.



A meal  
without  
wine is  
called  
Breakfast



Pint of lager and a  
white wine for  
her

Would that be a  
dry white wine  
madame?

Er, no?.. Wet  
you knob!

2017 Diary Date

7th October



Caerphilly Male Voice Choir

*be sure to write in your new diary NOW!*

